

Jahresvorschau in Stichworten und Empfehlungen für die einzelnen Tierkreiszeichen:

1. Allgemeine astrologische Betrachtungen

Allmählich bessere Zeiten:

Chaldäischer Kalender Jupiter Jahr ab 21. März

Bis dahin Saturn Jahr

Pluto geht allmählich weg von seiner Konjunktion mit der Neujahrs-Sonne, nächsten 248 Jahre ruhiger

Bis dahin Mondknoten T-Quadrat mit Uranus/Pluto (sieben Mal Quadrat – das ist das letzte)

Bildung:

Saturn nach Schütze Ende 2014, in Juni/Juli wieder zurück im Skorpion dann in Sept. definitiv in Schütze. Merkur 4 mal rückläufig, insgesamt 8 Wochen

Neue Bildungsweg / Kurs

Frieden:

Nord-Mondknoten in der Waage: Frieden als Thema

Entwicklungsgang:

Equinoxen sind wichtige Punkte zum Loslassen (Mondfinsternis) und neue Pläne schmieden (Sonnenfinsternis)

21. März anfangen aufzuräumen

21. Sept. anfangen neue Pläne zu machen

2. Persönliche Herausforderungen

Widder: Uranus mit Süd-Mondknoten in Konjunktion und Quadrat zu Pluto
Arbeite an Stabilität und langfristiger Entwicklung.
Nabhi Kriya

Stier: Mond
Mutter und Gefühle. Dieses Jahr jeder Vollmond eine Meditation (nicht nur die klassische)

Zwillinge: Saturn in Schütze
Bildung und Gedächtnis – alte Erinnerungen kommen hoch.
Amen Meditation

Krebs: Kann sich langsam wieder öffnen, weil die Oppositions-Planeten weniger hart werden
Entspannung: Movement relaxation

Löwe: Jupiter
Durch Großzügigkeit Aggression verringern
Har Prosperity Meditation

Jungfrau: Opposition zu Neptun in Fische
Anderen in ihren Träumen unterstützen
Soorya Karam Kriya

Waage: Mondknoten
Friedens-Meditation Sat Narayan Wahe Guru
Bringe Leute zusammen um zu singen

Skorpion: Lässt den Saturn gehen
Wird positiver, entspannter
Kriya: Schmerz loslassen

Schütze: Empfängt Saturn
Schutz-Meditation
Rakhe Rakhanehare für Führung

Steinbock: Sonne Pluto entspannt sich
Gyan-Entspannung

Wassermann: Mars
Viel Bewegen
Har Aerobic Kriya 1 mal 40 Tage

Fische: Neptun
Vision
Discover the newness in you

3. Kriyas und Meditationen

1 Widder: Nabhi Kriya

NABHI KRIYA

June 1971

A. On back, inhale and lift right leg up to 90°, exhale and lower it. Repeat with left leg. Continue alternate leg lifts with deep, powerful breathing for 10 minutes.

B. Without pause, lift both legs up to 90° on inhale, and lower them on exhale, arms stretched straight up too, palms facing each other, for balance and energy. 5 minutes.

C. Bend knees and clasp them to chest with the arms, allowing the head to relax back. Rest in this position for 5 minutes.

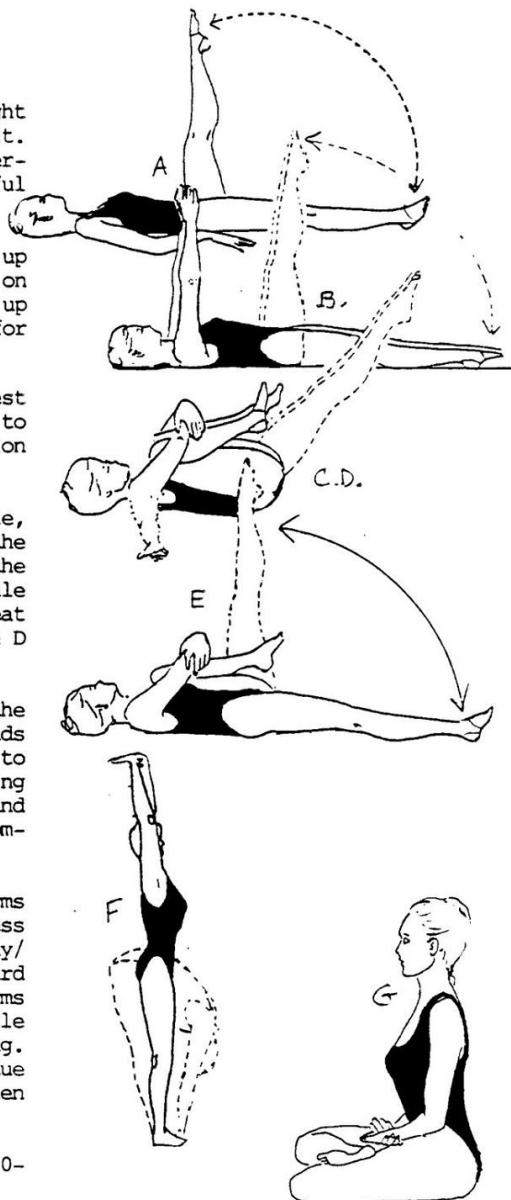
D. In #C position, above, inhale, open the arms straight out to the sides on the ground and extend the legs straight out to 60°. Exhale and return to original position. Repeat and continue for 15 minutes. (#C & D are Pawan Sthan Kriya.)

E. On back, bring left knee to the chest, hold it there with both hands and rapidly raise the right leg to 90° and down, inhaling up, exhaling down for 1 minute. Switch legs and repeat for 1 minute. Repeat the complete cycle once more.

F. Stand up straight, raising arms overhead, hugging ears, and press fingers back so that palms face sky/ceiling. Exhale as you bend forward to touch the ground, keeping the arms straight and hugging ears, and inhale up, VERY SLOWLY with deep breathing. On exhale, apply Mulbandha. Continue at a slow pace for 2 minutes, then more rapidly for 1 more minute.

G. Totally relax or meditate for 10-15 minutes.

COMMENTS: This set focuses on developing the strength of the navel point. Times indicated are for advanced students. To begin practice, start with 3-5 minutes on the longer exercises. A is for lower digestive area, B is for upper digestion and solar plexus. C eliminates gas and relaxes the heart, while D charges the magnetic field and opens the navel center. E sets hips and lower spine, F is for entire spine, spinal fluid and the aura. Together, these exercises get the abdominal area in shape quickly.



2 Stier: Vollmond-Meditationen, z. B. diese:

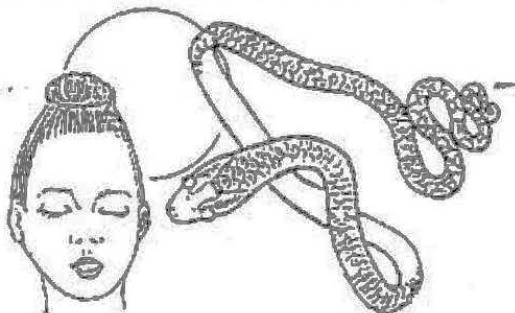
FULL MOON "SUCH SUCH" Meditation

April 28, 1972

Sit comfortably, with a straight spine and chant

Such Such Such

hearing "SSSS....CHHH" like a snake. (Time unspecified.)



3. Zwillinge: Amen-Meditation

MOSES MEDITATION For Memory

December 9, 1977

In meditative posture with a straight spine, raise arms in front of body so that right forearm crosses on top of left forearm a few inches above elbows, at chest level, and angled upward slightly. Fingers are held together with thumbs stretched away from hands, palms up and flattened.

Eyes are 9/10 closed. Breath as required to continuously chant

Aah Men

Both lips must meet on "Men". Rock forward to 45° as you chant "Aah", and rock backward to 45° as you chant "Men". Gradually work up to 31 minutes.

To rest during the meditation, stretch the arms up overhead and straighten them for a moment and then resume.

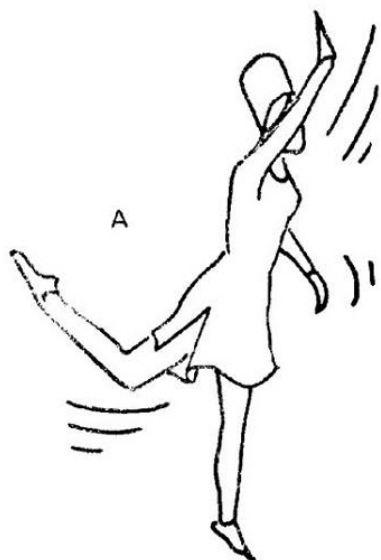
COMMENTS: This is how they used to memorize the Torah. One would speak and the others would listen to it and say "Aah Men", and the speaker would continue reading the scriptures. That is how they learned them by heart. People learn the Koran, too, like this, and remember the entire thing. Why? When the body leans, you feel out of balance and the middle ear, which has a kind of little sand in it sends a signal to the brain: "Alert!" All you need is an alert brain.



4. Krebs: Movement Relaxation

MOVEMENT RELAXATION

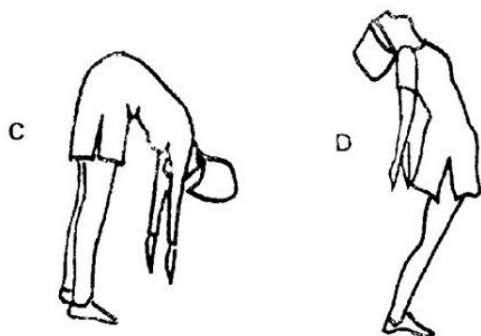
Yogi Bhajan 5/2/72



A) Stand straight with arms completely relaxed. Close the eyes. Feel any tension in each part of the body and consciously let it go. Next, begin to sway and move every part of the body. Dance gracefully feeling the easy movement of each body area. (A) If there is gentle rhythmic music of a high vibration available, it may be used as a background. Continue for 3 to 11 minutes.

B) Immediately stand straight with the eyes still closed. With the hands, begin to lightly feel each part and area of the body without reservation. Every square inch must be touched. Feel sensitively with the palms. Continue for 3 to 5 minutes.

C) Lean forward with arms hanging completely relaxed. All the muscles of the body should relax. (C) Let the breath be normal. Continue for 3 to 11 minutes.



D) Inhale and exhale deeply several times. Next, slowly lean backwards with arms hanging loosely down. (D) Breathing is relaxed. Hold for 1 minute. Completely relax.

COMMENTS:

Rhythmic, unforced, graceful, and free movement relaxes the entire body and releases the tensions we store in the body from our daily emotions. All emotional traumas leave their signature of tension in the body. If these areas of the body are not relaxed, the chronic stress can lead to both physical and mental imbalances. The time of exercise "A" can be extended as long as you enjoy it. In the normal class, 3 to 5 minutes is enough. Feeling the entire body confirms the reality of the relaxation and smoothes the aura. The remaining exercises strengthen the heart and circulatory system. If this system is weak, then tissues that are tense or are in the extremes of the body and the joints will build up deposits that create illness. True deep relaxation would be difficult. This simple series is for total relaxation and a cooperative coordination of mind and body into the experience of self.

5 Löwe: Har Prosperity Meditation

Originally taught by Yogi Bhan in 1996

Meditation for Prosperity



Sit in Easy Pose, with a light *jalandhar bandh*.

EYE POSITION: Focus at the tip of the nose, through eyes 9/10th closed.

MUDRA: Hit the sides of the hands together alternately. The Mercury (pinkie) fingers and the Moon Mounds (located on bottom of the palms) hit when the palms face up. The Jupiter (index) fingers hit, and the thumbs hit under the hands when the palms face down.

MANTRA: The *Tantric Har* tape is perfect for this meditation.

HAR HAR

Chant continuously from the navel, using the tip of the tongue.

TIME: Continue for **3-31 minutes**.

Yogi Bhan has said about the timing: Normally this is done for 11 minutes, but 3-31 minutes is a choice. Once you make your choice, stick to it, and your glandular system becomes habitual to it.

COMMENTS

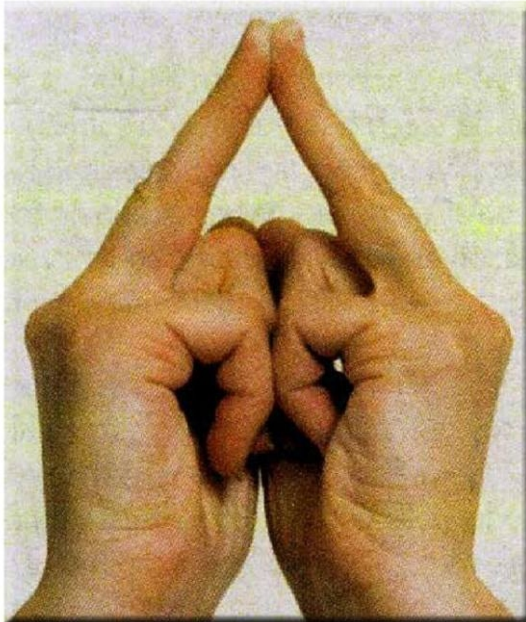
"This meditation stimulates the mind, the moon center and Jupiter. When Jupiter and the moon come together, there is no way in the world you will not create wealth."

- YOGI BHAN

6. Jungfrau: Soorya Karam Kriya

MEDITATION — SOORYA KARM KRIYA *Forget Yourself and Help Others*

Taught by Yogi Bhajan, June 21, 2001, Ram Das Puri, NM, USA. (Meditations for the New Millennium, #T 131)



Posture: Sit in easy pose or in a chair with a straight spine with a light neck lock (*Jalandhar Bandh*).

Focus: The eyes are focused at the tip of the nose.

Breath: The breath will come naturally as you chant “Wah-hay Guroo, Wha-hay Jio” from the Raga Sadhana CD by Sangeet Kaur and Harjinder Singh.

Mantra: Moving the navel chant, “Wha-hay Guroo, Wha-hay Guroo, Wha-hay Guroo, Wha-hay Jio.”

Mudra: Bring your hands in front of the heart with the tips of the ring fingers (Sun/Surya) fingers touching each other and the other fingers curled down, meeting at the knuckles. The thumbs have no role. The elbows are relaxed down.

Time: Continue for 11 minutes.

End: To end, inhale deeply, exhale and relax.

Yogi Bhajan Comments: *“Understand how lucky we are to be going through the change of an age and participating in it. You are changing. You are changing to challenge the ultimate challenge—to help humanity. I got a telephone call. A student who had been in 3HO for only three months was going through changes and wondered what he should do. I told his teacher, “Calmly sit with him. He’ll be fine. If he is not fine in 10 minutes, call me.” Finally the phone rang, “How is it?” “I don’t know! He made me meditate!” I said, “That upset guy made you meditate?” “Yeah, I was in bliss, in ecstasy.” See how helping people can help?*

“Guru Nanak walked, talked and visited places. He undertook impossible journeys. From the very first day his job was helping others. Symbolically, when you help others, Guru Nanak comes to you. Forget who you are and help others. Nanak will take care of you in your life, in your family, in your surroundings. You have to do just one thing—forget yourself.”

“All you need is to forget yourself and help another person. Reach out! This is the life—hail Guru Ram Das and heal the world! And, remember, when you heal somebody’s problem, your problems disappear all around you. There is no greater joy than helping others. In the Age of Aquarius we have to serve, help, elevate and share. Truly understand the meaning of Vandh Chakko--share with others and God will share with you.”

“When you do Soorya Karm Kriya, the brightness of the sun enriches you. This meditation is your gratitude and thanks to God, for completing something you started.”

7. Waage: Friedens-Meditation mit dem Mantra Sat Narayan Wahe Guru

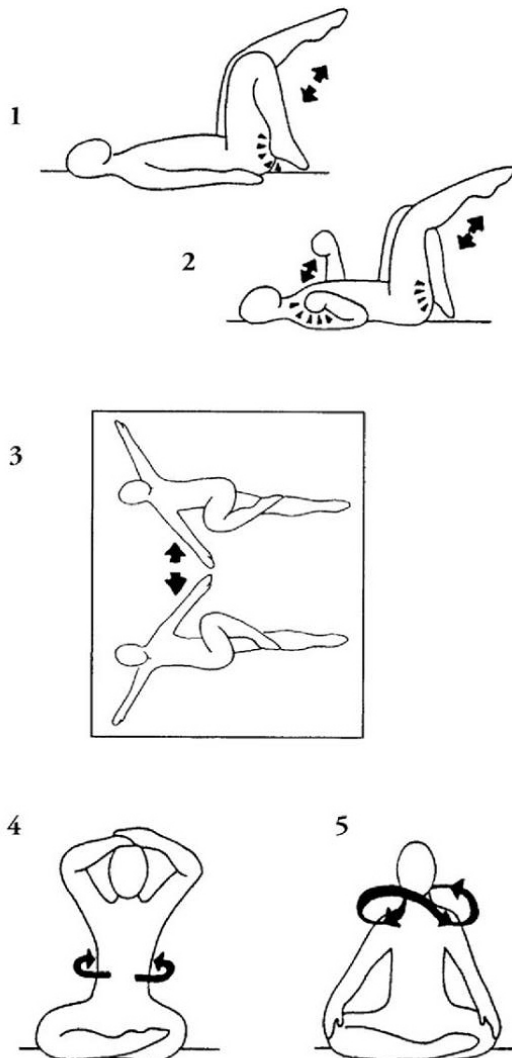
Official Mudra:

The middle fingers are hooked in each other with a slight pull, right palm is down, left palm facing the body, a few centimeters in front of the heart center. The arms are parallel to the ground.

Oder als Celestial Communication:

<https://www.youtube.com/watch?v=46nMHHD7NVE>

8. Skorpion: To Release Stored Pain and Refresh Yourself



To Release Stored Pain and Refresh Yourself

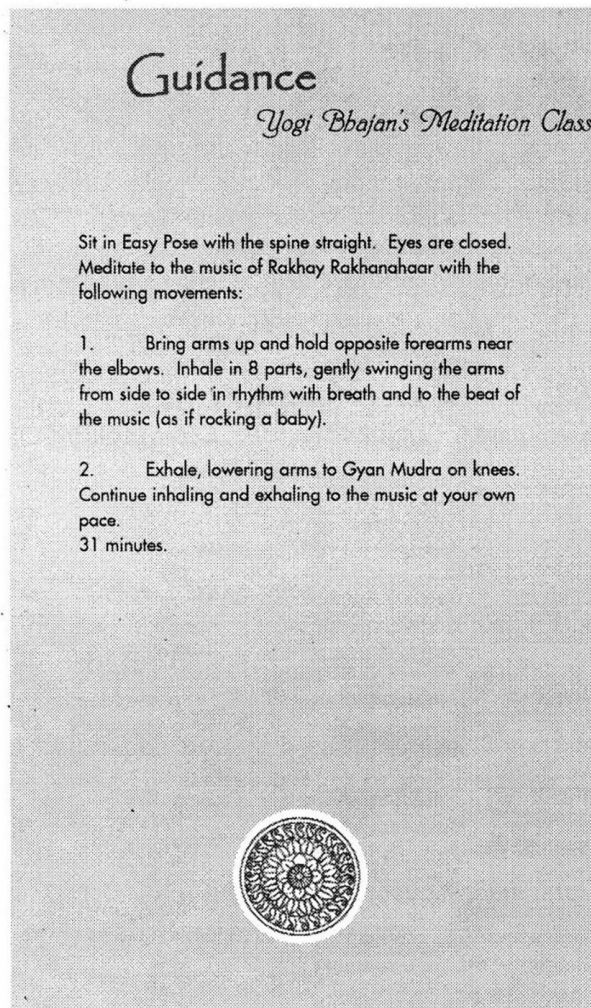
February 27, 1985

1. Lie down flat on your back. Bend your knees and begin kicking your buttocks. Kick alternately with your left and right heels. 5 1/2 Minutes. During the last minute move as fast as you can. Move directly into exercise 2.
2. Continue alternately kicking your buttocks. Bend your arms at the elbows and alternately hit your shoulders with your fists, rhythmically coordinating the movements of arms and legs. Your hands do not hit the ground. 2 Minutes. Move fast.
3. Still lying on your back, Cat Stretch left and right, quickly alternating from side to side. 2 1/2 Minutes.
4. Sit up in Easy Pose and put your hands lightly on the top of your head. Twist your torso left and right, moving with force and speed. 2 Minutes.
5. Put your hands on your knees and rotate your head in a figure eight. Move quickly and powerfully. 30 Seconds.
6. Lie down on your back and relax. Concentrate on your pituitary gland at the brow point. Breathe through your nose slowly and deeply. 7 1/2 Minutes. Next move your concentration to your navel point. Mentally chant along with *Jaap Sahib, Last Four Lines*, by Kulwant Singh, pulling your navel point in with the beat. 9 Minutes.

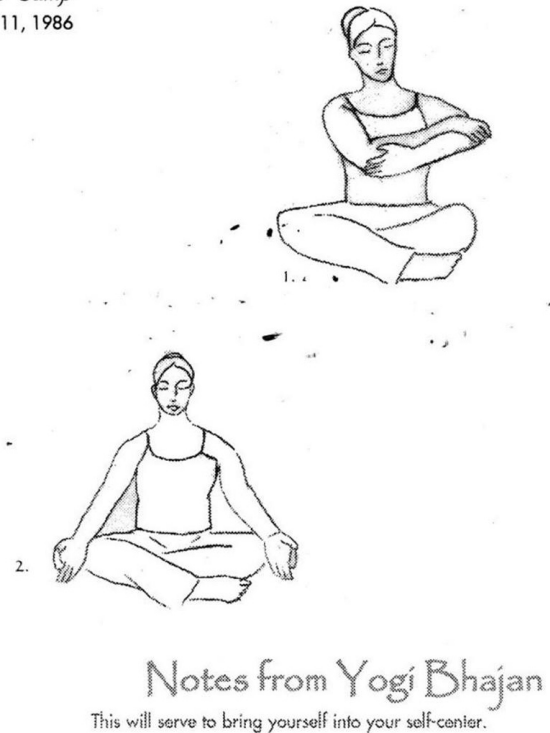
This last part can be done by itself as a meditation. Lie down on your back and pull your navel in with the rhythm of this tape of *Jaap Sahib, Last Four Lines*. "One tape can do a miracle. Seven days a week can do it for your life."

Chattar Chakkar Vartee, Chattar Chakkar Bhugatay
Suyambhav Subhang, Sarab Daa Sarab Jugatay
Dukaalang Pranaasee, Dayaalang Saroopay
Sadaa Ang Sangay, Abhangang Bibhootay

9 Schütze: Guidance



44 | Guidance

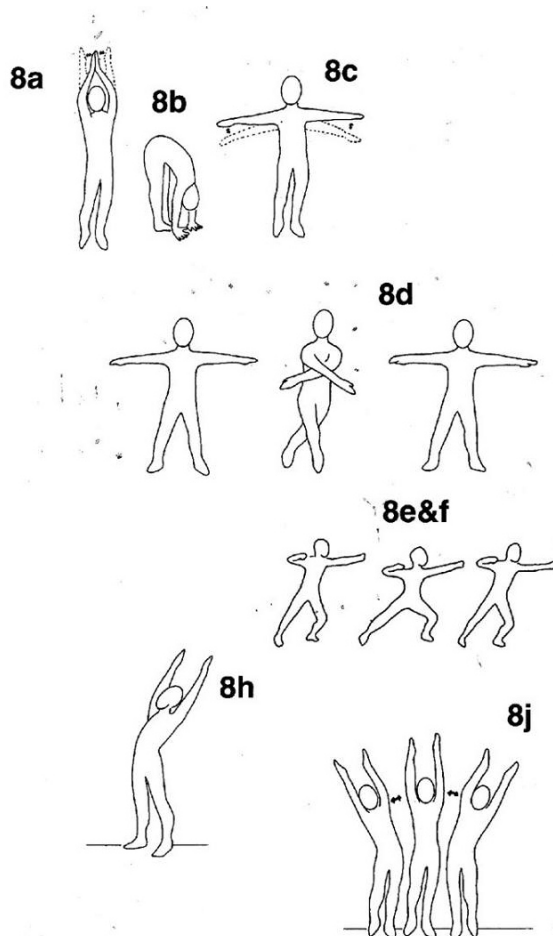


10 Steinbock: Gyan- Entspannung

Geführte tiefe Entspannung, leider ist nur ein link vorhanden:

<https://www.youtube.com/watch?v=GlKfCnPAZ0I>

11 Wassermann: Har Aerobic Kriya



8A. Standing with feet together, clap hands over your head eight times. Each time you clap, chant "Har" with the tip of your tongue.

B. Bend over and pat the ground with both hands hard, eight times. With each pat, chant "Har" with the tip of your tongue.

C. Straighten up with arms out to the sides parallel to the ground, palms down. Raise and lower the arms one inch, patting the air as you chant "Har" with the tip of the tongue, eight times.

D. Jumping, criss-cross the arms and legs chanting "Har", both as the arms and legs cross and when they are out at the sides for a total of eight chants of "Har".

Chant "Har" with each count of the following exercises:

E. Do Archer Pose with the right leg forward. Bend the right knee, extending in and out of the full stretch of the position eight times.

F. Repeat exercise E with the left knee forward.

G. Repeat exercise D.

H. With the arms in the air over the head, bend backwards eight times.

I. Repeat exercise D.

J. With the arms still over the head, bend to the left four times and to the right four times.

K. Long Deep Relaxation in Corpse Pose, lying flat on your back, be sure your body is in a straight line and that your hands are turned palms upward.

Die Musik dazu gibt es hier: <http://www.super-health.net/audio/Revised%20Har%20Har%20Har%20Har%20Jumping%20Set.mp3>

12. Fische: Open up the Newness in you

1. Sit straight in a cross-legged position. Raise both hands to shoulder level with elbows relaxed down. Place the index and middle finger up and use the thumb to hold down the other two. Eyes closed. Rhythmically spread open and close the index and middle fingers. Continue for 11 minutes.

2. Do not stop the movement. Form an „o“ with the mouth and breathe powerfully through it, pumping the navel in rhythm with the breath. Continue for 2,5 minutes. To end, inhale deep, hold and pull the navel towards the spine. Canon fire out. Repeat 2 more times. Relax.

When Jupiter and Saturn meet in frequency of the psyche, the subconscious thoughts you have against yourself will float away. Anytime, anywhere you do this exercise it will be sufficient to open up the newness in you. After 5 minutes you will be a different person.

(Anmerkung: Mit Konzentration auf das Mondzentrum am Kinn ist sie auch sehr

förderlich für die Konzentration!)