

Sangeet Kaur Khalsa's

Annual Numerology Forecast For 2019

This Is Your Torch To Light Your Path Throughout The New Year.

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There Are Two Key Numerology Numbers You Must Know To Make the Best of 2019!

These two revealing numbers are like a great big torch lighting up your path across the 12 months of 2019.

Very few people know about these two numbers and even fewer know how to make them work for your maximum benefit. They are called the "Planetary Cycle Number" and the "Personal Annual Cycle Number" and knowing how to use them is like having your very own gigantic telescope that helps you see into your future, one month at a time.

These numbers are both widely applicable and exclusively personal to you.

They change for every calendar year, beginning on January 1st and ending on Dec 31st. They influence your state of mind, your levels of activity and health, your finances and romance, your relationship to family and community – even the progress of nations! They support your soul in facing your karmas, taking advantage of numerous opportunities, and helping you make headway on your Destiny Path.

The first number is the **Planetary Cycle Number** whose globally applying effects touch us all. It sets the master theme for the entire period. For instance, last year in 2018, the Planetary Cycle of 11 focused us on our Spiritual practices and on our relationships with partners.

This Planetary Cycle Number has different aspects showing up each month, each of which can bring uplifts and buffeting winds to your personal plans. Respect this power!

The second number is the **Personal Cycle Number**. This is personal to just you for the year. This gives your soul its greatest lessons, provides opportunities to grow you to greatness, and introduces pitfalls to train you in both caution and courage.

This sacred knowledge comes from a classical numerology system brought to us by Kundalini Yoga Master Yogi Bhajan which has been expanded by Sangeet over more than three decades of teaching and healing work.

This system uses the numbers 1 through 11. Any number higher than 11 is added together and reduced to a number 11 or lower.

Now Let's Look at the Planetary Cycle for 2019

What cycle are we in this new year, 2019? *A 3 Planetary Cycle!*

How do we arrive at this number? Quite simply.

Add the digits of the year 2019: $2 + 0 + 1 + 9 = 12$.

This must be reduced to 11 or lower. So $1 + 2$ adds to a 3.

We are in a 3 Planetary Cycle in 2019.

What does that mean to us?

The 3 Planetary Cycle is the Cycle of Positive Mind, Hope, Service and Community

Here's a note of wisdom on the 3 Cycle from the Master:

The number 3 was described by Kundalini Yoga Master Yogi Bhajan as "**devil or Divine.**" In other words, in a 3 Cycle (personal or planetary) attitudes and actions can flip both ways. So in 2019 we could reach the pinnacle of goodness and stand with the angelic realms here on Earth.

Otherwise, we could dissolve ourselves into devilish infighting and emotional cataclysms that could fracture many lives, even society itself.

So what happens when we move from an 11 Planetary Cycle in 2018 into a 3 Cycle in 2019? Well, among many things, what you might have prayed for in the 11 Cycle and not seen realized, in the 3 Cycle you can call on angels for help in bringing those and other gifts to you.

From another perspective, we have all moved from the focus in 2018 on partnerships, Divine and Earthly, into the focus on larger groups – family, friends, circles of influence and so forth. Society itself is greatly affected. Whereas in 2018 polarities and differences were drawn starkly, now we may see a further fractioning into even more diverse social sub-groups.

The 3 Cycle calls on the Divine Feminine, on the growing need for greater equality for all groups, and on the desire to meet the needs of children and depressed minorities. It brings up hope but can bring hopelessness. It brings opportunities for service and at its highest seva, or selfless service.

Most importantly it requires us to learn better how to live in Positive Consciousness. Why so important this year? Because a 3 Cycle is one of change, like a roller-coaster ride and very unpredictable.

This cycle calls up the most expansive mind projecting You out into the world of society beginning with family, then community or cultural identity, then nation and beyond.

(Historic Note: How far can we identify ourselves with society beyond obvious borders? When the US-launched Apollo 11 Lunar Module landed on the moon on July 20th, 1969 bringing Astronauts Armstrong and Aldrin to step onto the surface, a leading French newspaper declared in its massive front page headline "We Are Citizens of the Moon!" That year the Planetary Cycle was a 7, all about extending boundaries beyond differences and feeling the majesty of the stars. For a moment in time, with great positivity, we all left Planet Earth on a great adventure. Perhaps this was the true "great society.")

Now in 2019, back here on Earth, where do we find ourselves in our personal and social network? Look at the primary aspects of the 3 Cycle: **Positive Mind, Hope, Service, and Community.**

Yes we can look to a fresh boost of energy in all these aspects throughout this New Year. Also, we can expect challenges. Why? Because 3 at its core is quite flexible and can waffle all too easily.

This New Year could be a time of joy, happiness, good family spirits, fun times, rising hopes, stronger and more peaceful communities.

Yet the Positive Mind can deflate (quickly, just like a balloon) and fall into forlorn negativity. Hope can slip into periods of hopelessness, even anxiety and depression. Service can be elevating in its purest form of giving when done without hope for gain, or it can be quite the opposite, driven by desire for recognition, influence and power. Community can become coherent and strong, pulling together for common principles and beliefs, or it can shatter and fall apart, even clashing with others as we have seen happening for some time.

What happens in this 3 Planetary Cycle is up to us – our actions, our open-heartedness and our prayers. Because a 3 can bring inclusion or exclusion, it can generate support and inspire togetherness or see the withdrawal of support.

Most critical to this all will be each of us taking actions daily to live in positive consciousness.

Practical Points About the 3 Planetary Cycle

As with all Cycles, there are upsides and downsides.

Let me repeat the "good news" I wrote earlier. 2019 can be a time for joy, happiness, good family spirits, fun times, rising hopes, stronger and more peaceful communities. Now, here are key catch-words for this 3 Cycle in its worst aspects: emotional, flirtatious, distracting, fluctuating, interruptive, de-focusing, disruptive, ready to overwhelm or be overwhelmed, giddy for little or no reason.

To antidote all this requires limiting commitments and activities and meditating to clear karma and focus the mind in positive consciousness. And yes, it's important to introduce fun often!

Overall, this can be an exciting year where new ideas and opportunities come to you. But it's a little like the first early flowers that come after winter passes – enjoy them but remember they're part of the passing show. See what's real in August, September and October. Those new ideas appearing at that time will help to carry you into and through the year 2020.

Here are the key suggestions you can draw on for this 3 Planetary Cycle.

1. Re-establish or expand your spiritual practice to build inner harmony and peace inside. As the inside quiet grows, take actions to project that to all around you.
2. Give peace a chance! Listening and dialog. If your partnership was under fire in 2018, if your community showed divisions, if your way of living felt threatened, find new ways to reach out. Learn to put arguments aside and listen to each other. Lines once drawn can be dissolved, and factions can work together.
3. Serve selflessly in any and all capacities and ask or expect nothing in return. The process is its own reward. "Giving is the only living," Yogi Bhajan told us, over and over.
4. Stay focused and stay on task. A 3 Cycle can produce many distractions. Along with that, don't take on too much – say "No" to 3 out of 4 things that come your way. Many new ideas and new people will present themselves. Don't buy in too quickly. Wait until later in the year (after mid-July) to see if they are really a god choice.
5. Ramp up playfulness and laughter on a regular basis. It will help to reduce stress and support positive consciousness. If anxiety or depression arise, breathe and chant it away! Then keep up the practices so you remain strong.

Yoga/Meditation/Pranayam Resources for 2019: Kirtan Kriya (Sa-Ta-Na-Ma Meditation) 31 minutes or longer daily and "So Darshan Chakra Kriya," both of which burn up accumulated karma; the "Magic Mantra" to turn away negativity (Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar); short pick-me-up techniques such as Breath of Fire or "Ego Eradicator" that combines an arm and mudra position with Breath of Fire; the "Meditation for the Positive Mind" (The Mind book, page 154) where there is a hand mudra and one listens silently as the sounds pulsing from the brow point. "

The #1 Key Meditation in 2019: Any version of Kirtan Kriya done for at least 12 minutes, better for 31 minutes or longer daily. This includes the traditional version done for 31 minutes while touching thumbs to fingertips in a specific progression.

A Month-by-Month Look At 2019's 3 Planetary Cycle

Throughout this 3 Planetary Cycle year, strong action-oriented months alternate with transition months when taking action is not wise. The major themes of the month are: remain positive, lead a life of service and kindness, enjoy fun while staying balanced and not taking on too much. Supporting all this is relying on your consistently strong spiritual practice.

I'm going to describe each month in personal terms rather than looking at larger, planetary possibilities.

We open the year in **January (a 4 month)** with a beautiful opportunity to gain a good overview of what's happening and set a plan to carry you forward. If the world presents a rising tide of emotionalism you can see ways to steer a path through it.

Look to **February (a 5 month)** to be more playful and take some short-term actions to get some matters going. Plans may need to be modified a bit.

March (a 6 month) is a month where you focus on matters of the heart and home, keeping your meditation strong to combat some concerns that may arise about partnership or children. Remember: positivity is the key.

April (a 7 month) is a reflective month where chanting and singing, and taking some "time outs" will serve you well. The mind sometimes swings into doubts and worries, so chant it all away! Be around a body of water.

May (an 8 month) is a strong month where you can take action, though again limit the number of things you are committed to doing.

June (a 9 month) is a time to carry forward what you are already doing but take on nothing new. Be prepared that some "gems" you came across earlier in the year in June may turn out to be duds, fool's gold so to speak.

July (a 10 month) gets off to a slow start, but by mid-month fresh energy begins to come in which will build slowly but surely throughout the rest of the year. This is the year's "refresh button."

August (an 11 month) can be a good-fortune month and also bring opportunities to improve your partnerships and your Divine connection. That will depend, of course, on you maintaining positive consciousness.

September (a 3 month, like the year itself) brings the fork in the road for the year – will you take the high road of service, giving and joy, or will you slog through the low road of emotionalism, overload, and distractions?

The answers will be obvious in **October (a 4 month)**, that forecast month for the coming year of 2020. October will give you hints of the new plan, the new order you will build in 2020. All you have to do is be alert to spot them.

In **November (a 5 month)** you can take some initial actions based on what October showed you.

In **December (a 6 month)** let your heart and home be at ease. Keep commitments but make no new ones at this time. If doubts arise, put them aside by blessing yourself and others. Many blessing meditations exist and they work!

What tools do we have to help get the best
out of all these months and out of the year itself?

Yoga/ Breath-Work/ Sound healing/ Chanting/ Meditation!!

The Simple Way to Figure Out Your Personal Annual Cycle for Calendar Year 2019

There's the Simple Math

Take the New Year 2019 and add to that the day and month of your birth.

Here's mine:

2019 – current year

9 – birth day

6 – birth month

2034

Now add those four digits together until you get a number of 11 or lower.

Here's mine:

$2 + 0 + 3 + 4 = 9$ – my PAC (Personal Annual Cycle) for 2019

Now go ahead and add up your numbers. Then do it for a family member and a friend.

Easy Peasy!

The Progression of Annual Cycles (Planetary & Personal)

There is a Progression of 11 Cycles, primarily each one taking a full calendar year.

"3": Cycle of Positive Mind, Hope, Service, and Community – *Give Selflessly*

"4": Cycle of Neutral, Meditative Mind – *Cycle to Set the Plan*

"5": Cycle of the Physical Body, Cycle to Modify the Plan – *Be Strong and Balanced*

"6": Cycle of Sacred Space – *Create Your Garden*

"7": Cycle of Inspiration, Cycle of the Doubting Mind – *Take Refuge and Chant*

"8": Cycle of Action, Achievement, the Harvest Time – *Reap Many Blessings*

"9": Cycle of Mastery or Mystery – *Chose God Not Ego*

"10" & "1": Cycle of New Beginnings – "Little Me," "Big Me" – *You Stand Next To Infinity*

"11" & "2": Cycle of Divinity & Divine Partnerships – *Rise and Merge*

An Easy Guide to Successfully Navigating Your Personal Annual Cycle ("PAC") in 2019

For those in a 3 Personal Annual Cycle in 2019

3 is the Cycle of the Positive Mind. Establishing positive consciousness is imperative.

Now when you mix the 3 PAC and a 3 Planetary Year – wow! So stay positive at all costs, give and lead in kindness. BUT don't over-commit, over-work or over-play. This is a very creative time with open and often enticing ideas coming to you. Remember, all is not gold that glitters!

Be playful, have fun times! Keep light in the early months of this year and take nothing very seriously. Many things will not last through June. What could have lasting important to you will be revealed later in the year.

Here Are Some Specific Pointers

1. You will be given opportunities for service this year to help your community or someone in your family. Do so. Your goodness will shine!
2. In this Annual Cycle you are the nurturer, the essence of the Divine Feminine (yes even in male form). You must serve as that creative soul who can see countless options where others cannot. You are the generator of hope for many.
3. Achieve a balance between work and playfulness.
4. Stay focused and don't take on too much or you could encounter physical and emotional problems, even depression, that could affect you now and for the next couple of years.
5. Explore your creative side as well as your social side.
6. Don't be sidetracked by passing things that look like gold. Get past June before considering anything real.
7. Don't engage in expanding arguments, even though it is important to you to see things as "fair." Remember that is a goal everyone has but from their own points of view. So allow everyone to be heard and treat their viewpoints with respect.
8. Throughout the year you will be highly sensitive to the negativity of others around you as well as what comes across on TV and social media. Reduce your exposure to these outlets, especially during the 2-3 hours before bedtime. Resist all desires to engage in anything negative even if it comes from those whose opinion you value.

Best Months: January (set a small short-term plan), May (take some action but again short-term), second half of July (a slow boost but a real new beginning for the year), August (strengthen your spiritual practices), October (observe what seems to "come together" as possible and worth building on).

Weakest Months: April and June – take no forward action; turn away worries.

Health: Will be positive if you stay positive; there's a high potential to get run down if you take on too much and stress builds.

Finance: Better in second half of year – beware of flighty ideas that capture you in opening months. No big investment moves, expenditures or risks until August.

Romance/Partnership: A fun, playful time, but not yet good for commitment. Enjoy time with children.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Kirtan Kriya 31 minutes or longer daily, "So Darshan Chakra Kriya," any Yoga Set with Triangle Pose in it, Breath of Fire, the "Magic Mantra" to turn away negativity (Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar), chanting Wahe Guru to build the Neutral Mind.

For those in a 4 Personal Annual Cycle in 2019

4 is the Cycle of the Neutral, Meditative Mind. The Cycle to Set the Plan. It focuses on creating order and structure, using logic and reason. This is a time to formulate a new plan, plant a new garden. At its best it is also the open doorway to intuition.

This year brings a difficult mix of forces – a 4 Personal Cycle that wants you to put a working plan together, tapping into reason and intuition, and at the same time the overall influence of a 3 Planetary Cycle which brings distracting ideas, overwhelm and stress while at times presenting happy times to enjoy. Got it? Whew!

The energy of 3 wants to be happy-go-lucky, carefree, and often thoughtless while the energy of 4 seeks structure, the bigger picture/plan and a green light to put it into action and go ahead.

Here Are Some Specific Pointers

1. This year is a good time to open the doors of reason and intuition. A steady use of meditation will fuel both avenues and awaken in you an intuitive, listening ear. Beware of negativity in your energy field.
2. This is the time to see a possible new plan for your life that could carry you for at least the next four years. Yet you must take no action until you reach August and then only initial steps. October will be a better time.

3. Stay open to the process of change. Don't try to force things together early in the year. Too much push on your part can get you stuck in your own "box of the mind" feeling there is no way out, no way forward. The energy of 3 is flexible – use it.
4. In this precious cycle, when meditation can lift you to become truly neutral, you can reach the only place from which pure love can come. Love of all with compassion, without conditions. The love of acceptance and inspiration. It is known as "Prem" or pure love that gives without needing any return, sees no limits and reaches others with purest intent. It is the only highway to true love.
5. Resist the pull of the Negative dragging down your positive consciousness. Light is yours in a 3 Cycle, and the 4 gives you the meditative capacity to sustain it.

6. If your 4 Personal Cycle comes from a 13, there will be opportunities for you to speak out and show your truth of character. You may encounter deception from others and will have to examine your own self-deceptions, illusions and fantasies. This may present a couple of times when you will need to speak out, but only if they are ready to listen. You are God's messenger.

Best Months: April (for taking small actions), June (mid-way through start new beginnings), July (Divine inspiration), September (for self-trust and more clarity on how to proceed forward).

Weakest Months: March (worries, doubts), May (fear of things not working out) and December (more worries and doubts). Don't be misled by happenings during August which is a 3 month and can look muddled and confusing.

Health: Avoid too much demand and impatience with yourself and you should be fine. If you stressed yourself out in the 3 Cycle, take plenty of time to rest and rebuild. Add in additional exercise and improve your diet in the last quarter of the year.

Finance: This should be a major component in your eventual new plan. Until then stick with the existing plan.

Romance/Partnership: A new or renewed partnership can be a special gift this year, but focus first on the spiritual component. Avoid impulsive actions regarding relationships.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Do any of the "mind sets" from the manual "Kundalini Yoga for Youth & Joy," chant or sing "Sochai Soch Na Hovai" from Japji by Guru Nanak for 11 times or 11 minutes daily; chant "Long Form of the Mul Mantra", do "Meditation for the Neutral Mind" ([The Mind](#) book, page 155); also do 4-to-1 or 4-to-4 Segmented Breathing.

For those in a 5 Personal Annual Cycle in 2019

5 is the Cycle of the Physical Body. It presents opportunities to modify the plan you set in the 4 Cycle. That means modify, but not drastically change the plan. You get the opportunity to improve the foundations as well as the structure of things, to add flexibility and gain better balance. This affects the physical body (health) as well as mental flexibility, stability and strength.

The interplay of the energies of your 5 PAC and the 3 Planetary Cycle can be complex as they have certain downsides in common.

Both cycles can promote over-work and over-play, can easily go out of balance, and do not respond easily to reason and order. Certain aspects of these combined influences can have a direct impact on depleting your physical and emotional energy resources that can affect you for several years ahead. Care must be taken.

Here Are Some Specific Pointers

1. The number 5 related directly to the Physical Energy Body, which it is said was given to the soul to experience its excellence and, through that experience, to come to know God. So this year take extra care for your physical structure and support systems and discover what it takes for you to experience your excellence, to maintain flexibility, endurance, and balance. These are key attributes you must support.
2. Create a program that incorporates strengthening your navel energy through yoga and pranayam to balance the body's sluggishness and lethargy. Being in a 3 Planetary Cycle also prompts us to extend ourselves beyond our resources, so we need to build the earth, water and fire elements in our body and bring them into balance.
3. Be flexible: sometimes you must stand like an oak and sometimes you must bend like a willow. Your ability to shift and to know when to shift will bring flexibility of mind and spirit as well.
4. Love your body but do not become trapped by it. It can weigh you down. So weight could become a problem. This is the living temple of the Divine, but it is not the essence of the Divine. The soul remains free.
5. This is a cycle of modification, not major action. During the year you will discover that you need to modify the plan set in the 4 Cycle (the previous year). Modification is fine, but not a complete change; the plan was essentially good. Therefore make no long-term decisions. No major moves of home or business. Remember the "false temptations" in the pre-June months of the 3 Cycle which may influence you to make premature and utterly wrong moves.

Best Months: March (for initial actions), May (midway through for a fresh start), and August (to launch a new plan to be re-checked in October).

Weakest Months: February (worries), April (things look like they're falling apart) and November (second thoughts – stay with what you decided in October).

Health: If you overworked in the 3 Cycle (two years ago in 2017) and did not sufficiently correct and rest in the 4 Cycle (2018) there will be problems. Keep your navel energy strong, build strength and stability slowly, and balance play and rest.

Finance: All diligent, honest efforts will be rewarded! Don't over-push. Let things come to you.

Romance/Partnership: Neutral. Build your relationship with fun times. Not best time to make major commitment.

Remedies to Help

Yoga/Meditation/Pranayam Resources: classic "Nabhi Kriya" set, "Flexibility and the Spine" set, chant and move with "Hast Kriya," chant "Hume Hum Brahm Hum," also do "Laya Yoga Kundalini Mantra" correctly (few do), also can do "Meditation to Command Your Five Tattvas" ([The Mind](#), page 152).

For those in a 6 Personal Annual Cycle in 2019

6 is the Cycle of Sacred Space and covers you like a roof over your home. When you are strong in this cycle you have a high level of confidence and self-worth. Your immune system is likewise strong. Your home and loving relationships are held sacred by you and you feel yourself blessed.

Critical to building and maintaining strength in this cycle is to keep all commitments and build on the sacred bonds of love and home.

During a 6 Cycle all heart-based relationships will see some change. These are your most sacred connections. A person or family will be prompted to move their home (sacred space) or make changes and beautify an existing home. This is the expanding garden of the original plan set in the 4 Cycle.

Bringing together the energies of Cycles 3 and 6 this year can boost romance in interesting ways as a 6 Cycle deals with the heart, commitments, your sense of self-worth, home and love. During all this time, the playfulness of the 3 can produce "flights of fancy" that are not necessarily real. In other words, illusion and self-deception could prevail at times. These leave us emotionally vulnerable.

Supporting you best are meditations that underscore your true sense of self-worth, because in the love arena that is your best security. If you need love you will only become more and more needy and love will elude you as a stabilizing influence.

Here Are Some Specific Pointers

1. This is a high cycle for prayer and meditation, and it can bring significant positives. For one thing it can boost your sense of self-worth and draw great love to you from many directions.
2. However, this is one of the highest cycles for relationship issues, loss of home and even divorce. Don't run away! The outcome of the journey is worth all the effort and the rewards are awesome. Bless all in your life, especially yourself, even as difficulties arise and even when they leave.

3. You need to be "at home" in your home. This is one of the best opportunities to create "sacred space" for yourself where you live. Create a cozy little garden with flowers that elevate you and others and spend time in it daily. If outdoor space is limited, spread a few flowering plants around inside and tend to them a few minutes each day. Your sacred space should also be either some room or corner of a room that is just yours, perhaps a place where you do your spiritual practice.

4. Make commitments carefully and do your best to keep them. If you don't, your immune system will suffer. Broken promises from other lifetimes may have to be healed at this time as they led to a wounded heart.

5. Count your blessings, feel yourself blessed in this life, and bless the good in others even if they create mischief or bring disappointment.

Best Months: February (take actions carefully, change will come later), Mid-April on (the start of new beginnings for the year), May (a high time to count your blessings and blow away challenges), July (you can see the larger plan), September (dive deeper in your spiritual practices, set aside any blip on the horizon of love), November (move ahead with confidence especially if worries arose in October).

Weakest Months: January (doubts), March (things look as if they are falling apart), June (distractions arise), October (more doubts)

Health: The immune system is at risk; begin to prepare for this with nutritional improvements in the fall of the previous year. Getting small amounts of sunshine daily will strengthen you.

Finance: Your home and your partnership can support or weaken your reserves.

Romance/Partnership: Your heart is on the line: give from your heart but don't give your heart away. It is the source of your strength and your soul's natural home. You will be tempted to decide some matter of the heart – do so thoughtfully. Commit only to those things to which you can pledge completion.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Chant "Mera Man Lochai" (use CD "Healing the Wounds of the Heart"), do any Arc Line yoga set, chant "Ardas Bhaee", "Tershula Kriya" (The Mind book, page 190), do any chant with your hands in "heart lock" (crossed across the heart center); practice healing through your hands (in the science of Ayurveda the hands are said to be the instruments of the heart)

For those in a 7 Personal Annual Cycle in 2019

7 is known as the Cycle of the Inspiring Word as well as the Cycle of the Doubting Mind. Critical to its health is maintaining a strong Aura, the "Divine Shield" that protects us and gives us both a zone of safety and a strong outreach that touches others around us.

During this cycle you can have a wonderful magnetic, inspiring influence on others, yet you must also take time out to be reflective, meditative and rebuild your resources.

The aspect of this cycle that calls up the "doubting mind" is the natural, though troublesome, tendency to question the commitments one made in the prior cycle, the 6 Cycle. Often these give rise to worries, even regrets and internal squabbles within the mind. The best recourse is meditation – "to chant, not rant." Aiding that is serious yogic breath-work. Don't be quick to pull out of those commitments.

The mix of the 7 PAC with the 3 Planetary Cycle can create odd polarities. The 3 can be flirtatious and playful while the 7 is often more distant in social situations, more meditatively reflective, assuming the role of spectator. The 3 is a free spirit while the 7 seeks control and avoids the openness of the 3. The 3 wants to be liked while the 7 wants a respectful distance.

The result can be an occasional push-pull message to others. "Come here – don't crowd me!" If the aura grows weak with doubts and shallow breathing, the sense of being vulnerable can draw one into their mental cave and they can even drop out of sight at times.

Here Are Some Specific Pointers

1. This Cycle, known as "the cycle of the (doubting) mind" can present some of the greatest challenges you will ever face. Decisions you made, or didn't make, last year will raise doubts this year. The only antidote is to sing and chant to stay in Neutral Mind and to raise your spirits.
2. This cycle can also mature you to be at your best as an elevating, inspiring presence in the lives of others. Chanting will enable you to be elevated and truly believe in who you are. So you can let the doubts go.
3. Plan and take some serious "time outs" this year to relax and rejuvenate in some form of a retreat. Your nervous system is under pressure. If you didn't release the overwhelm of your 3 Cycle (four years ago) and piled up work on yourself in your 5 Cycle (two years ago), and even if you didn't see any weakness in the immune system in the 6 Cycle (last year), this is the time when you must relax. Any overwork this year may weaken you permanently and affect your longevity and health.
4. Spend time in or around water (ocean, lake, river). At the least take a nice warm bath 2-3 times a week.
5. A tendency to feel isolated or alienated is common at this time. Think of isolation as a time for enjoying your refuge. This can be in your home or some place away. Retreat there but don't retire and drop out! Breath and meditation will help make that a happy place.

6. This is also a year that brings major challenges and lessons around patience. So expect to be tempted often to take foolish, impatient actions that are essentially reactions. Regrets can happen a lot in this cycle.

Best Months: January (modest action), Mid-March (new beginnings), April (spiritual retreat time), June (neutral perspective but drop judgment), October (limited action again).

Weakest Months: February (something seems very wrong), August (self-doubt), September (you think something isn't right), November (the big time when, if you take the wrong action, you will later regret it).

Health: Fatigue, nervous system and cardiovascular issues are possible; speech centers can be affected, dis-associative states are possible.

Finance: Stay conservative and take no risks; reactive things can lead to loss.

Romance/Partnership: Major pressure on partnerships due to feelings of alienation and perceived criticism.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Chant "Grace of God" meditation twice a day for 40 – 90 days; do "Meditation for Vaach Siddhi (6 Sat Nams and 1 Wahe Guru), do any Aura Building yoga set, the "Magic Mantra" (Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar)., do "Meditation for the Sattvic Guna" (The Mind book, pg 151), do any version of "One Minute Breath" even if you have to work up to that goal.

For those in an 8 Personal Annual Cycle in 2019

8 is the Cycle of Action & Achievement, the Cycle of the Harvest-time, a celebratory Cycle of Human as Doer/Boss! You reap the harvest-benefits of all the efforts you put in through the preceding years. It is a time for victory.

To support this we need to keep building our life force (prana) with powerful breath-work and physical activity. We work hard as we harvest but the gains come quickly.

This is a time to pursue some new activities that will augment your original plans, bringing in the promise of fresh new rewards. The sun is high, the days are long and the promise of wealth is very real.

There is a warning, however, of the seasonal change soon coming – the "Winter" Cycle of 9, which begins to affect everything beginning in October of this 8 Cycle. So, like all wise creatures during the harvest, we store up the crops to carry us through the coming time. We must aim to largely complete our preparations by the end of September.

The mix of 3 and 8 can make the action-oriented "boss" or leader role of the 8 more emotional and impetuous. Self-containment with good inner direction tapping into the 4 Neutral Mind is the best place to be throughout this cycle.

Watch any temper flare. Take care of your nutrition that it isn't too spicy or creates acidity. Breathe deeply and become aware of using breath to deepen yourself and contain emotions.

Here Are Some Specific Pointers

1. Now is the time to take action. This is the harvest time for many years of diligent work. But take care – some reactions prompted by old arguments from 2018 can push your hot buttons.
2. Unless you made some impatient step in the wrong direction in those tricky months of November and December in 2018, you can finally move ahead with some clarity of purpose. But only when you get to late February. Even then, stay cool and proceed slowly.
3. This cycle is ruled by the element of fire which can prompt you to react, and that can create arguments and war. The ego can be very strong here – asserting itself, reacting powerfully and pushing things (and others) aside. We need to tame the fires of the ego and use it for positive outcomes. As Yoga Master Yogi Bhajan often told us, "Where there is ego, there is no Amigo," meaning the God connection. See God as the Doer through You.
4. Actions you have waited so long to take can now finally be taken. Adjustments to the plan, new ideas or extensions of existing work you are doing, are all in order. Take charge of your life.
5. All the while, be alert to any quick impulse and don't let it run your thoughts, decisions or actions. It is the little mischief of the 3 hitting you.
6. Up your spiritual practices so you stay in touch daily with the Big Boss. Remember: You are part of the show, but you aren't the whole show.
7. By the end of September have most of what you want to go forward with in place as the upcoming winter cycle in 2019 will begin to restrict what you can do going forward. This means your plans, your finances, your home, your job, your spiritual practices all need to be in good order by late September. Do this and you can ride through your coming 9 Cycle in 2020 with minimal problems.
8. Don't change any decision in a material way after September, even with the temptations of October – that is the impact of the 3 Cycle creeping in.

Best Months: February (begin to make new moves), March (call on God who is in your corner), May (set the plan), July (secure your home and basic commitments), September (take strong actions and then nothing more that year).

Weakest Months: January (mistakes), April (possible distractions), August (old doubts arise), October onward (the "winter" creeps in and things don't work as they once did). Note: December can have some sweet time that may distract you. Enjoy it but change nothing!

Health: Watch heart, lung and digestion issues, especially if you came into this year showing any issues in these arenas. Do strong aerobic exercise, lose weight, and improve nutrition.

Finance: A prosperous time if you avoid distractions and limit your level of risk-taking.

Romance/Partnership: A good time for making decisions up to and through September. Not after that.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Pranayam is the big key – use Breath of Fire to build life force or 8-to-1 Segmented Breathing for a more sustained boost; chant Wahe Guru 16 times on breath (or more); Yoga set to “Build the Command Reflex;” chant “Adays Tisai Adays” from Japji prayer by Guru Nanak (See “Aspect 8 - Leader Meditation,” page 184 from The Mind book); do “Haumei Bandana Kriya” (The Mind book, pg 185).

For those in a 9 Personal Annual Cycle in 2019

9 is the Cycle of Mastery or Mystery. The key is carried in the old phrase, “Let go, let God.” This the Winter Cycle, the time when you plant no crops, instead let your work continue so that the ongoing time will only enrich your roots and prepare you for even more progress.

Take no new jobs, just get better, more masterful at what you have been doing. If circumstances change for you, find a job that continues the type of work you have been doing. And don’t drop anything. Certainly this is not a time to move a home or marry. What you have done before, relationships you have already entered, you can grow better and take to new levels.

Most importantly, stay steady and keep the worrying mind quiet. Turn things over to the Divine and live in trust. The season will change and spring will come again.

The mix of 9 with the 3 Planetary Cycle takes the ideally neutral and dispassionate attitude of the 9 and makes it more passionate and emotional, therefore more difficult to keep in check. This requires a the higher application of Neutral Mind abilities of meditation in order to contain the emotionalism and allow the mind to “float” with God’s Will. Live in gratitude for it all!

Here are some specific pointers:

1. In this Cycle true mastery can happen, the mastery of your Divine Self seeking, finding and relying on merger with Divine Will (Example: “I will to will Thy Will.”). To do that, you must move beyond the realm of patience you learned in the 7 Cycle, and the realm of the doer in the 8 Cycle. *Now you must accept Yourself as part of God and God as Doer.*
2. Normally in a 9 Cycle there are some clear “don’ts”: don’t start anything new, don’t end or drop anything, don’t marry, don’t move your home, don’t change your job. Nothing new works. The “do” part is simple: do what it takes to become more masterful at whatever you have been doing up until this year. A new “Don’t” for 2019 with the 3 Planetary Cycle is “Don’t be distracted or veer off your course, no matter how tempting the distraction.”
3. The Divine may send you a temptation – perhaps an exciting potential new partner. A month or two later that person will just disappear. When that happens I always tell folks, “Make a friend and let’s see if s/he’s still around at the end of the year.” Like the expression applied to short stays in Las Vegas, “What happens in a 9 Cycle often stays in the 9 Cycle.”

4. This 9 Cycle in 2019 is unlike other 9 Cycles, however, because of the fluctuating influence of the flirtatious 3 Planetary Cycle. You can become one with the Universal Pulse or the 3 will tempt you to veer away and suffer the consequences. This is a time when only surrender to Divine Will can work. Live in trust that all is already happening in Divine Order.

5. You will be tested. It may look like things are "going to hell in a hand-basket." Mastery in this cycle is simple: Don't go there with it. Keep the "freak in" (avoids "freak out"). Be grateful for everything that happens.

Best Months: February (see the Divine in everything), April (see all as God's plan), June (let meditation be your guide), August (witness the action-arm of the Divine) September (let go-let God), October & November (merge with the Divine).

Weakest Months: January (deny Divine Will and try to assert your own), May (watch things crumble), August (put ego aside).

Health: Mental peace or misery and unhappiness; mental acuity weakens, dis-association happens.

Finance: If you stay steady, any disturbance will be minor; try to do anything new on your own and it may crash. This is not a time to build new things.

Romance/Partnership: Stay high and at peace and the relationship will make it through. Change nothing material. If things appear to be rocky or even ending, don't buy into that thought or you may bring it into reality. Certainly do not end a relationship. If someone else ends it, say "Wahe Guru!" and bless the good in them.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Chant "Akhan Jor" 25 times daily (33rd Pauri of Japji by Guru Nanak); chant "Kal Akal" to ward off anger and untimely death; chant "Gobinday" 8 or 16 times on a breath which calls on and aligns you with God the Sustainer or chant the whole "Guru Gaitri Mantra" which balances you in relation ship to all 8 primary facets of God; do "Bowling Jaap Sahib" for 40 days; do "One-Minute Breath" daily. Making statements of gratitude should be a daily practice.

For Those in a 10 Personal Annual Cycle in 2019

10 is the Cycle of New Beginnings. This is a time when you can begin to take steps to change what you could not in the 9 Cycle. To start up new ventures and make strategic moves. This requires courage and caution. This must all be done slowly. The cycle acts much like a rocket taking off - it huffs and puffs a long time on the launch pad before it starts to rise.

Each month you get stronger, wiser, better able to discriminate and take good steps. Yet you must allow a final clearing of issues to pass through in August and early September before your lift-off is assured. At that point you will begin the next 9 years of progressive growth cycles in your life.

Interweaving the 3 Cycle aspects with your primary 10 Cycle can provide quite a mix. The 10 should bring growing strength and certainty of purpose and action to you as well as and improving sense of self-identity. The 3 can interfere at times with false optimism, distractions and, inversely, depressive moments. So the 3 interrupts with false and often wrongful influences.

Therefore during 2019 you must be careful not to make brash decisions or conclusions. Exercise patience.

In general, the following pointers should normally apply.

Here Are Some Specific Pointers

1. Your self and sense of self are gradually going to be molded anew this year. This is new birth. You stand as self (1) next to the Infinity (0), thus creating a new reality of Higher Self. You climb the mountain with courage and take the Divine hand that holds you on course. You have gained the gift of gratitude from the previous 9 Cycle (in 2018) and you have learned to let go-let God.

2. This is the Cycle of New Beginnings. Let your growing spirit of independence elevate others and reach out a hand to them along the path. With your influence and example see that no one feels small, that no one feels left behind, that no one feels lost and without a path forward. *You can help deliver the Positive Consciousness that the 3 Cycle should do at its best.*

3. You can now become a true leader. This is the time when you as an individual can become an enlightened steward of this world; your growing radiance is a gift from the Divine that charismatically touches and inspires others. It is not the limited you but the Higher Self in action.

4. You must be patient in the early months as you are still in the process of birth. It will take almost precisely 9 months for the new you to be born. The date and time when the newly-minted you will emerge will be midnight of September 21. After that, you may be timid at first, feeling your way and feeling also a bit small, but this is the precise start of the next nine years of your life.

5. Don't let the impetuous highs of this year's 3 Planetary Cycle prompt you to take premature actions in the early months. Small steps are okay. You are safer after mid-July, again a bit vulnerable in August, but stronger as you move toward that important date in September.

Best Months: March (the first sight of the new you), May (feeling the sacred in yourself), July (the doer-within awakens), September & October (walk hand-in-hand with the Divine)

Weakest Months: June (doubts arise), August through September 21st. (You may be disrupted briefly while you process anew some remnants of upsets and issues from the year before, 2018.) Watch out for temptations to drop or stop something. Don't.

Health: Stretch, run and rebuild the physical body, relax and renew the mental bodies. Especially take care of the spine. Health will gradually become more secure. If more rest is needed, do so in February, April and July.

Finance: You can slowly begin to put new ideas into play and watch your prosperity resume an upward course. Beware of "false positives" that arise in making investments or large expenditures primarily in February and August – the pesky intrusion of the 3 Cycle influence.

Romance/Partnership: Hold on to your partner's hand with compassion and courage. You will be changing and this will affect your partner's awareness of you and whether or not you can be trusted to stay steady. Appreciate the Divine Feminine – the Adi Shakti – in yourself and in everyone.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Sat Kriya, Flexibility & the Spine Kriya, "Chaktra Chakara Vartee" meditation from Jaap Sahib, "Adi Shakti" chant, Long "Ong" chant, the "Guru Gaitri" meditation. Do Archer Pose as part of a kriya or by itself while chanting any of these meditations.

For those in an 11 Personal Annual Cycle in 2019

11 is the Cycle of Divinity, the Cycle of Divine Partnerships that you forge on Earth and with the Heavens. It invites each soul to enter into or expand the "dance with the Divine" toward what could eventually be merger.

Opportunities will come to expand these relationships, to engage in deeper trust in and reliance on the Divine. Or, conversely, events may prompt you to question your nearest and dearest, to pull into your shell of distrust. Seeing God in all is so necessary here.

Since the prior year (2018) was an 11 Planetary Cycle, and this year is YOUR 11 Personal Cycle, you may see continuation of issues from 2018 around partnerships as well as ongoing pressure on your spiritual practice and relationship with the Divine. This can allow you to continue to make improvements in these matters, or make matters worse. These fluctuating influences, up and down, come thanks to the impact of the 3 Planetary Cycle.

The 3 Cycle will also add an element of flirtatious behavior to you and others. Don't be tempted by anything more than playfulness. Be true to your higher self (that evolved in the previous 11 Cycle in 2018) and remain steady and true to that.

The only way to make the best of these influences on your 11 PAC path in 2019 is to remain in Positive Consciousness, keep doing practices that help clear karma. Resist any frisky idea that clutters you, over-commits or overwhelms you and takes you off course in your innate desire to make wiser decisions about new or emerging partnerships.

Here Are Some Specific Pointers

1. Many opportunities are coming your way. Stay open, drop your mental chatter and listen. Don't act impulsively.
2. Your spiritual values and practices will be tested. Do not fail yourself and you will not fail the Heavens. Always act in your higher interests. Relate to the higher self in your partner;

inspire that often when you can. You must act to build a dharmic relationship, one that seeks to fulfill your highest destiny as well as theirs. You are responsible for delivering your self Home, in due time. You can inspire your partner to seek the same for themselves.

3. Regain harmony within yourself and in your partnerships. That will be tested often.

4. Don't withdraw. "Keep up and you'll be kept up" Yogi Bhanan was often heard saying.

5. Take action on partnerships, current or potential, only after considerable prayer and meditation; make sure both of you hold the same values and practices in common.

Best Months: February (set the plan), April (resolve home issues), June (take action), August (midway on, feel renewed energy), September (resolve partnership issues, avoid hasty decisions).

Weakest Months: May (doubts) and July (fear of things ending).

Health: Will be positive if you stay with your spiritual practices; Avoid arguments, argumentative people and situations; meditate and drop your inner arguments.

Finance: Your success will follow along with your spiritual practices, up or down.

Romance/Partnership: Can make major partnership commitments but your evaluation of your partner will fluctuate. You may see a partnership end and be drawn to another partner. Once you make, don't question it after the end of September, though you will be tempted to make some change in October. Don't.

Remedies to Help

Yoga/Meditation/Pranayam Resources: Alternate Nostril Breathing keeps you balanced; do Venus Kriyas for masculine-feminine balance of the Shiva and Shakti flows (there are sets in Kundalini Yoga Marriage Manuals 1 & 2); do White Tantric Yoga with and without your partner; chant "Ong Namu Guru Dev Namu" Mantra, chant "Ang Sung Wahe Guru", "Me and God God and Me are One;" chanting the "Magic Mantra" defeats negativity (Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar).

A Final Word

So there you have it, a broad overview and "weather forecast" of the interplay of individual Personal Cycles and the 3 Planetary Cycle in 2019.

Those who will take my *Blessings Code (TM) Numerology training weekend, March 22-23, 2019 at Anahata Yoga Studio*, as well as all who will read my Blessings Code (TM) book later this year, will gain broader understanding of how these annual cycles work. They will be able to do calculations themselves as well as entire charts.

In the meantime I am available for in-depth individual sessions in person or by phone.

Sat Nam and Bless You In All Ways, Always,

Sangeet Kaur Khalsa

Chart 1

Annual Numerology Forecast for 2019

This Is Your Torch to Light Your Path
Throughout the New Year

Presenter: Sangeet Kaur Khalsa

January 20, 2019
Hosted by Yoga Phoenix - Phoenix, AZ

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The Blessings Code™ Numerology System

Chart 2

Ong Namō Guru Dev Namō

I bow to God who created everything -
I bow to the wisdom within and beyond me.



Chart 3

Two Key Numerology Numbers
Reveal How You Can Make the Best Out of 2019

They influence Your Mind, Health, Finances,
Romantic Life, and the State of the world you Live In

Chart 4

- Your Planetary Cycle Number
Sets Master Themes for the Year
- Your Personal Annual Cycle Number
Gives you your Greatest Lessons, Opportunities,
Shows Pitfalls

Chart 5

Planetary Cycle for 2019

Add Digits of the Year

$$2019 - 2+0+1+9 = 12 - \text{Oops!}$$

[This System uses Numbers 1 through 11
Any Number higher than 11 must be reduced]

$$12 - 1+2 = 3 - \text{Planetary Cycle for 2019}$$

Chart 6

The 3 Cycle is the
Cycle of the Positive Mind, Hope,
Service and Community

Chart 7

What Can We Expect in a 3 Cycle Year?

Yogi Bhaajan called the 3 - "Devil or Divine"

Everything Can Flip Back & Forth, Up & Down

- Emotions & Hopes Up and Down
 - A Roller Coaster - No Brakes - Unknown Course!
- ("Danger! Danger! Will Robinson!")

Chart 8

- Rising Emotions, Conflict, Stress and Depression
- Tears in the Social Fabric

Anti Dotes -

Build Positive Consciousness - will see rising hopes,
mediation of conflicts, moves toward peace

"Go forth and Conquer the hearts" - Yogi Bhaajan

Inspire others to bridge differences

Chart 9

Meditate to clear Karma, don't over-commit
 Keep Spiritual Practices Up, stay focused, on task.

Say "No!" to 3 out of 4 things that come your way

The year "Resets" in July - don't rely on
 anything before that

Chart 10

Key Meditation: Kirtan Kriya
 (Sa-Ta-Na-Ma)

12 minutes, 18, 31 and longer Daily

Clears Karma - Supports Focus

Clears your Path

Chart 11

Moving Month - By - Month with the 3 Planetary Cycles

January - Set a plan - Get an overview

February - Be playful - Take short-term Actions

March - Focus on Home, Matters of the Heart

April - Be reflective, take time-outs, chant & sing

May - Take Action but Limit Commitments

Chart 12

June - Keep Carrying On - No new commitments

July - Off to a slow start - then "Refresh Button" - New Energy

August - Some Good Fortune - focus on Partnerships, Building
Divine Connections

September - Choose Service & Joy Over Distractions

October - "Forecast Month" for 2020 - Year to Set Plan

November - Take initial Steps on the Plan - Watch Your Health

December - Build Commitments, no new ones!
End Nothing!

Chart 13

How Did you Get This Group Number
and What Is It?

This is your Personal Annual Cycle for 2019
· Gives Lessons · Opportunities · Pitfalls

Chart 14

Go Figure!

mine; 2019

9 - Your Birth Day

+ 6 - Your Birth Month

2034

ADD 4 Digits $2+0+3+4 = 9$ Res. An. Cycle

If higher than 11 - Reduce It

Now - Do Yours + 2 Others

Chart 15

Progression of Planetary Cycles

3. Cycle of Positive Mind, Hope, Service, Community
- Give Selflessly
4. Cycle of Neutral, Meditative Mind - Set the Plan
5. Cycle of the Physical Body - Be Strong & Balanced
6. Cycle of Sacred Space - Home, Heart, Create Your Garden

Chart 16

7. Cycle of Inspiration - Cycle of the Doubting Mind -
- Take Refuge, Drop Worries and Chant
8. Cycle of Action, Achievement - the Harvest Time!
Reap many blessings BUT PREPARE. . . .
9. Cycle of Mastery or Mystery - the Winter!
Let Go, Let God. Put aside Ego.
10. & 1. Cycle of New Beginnings - "Big Me" - "Little Me"
11. & 2. Cycle of Divinity, Divine Partnerships
Rise Up, Merge - the "Dress Rehearsal"

Resources

The following Kundalini Yoga techniques are on HealingSource.com. They are in the "Meditations" section, or you can use HealingSource.com's Search box to find the page(s). Most are with videos of Sangeet teaching how to do the meditation or pranayam (breath technique).

The following are the titles of the articles with instructions, and videos and/or photos.

"Sat Narayan" Meditation To Reclaim Your Peaceful Presence

The Akaal Chant for Elevating the Soul During Transition

Kundalini Yoga -"Reaching The Infinite Heart" A Special Class To Lift Heart And Mind As One With Yoga, Breath, And Meditation

Learn Segmented Breathing: "4-to-1" Breath -To Breathe Away Stress!

The "Siri Gaitri" Mantra Meditation (Raa Maa Daa Saa, Saa Say So Hung) (Full Moon Meditation on December 4, 2017)

"Ardas Bhaee" Meditation -The "Mantra Prayer" That Answers All Prayers (Complete Practice with Intro Talk)

Meditation on "Isht Sodhana Mantra Kriya" for Manifesting Miracles and Your Ultimate Destiny (Dharti Hai Mantra) (Complete Practice with Intro Talk)

Meditation on "Har Haray Haree, Wahe Guru" for Manifesting Cosmic Protection (Complete Practice with Intro Talk)

Meditation on RAMA -Balancing Sun & Moon Energies (Complete Practice)

Grace of God Meditation -Building A Woman's Radiance (Complete Practice with Intro Talk)

Kirtan Kriya Meditation