



# Happiness in the Aquarian Age

*"Once the mind is mastered, it can be used as the greatest tool you were ever given."*

- Cosmin Mahadev

**The Aquarian Age has dawned. The final cusp ended on November 11, 2011. The shift to Aquarian from the Piscean Age was an intense, radical change to both our outer and inner worlds.**

## The Piscean Age

In the Piscean Age that we left behind, it was a central and even sacred task to find and gain access to the right information. The motto of the age was "to be or not to be." Learn, grow, and become something.

Great knowledge about human potential was guarded by secrecy and layers of initiations. The Piscean Age was dominated by machines and hierarchies. As the Aquarian Age dawned, however, the old defenses and manipulations based on hiding and controlling access to information lost power.

## The Aquarian Age

The new Aquarian Age is ruled by awareness, information, and energy. In the Aquarian Age, there are no secrets! Information is available. Finding it is not the central task any longer. In this Age, the motto is "be to be." Real value will come from truth embodied in practical actions and in the internal caliber and qualities of your mind and heart.

The greatest power will be your Word – your consciously projected words.

## The Character of the Aquarian Age

- Intellect is not enough. We need a new relationship to intuition, emotion, and instinct.
- Information is not enough. Neither is knowledge. We need wisdom.
- Learning is not enough. We must learn how to learn.
- Complexity is increasing, as is our need to deal with it.
- This is an age of paradox: More global and more individual with fewer boundaries and more demand for political separations.
- Everything is faster, and we have less time. We need far more love and unity for we have more fear and tremendous insecurity.

- We require a reconciliation and integration of the spiritual side of life with the technological and material sides: A spiritual fitness to sense values and meaning.
- There is no isolation. Each action we take must be considered ecologically and globally because each person does affect, directly or indirectly, vast networks of people and other living beings and places.
- Change and learning are continuous and life-long. We must maintain mental, emotional, and physical flexibility.
- Stamina and constant peak performance are the common benchmarks to evaluate all people and their work, and the need is to go inward and regenerate.

*"It is fine to admit what you don't know. You can't know everything. The only thing you can always know for sure is: in the big picture, you don't know anything."*

- Cosmin Mahadev

## Tools for the Aquarian Age

We do not need new choices.

We are flooded with choices.

We need an elevated capacity to make choices.

We do not need more information.

We need the wisdom to use all the information.

We do not need another religion.

We need the spiritual fitness to act believably on our beliefs.

There is a need for a potent and practical technology to generate the inner energy needed to survive and excel under the pressure of more information, more choices, more contacts, and more complexity.

Now is when we need meditative minds to wait and see what comes to us.

**Kundalini Yoga** provides the tools and technology to maintain a meditative mind, process input, and respond from a neutral, compassionate vantage.

Kundalini Yoga gives you the gift of yourself in this new Aquarian Age.

## Five Sutras for the Aquarian Age

*Sutras are philosophical aphorisms taken from ancient Sanskrit literature. They serve as precepts, summarizing a series of teachings. The five sutras below can guide you through your spiritual journey.*

1. Recognize that the other person is you.
2. There is a way through every block.
3. When the time is on you, start, and the pressure will be off.
4. Understand through compassion, or you will misunderstand the times.
5. Vibrate the Cosmos. The Cosmos shall clear the path.

# Seven Steps to Happiness in the Aquarian Age

1st Step: Commitment	<p>The first step is commitment. In every life, you are meant to commit. That is why the word is commit-meant.</p> <p>Commitment gives you CHARACTER.</p>
2nd Step: Character	<p>Character is when all your characteristics—all facets, flaws, and facts—are under your control. Yin and Yang meet there, totally balanced.</p> <p>Character gives you DIGNITY.</p>
3rd Step: Dignity	<p>People start trusting you, liking you, respecting you.</p> <p>Dignity will give you DIVINITY.</p>
4th Step: Divinity	<p>What is Divinity? Divinity is when people have no duality about you. They trust you right away. They have no fear about you.</p> <p>Divinity gives you GRACE.</p>
5th Step: Grace	<p>Where there is grace, there is no interference, no gap between two people, and no hidden agenda.</p> <p>Grace gives you the power to SACRIFICE.</p>
6th Step: Power to Sacrifice	<p>You can stand any pain for that person.</p> <p>That sacrifice gives you HAPPINESS.</p>
7th Step: Happiness	<p>HAPPINESS is the final step.</p>