



## Many Windows – One Creation

*Reflections, from Shiv Charan Singh, inspired by the Numerology of 2023*

### Preamble

The yearly cycle is a natural one. understood as one rotation of the earth round the sun. A cycle in which life matures from seed to fruit.

There is widespread collective agreement of the number that we appoint to each new year.

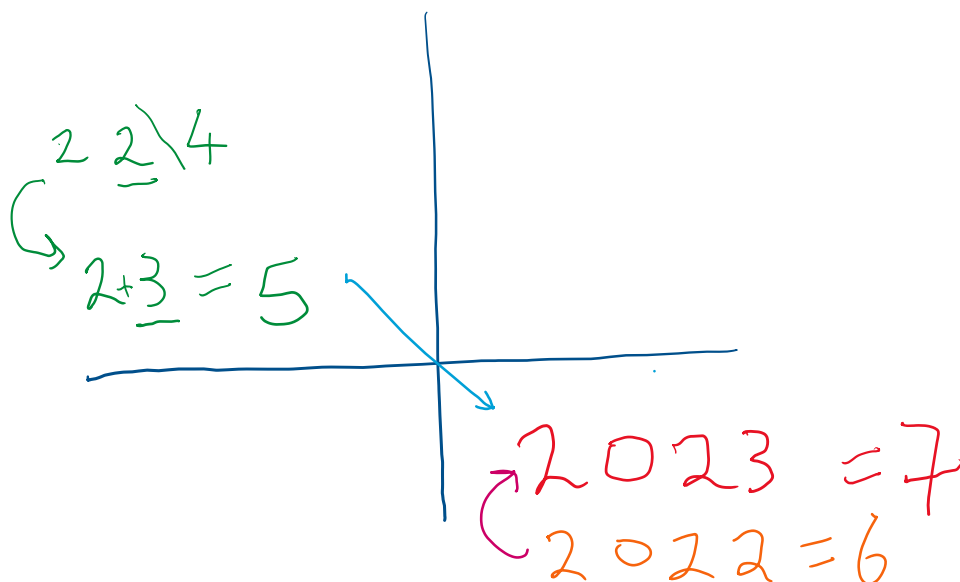
This agreement calls the qualities of that number into our lives. Permitting its influence to infiltrate our world.

What about numbers? *“if you don’t know numbers then you don’t know anything”*. Numbers are the subtle, invisible, spirit of the world. Without which nothing would exist. Each number brings its own unique vibrational properties into the environment it inhabits.

Referring to the numbers of the year is an opportunity and means to give a renewed focus for contemplation and reflection. This document presents some of the themes of the relevant numbers. Remember also that *“if you only know numbers you don’t know anything”*. For this reason it is important not to take this text as a prophecy for the year. It is a creative commentary, and the reader is invited to select their own areas of attention and emphasis. The future is always a meeting between the inevitable and what we bring to meet it.

### 2023

Each year different 3 numbers enter into the field and offer us their qualities, their challenges and their virtues.



For the year of 2023 the number 3 appears in place of 2.

As this number (3) is the one that changes everything else then it represents the ground, base, foundation or the anchor. it is the trigger number and the seed number of the year. The deep impulse, the primal essence. It can be understood as the hidden treasure or the saboteur, the diamond or the demon, of the year.

22 was 4 (2+2=4) now that becomes 23. 2+3 = 5.

this number provides the latent potential, the gift, the vertical axis and the spirit of the year.

The over-arching number of the year is the total, which sums up to 2023 = 7.

while 3 is the trigger impulse for the qualities of the year. The 7 is where things are going. The unfolding, the destiny, flowering, of the year. This text therefore, will focus mostly on the qualities of the 7 and consider what that might mean for the collective psyche through the year of 2023.

7 is the number of the Electro-Magnetic Field – Aura.

It gives a focus on the quality of the psychic, mental space. While 3 is the visible 3 dimensional space.

### Many Windows – One Creation



### Sets of 7

One of the ways we can deepen our understanding of a number is to meditate on its occurrence in the world:

- 7 chakras
- 7 musical notes
- 7 colours in the rainbow
- 7 archetypes, 7 dwarfs.
- 7 holes in the head
- 7 days of the week
- 7 steps to heaven or hell

### Change our Thoughts, Words and Deeds

3 and 7 are the numbers of repeating patterns, of action 3, of thought and belief 7. number 5 is the number of challenge, learning through experience, communication and change. With the presence of these 3 numbers we could say that, although history does repeat itself, it also offers a chance to learn and change. The year ahead will be quite revealing in this respect.

### Who is Friend, Who is Enemy, who am I?

5 is also associated to sense of Identity. This indicates that any change in the world will originate from a changed sense of who we are. How much are we constrained and ruled by geographical and territorial boundaries and associated identities. Shall we build bigger walls and barriers between each other. Or can we see through these limits and expand our sense of the Global Family. Do we live in suspicion of who is friend and who is enemy? Who believes what I believe and whose belief is against my belief? Or can we step back from the argument. Can we recognise that we need help, that the so-called enemy need help. Help is a theme of number 3. Can we reach some mutual understanding and help each other. How can we take sides when we realise we are all one. Beyond all outer appearances and variations, can we say "I see myself in you, I see you in myself". This is one of the challenges of the year ahead.

## The Dharma and karma of 7

Each number, and associated Spiritual Body, can manifest in a dharmic manner (habits that serve our spirit - virtue) or in karmic patterns (habits that we are a slave to - virus). The table below shows some of the contrasting themes of number 7 and the Auric Body.

| <b>Dharma</b>   | <b>Karma</b>   |
|---|--|
| <b>Understanding</b><br>Holistic perspective - peripheral view  | <b>Inquisition</b><br>Over analysing. Complicating the simple.<br>Controlling the acceptable answers |
| <i>Do our questions lead to deeper knowing or do the answers blind us?<br/>research means look again, look deeper, and then look again...</i> |  |
| <b>Facts</b><br>See, confirm and support what is true   | <b>False flags</b><br>Stories and lies to distract and cover up                                      |
| <i>What do we really know for certain?</i>  |  |
| <b>Forgive</b><br>Friend to all   | <b>Revenge</b><br>Identify and attack the enemy  |
| <i>Release yourself and others from the past</i>  |  |
| <b>Protection</b><br>Projecting our true identity   | <b>Prison</b><br>Our belief systems become a mental dungeon  |
| <i>Do we know the difference?<br/>The link between knowledge, true or false, and sense of safety and control.</i>                             |  |
| <b>My space- our space</b><br>Mutual regard for individual space and inclusive space  | <b>Territorial</b><br>Exclusiveness, marginalising   |
| <b>Permit / Licence</b>   | <b>Control / Limit</b>   |
| <i>Who grants the licence and who sets the rules that control what we can do, say or even think?</i>  |  |
| <b>Witness : see what is</b><br>Transparency; see through the veil  | <b>Seeking / Searching</b><br>looking too hard makes you blind                                       |
| <i>Who controls what we see through the screen of modern media?</i>   |  |
| <b>See the plan</b><br>See, and agree to, the divine order  | <b>Make plans</b><br>Imposing our own fantasies and projections                                      |
| <i>Familiarise and organise in harmony with the given order. R.A.A.</i>   |  |
| <b>Elevation</b><br>Uplift  | <b>Superiority</b>   |

## The Lens of the Seer

7 is the polarity to the number 3 [in 23]; in the numerological sense that  $7 + 3 = 10$ . These are the two ends of the front and back axis of the space we inhabit. As 3 is the visible 3 dimensional world that appears in front of our eyes. 7 is the platform of observation. The one who watches the world. It is the lens of the seer, the onlooker. There are 7 colours seen in the rainbow, but many combinations of colours can be made of these. Equally there are many variations of windows through which we each may look at the One World. Still the Creation is One Whole Ecology. EK OngKar - As Guru Naanak phrased it. The One, or Oneness, extended, prevailing and permeating all Creation. The whole of Creation is the Body of God.



7 asks, and offers, us to take a bird's-eye view of any situation. This is not about superiority. It is to step back from the drama in order to see the bigger picture. Paradoxically it also means to see things close up. to see for yourself, with your own eyes. Though we can also get stuck on a superficial level where we only believe what we see directly in front of us. Failing to think deeper and see beyond the surface. The greater capacity of the 7 is to see through. Think of the Aura (Magnetic Field). We do not see it with our normal vision. Yet it is known to exist. It is measurable with instruments, but we could learn to see it with our own inner instruments.

We tend to look at life through an amplified focus like a telescope or microscope. In addition we are most likely to see ourselves and others through a kaleidoscopic type of filtered lens. The lens not only amplifies and distorts what we see. This amplification also amplifies our own ego. The lens effect also limits the range of our perception. The lens targets its focus of observation. In that way we see what we want to see, and block out what we do not want to see. We seek proof for what we already believe, which suggests we are not secure in our belief.

When we live by vision alone, by belief alone, then a lot of information is ignored. To see one thing is not to see another. In the day time we do not see the stars. in the dark night we see very little of our immediate environment. In the twilight time, what had colour and shape transforms into a 2 dimensional silhouette. The world of commerce depends a lot on the hypnotic and illusory effect of the visual sense. We get lost in the multi-dimensional shopping mall. The play of colours that make up the Magnetic Field, which is the Maya Field, which is also the Mind Field. A psychic and electro-magnetic space that pulls awareness into its own curve and distorts our perception of reality. The result being a mental jungle, a mental maze, and a mental dungeon.

### **Who is watching who, and why?**

We are increasingly aware of inhabiting a world where the lens of the watcher, the monitors, are everywhere. Being aware of being watched turns the watched into a watcher. The one who is watched will eventually internalise watching and become their own censor. Now the watcher is watching to see if and how you are watching yourself.

Knowing we are being watched may lead us to assume why the other is watching, as well as assuming the assessment, evaluation, or judgement, that the watcher is constructing. This knowledge and the assumptions that follow will have significant effects on the behaviour of the watched. In other words our own, ill-informed, observer is controlling our own words and actions.

It starts with family then extends out onto the street, to teachers in school, friends, spaces of employment, social, religious and political domains.

### **Am I Right?**

One of the mechanisms that is taking place, behind the scenes of our own way of watching the world, is that everyone wants to be right. No one want to be, or enjoys being, wrong. Where does this come from? The pride of the temporary ego-mind identity plays a large part in it. There is certainly some chemical reward that reinforces this program. It feels good to be right.

If it cannot be right, the ego-mind moves into destructive mode. Not even wanting others to be right. We may become self-destructive or targets others. It is a kind of resentment and revenge. The importance we attach to

being right will lead us to lie in the most complex ways. This strategy eventually backfires; in that lies suffocate our spirit.

people say that we create our reality. Actually we create our perspective of reality. The underlying reality is not something we can create or change. Rather we create on the foundation of the continuous unknown reality without which there would be no creation. We create our fantasies, we destroy them, then we reconstruct, and so the cycle goes on. Yet mostly nothing really changes and we do not wake up.

Some people will even fall into depression and despair by getting blinded by where they we go wrong, or believe they go wrong. Completely missing awareness of where things are going well. It is a hypnotic state. It's not a crime to want to enjoy the feeling of being right. It is natural. Aligning and harmonising with the natural order of things, as shown by the laws of nature, and the universal principles, we would also enjoy the feeling of being right, correct, proper. Listening to, and obeying, our intuition, the voice of our soul, we would arrive at the same pleasurable feeling of being right. And this is dharma. It is not a competition over and against others. Being right does not mean anyone else is wrong.

### **Cause and Effect:**

Talking of creation and destruction brings us to the topic of cause and effect. The chain of action and reaction. Otherwise referred to, or known as, karma. This is the one law that we are all subjected to. The law that created creation. Not a law created by creation (man-made law).

Man-made laws vary around the world. They come and go as different cultures, trends and civilisations rise and fall. While the basic forces of the creation combine into inevitable and unstoppable sequences. If the lens through which we see the world would be clear then we would be far better at predicting the outcomes of the thoughts, words and actions that we project, express and manifest.

This law is not to be considered a punishment. Though it has often been judged and presented as such. It is the kindness of the Creator. It is the most simple and powerful mechanism for learning.

### **The Creator is not our Enemy:**

The Creator of the creation is not our enemy. Guru Naanak described the quality of the Supreme One as Nirvair. Without enemy or animosity. God is not against us, even though it may often seem otherwise.

We can adjust our perspective, our way of thinking. To understand that all is for us. The stage, the theatre, of life has all been set up, set out, laid out, for us. Down to the finest detail. To experience, awaken, to learn, to transform ourselves. To know the Creator within the creation. We may enjoy life much more if we can return again and again to remember – it is all for us.

### **Recognise, Accept and Agree:**

There are 3 steps or stages to take to make this adjustment. To move out of the illusion of knowledge through which we try to control and manipulate our world.

The first is through the transparency of the witness. This way we are placed in a position to really see what is going on. To **recognise** the unity of thought and action, of mind and body. To recognise the links between causes and effects. To recognise that for everything we attract there is equally something we repel. For everything we create there is something we destroy. for everything we try to control there will be an equally opposing force reacting to our efforts. That we are the cause of our own hell. No-one is doing it to us. To recognise that rebellion – it is not revolution. Like enlightenment is not liberation. That there is no final healing without forgiveness.

Seeing all this is challenging enough, but then we are challenged to fully face the significance of it for our lives. This journey, or process, of **acceptance** is the second stage. Old habits and patterns have a life of their own and do not fall away by themselves. We can analyse the sources and causes of our misunderstandings for years, but this does not set us free from them. Unlearning is only possible when there is simultaneous relearning. The

understanding that comes with transparency requires frequent replay. We are designed to be creatures of habit. Therefore the habit of repetition of insightful understanding is required to displace our mistaken views. This is known as japa.

Acceptance has another pro-active dimension to it which is referred to as 'fake it to make it', or 'act as if'. We will not always feel the connection to the clarity that comes with deep insight. This can result in doubt and abandonment of the way. It makes sense therefore, to maintain the discipline of returning to and re-calibrating with, the understanding, insight and transparency that comes when are witness of the full spectrum.

As we move into alignment with the natural order of life, this is equivalent of 'being in **agreement** with'. No longer having any, even accidental, or subconscious, resistance. Rather being proactive in full collaboration with the Divine play. Recognising our role, accepting our role, agreeing to our role, and therefore playing it well; and yet without attachment.

### **Ready, and pre-disposed to Forgive:**

*"To practice forgiveness is the true fast, good conduct and contentment." SGGS p223*

As all is given for us, then can we live the life in a way that is for the giver. Recognising, accepting and agreeing to the gifts, includes recognising, accepting and agreeing to the giver of the gifts.

Participating in the forgiveness that we would wish for ourselves is final expression of this agreement.

To forgive is to stop trying to be right

To forgive is not to deny the place of justice; is a quality of the 6, which naturally comes before 7.

To let go of the past also requires the transformation of fear into spirited faith. Again a quality of the 6.

Revenge will never be satisfying. And by non-forgiveness we suffer far more than those we may not forgive.

The mind tries to convince us that we need to understand first, but often understanding can only come afterwards. Since non-forgiveness blinds us to true understanding.

Non-forgiveness, not only is a subtle resistance to allow the other person to move on. It also prevents us from moving on. It is the prison in which we have the illusion of safety. It is a burden and dark shadow in our aura.

To forgive is to permit. To permit the other, and yourself to have a chance at life. A chance to heal.

People often ask 'how do I forgive'. To forgive is not something 'to do'. It is to 'stop doing'. Stop holding on to the past. To stop having the past as an excuse, a crutch, or prop, to avoid moving forward in life. Stop hoping for some solution. Stop trying to fix what may be broken beyond repair. Stop needing to be right.

forgiveness does not mean being blind. See what was, see through it, learn from it, then forgive. After that, if you will tell the story, then tell the whole story including the forgiving part.

Forgive is not weak. It releases energy. As the number 8, Which the pranic Body, follows on from the 7.

One who sees is the one who can forgive. If we do not see a crime then there is nothing to forgive.

We may not see the crime because we already have our vision focused far beyond the surface manifestations.

Or we are blind, naïve, distracted and so on. In most cases however we do see, in ourselves or others, the mistakes, errors, confusion, blind spots, and so on. We are given to see these things so that we may benefit from the practice of forgiveness. It is in this sense that we say the one who sees the crime is also the one to forgive it. This raises the challenge of developing the pre-disposition to forgive.

### **The pre-disposition to forgive:**

Is a proactive agreement that puts you ahead of the time

Does not mean forget – in the sense that we should learn from the past

Does not mean no justice. Consequences must be fulfilled

Does not mean be blind or ignore

Is not merely passive acceptance, which will lead to apathy and paralysis.

Creates a transparent window/framework for a different future

Establishes a platform, a given set up. Not an activity. A pre-set perspective

Allows us to relate authentically from the heart



Is oriented towards possibilities and opportunities.  
May come from or makes possible compassion and peace.  
Requires us to sacrifice victim identity and the drama;  
Such as, self-pity, attention seeking, shame, guilt...  
Neutralises games of hide/seek, use/excuse, blame/claim, pride/shame, deny/confess, etc.  
Confronts us to take responsibility for our own experience  
Dissolves old resentments and prevents us from becoming an ungrateful and bitter cynic

### Many Windows: 1 Creation



The western form of writing, symbolising, the 7 shows itself as a platform.

This is a platform of the elevated view. It is the common position of a team manager, office supervisor. Though it can easily become the platform of superiority. Without the games of the ego-mind it is simply the place within us where we are the observer, step back, see the bigger picture and witness to all without prejudice.

None the less the faculty of witnessing is also associated with the faculty of judgement. It is not realistic, and probably not honest, to say that we do not judge. The faculty of judgement in itself is not a problem. It depends on what we do with what we see. How we use the faculty. It is a faculty that serves our functionality in 3 dimensional world. Enabling us the take measure of any situation or person in order to best inform decisions and resulting action.

It is a faculty that prefers to be active. When not applied well to the harmonious benefit of our lives, and the lives of others, then it deviates into ill-informed judgemental outlook on the world around us. Wanting to be right, and not wrong, we jump quickly to assumptions, false conclusions and project labels onto each other. We equip ourselves with false knowledge, born from being too quick to put people in boxes, and the narrow vision that results. We, usually unconsciously, use this limited knowledge to exercise some form of control (ultimately manipulation) in our environment. In other words this mental faculty becomes the instrument for projecting right and wrong, good and bad, onto people. It further sets out to write a cleverly thought out intellectual script to back up its position. Followed up with controlling strategies like monitoring, policing and censoring (filtering). Creating a world of winners and losers. The next step is linked the games of attack and defend. Where we punish and avenge the so called *bad/losers*, and celebrating and rewarding the so called *good/winners*. It becomes a self-perpetuating and self-justifying cycle, which effectively is hell on Earth.

## Some Content of Hell on Earth

|                                     |   |   |
|-------------------------------------|---|---|
| <b>False knowledge</b>              | <b>The prism of life becomes a</b>      | <b>Mental corruption</b>                    |
| Assumptions and                     | prison                                  | <b>Frustration</b>                          |
| <b>Conclusions</b>                  | <b>Constructed out of false beliefs</b> | <b>Psychosis</b>                            |
| <b>Guilt and punishment</b>         | <b>Trapped in our mental dungeon</b>    | <b>Hate</b> <b>Rage</b>                     |
| Revenge <b>Animosity</b>            | <b>Mental Games</b>                     | <b>Tyranny</b>                              |
| <b>Oppressive Rules</b>             | <b>Power and Control</b>                |   |
| Suspicion                           | <b>TOXIC HELL</b>                       | <b>Neurosis</b> <b>Fear</b> <b>Paranoia</b> |
| <b>Resentment</b> <b>Bitterness</b> | Excuses, <b>Justifications</b>          | <b>Anger</b>                                |
| <b>Emotional Corruption</b>         | <b>Retaliate</b>                        | <b>Attack to defend</b>                     |
| Doubt <b>Fog</b> <b>Confusion</b>   | <b>Accusations</b> <b>Blame</b>         |   |
| <b>Intrigues</b>                    | <b>Complexes</b>                        | <b>Victim</b>                               |
| <b>Locked in by our own taboos</b>  | <b>Self-harm</b>                        | <b>Blame and Shame</b>                      |

*“Erase your duality and hold tight to forgiveness,  
and you will not have to endure the torture of karma or religious rituals. ||7||” SGGs p343*

Let’s return to the witness. What does it take to simply see without reaction. To see without filters. To see without prejudices. To see as God, the Creator, sees. To see the play of the world like waves on the ocean, towards which all rivers flow.

There are many angles from which to perceive the world.  
 Multiple symbols ultimately conveying a single message.  
 Each artist, musician, dancer and poet gives their own expression.  
 They all describe combinations of the same love, pain and beauty of life.  
 Many signposts along the pathways of our shared labyrinth.  
 Many portals, gateways, doors and thresholds to cross.  
 We will all depart through the same exit in the end.  
 Every architect designs a building for a different preferred style and purpose.  
 Yet we remain under one sky as our shared roof.  
 That needs no pillars or arches to hold it up.  
 The flame has many colours, according to the material being burnt.  
 Still the nature of fire remains equally the same.  
 Like many lamps that shine in the nights of our homes.  
 All mere shadows of the one pervasive hidden light that illuminates our deep understanding.  
 Many cups containing many flavours.  
 The pure water of life is not different in each and every one.  
 So many stories to capture our attention.  
 All variations of the one original script.  
 We wear many masks and present many faces.  
 The spirit which gives us breath is one and the same.  
 we are all playing our different roles in the theatre of life.  
 Meanwhile the director is singular and remains distinct from the show.  
 So many windows to the One Reality.





**The Spirit is the light  
Shining through every eyes**

**The Spirit is the wall  
Upon which we design our costume**

**The Spirit is the voice  
Speaking through every tongue**

**The Spirit is the power  
Making everything move**

**Many forms  
One Creation**

### **Heart Organ, Circulation, Muscle of the Ego-Mind**

I will not go into details but leave the topic of number 7 with a reminder that it is the number of the Heart organ in the physical body. It is a muscle which may respectively obey the pulse of the spirit's directive that comes from the bones and through the blood. Or, like the super-ego hero, otherwise known as the mistaken identity constructed by the mind, forces its own controlling agenda upon the whole system. Eventually this will cause great suffering upon the heart.

Think about what the heart does for the physical body and then translate that into the human species as if it was one body. Then ask yourself how is the humanities heart functioning right now? Where are the arteries flowing and how is the veinous return? Is the nourishing life supply system circulating and reaching all part of the world equally. How are we dealing with the recycling process? Are toxic deposits accumulating, which will eventually overload the system?

### **Number 3:**

Due to its position, the influence and properties of number 3, in 2023, can be likened to a new seed being planted. A new impulse and orientation for the year.

3 is associated to, the spirit of the 3 dimensional world. The world in which we act and make ourselves visible. The 3 dimensional world of Maya is not an illusion. It is a field in which our perception gets distorted, a domain which produces illusion in our awareness. There are 3 major illusions caused by this psycho-magnetic field. In a year where the number 3 is present we may imagine that these 3 illusions will either become stronger in their influence or become more transparent and evident. We can label these 3 major illusions as the sense separation, superficiality (the belief that what we see on the surface is all there is) and the fixation on things and people in our lives being permanent, even when we know they are not.

On the personal level 3 is the Positive Mind. The busy aspect of our mind that will affirm and reinforce whatever is put in its field of operation. Some of its key qualities are equality, respect, appreciation, self-care, caring, hope in middle of hopelessness, joy and effective action. Otherwise, karmically, it regresses into anger, hopelessness, victim mentality, and the lack of self-worth, self-esteem, self-care, self-respect.

The positive mind operates in the same way algorithms do. Or we may say that algorithms are a manifestation of the positive mind. Our positive mind will selectively use, or abuse, and elaborate upon, the information it has available or can access.

Artificial Intelligence is clearly being designed and programmed to collect information and take over the role of the positive mind. Here lays a challenge for each of us; to maintain possession of our own faculty of affirmation. And to consciously choose what we say yes to. Rather than letting the world of digital marketing

do it for us. otherwise acceptance leaves us as mere puppets of an artificially constructed collective positive mind. The 3 levels of acceptance on the path of awakening are:

Accept and include yourself as an equal part of the creation.

Accept all events and objects that actually exist as an equal part of the creation; having equal value.

Accept all beings and creatures as being equal parts of, and equal participants in, the creation.

There are 3 ways that we tend to respond to any situation.

Record it for future reference or revenge. This is the negative mind.

Take effective action (otherwise we will react out of reflex based on old patterns). Positive mind.

Or we may remain in the present moment and immediately release the situation. Neutral mind.

The combination of 7 and 3 leads to the topic of permission to be happy. Permission to enjoy yourself. Literally meaning to enjoy the very existence of being a living self. To face the world with a smile. Not for any reason other than the fact that you can. It is our right to be happy, but no one owes us this. It is only our own belief system that will restrict or permit our own happiness. Furthermore this is not to hide or cover up the sorrows of life. But the power, the passion, of those sorrows can empower us to a better tomorrow. It require training, action and repetition to actualise the state of non-dependent joy, unjustified enthusiasm for the experience of self.

### **23: 2+3=5:**

5 is experience, and all experiences are the modification of self-experience. Through the 5 senses.

Here are some themes of number 5 and the Physical Body as a Spiritual Body; in service of the spirit:

Messenger, communication, connections, bridge, challenge, sacrifice, exchange, change, reversal, inversions, paradox, identity, harmony, balance, equilibrium.

It is a time when things may go in reverse. When things become the opposite of what they were. The order of things, the systems of the world, may go through a major inversion. The natural order sometimes rebels and upsets the man-made order.

Linking paradox and inversion to the numbers 3 and 7 leads to things like:

The minority become the majority and the majority become the minority.

the seer/watcher becomes the seen/watched, and the seen becomes the seer.

The hidden becomes visible, the visible becomes hidden.

Have hope in the midst of hopelessness.

say yes when there is no reason to say yes.

If you have a spiritual practice and path then you may want to focus on exercises, kriyas, meditations, mudras and mantras (from your tradition) for the magnetic field ( aura), for forgiveness, to see the unseen, know the unknown. Along with affirmations to remember the collective unity of humanity. In all cases may you have the good fortune to practice kindness and caring.

***2023 → Rebellion and sacrifice come before the revolution → 2024***

