

Article 209: Jivala Yoga – part 1

Many people, sensing a growing dissatisfaction with their lives ...or feeling trapped in an unrewarding job or relationship, have taken yoga classes to ease their mind and emotions, to soothe their spirit, and to firm-up their body ...and frequently their courage. In the beginning, they felt a renewed sense of peaceful energy, vitality, and meaningful purpose about themselves and their lives ...however, over time, as their job and personal relationship showed little improvement ...and their life remained somewhat the same, though they were obviously stronger, more-flexible, and somewhat relaxed, they were still tense about their lives ...and disillusioned with their job and relationship. In other words, though yoga had made little changes in their body and responses, everything else remained pretty much the same. It seems they had taken yoga classes as a way to “take charge of” their mind and body and life ...and, for a while, they did feel better and more-empowered, but, as they tried to change particular areas of their life ...and failed, their old thoughts and attitudes and reactions quickly returned, simply because their yoga, despite any claims of mind-body oneness, dealt with their body ...and somewhat with their mind~which was supposed to remain “quiet” or fully focused on breathing or another body functions~but left their essential beliefs, thoughts, attitudes, emotions, words, and actions unattended to, such that their old conflicts, dissatisfactions, and disillusionments quickly returned ...and frequently brought a sense of failure with them ...again.

If you take yoga classes to acquire an empowering sense of peacefulness, then, though you probably don’t believe it, every moment of the class maintains your basic unpeacefulness, and if, through diverting your attention ...and relaxing and empowering your mind and body, you succeed in feeling a measure of peacefulness, because, in this, you are also maintaining and somewhat strengthening your unpeaceful beliefs, thoughts, attitudes, emotions, words, and actions, and have done little or nothing about these matters, they will quickly return as constant annoying feelings~whether at the surface of your self and life or deeply buried~and little will have been achieved.

In such situations, to be successful, your yoga must work directly with your embodied beliefs, thoughts, attitudes, emotions, words, and actions ...not merely with your physical body, and must not carry on or reinforce false assumptions about life, such as duality, good/evil, superior/inferior things, matters being out-of-balance or out-of-harmony, cause and effect, loss of empowerment, unhappiness,

appropriate/inappropriate energies, body malfunctions, the causes of ailments, or having to peacefully deal with the undesirable events of life *which happen to you*. These false assumptions alone are enough to create your sense of unpeaceful powerlessness, ...and if you don't recognize this and deal with these false assumptions, all the yoga in the world will not help you surpass your problems and body pains ...or support you in living as you truly desire.

Though you don't realize it, yoga, as it is normally taught and practiced, assumes that these opposing dualities, like opposing muscles, do exist in the world ...and attempts to overcome the suffering effects of these constant struggles in your mind and body, ...but opposing muscles, unlike opposing thoughts and attitudes and emotions, actually work together in harmony ...not in opposition, ...and judgmental opposings such as good/evil do not even exist, ...and any attempt to overcome or transcend these false assumptions keeps you forever trapped in difficulties ...constantly struggling against your self and life and problems.

Your muscles and limbs, your organs and body systems, and your mind and attitudes, are not weak and out of balance with you, they are in complete harmony with you and the self and life you are creating, directing, and living, ...and any change of these aspects, whether gentle or forceful, will only be temporary ...very temporary and do little real good for your outlook in life, or for your feelings of empowerment and self-determination. Life is not a contentious encounter, ...though you and yoga can certainly make it a struggle.

In an ever-changing universe, only that which is ever-changing is or can be eternal. What is "fixed", such as a standard for "a well-functioning body" will self-destruct, ...and your living or being guided by such a standard will preserve the standard and sacrifice the self and life you truly desire.

The very concept of eternal rhythms or patterns ...or cycles of life which some yoga teachings seek to align you to are themselves contradictory, simply because for rhythms, patterns, or cycles to be eternal and appropriate for each individual, they must be infinite and ever-changing ...not "fixed". Besides, if you must adjust to life instead of life adjusting to you, then you do not have free will~defined as "living as you truly desire~and all life for you is meaningless.

Do not, in any way, use yoga to adjust yourself to life, let Jivala Yoga reveal how life will, in all instances, adjust to suit you, ...after all, isn't that what you really want? Can you imagine happiness being anything other

than, or greater and finer than, *choosing as you desire ...and having that?* Well, all of life gives you exactly as you choose with every belief, thought, attitude, emotion, word, and action, ...therefore, if you are not happy, maybe you are unaware of what you are choosing and living ...and frequently struggling against.

Regardless of what many yoga teachings declare, life is not a duality ...and nothing in life is ever separate, disharmonious, or out-of-balance, ...therefore, attempting to balance or harmonize your mind, body, attitudes, and emotions ...or trying to bring them into a state of oneness is merely an attempt to “force” your mind and body, which are already in tune with you, into a struggle against false presumptions of separation and out-of-tune.

If your life is not as you truly desire, you can certainly follow a yoga process and change your body ...and hope for the best, but since your body clearly outpictures the lifeseff you are living, if you do not change your self and life, all such body changes will be temporary and of little real value ...as you have frequently experienced before. And if your life is as you truly desire, does it really matter whether your body and mind follow a presumed pattern of balance and oneness? ...for they are obviously following your pattern of *life as you truly desire*. Take care of your life ...and your life will care for you.

A desirable body cannot be relied upon to offer you a desirable self and life, but a desirable self and life can be relied upon to offer you a body that will fully support that lifeseff; ...which would you choose? If your body is lacking or undesirable, then your self and life are not as you desire, ...the two are one.

For every movement of your body, muscles require energy at the cellular level. A well-conditioned body requires that more blood by volume and more-highly enriched (oxygenated) blood be pumped to the muscles, while untrained muscles, which cannot easily extract oxygen from blood, are forced to work harder for less results, ...but of what value is it to have a well-trained, efficient body in tune with your mind if the lifeseff you are creating and living is not as you truly desire at every moment? And does it really matter if your joints are flexible and your muscles generate energy far more efficiently and do not have to work as hard for the same result if you do not have a desirable life and purpose in which to apply these assets?

The process required for activity lasting longer than a few seconds begins with the immediate need for sufficient quantities of vitalizing oxygen arriving at the necessary muscles; ...yoga training tremendously increases

the fulfillment of this process ...and helps you clear the lactate, or acidity, from your system ...which muscles are producing while working. If this acidity is not cleared readily and continuously, your muscles will quickly shut down.

Training your body so it can respond to matters rapidly and properly ...or take the physical struggles you inflict upon it without being overwhelmed is fine, but is your mind ready to cooperate and work in unison with your body? A well-trained and conditioned body will not, in itself, serve to create the self and life you truly desire, in fact, a body that is well-trained to react may keep your mind and life actively poised to judge and react, ...therefore, a body trained to act swiftly and efficiently needs close guidance and direction, ...are you well-directed in life? ...and ready to guide your mind and body and life (your mindfully embodied life)?