

## Article 213: Jivala Yoga – part 5

An early purpose of meditation was to bring the yogi's mind, spirit, breathing, body, senses, and divine power together in a peaceful state of focused oneness for bringing, experiencing, and maintaining the illuminated state of enlightenment in daily activities ...so the yogi~a righteous man~could fully sense a state of living without evil. Meditation was no longer about uniting, liberating, or escaping from physical desires and sensations, it was about personal focus ...and experiencing a state of oneness which could be achieved and lived in everyday life. Meditation and breathing were not a means or pathway to enlightenment~an awakened, judgment-free state of life without evil~as it has become today. Believing life is composed of opposites, to reach a state of enlightenment, yogis were disciplined to release their desiring and judging mind, or ego consciousness, and reach a divine state of enlightened consciousness, which is, in essence, mind without judging. Though the universe presents no dualities of any kind on any level, the mistaken belief in the dual nature of life pervades our language and beliefs even today, ...therefore, to keep from continuing these errors and conflicts, you must use and live the language of life without the judgments which were mistakenly built into it and into your beliefs ...and thus into your experiences, which then seemed to confirm the good and evil aspects of life, which justified the judgments which continue today.

Take a close look at the beliefs  
and thoughts you entertain.

Instead of seeking the peace and liberation, empowerment, relaxation, focus, unity, or flexibility of overcoming or uniting your mind and body and spirit as is frequently taught, which only continues and intensifies your struggles and conflicts, fully realize the oneness of all things which permits uniqueness without separation or differences ...or dualities. Only your judgments create seeming lack of peace and entrapment, loss of empowerment, tenseness, scatter, disunity, or rigidity ...and certainly the pain, illness, and discomfort of not living as you truly desire. Sweep the tangled cobweb of judgments out of your believing and thinking ...and open doors to a new self and life by insightfully and wisely answering these Jivala questions:

**Are you living what you say you believe?**

**Do you even believe what you are living?**

**Are you living as you truly desire?**

Don't these three Jivala doors into your self and life open new awarenesses underlying your anxieties and conflicts? ...your problems and illnesses? ...your disappointments? All of the flexibility, uniting, and relaxation alone will never take you through these doorways while burdened by judgments.

You are living your judgments and forsaking yourself.

Isn't it time to live as you truly desire and forsake your judgments? Preserve your pleasures and true desires ...and especially your reasoning mind~aka ego~for life is to be fully lived and enjoyed Aas you truly desire@, it is not to be lived by struggling against and overcoming matters you judge are wrong. Living as you truly desire is not Apositive thinking@ ...it is Atrue wisdom@. Stretch your mental muscles and visualize the life which, up until now, you have only sensed, hoped for, and vaguely felt ...and begin living that image. If there is a desire for greater health and enriching wellbeing in your life, now is the time to reconsider your patterns of beliefs and thoughts and attitudes which have lived illbeing into your self and life. How much time do you spend thinking and talking about what you cannot do? ...or what you should do better? The self and life which, until now, has been only a dim image for an unknown future is at hand.

There is nothing wrong with passionate self-expression.

Trying to unite what is already united keeps you believing you are separate ...and separated from all you truly desire, which frequently results in fear, doubt and confusion, insecurity, sickness and depression, feelings of loss and abandonment, weakness, believing you are not divine, rigidity, unpeacefulness, lack of joy and pleasure, a sense of being victimized and controlled, concerns about being judged, loss of free will, illness, anger and frustration, unhappiness, loss of empowerment, and forfeiture of the self and life you truly desire. This is a terrible price to pay for following any uniting teachings ...wouldn't you say?

The kingdom of your finest self is already at hand.

If you understand what we have presented ...or have a sense of these things, and want to change your mindfully embodied spiritual self and life, then you are ready for Jivala Yoga, but first, consider this important question: **If you met a yogi, would he accept you and**

**forgive you?** We will discuss the answer to this question later, in the meantime, think deeply and expansively upon the question.

Ending your old life and beliefs  
can be a profound moment.

It is frequently declared that the true signs of uniting yourself on the yoga path are a sense of peace and calmness, improved health, physical and mental balance, quiet yet firm certainty, radiance, a tranquil mind and heart, and lessening of desires, ...but of what real value are these conditions and attributes if you are not living as you truly desire? And if you are living as you truly desire, does striving for these characteristics really matter? ...for in living as you truly desire, won't you be physically and mentally balanced, certain and radiant in your self and life, and truly liberated with a tranquil mind and heart? ...and follow only those desires that are appropriate for you?

Those who succeed in exercising the most control,  
especially of themselves,  
tend to self-destruct the life they truly desire.

It is frequently declared that in emptiness there is no sense of disorderliness or need to control or have power over individuals or circumstances, but is emptiness, in any form, what you truly desire? ...or will you choose the fullness of your self and life without judgments? When judging and reacting you are living a sickness that varies anywhere from a low grade infection to a terminal illness, depending upon the severity of your judgments and reactions, which traditional beliefs and teachings cannot remedy, ...while living without judgment creates a state of enriching wellbeing. This is not an attitudinal change about your judgments, nor is it a change in your emotional responses to those judgments, ...this is a fundamental change of being ...to live openly in a world of your own making in an atmosphere without judgments. It is like stepping out of an environment filled with toxic fumes into fresh air ...where you can breathe fully and freely again.

Push beyond the confinement of  
previous experiences  
into the open air of finer awarenesses.

Traditional yoga is keen on proper breathing, as well it should be, but any teaching that maintains duality and attempts to unite you creates an atmosphere of judgments for you to breathe deeply or struggle

endlessly to escape from. Jivala Yoga teaches you to carry your environment of non-judgment with you at all times ...and to offer that breath of fresh air to everyone you meet. It has been said that with yoga you can be the same judgmental and critical person you've always been, but the *meaning* of these personal characteristics changes considerably, ...however, it is our opinion that whether judging harshly or lovingly, you are still judging ...and the results, though they may seem different, are still the same: judgments are the toxic atmosphere in which you live and breathe.

Mental deceptions frequently appear  
as something real.

Nothing can bind you except ignorance of the true nature of life, ...however, the universe is not finished, for everything you think, say, and do adds to life's state of being. Now, with this awareness, we'll respond to our previous question. **If you meet a yogi who accepts you or forgives you, he is not a true yogi, ...for a true yogi, such as a Jivalayogi, in not judging you, would have nothing to accept or reject ...and certainly nothing to forgive you for.** This expresses one of the great differences between many traditional yoga teachings and Jivala Yoga. Are you the true **Jivalayogi** of your self and life? Are you willing to bring new awarenesses to the universe and live them? ...or will you continue living mistaken beliefs and concepts?

Many of your old guiding beliefs are no longer valid.

A tame your monkey mind, shouted the Buddhist as he hit the student with a bamboo stick. Now, you tell us, who in this situation has the A monkey mind? It seems that this A peaceful Buddhist mind of right action does not, necessarily, mean a life of tranquility ...without anger or conflict, and can even include tumultuous or warlike attitudes and actions, ...while a peaceful Jivala mind, not following the pathway of judgments, is filled with passion and excitement, ...which peaceful mind will you choose for yourself? Whenever you attempt to change behaviors without changing the underlying pattern of your self and life and beliefs, your judgments will quickly lead you right back to your A life and actions as usual ...and your body changes will begin deteriorating. You can even maintain affected body changes for years and feel you have made real progress, but your old life and ways will take hold of you again.

Be fully aware of the reality you are creating.

Yoga should not be a venture into your body or mind to find or increase its flexibility ...or its true range of movement and expansiveness

...but into your spiritually mindful body and life to bring that fully alive and alert, so you can passionately create and live as you truly desire. You know of a better life than one of judgments...so why don't you live it? Do you feel you don't deserve better? Are you willing to step into an enchanted place of divine wisdom and guidance? Capturing and embodying your imagination is the whole of life, ...are you willing to keep yourself open, sensitive, and aware ...and become more fully who you are? Are you willing to see everything differently? ...to understand that, regardless of longstanding teachings, sense-desires are not the cause of grief and suffering ...and injustice and inequalities do not exist in life, for every event and condition merely reveals the life and choices you are making with every belief, thought, attitude, emotion, word, and action. Jivala Yoga can guide you to understand these things in your own life ...and guide you to live as you truly desire.

Are you willing to take dominion  
over your self and life?