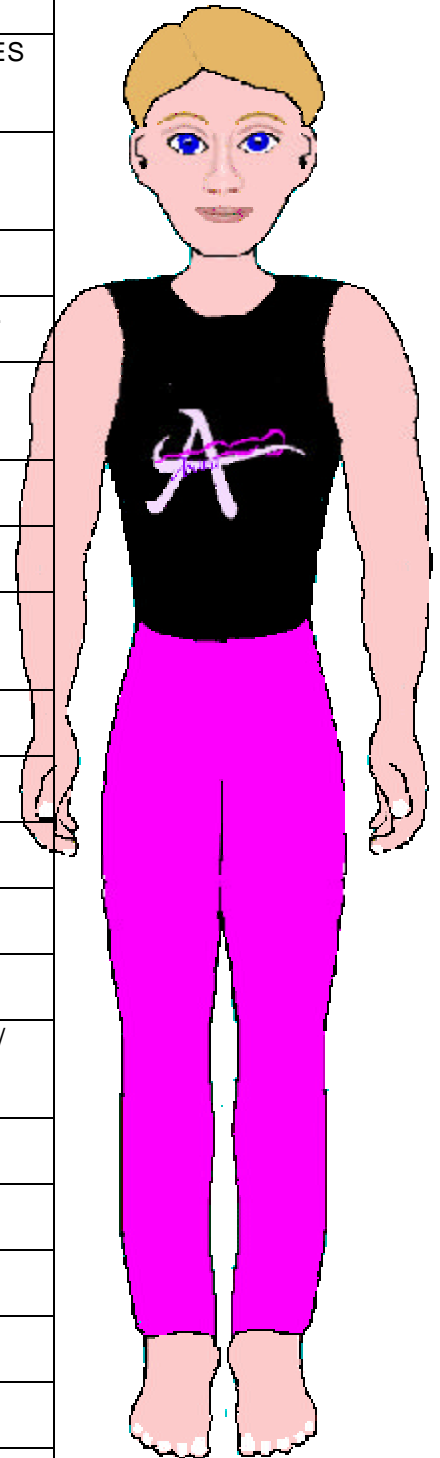


Your Asava Body

Your Spiritually Mindful Embodiment

HEAD —? ? ? ?	CONSCIOUSNESS, EMBODIED THOUGHTS,
NECK —? ? ? ?	TRANSFORMING AND EMBODYING AWARENESSES AND MINDFUL THOUGHTS.
SHOULDERS —?	CARRYING COMMITMENTS, CHOICES, DUTIES, RESPONSIBILITIES, BURDENS.
ARMS —? ? ? ?	REACHING OUT. PUTTING CHOICES INTO ACTION.
HANDS —? ? ?	HOLDING, HANDLING, OFFERING AND RECEIVING. ACTING UPON.
ELBOWS —? ? ?	FLEXIBILITY UNITING POWERFUL AND EXCITING ACTIONS.
LUNGS —? ? ? ?	ATTITUDES.
INHALING ? ? ?	TAKING IN VITALIZING AND INSPIRING ATTITUDES.
EXHALING ? ? ?	RELEASING UNDESIREABLE, INAPPROPRIATE ATTITUDES, JUDGMENTS, OTHER MATTERS.
HEART —? ? ? ?	EMPOWERMENT OF EMOTIONS, FEELINGS.
ABDOMEN ? ? ?	EXAMINING AND ASSIMILATING NOURISHING MATTERS.
HIPS —? ? ? ?	PUTTING THE POWER OF SELF INTO ACTION.
LEGS —? ? ? ?	MOTIVES, DESIRES/INTENTIONS/PURPOSES.
KNEES —? ? ? ?	FLEXIBILY UNITING INTENTIONS/PURPOSES.
ANKLES ? ? ? ?	FLEXIBILITY UNITING UNDERSTANDINGS/DESIRES/ INTENTIONS.
FEET —? ? ? ?	UNDERSTANDINGS.
BODY —? ? ? ?	MINDFUL SPIRIT FULLY EMBODIED.
BACK —? ? ? ?	PAST.
SIDE —? ? ? ?	PRESENT.
FRONT —? ? ? ?	FUTURE.
RIGHT —? ? ? ?	APPROPRIATE, "RIGHT", WORTHY, GOOD, DESIRALBE, YES.



LEFT —? ? ? ?	INAPPROPRIATE, "WRONG", UNWORTHY, UNDESIRABLE, BAD, NO.
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From this diagram, you can see that a stiff hand outpictures an inflexibility in giving, receiving, doing (fingers, hand). A stiff elbow and/or shoulder reveals an inflexibility in putting the full power of yourself into giving, receiving, doing (upper arm, shoulder) or in bearing your duties, responsibilities, or burdens (shoulders). A stiff neck shows the rigidity or resistance you have to putting your beliefs, thoughts, visions, aspirations into the body of your life ...or portrays your concerns about what the results may be. A stiff knee indicates the rigidity with which you move about in life, your stress concerning change, or your resistance to empowering your desires and inclinations to the level of strong motives and purposes. A stiff hip outpictures your tenseness or inflexibility over living strong, empowering purposes. A stiff ankle concerns the firm, rigid, inflexible way you are putting your understandings into your body and life, your resistance to living your understandings, or your struggle to commit to and live your finest understandings. And a stiff foot or toes portrays the rigidity and inflexibility of particular understandings ...even your smallest ones, and your resistance to living as you truly desire.

You now have the necessary information to understand how considering your problem (such as pain, cramp, stiffness, tension, rigidity, or other dysfunction) with its place in your body (such as shoulder, back, arm, leg, foot, or other) creates an accurate picture of your self and life, ...and with this knowledge you can expand your understandings and realize that relieving the pain or stiffness through massage does nothing to lessen the real problems in your life, such that your physical ailments will obviously continue and result in additional body pains or stiffness, ...therefore, let's consider even more about stiffness in your body.

Being stiff is not seeing the truth of your own beliefs, thoughts, attitudes, emotions, words, and actions ...and not realizing the fullness of yourself and the possibilities all around you. Being stiff is setting goals and desires ...and doing little or too much to fulfill them, ...or creating and expressing life "negatively". Being stiff is feeling anxious and frustrated, helpless, depressed, or angry ...or expecting the worst ...and bracing yourself against that. Being stiff is seeking to limit and control individuals and events. Being stiff frequently indicates your doing many things the hard way. Being stiff is not taking risks, ...it is avoiding challenges and taking the easy way ...which frequently seems to have turned out to be the hard way. Being stiff is not changing, ...it is waiting for others and events to change. Being stiff is not keeping promises to yourself or others ...or setting impossible tasks, standards, or goals. Being stiff is being impatient ...and expecting things to be perfect ...as you believe or decide they should be. Being stiff is expecting too much of yourself or others ...or the results from such expectations. Being stiff is complaining about your situation ...and not really doing anything to correct matters. Being stiff is living life painfully, unsuccessfully, unhappily. Being stiff is fear of the unknown ...or unfamiliar. Being stiff is self-punishment. Being stiff is denial of or resistance to self and others ...or to the life you are creating and living; it is denial of or resistance to events and circumstances as they are; it is denial of or resistance to self-imposed restrictions and limitations ...or those that seem imposed upon you. Being stiff is being rigid and inflexible, ...possibly so you won't have to choose or change ...or be responsible. Being stiff is judging or being judgmental ...and feeling guilty or regretful before or after the fact.

Obviously, since what you do in one area of your life you do in every area, a stiffness in your body outpictures the grievous struggles, rigidity, and inflexibility you are

living ...which must also be relieved or resolved if a massage treatment is to be truly effective and lasting. Consider what advantages you may hope to gain through being and maintaining your inflexibility or stubborn rigidity. If, through these examples ...or through your own pains and problems and dysfunctions, you are beginning to sense the life self you have created and lived, the question is, ...if you could have done things differently, what would you have done differently? And now that you understand these things, ...will you continue living your self and life "as usual"? ...and continue your body pains, stiffness, and dysfunctions "as usual"?

Could it be that you are living life too tensely? ...or too intensely? Tension is an attempt to control, ...are you willing to develop new, healthy mental•physical attitudes and habits? If not, you will constantly strain against people, circumstances, matters, and events in your life ...and continuously feel, suffer with, and seek to be relieved of the problems and discomforts you are living into your body and life, ...where in all of this is there mindful time for creating the self and life you truly desire? Stop living your rigid and painful beliefs and attitudes ...and your inflexible, unyielding, unchangeable judgments into your body, for though it may seem that your physical aches and pains, stiffness, lack of flexibility, tenseness, and other misfunctions spread from your body to your self and life, that is not true! ...for, actually, **you live yourself, your nature, and your uniqueness into your body ...and every aspect of your life** ...and then revel in or struggle with your own creations. Ohh, certainly, like most people, you get irritated when a pain persists in your body or becomes more-severe, ...and you even become a pain to those around you because of your irritation, but none of this is a transference of pain to you or to others, ...body pains are your own reactions to the judgments you have lived into your body and life. And though your body aches and pains, that is not your body's irritation with you ...nor is it complaining to you or blaming you, that is your body clearly revealing you ...and empathizing with you, ...actually, you are using your body like a hand mirror to look at your self and life ...and, unfortunately, to empathize with and justify the beliefs, thoughts, attitudes, emotions, words, and actions which are outpictured in your stress, pains, stiffness, and tension. Does that seem wise?. Be nice to your body, for it is your closest, most intimate and trustworthy companion ...who will never lie to you, misguide you, or betray you, ...but you must understand its way of communicating, ...or, we might say, your way of communicating to yourself through your body.

Obviously, with all of these similar problems in your life, your body and mind will be filled with stress, which reveals the constant pressure or repeated friction and irritations you put upon yourself when acting upon or against your own beliefs and desires ...or when events and circumstances seem to be acting against you. Individuals and situations are not stressful, stress is the way you choose to live•judge•react. Stress does not *cause* your attitudes, emotions, pains, or ailments, ...these aspects reveal the judgments you are living, struggling against, and stressing about. Stress is never created ...it is lived!

Regardless of seeming appearances and what you may think, stress is not an exterior power or energy, an environmental condition, an unbalance or disharmony, or a force acting upon you, ...but you probably don't believe this, do you? ...you believe that individuals, events, and circumstances are stressing you, ...and that belief alone is the stress you are living and imposing upon yourself. Instead of trying to be successful, be of value. The hardest mountain to climb to it's peak is climbing out of the deep rut you have created through living one undesirable habit after another, ...and now you believe that all of this was imposed upon you . A great stress and disappointment is having your life in park, ...though, frequently, your greatest stress is getting your own way ...or your desires.

Any learning process can be quite intense, ...are you creating stressful situations and relationships in order to learn? ...to avoid learning and understanding yourself? ...to teach you a lesson? Are you trying to invigorate your life? ...your relationships? ...your activities and endeavors? Do you generally take your frustrations out on others? Are you taking your frustrations out on yourself? Are you disappointed in someone or something? Are you dismayed by or anxious about obstacles or delays? Do you give yourself the freedom to express fully and without restraint? Are you regretting recent words or actions? ...or your failure to express yourself and your concerns fully ...and as you truly desire? Do you feel unable to complete the tasks ahead? Do you feel over-committed? Are you in doubt about, or have you lost confidence in, your own abilities and capacities? Are you facing times or situations of challenge or change? ...or even of joy and success?