

## Article 421: Your language of Life – part 3

Have you ever used a mantra in meditation? Do you realize that your finest mantra is your name? How would you like to pose your name-mantra into your body? ...for while your brain accepts your chanting, saying, or thinking your mantra, your mindful body truly responds to your posing your mantra! Jivala Yoga reveals the language of poses, such that your mindful body speaks loudly and clearly to you ...and you can pose your responses.

If you see how you can pose a language ...and fully feel that in every aspect of your body, then, in seeing this, you also understand that your body and life speak the language of visions (dreams and everyday), the language of mindful body illnesses and wellbeing, the sensual•visual language of meditation, and the sensual•visual language of everyday life, ...and if you understand that, you will discover that you and the world around you are far different than you ever believed or experienced through your limited language of distortions, which then, unfortunately you carry and continue in memories and lose the fact that all of life is promise ...and much, much more, ...and that's just a beginning!

Now, your questions. We are not now teaching yoga ...we teach the language and understandings in other forms. Two yoga teachers moved off the island ...and one died. This is not a step-by-step process, though the images and understandings portrayed will open your eyes to life anew. When we teach, no one is excluded. We offer to non-locals from Canada to Switzerland because these people have been involved for years, but teaching afar is difficult at best. Any additional discussion is better done by phone 1-808-324-1321.

Aloha,

Roger & Misty

That's the end of our letter, ...did you understand all this talk about language? ...then, whenever you refer to yourself as "I", in any form, or speak of another as "you", what do you mean by that? ...what to you is "I" and "you"? Do you mean the body "I" or body "you"? What "I or you"?

What is your self? ...Do I have a self? ...and if I do, if I die, what is the "self" that has died? ...describe what has died ...and consider if that's what you mean when you say "I or you". Is that "I or you" the "self" you frequently refer to? If a rose by any other name is still a rose, is "I or you" by any other name the self you speak of?

If data, or spirit, which is something but is nothing accumulates and becomes "I or you" that is something but is nothing ...what is that something? ...or is I or you or self nothing?

If a tree falls in the forest and no one is around to hear, does the falling tree make a sound? ...or, if I die and no one is around to see, do I die? ...or if you are born and no one is around to see, are you actually born? Is your self born? ...does it develop? If your self is not born but develops, ...how does it develop? ...what “I or you” develops your self?

Do I exist? ...do you exist? If so, what is the “I or you or self” that exists? Isn't this question fundamental to knowing or being you? What you is knowing or being?

Let's assume you can know everything in the universe, ...what is the I or self that is me that you can know? ...that you keep referring to?

If you were the God who presumably made the universe, would you come close to designing a language in this way so others could understand and comfortably live in your universe? If not, what would you suggest be done? If language can be used to change reality, can language, be used to create beliefs? ...and believe beliefs? ...if so, how? Is there anything you can say that helps you live your beliefs? If so, what is that?

Since the beginning, we have constantly discussed beliefs, and in most instances these discussions were limited to what you believe, as to whether or not a belief sounded real and true in the universe ...and desirable for you, but I never considered that you couldn't describe how you live your beliefs, so let's forget your beliefs and discuss emotions, ...certainly you are intimate with your emotions, ...right? ...because you feel them every time you speak of “I, you, self”.

Well, you cannot create an emotion! ...you can induce an emotion but you cannot create an emotion. Inducing an emotion is offering yourself something to react emotionally to ...or respond to emotionally. Neurobiologists today declare that emotions are hardwired in your brain, ...however, these same scientists equally agree that the inducers of these reactive emotions are personal to each individual. Maybe when you say you believe this or that, or refer to “I, you, self”, you only mean that which induces a familiar or desired emotion ...or set of memories.

Language is the distortion of thought you rely upon!  
...who or what are you distorting and concealing?