

## Article 419: Your language of Life – part 1

A short time ago, I received an e-mail requesting information about Jivala Yoga. The writer asked whether this had anything to do with Hatha Yoga or Vipassana Meditation, and wanted to know if this was a “step-by-step (opening) process,” do we teach this to everyone, and whether or not we teach to “non-locals”; ...following is our answer:

Your e-mail brought up a need to put a bunch of stuff together for my upcoming seminar on a different but related subject, so I'll prepare some of my presentation in this letter to you, ...but first, Jivala Yoga has nothing to do with Hatha Yoga or Vipassana meditation, so please get those out of your mind, and if something I say brings these or other things to mind, stop reading, back up, and listen only to what I'm saying. You certainly don't have to agree with what I'm saying ...just understand it.

Do you know yourself? ...who and what you are? ...and what your life is all about? You have “a feeling” of who you are, but you don't really know ...do you? Through Jivala body language you can pose your knowing of self into your body and awaken in “memory” ...and gain a true “feeling of knowing” to wear within you, such that you directly feel your knowing at all times ...and that's just the beginning!

Life is not acting against you or teaching you lessons, life fully supports you! ...actually, every event in your life and condition in your body and life reveals the self and life you are living, ...the problem is, you don't have a language to understand what events and conditions are “saying” ...and you cannot speak to events and conditions in return, so you rely on your duality language of judgments, which limits and distorts everything ...and which misrepresents every aspect of yourself ...and all of life, ...and you call that knowing yourself and life.

Of course, at this point Buddhists tell you to discipline and control your “monkey mind”, Zen Buddhists create koans to “befool your mind”, meditators want you to “quiet your mind” ...and just be, Krishnamurti and many others teach you to be an observer in your own life, Jesus said to be loving, and many others teach you to “trust your feelings”, etc, etc, ...however, how does a limiting and distorting language help you understand what your feelings are saying? ...or know what love is ...and how to be loving in each situation? If you are an observer, how will you know what you are observing? ...will you use your limited•distorting language?

Does it seem wise to use koans to befool a mind that only thinks a limited•distorting language? ...isn't that likely to increase your distorted understandings of yourself and all of life? Life by the way, ...and physical life in particular, is not an illusion, ...though, everything you think is spiritual is actually physical. Have you ever considered the possibility that your “monkey mind” has been trying desperately to communicate with you? ...but you didn't

have the language to understand? Why ever would you tell your mind to “shut-up?” ...wouldn't it be better and finer to speak slower in a language you both understand? ...and if you quiet your mind in meditation ...and gain “great” awarenesses, revelations, and experiences, how will you know or understand them? ...or, if they just occur in your body and feelings, ...how will you act upon that “wisdom” in your life without a language you can understand that doesn't withhold, limit, and distort?

As a result of these problems, your dreams (you have 4-5 every night), primarily speaking the language of visions, reveal the self and life you are living ...regardless of the self and life you “think and believe and feel” you are living. The problem with this is that you don't have a language to understand your dreams or the self and life you are living, ...therefore, you either ignore your dreams or rely on your distorted language of judgments ...and struggle to understand what is being revealed to you, ...and when you try to “interpret” your dreams, you again use the language you are familiar with ...and understand little or nothing!

Wouldn't you like to know the language of your dreams? If so, are you willing to understand your dreams and create a language such that you say to your dreams, “If you want to speak to me, from now on, have your visual language follow this dreamspeak and I'll understand everything you are saying and portraying.” In other words, in understanding your dreams, you are actually creating a mutually supportive and understandable language, ...in interpreting dreams, you are mired in distortions. Do you know what an incipit is?

Do you believe your body constantly speaks to you? ...if so, what language is your body speaking to you? If you have a disease or illness, do you know what that is saying about the self and life you are living? ...and struggling with and against? Without judging, what does breast cancer say to you? What does asthma reveal? ...how about a heart attack? It seems that if your body is speaking ...you aren't listening or understanding, ...so how can you or a doctor or a healer expect to help you? ...or if they do relieve symptoms while you, not languaging clearly with your body, continue living the same or a similar self and life, ...how long do you think you will be symptom-free before your old problems and illnesses return?

And if, to support your doctor, you try to maintain a “positive” attitude and repeat an affirmation, how long do you really think that will last? ...and what makes you think your body will listen and believe you? ...yet, if you languaged your affirmation into your body and wore that around all the time, don't you suppose your body would feel and hear that and pay attention?

If you don't know the language of your body, ...how about your soul? Do you believe you have a soul? ...if so, how do you communicate? ...what

language do you both speak? ...and if you cannot communicate, what is the purpose of your soul? (To be continued.)

Lacking a proper language, people find it hard,  
not only to think about the most important issues of life,  
but even to realize that these issues exist.