

Article 225: Asava Massage -part 10

Are you beginning to understand that stress doesn't happen to you, you stress yourself? Stress is a physiological response to what you have judged to be dangerous or fearful, which prepares you for "fight or flight"; it is a nonspecific response to an injury or expectation of injury; and it is a gradually increasing response to what you, over a long period, have judged to be unpleasant. Stress doesn't happen to you, your judgments are, in some form or another, always returned to you as stress. And though constant activation of your stress-response through prolonged judgments is harmful, you probably would not survive very long in your judgment-created world if you *could not* create this response ...which enables you to withstand your self-created physical and mental insults ...and maintain some degree of balance and understanding in a false, self-created life of confusing dualities. Of course, since your judgments trigger this view of the world and your response, you need not continue your judgments or responses ...or your self-imposed and imprisoning stress. Your judgments limit your emotions to ones of defensiveness ...which expands and intensifies your judgments of danger ...which increases and strengthens your defensiveness and need for judgments and self-protection. Stress and judgments breed on each other.

With the increase in glucose and oxygen delivered to the brain, when stressed, you frequently experience a sense of euphoria, of sharper cognition, of increased ability to process information, and a dulled sense of pain, ...but these "benefits" are short-lived. Becoming addicted to these feelings though keeps you constantly trapped in this cycle of judgment-stress-anger ...which atrophies tissues, creates fatigue, brings on hypertension, weakens your heart and blood vessels, retards body growth and repair, and diminishes the actions of your immune and lymph systems ...which makes you vulnerable to all sorts of pains and illnesses and diseases, ...do you now understand how your life and illnesses are linked?

Like a caged animal, you are captive to and captivated by your constant life of judgments•anger•stress•vulnerability•struggle for safety and protection•judgments• anger•stress...

Are you beginning to understand why pains, tension, and stress are lived ...and cannot be massaged away or pushed out of your body and life? Are you beginning to understand the stresses you are creating? Are you willing to consider a few probing questions about stress? ...or will that only stress you further?

Are you feeling stressed by the past? ...by what you did or failed to do? ...by what you regret or would like to change? ...by what you should have done? ...or should not have done? ...by these questions? Are you fearful of your responsibilities? Are you concerned about what might happen? ...about what you do not want to happen? Do you feel vulnerable to individuals, events, and/or circumstances? What health matters are you concerned about? Are you criticizing yourself or others for seeming errors, deficiencies, or failures? Are you afraid you cannot make wise choices? ...or the right choice?

What do you feel your physical senses and these soft issues are revealing? Do you feel you are bound by events or circumstances? Do you feel limited by someone or something? Are you failing to get the rest, nourishment, or exercise you feel is necessary and desirable for a vital and vigorous self and life? Do not be afraid to begin anew! In what ways and by whom do you feel unsupported? If your beliefs and thoughts are filled with fear and anxiety, they are not appropriate for you, ...instead of struggling with your fears and anxieties, correct your beliefs and thoughts.

Have you been false or untruthful? ...unfaithful? Keep your mind and actions open to inspiration ...not to fears and doubts. Have you dedicated yourself to a cause or purpose which now gives you second thoughts or reasons for concern? Does it seem that life is passing you by? ...that it's too late to be what you might have been? It's never too late! Are others pushing past you ...leaving you behind? Are you seeking to achieve the unattainable? ...or undesirable? In what ways are you concerned about your life today? ...your future? Those who contend against you, though they are not worthy of such actions, strengthen you ...and develop your skills. Your antagonists are your helpers, trainers, and guides ...protect, support, and bless them. Are you being blamed or accused? By whom? For what? Never ascribe motives to your opponents which are lesser or greater than your own.

When stressed, are you willing to ask these seemingly stressful and probing questions about your self and life? ...and the life of your clients, as Hippocrates taught his students to do? Search within the beliefs, traditions, judgments, and experiences for the images and answers shining brightly and clearly there.

Fully understanding the body pains and afflictions outpicturing your self and life require you to reconsider the patterns you are creating and living. Stop deceiving yourself and expecting a soothing massage to relieve the pains and afflictions you are creating, inflicting upon yourself, and living into your body and life. You did not arise this morning the same person who went to bed last night, so why are you continuing the same beliefs and anxieties? Let that new person appear! Concentrate your mind and emotions and actions on your dreams, not on your fears and anxious imaginings. **One of the greatest and most self-destructive mistakes you make is continuing your judgments and refusing to yield.** Stop letting small, seemingly unimportant matters grow into large misunderstandings and anxious feelings ...and pains and tensions in your body and life. Enriching wellbeing is not physical, material, mental, or spiritual, ...it is all of these; ...judge any of these into conflict ...and pain and stress will result. It is impossible for you to be disturbed, anxious,

discouraged, or depressed and continue very long in physical or mental wellbeing.

A calm though busy mind imagines and achieves fulfillment because it sees•knows•lives•experiences the goodness•benevolence•oneness of all things ...not separation, judgment, and conflict. You are privileged to constitute your self and life and desires so you will become fully aware of their meaning, purpose, and value, ...but no matter how strong, able, and aware you believe yourself to be, if you continue judging, you will, in facing most situations and circumstances, feel in need of protection or deliverance from the events and experiences which seem beyond your ability to endure or resolve, ...and all of these fears, doubts, and uncertainties will outpicture in your body, which no therapy or treatment can remove or massage away, ...you must change your beliefs and life. What you express and experience today, tomorrow, and all days following is not as important as the beliefs and attitudes your thoughts are creating and following ...and embodying into your body and life. Are you too quick to accept lack, failure, or defeat as your lot? ...or as a trial or lesson? Are you overburdened by unsupportive beliefs, activities, and relationships? You are either the master of or slave to your own beliefs, thoughts, attitudes, and emotions. Are suppressed anger and anxiety controlling and paining you? ...limiting and stressing you? ...making soft issues hard and harsh? If you are not looking insightfully at your self and life in these ways, then, like primitive people, you want to be relieved of these evil spirits and forces without changing your beliefs and personal creations, ...does that really make any sense to you? Are you ignoring the vital soft issues of your life for a soft tissue treatment?

Throughout history, healing has been a slow understanding of “the causes and cures of disease”, but it seems we’ve done very little to restore enriching wellbeing, for though people today live much longer under somewhat more-pleasant circumstances, individuals are still struggling with the same problems of life. If you are truly happy, do the circumstances of your life really matter? ...and if the conditions of your life are better and you live longer ...but you are not happy, do these better conditions make any difference? ...for, after all, you are still unhappy and not living as you truly desire. Isn’t it probable that, in this situation, a longer life of unhappiness is itself undesirable?

Which seems most important: the days in your life ...or the life in your days?

As Asava massageteachers will awaken you to the *painful* aspects of your self and life, this enlivening process also enables you to understand the stress, tension, stiffness, cramps, diseases, and afflictions in your body ...and live these undesirable “spirits and forces” out of your self and life ...should you choose to do so. But whatever you decide, the most important change required is for you to stop believing that the universe and the painfully evil spirits you alone created through judgments are acting against you or inside of you, ...for, though you don’t believe it now, all things in the universe are good and benevolent ...and act to fulfill the choices you make and live with every belief, thought, attitude, emotion, word, and action.

Asava massageteachers await to awaken and enliven you to the truth and magnificence of yourself and all of life!

You are truly an extraordinary being!