

Jivala Yoga Is An Expanded Yoga!

Though you don't realize it, yoga, as it is normally taught and practiced, assumes that these opposing dualities, like opposing muscles, do exist in the world ...and attempts to overcome the suffering effects of these constant struggles in your mind and body, ...but opposing muscles, unlike opposing thoughts and attitudes and emotions, actually work together in harmony ...not in opposition, ...and judgmental opposings such as good/evil do not even exist, ...and any attempt to overcome or transcend these false assumptions keeps you forever trapped in difficulties ...constantly struggling against your self and life and problems.

Your muscles and limbs, your organs and body systems, and your mind and attitudes, are not weak and out of balance with you, they are in complete harmony with you and the self and life you are creating, directing, and living, ...and any change of these aspects, whether gentle or forceful, will only be temporary ...very temporary and do little real good for your outlook in life, or for your feelings of empowerment and self-determination. Life is not a contentious encounter, ...though you and yoga can certainly make it a struggle.

In an ever-changing universe, only that which is ever-changing is or can be eternal. What is "fixed", such as a standard for "a well-functioning body" will self-destruct, ...and your living or being guided by such a standard will preserve the standard and sacrifice the self and life you truly desire.

The very concept of eternal rhythms or patterns ...or cycles of life which some yoga teachings seek to align you to are themselves contradictory, simply because for rhythms, patterns, or cycles to be eternal and appropriate for each individual, they must be infinite and ever-changing ...not "fixed". Besides, if you must adjust to life instead of life adjusting to you, then you do not have free will~defined as "living as you truly desire~ and all life for you is meaningless.

Do not, in any way, use yoga to adjust yourself to life, let Jivala Yoga reveal how life will, in all instances, adjust to suit you, ...after all, isn't that what you really want? Can you imagine happiness being anything other than, or greater and finer than, *choosing as you desire ...and having that?* Well, all of life gives you exactly as you choose with every belief, thought, attitude, emotion, word, and action, ...therefore, if you are not happy, maybe you are unaware of what you are choosing and living ...and frequently struggling against.

Regardless of what many yoga teachings declare, life is not a duality ...and nothing in life is ever separate, disharmonious, or out-of-balance, ...therefore, attempting to balance or harmonize your mind, body, attitudes, and emotions ...or trying to bring them into a state of oneness is merely an attempt to "force" your mind and body, which are already in tune with you, into a struggle against false presumptions of separation and out-of-tune.

If your life is not as you truly desire, you can certainly follow a yoga process and change your body ...and hope for the best, but since your body clearly outpictures the lifeseif you are living, if you do not change your self and life, all such body changes will be temporary and of little real value ...as you have frequently experienced before. And if your life is as you truly desire, does it really matter whether your body and mind follow a presumed pattern of balance and oneness? ...for they are obviously following your pattern of *life as you truly desire*. Take care of your life ...and your life will care for you.

A desirable body cannot be relied upon to offer you a desirable self and life, but a desirable self and life can be relied upon to offer you a body that will fully support that lifeseif; ...which would you choose? If your body is lacking or undesirable, then your self

and life are not as you desire, ...the two are one.

For every movement of your body, muscles require energy at the cellular level. A well-conditioned body requires that more blood by volume and more-highly enriched (oxygenated) blood be pumped to the muscles, while untrained muscles, which cannot easily extract oxygen from blood, are forced to work harder for less results, ...but of what value is it to have a well-trained, efficient body in tune with your mind if the life you are creating and living is not as you truly desire at every moment? And does it really matter if your joints are flexible and your muscles generate energy far more efficiently and do not have to work as hard for the same result if you do not have a desirable life and purpose in which to apply these assets?

The process required for activity lasting longer than a few seconds begins with the immediate need for sufficient quantities of vitalizing oxygen arriving at the necessary muscles; ...yoga training tremendously increases the fulfillment of this process ...and helps you clear the lactate, or acidity, from your system ...which muscles are producing while working. If this acidity is not cleared readily and continuously, your muscles will quickly shut down.

Training your body so it can respond to matters rapidly and properly ...or take the physical struggles you inflict upon it without being overwhelmed is fine, but is your mind ready to cooperate and work in unison with your body? A well-trained and conditioned body will not, in itself, serve to create the self and life you truly desire, in fact, a body that is well-trained to react may keep your mind and life actively poised to judge and react, ...therefore, a body trained to act swiftly and efficiently needs close guidance and direction, ...are you well-directed in life? ...and ready to guide your mind and body and life (your mindfully embodied life)?

Through yoga, your body may be well-trained to endure, but why are you creating a life you must endure? ...is that what you truly desire? If you had the option to create a life to endure ...or one to truly enjoy and revel in~and you do~which would you choose? If you need a well-trained body to struggle with the life you are creating, you really should seriously reconsider your life and actions, ...could it be that your drive for a well-conditioned body is more-compulsive and addictive than desirable? Are you training for something in your life? ...or to resist something? What is that? Are you aware of a genuine purpose or true desire? ...or are you merely training or over-training just in case something or someone comes along? And if you are using yoga to relieve stress and become more-relaxed and peaceful, why not stop creating the stress and disturbances you are working so hard to release? ...wouldn't that be easier and more-effective ...and certainly wiser?

What fears, anxieties, and disappointments are your stresses, compulsions, and disappointments outpicturing? Do you know? If you are unaware of your underlying problems, so you can effectively resolve them and live peacefully and stress-free, any relief will only be temporary until, like acidity in your muscles, your old, unattended-to-problems overload you and your life with additional unrelieved pains and difficulties. As active muscles require energy *at the cellular level* for sustained actions, your mind and life, to be fully active and not stressful also must be conditioned at the cellular level of your anxieties and disappointments ...not merely at the "symptom-relief" level of stress, tension, or lack of peacefulness.

Are you pushing your body and life so hard to offer what you believe you want that you are wearing down both your body and life? Are you training and preparing yourself for a life you haven't envisioned ...and are not living? Has training and preparation become your life ...with little or no fulfilling or enriching purpose in mind? Could it be that this compulsive training is the source of your anxieties, stress, depression, and disappointments? Maybe you should reconsider your exercising, ...or consider what you

are conditioning yourself for. With yoga, are you meeting your goals? ...or actually moving further and further away from them?

If you are exercising to relieve the stress, disappointments, or lack of enriching passion or peacefulness in your life, then obviously you are preparing to endure the undesirable life you are creating ...instead of preparing to create and live as you truly desire. Excessive training without genuine purpose and desires frequently leads to a stale body and life which are easily disposed to the invasion of undesirable external matters and illnesses.

Wise individuals look carefully at their life and activities for sure signs of an unhealthy mental, emotional, or physical life, yet many of these same people use yoga to remove those "sure signs" in order to continue their unhealthy life "as usual". Stress and lack of peace do not happen to you, you happen to them, ...therefore, relaxing and coping with stress through exercise ...without changing your life so you don't continue creating stress and unpeacefulness is foolish. Well, it's certainly unwise.

Do not set the goal of your yoga exercise program merely to create a "perfect pose", "maintain a difficult pose", "move more-efficiently from one pose to another", or "expand your poses", ...instead, your yoga should complement your creating and living the lifeseff you truly desire, support your maintaining that, help you move more-effectively from one expression of your desired self and life to another, greatly expand your actions and life, and bring you to peak performance in the life you truly desire. As a superior athlete results from an intimate marriage between the right person and the right sport, your enriching fulfillment results from an intimate marriage between yourself and the life you truly desire; ...and as yoga will not ease or resolve an unhappy, unsatisfying marriage, it will never enliven a disappointing self and life either. Are you properly married to the self and life you truly desire? Are you hoping that through yoga you will win out in the self and life you have married? Why aren't you living as you truly desire ...and exercising to support that life, instead of living "as usual" and exercising to overcome your problems and ailments?

If you have not envisioned and developed the life you truly desire, what is the meaning and purpose of your yoga? If it helps you concentrate and center yourself, maybe it keeps you focused on the wrong things? Your desired life precedes yoga, it is not developed through yoga. Are you attempting to keep in shape *just in case*? Just in case of what? Just in case the lifeseff you desire comes along? If you haven't envisioned that life, how will you recognize it if it does come along? What other unrecognizable things are you waiting for? ...or hiding from?

Are you following your yoga plan as intense work? And if you say, "No! ...of course not," don't be too certain, for without a vision and meaningful purpose ...and a proper understanding of these things, all yoga, though you believe it to be stress-relieving and flexibility-creating, is actually intense work, ...why do you think it is called "a workout"?

While fear of the unknown is common in life, fear of sameness seems common and ever-present in many yoga practices, for there is a constant drive to expand and do more, ...is your life expanding and keeping up? ...or are you using yoga to compensate for a stagnant self and life? Do you feel unentitled to more or other than what you have? Why might this be so?

To truly benefit from yoga's complex poses and movements, you must translate those activities into automatically empowering actions through constant and consistent repetition, but to do this accurately, you must have a strong image and sense of those empowering movements relative to a consistent vision for application in your life. What is the meaning and purpose of yoga process in your life, ...do you know? Is it possible you are using yoga to compensate for a sense of being unempowered in your life? Are you passionate about yoga and "ho hum" about your life? ...or truly passionate about how

yoga will add another dimension to the self and life you truly desire?

Do you have active muscles or “working empowerments”? Are you strong and truly flexible in your life? Do your traditional beliefs and judgments limit or enhance your flexibility? Are you, in any way, struggling to come to terms with your body and life? Have you made a conscious choice to be very good at other things in your life? ...and always do your very best? Are you inspired by yoga ...and those who can correctly attain and maintain difficult positions? Are you inspired to do the same in other meaningful areas of your life? Is yoga a way to force you to use your empowerment in other areas to the very edge of your capabilities? ...or is it an attempt to compensate for not living up to your full potential ...as you see it?

Though it is frequently declared that yoga develops your spiritual, mental-emotional, physical wellbeing ...and your moral position in life, if these aspects are founded on the false belief in the causative nature of life as a duality, then all developments and changes offered by yoga are temporary and incorrect. Much of ancient yoga’s incorrect presumptions about life maintains more problems and less enriching wellbeing than it develops. Ohh, yoga certainly creates changes ...even improvements, but if the “wrong” matters and aspects are “improved” and vital understandings are ignored, have you truly benefitted? To answer this question, it is necessary to consider some fundamental beliefs and teachings of traditional yoga and compare them with those of Jivala Yoga.

Yoga was originally created and is still frequently presented as a way to unite and still your mind/emotions/body and free them from the control and limitations of restive desires, ...however, as recognized through Jivala Yoga, the problem is with your judgments ...not with your restive mind or desires, for without your judgments, your mind and desires are not restive, limiting, or controlling.

Do not still your mind, still your judgments!

The beginning of yoga is uncertain, it appears to have arisen as a tradition of scattered Shamanistic teachings and practices approximately 5,000 years ago ...and little is really known about these philosophical beliefs and customs until, centuries later, yoga was adopted as part of Hinduism ...and taught to older people as preparation for death and freedom from the suffering of physical life. When accepted as a Buddhist practice (ca 400 BCE) yoga teachings continued the Hindu practice of liberation from life’s suffering. The reasoning in some Buddhist schools was that, since man’s knowing and desiring is based on turning the wholeness of life into separate forms...concepts...beliefs, such actions prevented him from directly experiencing and knowing the spiritual wholeness of all things, and that ignorance and lack led to man’s suffering in his own illusions, ...and only through liberation from a false-thinking mind could man ever be free of his self-created illusions and suffering. It was believed that true consciousness could not be known through a limited mind ...but could be experienced through proper yoga practices ...which prepared one for the freedom of death ...and the joy of true experiencing.

These liberation-teachings of Hindu and Buddhist yoga continued until later Buddhist teachers pointed out that seeking enlightenment as an escape from suffering was still desiring ...and, as such, was a misinterpretation of Buddha’s teaching about grasping. These teachers taught that a wise yogi, instead of preparing for death as an escape from life’s suffering, should return to full worldly activities free of struggle and bondage to man’s normal, ignorant thinking and acting ...and could, therefore, teach wisdom, compassion, direct experiencing, and free actions.

The unrealized problem in all of this is that if yoga teachings and practices offer liberation from suffering through death, then they have little or nothing to offer a yogi in his present life, ...and if the yogi is to experience greater awarenesses through yoga practices which cannot be known through man’s limited thinking, then, if enlightenment

or Nirvana is attained~a state that Buddha never directly described~the yogi cannot continue living and teaching in the physical world except through the limited mind the yogi had supposedly liberated himself from, thus his transcendent-mind or knowing has no real application in the physical world.

These conflicts in yoga practices and teachings were continued when Patanjali (ca 200BCE) apparently (for there were, it seems, two Patanjalis associated with yoga) assembled many varying yoga teachings from Shamanism, Hinduism, and Buddhism and wrote the Yogasutras, which form the basis of yoga as it is known and taught today ...and which includes the basic concept of *liberation from suffering*.

The Buddhist teachings of yoga that knowing through fragmentation, dualities, and separate aspects failed to consider that this limited thinking and knowing resulted from and is continued through the structure of language based on the false presumption of the dual nature of life ...and the act of man's generalizing his personal likes and dislikes into moral judgments, both of which separated "this from that", "good from evil", "spiritual from physical", and "cause from effect" ...and created many similar anomalies and self-defeating beliefs, which are man's illusions ...and the source of suffering.

The solution to this problem is not the yoga of *escape from physical suffering through death and resurrection in a spiritual life* ...simply because, since spiritual-physical are one, physical suffering would be spiritual suffering, not spiritual freedom; ...it is not the yoga of *escape from the limited mind which fragments and creates illusions and suffering* ...for then there is no mind for physical existence; ...and it is not the yoga of *reuniting what mind has fragmented* ...simply because, since this separation is false, any attempts at uniting merely maintains the false illusion and conflicts of separation.

The answer lies in saving the mind and life ...and changing the way the mind experiences and processes information through judgments, which changes all existing beliefs and responses. Obviously, your physical brain, like a computer, evolved to process data, but you, through feedback-processing, must "program" your mind, and thus your life, as you desire, which simultaneously expands your programmed realizations and understandings ...and the capacity of your mind. Don't abandon your mind and programming yet, for they are still learning and growing. To overcome, transcend, or gain freedom from your limited mind, let go of your precious ideas and expand your thinking and knowing, for a mind cannot expand and grow while hanging on to old beliefs and ways.

All life and mind is boundless.

Jivala Yoga is practiced to bring awarenesses, revelations, and enlivenings to you concerning your judgments, for only in judgments are you, seemingly, disunited in spirit and mind and body, ...but judgments do not occur in a **spiritually mindful body** ...as enlivened through Jivala Yoga. Too many traditional yoga teachings separate, in your mind and attitudes, that which is inseparable ...and then attempt to bind together what has been falsely drawn asunder, and in this promises to deliver you to peace and grace. Only ending your judgments will end your mental pain and anguish ...and free you from sorrow and regret, from grief and guilt, and even from the disappointment of false pleasures and excitement. The Awarenesses, Revelations, and Enlivenings of Jivala Yoga will help you end your judgments and awaken your **Jivala self** ...and your desired way of life. Jivala Yoga enhances and expands an open and alert mind and receptive attitudes.

Enriching fulfillment is everywhere,
it is not found only in a
"quiet or narrowly focused mind."

Though yoga has frequently been described as “wisdom at work” or “living in wholeness”, a united spirit/mind/body which judges is not wise ...and does not create a desirable wholeness. And while yoga might not be for those who “indulge too much ...or too little”, ending judgments through Jivala Yoga is for everyone, ...and ending your judgments brings you in direct communion with spirit ...and the ways of spirit; ...this is your **Jivala self!** Traditional yoga declares that your mind is strong-willed and stubborn ...and must be controlled, ...but is that really what you want? Do you want a strong mind ...or a trained and stilled mind and docile attitudes? Are you willing to open your empowering mind and let it run expansively free? Like a barking dog tied to a tree, your mind-emotions-attitudes are restive only when tied by judgments. Those who tell you to control your passions and emotions do not understand you ...or life.

You are a mindfully embodied spirit.

Since events and circumstances always reveal exactly how you are living, you can never be in disharmony with life or others ...or with yourself, though your attitudes and passions may not be as you desire; ...if so, change for yourself ...not for others, nor to create a false harmony with Nature. After all, do you really believe it is possible to exist in disharmony with your self and life? The universe around you always and unconditionally adjusts to accommodate you ...and maintains that harmony at all times. If you don't believe this, truly change, say, from anger to peace, and watch the universe around you and everyone in it become peaceful with you, ...therefore, consider only whether the harmony you are creating and living is as you desire.

You and your passions are one!

Jivala Yoga teaches the vital awareness that all things are only known relative to yourself ...and can only be measured or valued relative to self, ...therefore, setting a standard, any standard, even a truth, for knowing and evaluating ...and living your life by, no matter how right and wise that may seem, will only preserve the standard and forsake yourself ...and the life you truly desire.

Look and live beyond your limited beliefs.

Though yoga declares otherwise, through uniting and freeing, it has and teaches a mistaken view of life based on duality and judgments which continues through mistaken beliefs and creates mistaken experiences which seem to confirm that the mistaken beliefs are correct; ...this process has continued for centuries. There are no such illusions or distortions in Jivala Yoga ...or impediments that hinder your clearly and fully practicing Jivala Yoga, for the awarenesses and revelations gained will dissolve and surpass such mistaken beliefs and enliven greater understandings ...and empower you to live as you truly desire, ...or would you rather continue struggling against false beliefs about yourself and life? ...and seek to escape from life?

Let this be the beginning of greater things.

Can you not understand that one who is accepting, truthful, moral, compassionate, merciful, or forgiving is, at the first instant, judging? ...for with the mistaken belief about the dual nature of life, all such noble-truths maintain un noble-truths which seemingly must be avoided or controlled ...or brought into balance and harmony, ...do you see the judgments and false beliefs in all of this which too many traditional yoga teachings maintain? ...and fully reinforce? Is that what you want to continue?

**No matter what you believe,
seeking peace maintains unpeacefulness.**

In the same way, seeking unity only maintains separation and disunity. Your thoughts and attitudes must be large enough to cover the wholeness of yourself ...and

the goodness and benevolence of all things, ...are you willing to put your old mistaken beliefs and small, even insignificant thoughts and concepts out of your thinking by imagining life in a larger way? ...and never let go of those empowering visions until they manifest in your life? You are at this moment all you have ever thought, ...therefore, to open and passionately expand yourself, open and passionately expand your mind. The two are already one.

In Jivala Yoga ...you are the guru.

Listen to your own words, taste your present self and life, insightfully observe your daily actions, and carefully sense your feelings, ...are you living as you truly desire? Or are you struggling to deny and conceal how you are living? ...using yoga to sustain you in these endless struggles of denial and concealment? ...and trying desperately to bring peace and balance and harmony into your self and life to overcome your judgments? Perfection for you is living as you truly desire right now and at every moment ...and is not a state or condition to be attained at some future time ...in a different life, and cannot be achieved through any practice of uniting or overcoming.

Your thoughts shape your body and reality.

No wrong, violence, or unfairness can ever be done "to" you or another, for every event, revealing the life each involved person is living, is personally-created. No matter what you believe ...and believe you have experienced, there are no innocents ...yet no one is guilty either. Freedom from fear and violence comes only to those who have forsaken judgments. In the same way, peace follows those who are truly peaceful at all times, it is never found by peace-seekers, discovered in meditation, or achieved in detachment, for a moment of peace is not peacefulness. Accept the idea of life's underlying unity and peacefulness. Peace does not overcome resistance and stress, it replaces them, ...for changes are merely variations of judgments and reactions to the same experiences. Fear, stress, and unpeacefulness are never imposed upon you, they are self-imposed through your own lack of awareness.

Do not mistake a shadow of peace for substantial peacefulness.

If you oppose the "wrong" committed by an individual but not the person is it reasonable to say that when you honor the "right", truth, compassion, mercy, peace, and love of another individual, or even yourself, you, as well, do not honor the person? And if you do honor the "right" person and not oppose the "wrong" one, in that, are you not deep in judgments? You cannot free yourself of judgments by only doing "good and right" things ...can you? In this example, if you are not willing to oppose both individuals ...can you honor them equally? ...not differently, but equally? ...for only then will you begin seeing and sensing your judgments ...and begin ending them. Doesn't all of life~ which is the embodiment of God~ honor both equally? ...and isn't that love? ...and doesn't that alone unite you with God? ...with all of life? ...with unconditional love?

Cast off the cloak of ignorance and misbeliefs.

Yoga declares truth to be the greatest and finest standard of conduct, but how can this be? ...for truth must always and in all ways be true, ...therefore, while truth can certainly be lived, it can only be known as "what was lived" ...never as a truth or standard "to live", ...and that which is presented as a truth "to live" cannot be a truth. Life does not play favorites and reward "those who pray in truth with a pure heart" ...and respond in lesser ways to others, life honors all equally and simultaneously ...according to each person's asking with every belief, thought, attitude, emotion, word, and action; ...in addition, the universe does not save up your desires and choices and answer them when

the conditions and situations are right ...or at the proper moment. God does not look after you or your welfare ...or supply what you need when you need it, you do that with every belief, thought, attitude, emotion, word, and action, ...are you choosing wisely and as you truly desire?

You cannot lose what is rightfully yours
...or gain and retain what is not.

As truth must always and in all ways be true, goodness "to be true" must, as well, always and in all ways be true, ...and regardless of any beliefs, experiences, feelings, or seeming appearances to the contrary, there is no opposing ungoodness ...or evil, thus all judgments are false. Things and events and circumstances in your life are *only as you desire or perceive them to be*, which does not indicate a truth or universal right/wrong. Other judgmental terms for right and wrong which are in common usage today are:

good/bad, evil	loving/unloving	desirable/undesirable	fair/unfair
proper/improper	caring/uncaring	approved/unapproved	true/untrue
spiritual/physical	moral/immoral	just/unjust	healthy/unhealthy
giving/receiving	acceptable/unacceptable	worthy/unworthy	deserving/undeserving
gentle/harsh	honest/dishonest	honorable/dishonorable	and many others

Be careful about applying these judgments to yourself or another ...or to actions or events, for these judgments are not real and not universal, they are only as you believe them to be, ...and may, in fact, be the true source of your personal problems, difficulties, anxieties, stress and pain, ineffectiveness or disappointment, grief, seeming failure, rigidity, lack of fulfillment, unhappiness, and your physical and emotional diseases and ailments.

For example, if you are anxious about someone or something ...and your stomach and intestines are upset, then obviously these organs are much more than lumps of "mindless flesh" fulfilling certain tasks automatically or subconsciously in your body, they are in constant communication with your state of mind and emotions, they are fully aware of your difficulties and concerns, and these organs and every other part of your body clearly reveal your anxieties to you. Such problems or ailments do not indicate that what you are doing or how you are living is "wrong", they only reveal that you alone consider your life and actions or another's life and actions ...which seem to affect you, to be inappropriate or undesirable ...and that Jivala Yoga can help you understand and fully deal with.

In other words, every aspect of your body is constantly and completely aware of your self and life ...and functions according to your state of consciousness ...or as you direct. And since you are aware of your anxieties~ though you might not admit it~ your body is not functioning subconsciously or in contrast to your mind, it is, in every respect, working exactly as you consciously direct.

If you are angry, every part of your body ...including your heart and blood is angry, not just your stomach and intestines, ...and if you want to change your body's awareness ...and its anxious or angry outpicturings, then a pill or treatment or exercise to relieve your painfully upset stomach or angry heart is only a temporary palliative, ...if you truly want to surpass these problems and ailments, you must deal with them in the body of your life, not merely in your physical body.

Jivala Yoga enables you to see and understand the true origin and extent of your problems and ailments so you can surpass them at their source in your life ...and keep them from constantly reappearing.

Your judgments and misbeliefs are weakening and destroying the body and life you truly desire.

Do you have the free will to live as you truly desire? ...or are you to honor someone or something and faithfully serve? Even if you are to serve or fulfill a righteous purpose, then you do not have free will, which is defined as "living as you truly desire" ...and cannot be, in any form, "knowing good from evil and choosing good" for this definition and all similar descriptions limit and thus destroy your free will. Your truest, most reliable guide to every day life has nothing to do with discovering or judging a righteous, peaceful, constructive, supportive, or loving course of action ...or true pathway, ...it only requires that you look carefully and discover whether any belief or action limits, even in the smallest way, your free will. If it does, pass that belief or action by for another, but remember, "free choice" is not free will, for choosing to live as you desire is not living as you truly desire.

All judgments destroy free will.

Is character really determined even in small ways by what foods you eat, whether bitter or sour or sweet? ...or by similar matters in the body of your life? ...or by the attitudes you live and offer? Many yoga practices teach that this is true, while Jivala Yoga reveals that these foods and matters in your body and life merely indicate the self you are living, ...one does not cause the other, they are one and mutually self-revealing. Do you eat to fulfill a desire or emptiness? ...or to maintain and nourish an attitude or feeling? What attitudes and feelings are you taking in and putting out? ...are they actually nourishing you ...and sustaining the self and life you truly desire? Be confident in the unity of all things in life.

The character of your life reveals your character.

As a drum cannot be fast or slow ...loud or quiet, but responds to your rhythm and pattern and passion, then, contrary to many yoga beliefs, your mind can never be discouraged or discontented, peaceful or tranquil, fulfilled or enriched, but may be used to believe, think, pose, feel, speak, and do whatever you desire. Do you use your mind wisely? ...and as you genuinely desire? If you beat a drum too loudly and rapidly, do you blame the drum? ...and attempt to control it? If not, why do you attempt to control, pacify, or lessen your mind? ...for, after all, like the drum, it is only responding to you. Don't quiet your "monkey mind", quiet the self and life you are creating. Is a tranquil mind only to be found in tranquil places? ...or spirit only in spiritual places? Retreating from any aspect of life only lessens and limits you. Is God to be found only in God-places? Where are those tranquil, spiritual, God-like places? ...or do they occur for you wherever you are? ...and for others wherever they are? Are you beginning to understand the goodness and infinity of all things and places ...and conditions? ...and the absence of judgments in all of this? ...for all such things are in all places ...and no judgments are ever valid.

Your reality is at the center of your being ...and all around you.

Where does spirit leave off and mind begin? ...and mind end and physical begin? Spirit, mind, and physical cannot be separated one from the other, ...therefore, despite any beliefs to the contrary, spirit•mind•body are not different aspects of life or God or consciousness, ...and no one aspect needs to be controlled, developed, or emptied of desires for the benefit of another. In this oneness, your body can never be an unfit vehicle for your spirit, your mind cannot control or interfere with your body or spirit, and spirit cannot guide your mind or body or life, ...all function as one; ...they are separate or

different aspects *only in language* ...not in life, and every separation or separation into different aspects is a false, self-limiting creation. Therefore, your spirit cannot be healthy and your mind or body unhealthy, ...the three are one. If your body is not for your personal enrichment and satisfaction ...and to fulfill your personal desires then neither is your spirit or mind; ...and as your mind thinks, your body and spirit think. Do not use language to create false beliefs and concepts which you then think~falsely ...we might add~you must struggle against. Remember, ...as you truly believe and think with your thinking body•mind•spirit you experience ...which confirms your believing and thinking ...but does not confirm that your beliefs and thoughts are true. Unfortunately, language enables you to believe many false concepts about your self and life.

Jivala Yoga can help you ...and guide you.

If your spirit loves unconditionally~acts without judgment~then your mind and body are also unconditional ...and you cannot have a pure or impure mind or body. In fact, all of your personal problems and illnesses in life are a conflict between the unconditional, judgment-free nature of yourself and life ...and the conditional, judgment-filled nature of language ...which results in false beliefs and concepts; ...and all of this, of course, creates constant tension, doubt, and fear which many yoga practices attempt to relieve or transcend ...instead of dealing with the beginning judgments and misunderstandings. In fact, though paying lip-service to oneness, Many yoga teachings, believing the false duality-construct of life through language, create and maintain the difficulties they claim to be resolving.

Uniting maintains disunion!

As a liquid or gas takes on the form of its container, your mind and spirit take on and become the form of your body. You do not have a weary mind or a pleasant mind, you ARE a weary or pleasant mind, ...and dealing with or denying an aspect of your mind will not succeed. Think of your spirit, mind, and body as three vocalists completely in harmony at all times singing the environment of your self and life, ...but remember, one vocalist cannot sing off-key. Your life is one with your body•mind•spirit as a living embodiment or harmonious expression of your mindful spirit, ...and all of your desires and actions, and those of others, are divine ...and are never to be judged or lessened ...any more than you would judge or lessen God. Ohh, you may not understand completely, but do not judge, ...in fact, why ever would you judge what you do not understand? ...and if you do understand, is there any need to judge ...or value in judging?

You are always creating the life you are living.

As many forms of yoga seek to empty your mind of all illusions so you can live in full awareness, Jivala Yoga guides you to understanding ...which ends your judgments so all things can be revealed; ...you have covered your fine awarenesses with judgments. Contrary to any beliefs and teachings, truth, purity, and right conduct are the essence of life and spirit, ...and you cannot actually deny them or withhold them from yourself, ...and no action or inaction can ever change this. Are you searching for some kind of truth, fulfillment, or happiness which does not depend on others or events going your way? It is not necessary to become free or enlightened or united to be happy, for you are already united and free ...and certainly enlightened, but your judgments blind you to this awareness. The eternal quests for freedom, enlightenment, and the union of yoga are false, ...why not begin looking at yourself in radically different and expansive Jivala Yoga ways? ...and know that, being free and enlightened and united, you are the mindful embodiment of truth, purity, and right action.

Are you living as you truly desire?

...and doing what you want with your life?

Though many teachings frequently declare that “no evil can befall a righteous man” and attempt to guide you to righteousness, since events reveal the self and life being lived, the correct statement is that *a righteous man creates no evil in his life*, ...and this is true of you as well, for, as a rose by any other name is still a rose, the good and benevolently revealing events and circumstances of life by any judgment are still good and benevolent and revealing. Great ideas and actions flow from those who embody their own greatness ...and judgments flow from those who embody their judgments. The universe, and all things in the universe, is for you ...not against you, ...now the question seems to be, “Are you willing to be for yourself?” Since you experience as you believe, your future, given birth to in this moment, will largely outpicture your beliefs today, ...therefore, if you believe that enlightened goodness and true understanding wrapped in righteousness will only come to you in the future, that you are not righteous enough to have them today, or that there is a reason why they should not come to you now, they will forever remain in the future ...and you will not have them. They will always remain *just out of reach*.

Your beliefs today grow the fruits of tomorrow.

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 "as 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 "positive thinking" ...it is "true 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 breath 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 of 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.

“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 “monkey mind”? It seems that this “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 Jivalamind, 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 “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.

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