

# the Jivala YOGA ENLIVENING PROCESS

Early in Jivala Yoga, after the first few exciting awarenesses and enhancements are realized and enjoyed, because your mindful body is now attempting to quietly assimilate and embody all it has learned and gained, a time will come when it seems that nothing additional of significance is happening or being enlivened. When this occurs, and it will, do not succumb to your usual frustration and discouragement ...or disappointment in yourself, ...instead, continue moving on.

Since your early excitement in the newness of Jivala Yoga is over ...and different, unrealized developments are just beginning, this is when you, like many others who enter Jivala Yoga awareness and fitness programs, might get discouraged and frustrated ...and want to give up, because you don't seem to be progressing as rapidly and fully as you desire. Don't give up!

The **Jivala Enlivening Process** is much different than other processes which teach you to fully learn each step before moving ahead. We have discovered that, after your first experiences and actions, the best way to assimilate these **posed awarenesses** is not to wait until each step is mastered, but to constantly stretch and expand yourself by moving to the next posed awareness ...and the next ...and the next, even if you feel inadequate or not ready to advance those awarenesses, for you will find, contrary to many beliefs, that, by doing so, you will be able to incorporate more of your earlier and newly posed awarenesses into your life than you believe you know or can absorb in the present. Do not try to perfect one step before moving ahead, for the act of moving on, even if you feel unprepared, will begin perfecting you, ...then when you try the earlier posed awarenesses, which you could not complete or fully understand, they will be greatly improved. The universe is addicted to *greater wholes* ...and so is the Jivala Enlivening Process for awakening your own greater wholeness. Life is not a matter of understanding and then moving on, for it is in moving on that you understand.

However, understanding alone will not enable you to begin living as you truly desire, you must fully embody your understandings, ...in truth, you must become those understandings, ...appearances are not sufficient. For example, being love or embodying love is much different than acting or speaking lovingly; for when embodying love, you hold it close in every word and deed until you become love, ...while words and actions or appearances can be very deceptive. Though individuals acting peacefully and compassionately ...and doing **A good@ works** ...and speaking of acceptance and forgiveness may appear to be **A good@** and without judgments, in reality, they are constantly judging what is right and good ...or what is not good to do, ...and by accepting and forgiving, they have judged that someone's actions need to be accepted and forgiven, which means they have not been accepting or forgiving.

## Stand free of the burden of your judgments.

As actions speak stronger, more-clearly, and more-convincingly than words, what you embody is greater and more-truthful than actions or appearances. You cannot live the self and life you truly desire until you fully embody them in every belief, thought, attitude, emotion, word, and action. At present, you embody your judgments ...and constantly struggle against them, which unfortunately means that, in all things, you are only conflicting with yourself ...and struggling against yourself. What you embody you express ...and what you truly express reveals what you have embodied.

## A new world is created at every moment.

It is frequently declared that while you cannot change your outer-world, you can certainly change your attitudes about that world ...or change your inner-world. Obviously, you can change your attitudes and your inner-world ...and end your judgments, and, in that, since everything around you fully reveals the self and life you are living, as you change yourself to embody anew, the world around you, though it remains the same for everyone else, will be entirely changed for

you, ...though you may not even recognize your own changes. In changing your outer-world in this way, you don't need the permission or cooperation of others, it's all up to you ...and nothing is beyond your reach. In this way, you are in the world of judgments ...but not of the world of judgments, you can change everything in your life without imposing on others ...or having them interfere with you, you can bring peace to your world without trying to control others to be peaceful, you are fully empowered in your life, and you can embody and live as you truly desire, ...but you don't believe these things ...do you? You believe that others and events and circumstances act against you ...and discourage or disappoint you, make you angry, and keep you from living the self and life you truly desire.

When we speak of the self and life you truly desire, we are not referring to a spiritual life as opposed to a physical life ...or to a particular mental/emotional life, for they are all one ...and the same, not different aspects of life. The life you truly desire is not a spiritual adventure ...yet it is exactly that, for it is life at its enriching fullest, it is knowing and living yourself simultaneously at the highest and deepest levels possible ...as you desire; ...and if that is different than others believe you *should* live, ...well, that's their problem ...not yours. Of course, if you are not living as you truly desire ...to your enriching fullness, then THAT is your concern.

### Life does not happen to you, you happen to life.

Early in life you played a child's game of let's pretend ...and it seems you've continued playing ever since. Has pretending become second nature to you? ...and a way of life? Do you pretend to be flexible and trusting? ...calm and confident? ...somewhat secure and in control? Are you willing to set your pretends aside and finally be yourself? If so, the Jivala Enlivening Process can assist you, ...but remember, you are the final authority on how this process will work in your understanding body and life, for while many programs exercise and stretch your body and quiet your mind, Jivala Yoga awakens and enlivens your awareness and your body ~ your mindful body. There is little value in training your body for life ...if you are unaware of what you are doing, what you are training for, what life you truly desire, or whether your understandings of life are real and correct ...or even appropriate. The Jivala Enlivening Process assists you in clearly addressing all of these matters in your mindful body and life.

### Use your imagination to serve you.

No matter how difficult your situation may be right now, there are others whose circumstances were far worse ...and they managed to embody the self and life that truly mattered to them ...and you can do the same, ...after all, until now, the events and circumstances in your life have been exactly as you have created, so you are obviously empowered to create as you desire. It is normal and natural ...and in perfect accord to live as you truly desire, ...unfortunately, until now, it has always been assumed and taught that there are right and wrong creations and decisions for you to make and follow, which has certainly put a severely painful cramp in your understanding of life ...and living as you truly desire, ...and that cramp is what your physical/mental ailments and problems and conflicts are all about.

### There is a finer way to live.

Is it ever fair to ask others, or even life, to do for you what you *won't* do for yourself? Of course not! ...yet, when someone or an event does something to anger you, you want everything to change to suit you so you won't be anxious or frustrated or angry, but the one most important thing you won't do ...is change yourself or your feelings to suit yourself, ...is there any fairness or wisdom in this? Remember, you don't live the events of life ...or even your achievements, you live how you feel about those things, ...so, actually, you are in complete control of your self and life, yet you've sacrificed everything to the individuals, events, and circumstances all around you. Why? Could it be that your judgments and false beliefs have taken hold of you ...and everything from you? There is no outer-world acting against you!

## Your inner and outer worlds are one.

Are you willing to change yourself without experiencing those changes? Like most people, you probably want sudden and dramatic changes ...and you want to follow those changes along, but all true changes within and around you occur simultaneously ...and keep up with you, thus you cannot know them ...or experience them. Since events clearly reveal what you are embodying and living, as you change, events and situations change right along with you, so the relationship between you and events and occurrences around you remains the same ...and no changing relationship can be observed or felt, ...and, of course, as you look to the past, all previous events, now being observed with new eyes and feelings, change as well.

You can only know or realize your changes when an event occurs which is similar to a previous situation and you act in a different way ...seemingly so. Actually, you are still seeing and experiencing yourself merely from a different perspective. Are you willing to follow the Jivala Enlivening Process without experiencing a changed you? Ohh, places and circumstances may certainly change ...and even be more-desirable, but if the essence of those things is the same, then all of your assumed changes are unreal ...and of little benefit. If, for example, you leave a relationship because you cannot be happy with your partner, you will not be happy in a new relationship, simply because, though your partner and circumstances are different, you are still judging and haven't changed; ...and if you feel relaxed and less-tense in yoga class but haven't changed your anxious, disturbing ways, then, though you have a momentary feeling of change, neither you nor your life has actually changed.

## Expand into greater and finer lovingness.

In an ever-changing world, only that which is ever-changing remains constant, ...and isn't a little constancy what you want in your life? The problem is that you, like most people, are seeking constancy by struggling against change, ...and resisting changing is the source of your tension, rigidity, and unpeacefulness. And if you are exercising to relieve these tensions, become flexible, or feel more-peaceful, then your motives aren't in accord with Jivala Yoga ...the purpose of which is to help you live as you truly desire, for only then are these difficulties actually surpassed.

## You can find the way that has always been there.

Enlivening is not a matter of tapping into some tremendous quickening or a new source of power, it is awakening to your own deep-seated empowerment to live as you truly desire. Do not confuse power with empowerment, for power is the force or ability to control or overcome ...while empowerment is the fully supported, unimpeded right to live as you truly desire ...as you visualize that to be. The answer to your question, "What is the source of my empowerment ...and how can I tap into it?" is that since the universe of all goodness and benevolence never interferes with your living as you truly desire ...and fully and unconditionally supports you by never limiting your beliefs, thoughts, attitudes, emotions, words, and actions, all you have to do to change unwanted aspects of your self and life is end your judgments by living as you truly desire ...which, no matter the circumstances, fully empowers you, ...then, if undesirable matters or events arise again, you know by these judgments of "undesirable" that you are not living as you truly desire ...and the situation itself reveals the specifics of your "falling away". With that knowledge, you can easily "correct" matters while they are small ...and not well-established, ...but if you delay, matters will certainly grow and expand.

## Constantly demonstrate your knowing.

If you are disturbed by not living the life you feel you want to live, that disturbance will translate into a constant underlying level of anxiousness, impatience, and uncertainty which frequently expresses as stress ...and feelings ranging from anxiety to frustration to anger ...or even to depression, ...and all of these mental/emotional disturbances outpicture in your body as physical ailments and dysfunctions. Now, consider the extreme problems which will outpicture if there is a

tremendous discrepancy between the life you are living and the life you truly desire: your intolerance and stress levels rise proportionally, as do your anxieties and discomforts ...which tend to become painful, your anger expands and your depressions deepen, and your diseases and ailments increase and intensify. Little ailments, such as colds, flu, muscle aches and deep tissue pains, and certain allergies, normally act somewhat as **Acautions and safety valves@** ...and try to relieve your ever-increasing stress and discomfort levels before they outpicture as severe pains, illnesses, and diseases. Emotional outbursts tend to act in much the same way; but there is only so much these safety-valves can do, and if you maintain the discrepancy between the life you are living and the life you want ...or truly desire, then your physical pains and illnesses, your inflexibility in body and life, your tensions and restlessness, and your lack of peace and fulfillment will also rise and expand.

Life is filled with opportunities and blessings ...but only for those who create these benefits for themselves, ...and these **Asafety valves@** and the guidance they offer are also self-created, ...therefore, resolving such problems and ailments is not a matter of exercising them away, becoming more-accepting and flexible, controlling yourself, not reacting, becoming one in mind and body, or not showing outward signs of stress or anger ...or intolerance of your life or situations, for if these conditions, like a cancer, are within you, they will outpicture. You cannot hide from yourself! ...but you will try to hide ...won't you? You will deny or conceal your own knowing and try to exercise your fears, doubts, and concerns out of your mind and life. It seems that instead of dealing with your real problems in life, you are satisfied to relieve these symptoms, which are actually cautions and safety valves, and continue with **Alife as usual@**, and consider it **Aa job well done@**, ...does that make any sense? ...and do you really think it wise to continue in these ways? Is it possible that the problems and ailments you want to change are actually unrealized friends? Are you repressing and struggling against the greatest and finest aspects of yourself?

### Are you afraid to praise yourself?

Are you in any way seeking peace by pretending there is nothing really wrong or disturbing about your life? Your body and mind are perfect manifestations of the beliefs, thoughts, and attitudes you carry with you about yourself. Being at peace means, first of all, being at peace with yourself, but no matter what you do, that will never occur while you are judging and not living as you truly desire, ...and though you might *believe* you are living as you desire, if you have problems and illnesses greater than guiding-safety-valves, you are not ...and you know it! ...and so does your mindful body and life. Your body and universe have been listening and paying close attention ...and are now speaking loudly to you, ...are you willing to listen?

### You are an unbelievably wondrous, complex creation.

The Jivala Enlivening Process is a step-by-step process, ...and the quicker you embody the early understandings and build upon them, the easier, more-fully, and more-expansive additional understandings will come into your life and awareful body. Like physical poses and exercises, you are stretching and expanding your ability to assimilate and embody these posed-awarenesses in your body and life. Each step creates energy for the next step ...and the next. It is crucial that you build momentum in these ways, so do not neglect your constant embodiment and application of these posed-awarenesses in your daily routine~ lest you dissipate much of the energy and momentum which could be applied to significant **lifeself** changes~ and return to **Alife as usual@** ...and have to rebuild this momentum. What you are willing to invest in the Jivala Enlivening Process and in your life determines what comes to you.

As you incorporate the first Enlivening, no matter what that is, instead of considering that to be problem-solving, or a problem well-solved, let it give you a broader perspective of your self and life from which to more-fully see, understand, and apply the next Enlivening ...and the next. It is vital that you gain an ever-increasing view of yourself, your life, and your abilities ...from which you can begin anticipating and even stimulating an even **Agreater you@**. Remember, in this process, you

are not judging and reacting, you are freely creating, ...if there is any judging and reacting, let others do that of you ...and your wondrous changes.

## Draw awareness into your conscious thoughts.

If along the way, you constantly lament that conditions are not as you expected ...and you struggle against situations or spend precious time and effort trying to heal or problem-solve, you will lose or lessen your strength\$ability\$momentum to build upon your awarenesses and move ahead, ...instead, look more-clearly and fully at your visions and expectations ...and use those images as favorable feedback ...as surely they are.

## Create new ways of believing and thinking.

The only time you act contrary to your stated desires and moral standards, or use them as goals or limitations, is when you are judging-reacting, ...when living self-evidently as you truly desire, you live and become your desires and standards.

## Embrace the whole of your self and life.

It is difficult to constantly change, for you, like everyone else, seek moments of peace and stability ...and constancy, but such desires only indicate that you are struggling against your ever-expanding self and life ...and these growing understandings. We do not expect instant acceptance and embodiment of your personal Jivala awarenesses, revelations, and enlivenings, though it can occur as something *A*you've always known as true@, and that's just fine, for it means that you truly identify with these understandings.

You will not normally experience *A*instant changes@, you must introduce these posed-awarenesses into your daily routine and live them ...and see how they feel in your body and life, which may be a little disturbing at first ...simply because they will disrupt your old beliefs and life, ...then, later, if you don't surrender to these disturbing feelings and return to *A*life as usual@ ...and you are willing to continue living and expanding these awarenesses and revelations, they will become more-strongly embodied in your life and activities, ...and finally, as you continue with these awarenesses and revelations, you will gradually abandon your old beliefs and ways ...and find it difficult to remember your life before these wondrous understandings ...simply because they will be so naturally you. You can hurry and expand this Jivala Enlivening Process, but, in one form or another, these are the steps normally involved in accepting Jivala awarenesses and revelations ...and embodying them in your self and life.

## Do you really support and nourish yourself?

Your judgments make it extremely difficult to maintain any degree of increasing useful momentum for continuing the Jivala Enlivening Process and changing ...or steadily progressing with a goal in mind, simply because you have accustomed yourself to gaining energy or applying bursts of energy through judging and reacting ...which tends to scatter and weaken your focus and vitality instead of building and consolidating them, and it frequently drains you of the desire and ambition to continue enlivening a new self and life. And though it may seem that such bursts of energy reveal your continued interest, too frequently, such flare-ups make a fine display ...which merely exhausts your awakening process and real progress. Steady, ever-building/expanding/enriching energy and focus is what you should be creating and applying. Be careful not to rationalize and justify your *judgings*\$reacting bursts as *A*your way@ of expressing and living, for *A*your way@ may, in fact, be the reason you are not living as you truly desire, ...or maybe you are! ...maybe *brightness and burnout* is all you desire.

If, while applying the Jivala Enlivening Process, an abnormal number of events occur which seem to require your immediate *judgings*\$reacting attention, do not consider that these situations are random events ...or that they are merely following other, unrelated processes, for by looking carefully at the pattern of these events, you will probably see~ very clearly we might add~ a pattern acting against this Enlivening Process as a way to keep you excited ...or to overburden you and

drain your energy away from creating a new self and life. If this occurs, and it is frequent, it is not a warning, an act of Divine Providence or bad luck, or guidance from the universe to lead you away from this process, it merely reveals the conflict and uncertainty within you ...and your tendency to constantly live in and falsely thrive through conflicts. Stand firm against your normal tendency to judge harshly and react ...and either struggle against individuals and events ...or run away, for, in this instance, you would be fighting against yourself and running away from the self and life you truly desire, ...are such Anormal responses@ worth such terrible losses?

There is no doubt! ...by reverting to your Anormal responses@, you will lose much of what you have gained ...and may never venture this way again ...or into the Jivala Enlivening Process until after enduring a long and difficult time or struggle. In all of this, you are not responding to life's events, you are in conflict with and reacting against yourself ...which is true of all judgmentsreacting responses.

By not succumbing to your old ways and being diverted by these judgmentsreacting events, as you continue enlivening as you desire, each additional step, though it is more-expansive and includes more things, such matters are exciting ...not burdensome, and each additional step opens your vision and imagination to a chain of broader connections and greater possibilities, ...all of which create additional energy and enthusiasm ...and successes.

## Start doing different things ...not the same things differently.

When people say that Athe true source of your empowerment is living from your heart@ this is somewhat the same as Aliving as you truly desire@ ...in which your heart and mind are one~ as a heartfelt mind~ which never judges. It is also frequently declared that while your mind functions according to logic and reasoning analysis which cannot be relied upon, your heart offers true visions and sensations which are not understood by your reasoning mind. From such beliefs, you are beginning to sense that this separates your mind and body ...and creates constant conflict and confusion ...from which nothing truly beneficial can be achieved. In addition, in a duality world, your heart's images and emotions and your reasoning mind's thoughts are both created, experienced, and offered through judgments ...which dull both the creative and understanding awarenesses of both your heart and your mind ...such that, as you know them, neither is reliable or trustworthy, ...therefore, uniting your mind and body while both are filled with judgments will not benefit you, and will probably create an even stronger adversary. If you want to change or understand your changing, if you want to end your heart/mind conflicts, and if you want to empower yourself by uniting your mind and body, then the first step is to begin ending your judgments, for if you will not do that, all Jivala awarenesses and revelations will be misunderstood, for you will not have the eyes to see clearly or the ears to hear correctly.

## Judgmentsdestroy comprehension.

Your greatest and finest lifeseff~ your Jivalaself~ being without judgments, never benefits from Aright@ attitudes and actions, growth and changes, appropriate emotions, flexibility, or faithfulness ...or from hard work, for your Jivalaself creates all things ex nihilo~ from nothing~ and functions emergently from the essential nature of your true desires ...and never reacts or struggles to cause what is right or desired; ...living in these ways requires no changing ...nor do changes make any real sense. Such an empowered Jivalaself is also known as your spirit or soul ...or trueself. You have to change your beliefs, attitudes, and habitual thought patterns before your attitudes, feelings, behaviors, and life will change. No matter how much yoga exercising you do or how well you believe your mind and body are united, you cannot plant seeds of anger, resentment, self-pity, mistrust and expect to harvest peace, balance, kindness, patience, or flexibility; ...and it is dysfunctional for you to live in judgments and insecurity ...and blame the world for the circumstances of your life. The mind that sees problems and ailments cannot look through its own judgments to see solutions.

## You need assistance, guidance, and support.

Are you afraid to change and bring your exceptional awarenesses, energy, and abilities into your life today? Begin and end each day imaging the self and life you have always desired ...yet denied, and firmly commit to live in those ways. Ending your judgments will release your soul or trueself~ which is naturally and wondrously you~ from the bondage and slavery you have thrust it into. The Jivala Enlivening Process is not one of changing, it is an awakening to and fully living your self and life as you truly desire. Give yourself the cherished gift of genuinely meeting and knowing yourself ...and let each moment reveal the true beauty of yourself and life, ...have you created life for yourself in accord with your true nature? It is actually easier to create new conditions in your mind and body and life than it is to perpetuate old ones. You have everything to say about whether you will raise your body and life and mind or hold them back.

## Live what is most-valuable to you.

Many ancient teachings which continue today declare, in one form or another, that all people have a force of power and anger or evil within them which must be controlled or defended against. Living peacefully for oneself, they proclaim, is not sufficient, for everyone must challenge their own willful energies ...and the evil forces in the individuals and life all around them. Even those who lived peacefully in a monastery did so as **A** safe haven@ from the power and force of others ...and the evils of life. Events and experiences seem to show that such conditions are true ...and the resultant beliefs, attitudes, and feelings are justified, ...but it also reveals, to those who have the eyes to see, that all of life is a self-fulfilling belief, for once you believe that **A** bad forces@ exist, you will judge even more of these forces into existence within you ...and all around you, and you will increase and intensify your own power in an effort to ward off these outer threats and protect yourself ...and even strike first at presumed enemies. It seems that most people who want peace, whether within them or all around them, will argue and fight endlessly in the name of peace, ...is that peace? Or is it anger in disguise and denied? In desiring relaxation, what are you denying and concealing?

Obviously, the common enemies in all of this are your judgments not events or individuals, for when not judging, such **A** bad@ events and individuals do not arise for you. This is borne out somewhat in individuals gathering together for mutual support and protection: when judgments between participants are lessened, a temporary peace is achieved, but, since that peace is founded on judgments of mutual power and protection against outside forces, these judgments quickly begin attracting even stronger forces which quickly overwhelm the peace again.

## What strong judgments do you carry which have overwhelmed your peace and security?

Jivala Enlivenings reveal that your emotional problems ...and thus your physical habits, discomforts, and ailments, which you seek to change or overcome ...or temporarily set to rest, do not come from outer or inner forces you must control, they arise from your judgments ...and gain power from your justifications of your judgments. It's as simple as that! ...and as complex, for you have many judgments ...and many justifications for each one. By maintaining your belief in bad or evil individuals or events, you create their very existence in your world. It does no good to deny this and declare that you are merely **A** responding to life as it is@, for, actually, *it is that way in your world only because your beliefs and judgments created it so* ...to reveal the life of judgments you have created. Do you remember the old saying that **A** you create your own universe@? Well, that is so ...you have created your own universe, ...not merely your attitudes and emotions about your universe.

## Have you created wisely?

It seems you have created your own problems, discomforts, and illbeing through judgments ...and you exist in that world just to **A** prove@ you are **A** right@, ...and now, being thoroughly attached to your beliefs and judgments, you want to relieve your pains and anxieties, but you won't budge

one inch from your self-creations. Is it because you don't know otherwise? ...or don't know life as you truly desire? Are you willing to let Jivala Enlivenings awaken you to these things? ...or do you want peace in the world before you will model your world~ inner and outer~ on peace? Or will you protect and justify your judgments and remain ever-ready to do battle~ whether overtly or covertly~ with everyone and everything around you?

Is it any wonder that you see destructive forces everywhere which you must defend against? If you have been listening, then you know, that your error is that you are looking through the eyes of judgments; ...the Jivala Enlivening Process can offer you the necessary prescription to correct your eyesight, so you will be able to take, if only for a moment, a clear, judgment-free look at yourself and decide what to do, for while maintaining your judgments ...change is futile, ...yet ending your judgments makes changing unnecessary.

## You are reinforcing and justifying your own unhappiness.

Do you feel victimized, controlled, or limited by events or individuals ...or by particular circumstances ...and feel unable to do much about your attitudes and emotions or these situations? If so, then the problem is not **what to do** to empower you to control or overcome these difficulties or set you at peace with them, the problem is your self-created judgments of being victimized, controlled, limited, and powerless, ...for all such beliefs in any form, creating and attracting matching experiences, are self-fulfilling prophecies ...which continue and intensify these experiences. Stop trying to create a different self and life ...and desirable feelings by changing and controlling individuals and circumstances around you, for this will only frustrate you; you have overlooked the most obvious and achievable approach to resolving your problems and surpassing your undesirable feelings by changing yourself. And though you might exclaim that by following Jivala Yoga you ARE trying to change yourself, if you are continuing your judgments essentially **as usual**, then you are trying to change the symptoms and consequences of your judgments without changing your underlying beliefs and actions. You will not succeed at this! ...and continuing in these ways is like taking an aspirin for a serious disease and leaving the illness raging on within you.

## Are you struggling to change the wrong things?

Can you sort out the real from the imagined? ...what needs to be awakened and changed from what should be left alone? Do you know whether to enliven or subdue? Aren't you actually attempting to make changes blindly? ...and hoping for the best? Are these hopes valid? What if you change the **wrong** thing in the wrong way? ...is there any real **hope** for the best in such random actions? And if your experiences change ...how will you know whether your changes are actually desirable or inappropriate? Or if you change a strong habit or feeling which seems to conflict with your beliefs ...and your self and life today, can you really be certain that this habit or feeling will not serve you well if you recognize and change the beliefs that support them? For example, to resolve an addiction to drugs and alcohol, do not end your addictive behaviors, ...instead, redirect them as a strong passion ...especially for living the self and life you truly desire without judgments or feelings of being victimized, controlled, or limited. Do you see how this maintains your power (the addiction) and redirects that from a substance which interferes with your body and life ...and weakens you, to a passion that empowers and strengthens you? Be careful not to change by depowering yourself; ...remember, only strongly empowered individuals can truly be humble and peaceful ...or even flexible and accepting. Only fully-empowered humility and peace are real, ...and ever should that turn to **force**, even a force for peace and humility, that strength is false ...and will victimize, control, and limit you.

Jesus and Socrates brought teachings of love, yet both men were executed ...supposedly for their teachings, ...does this indicate that force and violence act against even loving individuals? ...or could it be that both Jesus and Socrates were *struggling against* power and evil ...and actually taught about *the power of love to overcome unrighteousness in every form*? Love, peace, and

empowerment are not about subduing undesired aspects of self ...or controlling the actions of others or events, they are about living as you truly desire, which eliminates the lessening or depowering aspects you have imposed upon your self and life. If you are anxious about someone or something, struggling against matters, or fighting to achieve or control situations, then it doesn't matter what you are for or against, or how fine your intentions or purposes may be, your body and life are founded on and suffering under the anxieties, struggles, and conflicts you are imposing upon yourself. Though you believe otherwise, Right or moral or meaningful purposes never mitigate or lessen the consequences of these actions. Be careful not to act self-righteously ...or attempt to justify such behaviors.

## Stop repressing who you truly are!

The Jivala Enlivening Process does not create instantaneous transformations ...though they can and do occur. How you will move from *Alife as usual* to *Alife unusual* is up to you, for the pathway and the steps you will take are unique to you, and once you begin ...you will quickly feel them to be, in a sense, all too familiar and natural, ...and you will find yourself believing and being inspired and supported in ways you never dreamed of before, thinking thoughts and making mental connections far beyond your normal range of consideration, becoming considerably more intimate with yourself and others, and enjoying life more-profoundly and completely. As you grow in this process, a desire to help enliven others will grow with you ...and your judgments, tensions, and disturbances will lessen dramatically ...and usually quite quickly, but you must apply yourself to the Jivala Enlivening Process and apply these awarenesses to your self and life.

If you attempt to limit or control or force this process, no matter how right and justifiable your actions may seem, those actions will dominate you ...and desirable results will elude you. It is vital that you move out of your normal judgment-reactive ways and become more-completely proactive in your life, for, after all, your old judgment-reactive ways are what brought you to this moment of wanting but not having *life and relationships as you truly desire* ...and if you won't change your beliefs and ways, then your life and relationships will not change either. It is a waste of time to learn Jivala awarenesses and enlivenings then fail to make use of them in your life.

## New thoughts will result in new conditions.

As you become less judgmental and reactive, these attitudinal changes alter the dynamics of your body system and the interactions you have with others, but no one awareness or action alone, whether or not it is successful and meaningful, will *Amake or break* your changes, ...for the steps in the Jivala Enlivening Process are accumulative, ...as are the energies, momentum, and expressions of your own changes and awarenesses, ...though we can say with full assurance that your willingness to end your judgments and your actions to do so will have a profound affect on you and your life. Over a period of time, the results you desire will get easier and easier to attain, so be ready at every moment to expand your desires and visions, for there are no practical limitations to the Jivala Enlivening Process, ...however, to expand the process ...you must appreciate it, and to do that ...you must appreciate yourself.

## Look through appearances to what is appearing.

It is frequently declared that your soul is not without its shadow-side ...and that living your soul or Jivala-self will, by awakening envy and distrust in others, bring the dark aspects from them upon you, ...if this occurs, and it is common, do not change or stop your Enlivening Process merely to get along, for those who judge you are not worthy of the task. Never be concerned with what others may say, be concerned only with your own attitudes and behaviors, ...and do not change to avoid the presumed shadow-aspects of yourself either, for when openly and honestly living without judgments, there is no shadow-side to your self or life ...and certainly no darker or lesser qualities. Are you willing to always live openly in the light as you truly desire?

## Have superficialities been the focus of your life?

Your body and life are perfect pictures of your imagination, ...is it possible that the pains and difficulties you seek in every way to relieve are merely images of your imagination about your self and life? ...and which are supported and intensified by imaginary beliefs, thoughts, attitudes, emotions, words, and actions? Are you willing to return your imagination to enriching-wellness-building visions supported by fulfilling actions and sensations? We are not saying that your pains and illnesses are imaginary, that you have imagined yourself into these problems, and that you can successfully imagine yourself out of them, but it certainly seems that your life faithfully follows the pattern of your imagination ...and the beliefs, thoughts, attitudes, emotions, words, and actions they engender. If you truly want to rise above or surpass your body and life of problems and ailments and difficulties, be prepared to change and expand your imagings. True imagination sets judgments aside.

## Change problems at their source!

When you have personal problems or ailments, do you look for a quick fix or instant relief and avoid any deeper analysis or understanding of the underlying basis for these difficulties, such as your beliefs, attitudes, or ways of life? If so, you will go from one temporary fix to another ...and never reach an understanding of your real problems ...or get a grip on the self and life you truly desire. Genuine change is a new, sustained way of life, anything else is a temporary fix. Do you, too frequently, seek momentary excitement and pleasures ...or peace and quiet? ...and in that deprive yourself of worthwhile reflective and enhancing experiences? Are you following your present yoga exercises because you are fearful that, otherwise, you might have to make some serious changes in your life and ways? ...and in your beliefs and attitudes?

Is a quick fix worth the price it costs you?