

## Article 210: Jivala Yoga – part 2

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 lifeself 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 lifeself 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 benefited? 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!