

Body Energy Systems With MahaVajra

Your body has three (3) ways of managing energy.

1.] The nervous system manages electricity and it believes to be in charge of everything. It is the representation of identity.

2.] Your blood system does transactions, exchanging one gas for another in the lungs; extracting liquids from the kidneys; and operating the transmutation of matter in the liver. So in the blood you have the representation of relationships, in the body's management of energy and resources.

What is fun with the blood system is you have the representation of the five (5) elements. Fire is the heart that gives it force, that makes it move. It is not the air element; because air would be self-sustaining convection. (The lungs are the air.) The fact that the heart is pumping means its fire that goes to the liver and that is the earth aspect; the kidneys are the water. The lungs are the air.

The fifth element is the blood system itself- the space where it happens. So it's always transacting stuff. It's like business- the representation in the body of relationships.

3.] And then there is the third energy system in the body, the fat cells, which is the representation of possessions. It takes in something; keeps it.

Without these three (3) systems in the body, we die. We can't exist. So it is wise to gain the ability to observe these systems in the body. Before you can do the following technique, you need to know what integration is and what are the masks of the ego, and to do fixity. When you do fixity, you fix a point.

Now, you'll do fixity in the system. Breathe. Close your eyes and go inside. Pay attention to the nervous system, to the brain. The brain stems out of the head into the spine. And all along the spine you have nerves on each side running through all your body, into the organs, the flesh, the skin. So you have gone through each step, each component, the brain, the lower brain, into the spine, each side, into the organs, the flesh and the skin. That is to allow your mind to review what you will fix.

Now, forget about the idea of the separate components, and pay attention to your nervous system as a whole. Fix it. Absorb yourself in it, allowing consciousness to be in your nervous system.

Fix your nervous system with nothing in mind, no visualization, no ideas; conscious of it and that's it. Forget the words used to refer to it; as simple as you can do it, conscious of the nervous system; the nerves and your consciousness of it. Simplicity. (Fixity)

Take a deep breath. Try to keep your head straight, because if you let it fall, you will transcend. (Fixity) Conscious of your nervous system as a whole; (Fixity) while you pay attention to the nervous system, it is filled with your consciousness, and various parts of you seem to activate, various components of your body, they seem to activate, to heat up. It is normal.

Your consciousness is invading what used to be under the control of the ego. Fixity of the system with nothing in mind will bring your nervous system back to a state of perfection and it will be filled with Divine consciousness.

Pay attention to your heart pumping blood through the veins and the arteries and it is blood running throughout your body, goes to the brain, to the lungs to transact gases; goes to the kidneys to extract the poisonous waters, goes to the liver to operate the transmutation of the earth; goes to nourish your whole body and back into the heart in a continuous uninterrupted system.

And now, forget about the separate aspects, and pay attention mostly to the blood itself, to the whole of its experience. Absorb yourself in the blood. Your consciousness is fixing the blood system in a simple experience, very simple, nothing in mind. (Fixity) Blood system, the blood itself, whatever is stuck there, let it be free and keep focusing.

Take a deep breath. Pay attention to the fat cells. Regardless of the weight of your body, it is not important how much fat cells you have. It is not important how filled they are. Pay attention to the fact that you have them, in the abdomen, under the skin, and pretty much everywhere, between the organs, mostly around muscles, in the abdomen, in the thighs.

Just pay attention to the fat cells and the fat contained in them. Allow your consciousness to invade this system, just to be conscious, nothing else in mind. Naturally it will free the weight, the weight of your emotions. ("Fixity") If you want to affect the weight; you will be in control, it will not work. Fix with a free mind, simply conscious, and allow your fat system to go back to perfection. Simply pay attention. ("Fixity")

Breathe deeply-again-slowly a third time. And come back here.

One energy system after the other, the system of identity, relationships and possessions; because our physical body is built in the same way than (as) any other aspect of our ego we are made like this.

Power was released in your body. Some limitations were lifted. Some barriers were broken. And you have freed a bit more of yourself. And as you do this practice of the energy systems of the body, your consciousness will absorb itself in the body, and you will know yourself as a Divine Act of God in the body.

And emotions will be freed. After a period like this, you have to look at whatever was released. If you don't pay attention to the crap that was freed, the dust will fall back down; and go back to its place. You make the dust lift, you have to clean up. Just look at it. Sometimes it is abandonment for abandonment.

For example, sometime, you will have a complex integration to do. One thing at a time. And whatever you miss, you'll have to clean up afterwards. You'll awaken it at another time.

This frees your body from the control of the ego, to allow your soul to come in and manage your energy. Once you are conscious of that, you can push yourself beyond your limits. Understanding the energy systems of the body through experience; intellectual understanding will not suffice. Once you live it in the body, then you can do the practice with nature. It's an introduction to natural forces.



MAHAJRYA
buddhist tradition