

## TALK TWELVE: “YOU ARE *HERE* NOW!”

*A vital part of this consideration is that we do not even have to create relationship. The intelligence of life in its vast interrelatedness knows what to do.*

To recap! When you stop bullying yourself into trying to get somewhere or realize something, you relax into your natural state. Then yoga really begins; the yoga of life and relatedness, which is your inherent condition. If you choose you can still enjoy the yogas of body, breath and relationship, which is a good idea if trauma remains. And it probably does! You were brought into this life as a vulnerable baby and, like a sponge, soaked up the social mind. It taught you that you were separate from Nature and had all these things that you had to do on yourself to return to a pure and realized state. These yogas will be helpful with that trauma as you begin to feel your obvious connection to life. That final yoga of relationship and sexuality is the big one, when you love another as the whole body in a mutual embrace. You relax in life and embrace the opposite. The life current comes through; it is what we’re supposed to be doing as life on Earth. That is what we are built for.

I am suggesting a way of life that does not obstruct us from constant participation in the life current. It is based on body, breath and relationship. *Asana* and *pranayama* empower the system for relationship. Let us end the suppression around relationship, including and especially sexual intimacy—which *is* yoga. Finding relatedness is what is really going to reduce the pain that people are experiencing, the trauma in the living organism from the mind’s assumed separation from its own nature. There is nothing to be attained because we are perfect as things are. But the questions put in us by culture make us miserable.

A vital part of this consideration is that we do not even have to create relationship. The intelligence of life in its vast interrelatedness knows what to do. We are already related. We are under no stress or obligation at all. Males do not come without females on the planet. The Earth does not come without the Sun. We are not here without the Sun. I am not even in relationship to the Sun. It is just one process. Male/female is just one process. So, get with it. “Get with the program!” Relationship does not have to be achieved, it just is. We are trying to relate better, even though there is actually no special relating that we have to do. You do not have to try to get related to the Sun. We exist because the Sun exists. In the same way, you don’t have to self-consciously try to relate to woman or man, because our relatedness is already established in the intelligence of the life process. The Sun is appearing; this body is appearing because of the

YOU ARE HERE NOW!

Sun. I am not in a particular relationship as though I had independence from the Sun. I have no independence from the Sun. But we think there is something to be worked on, something special we have to do, relate in a particular way. And this self-conscious convolution obstructs the inherent union. If my mind assumes separation, wants to get busy with it, to create relationship, even write beautiful poetry, make art and religion about it, I suffer the imagined separation. Let the poetry and dance come when the union is not in question, then it is quite a different matter! Just so, I have no existence without man or woman. It is just life happening. So, do it! Enjoy the one process deeply: body, breath and relationship in that order. Take action. You are *here* now. Let the dance begin. It has already begun!

The cultural proposals of higher realities, as if something is absent, include methodologies of manipulating or even denying our tangible experience of body and mind to find this higher source. These put a person in conflict with his or her own experience and imply inadequacy. Have you heard the Vedanta chant, “You are not the body, not the mind?” It is a typical assumption and people go crazy trying to realize it. Yes, we are alive in a vast process so we may as well relax. Our present body, breath *and* relatedness is the current expression of that process. We do not have to find anything!

We are born into a social environment with an absurd set of assumptions that alienate us from our native wonder. Ancient religions propose an autocratic super-intelligence pulling strings from somewhere else, essentially negating life’s present intelligence. Contemporary science, on the other hand, proposes a mechanical, knowable world that humanity can somehow master or control. It is an assumption that turns the world into a bland place, creating our separation as mere observers and isolating us from wonder. Clearly, these assumptions are not valid, but they have hurt us. This kind of mind has put living humanity into a body bag, often literally! You can unzip it when you choose your life and step into the sunlight. You don’t belong in there. Yet this mind may continue to spin like a fan that has been switched off at the wall. There is past momentum and there is pain to heal. By understanding, you can switch it off, and there *are* means to slow down the spin or completely stop it. And it *can* stop because we *are not* separate. If we each affirm to one another that we are the power of life, we will realize that we are! By therapeutic means, especially hands-on support and the simple natural exchange between good friends, the power of life becomes obvious. Its force will break through obstructions based on previous abuse and life denial. Like soft strong shoots through cracks in concrete, impediments are pushed aside and the irrepressible life that we are pushes through to the light of day in the nurturing Sun. It is unstoppable.

*If we can admit to our lover that we are more powerful with him or her than we are on our own, and these confessions are mutually felt and expressed, this will be a profoundly liberating event.*

*Julius Caesar and the Roman Empire couldn’t conquer the blue sky.*  
—Neil and Tim Finn, “Weather With You,” from *Woodface*