



Growth and Alignment

Swami Chetanananda

The simplest thing to understand is, and it's really simple, we're in this world to grow. Every living thing in this world is here for that one reason. There's not two reasons, there's only one reason. We're here to grow. Growing has nothing to do at all with getting what we think we want, nothing at all. Growing has to do with taking in energy from every circumstance, circulating it to release our boundaries and allow for the expansion of the respiratory process which is the essence of what we are. Take away respiratory process and you are dust....dust. All the desires we have and all the fears and worries that we have are really only expressions of our limitations. Our limited ability to see and do. It's when we begin to make contact with that respiratory process that is the essence of what we are, which is most simply experienced as our breath but it has layers to it that are deeper than our breath and finer than our breath, to become in contact with that respiratory process allows over and over and over again for a new alignment to take place from within ourself.

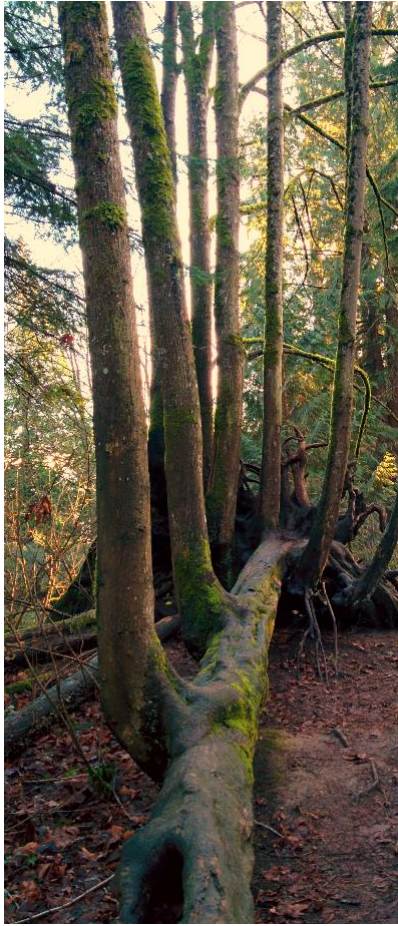


An alignment that connects us ever more completely to Earth, to The Earth, and, I don't use this word often, to Heaven. Discovering that realignment just by tuning into yourself, by feeling not by thinking – thinking is useless, by feeling yourself and feeling your breath a new alignment will automatically emerge from within you if you will just

hold that contact. And as this alignment emerges that alignment expresses itself in a reorganization of the flow pattern in your energy and all the patterns of your energy. So that your mind, your emotions, your desires, your tensions are all changed and refined; Released and refined.

This isn't rocket science, it's not complicated. I always feel like I grew up in a toxic environment in the middle of a dark place in Indiana, if it could happen for me it can happen for anybody.

But here's the trick. You have to want it. Because inside us there are millennia of strain and trauma that we are packaged in, that we inherit from our ancestors. It has nothing to do with us at all. But it is the wrapping that we come in. And if we don't want it, if we can't stay focused on the feeling and hold that feeling through the unwrapping of all of those layers of trauma that we have inherited from our ancestors then we end up stuck. Wanting to grow, generating a feeling in ourself of longing to connect to the deepest and finest place within ourselves...this is the methodology of the Sufis,



this is the methodology of all of the Bhakta tradition, this is the methodology of the Christian Mystics. To generate a feeling within ourselves and hold and deepen that feeling, sustaining us as we are taking in energy and expanding its circulation in the form of respiratory process. The ultimate of that is to discover a quiet and a sweetness and a joy inside yourself that is packed with a million miracles. These are not the miracles of getting what you want because the truth of the matter is we cannot imagine the potential which is present inside us.

There is beauty in every human heart. There is beauty in each of your hearts which has the potential to change your world and the world you connect to profoundly. And that process begins with really understanding we are in this world to grow and making the commitment that is appropriate to accomplishing our purpose here.

Understanding that we're in this world to grow puts an end to being lost and wandering. Understanding that we're in this world to grow puts an end to every kind of negativity because we can at that point begin to understand that every experience - positive, negative, pleasant, unpleasant, painful, whatever - is energy to grow from and instead of spinning in our patterns of tension we can breath and open and circulate every experience inside us and become profoundly strong and profoundly clear and in that clarity experience the emergence of a beauty and a power that we call love that transforms us and everything the breath of our life touches.

Put your heart into your practice and you will discover a treasure in your chest that is richer than all the bankers in New York. But you have to put your heart into it. And for the most part what we do, especially here in America because we live in fear, mostly what we do is we go through our life building walls around our heart thinking we're protecting ourselves from pain and thinking that's a good thing. But there's no protecting ourselves from pain and it's only when we understand to take everything in as energy and digest it that we become strong enough to hold a space of true love. To discover that space and live in it is the purpose of our life. And if you need any help with that, I'm here for you.

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