



Growth and Alignment

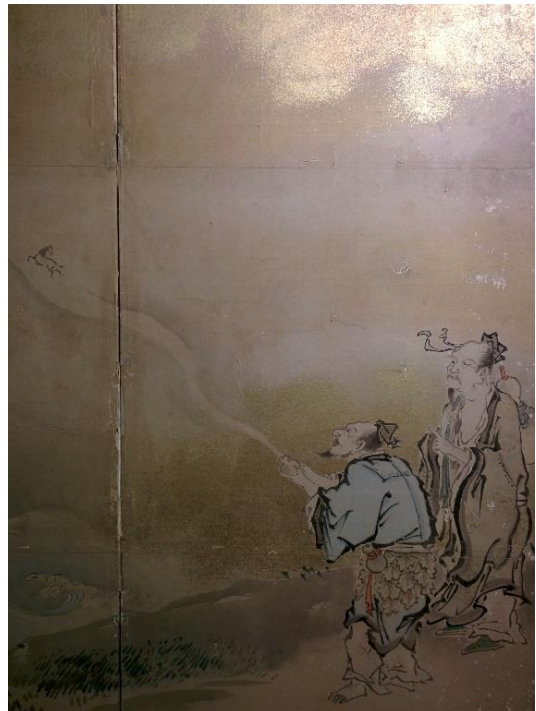
Swami Chetanananda

Our whole notion of health is completely wrong. The allopathic medical system, rather than being concerned about healing and health, is concerned about putting duct tape over the warning lights that are all the different symptom patterns that are expressing the imbalances in the pathology accumulating in a human system. The fact is that the AMA has aggressively denied the whole notion of vitalism as an expression of the model by which human beings are alive. Vitalism is basically idea that there is a vital energy in the person that is the fundamental manifestation of their life, and all of the physiology and the psychology that makes up a person is really an effect of that vital energy. To deny that a human being is energy just doesn't make sense.

Instead of feeding that vital energy to allow the system to self-correct, we take pegs, and hammers, and nails, and electrical wires, and knives, and saws, and we brutalize people instead of trying to put any energy at all into understanding human life as an expression of creative energy, and understanding how inner alignment and balance is the fundamental expression of health. The least we should be doing is focusing on stimulating that vital life force in people so they can deal with their issues.

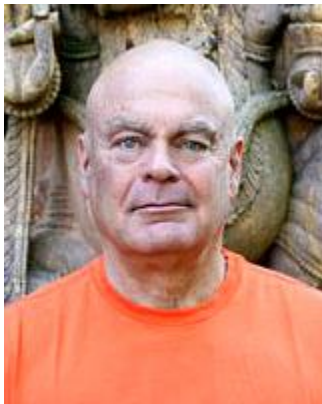
This is the paradigm that we need to engage in, especially if we are spiritual practitioners and our whole life is based on the understanding that there is a fundamental creative energy that has unbelievable strength and potency within it. That energy has the intention to express health nonstop. What it really needs to express that health is some contact, alignment, and a focus on circulation. With this understanding that health lives in everyone, and has the intention to express itself through the tissues and the mind, then, cultivating that contact and the circulation of that energy through the tissues and the mind is a constant restoration of health even in the incredibly toxic environment we exist in today.

People in the world today are constantly focusing on things outside them, thinking I need something else: "I have a cold, I need a pill," instead of looking inside



themselves and making contact. How many people do we see every day on the streets that we observe have no contact with their physical bodies? This lack of contact with their bodies and with how they feel, means, for example, that people eat total garbage and they can't feel what a bad thing it's doing to them. The inappropriate chemicals that saturate our bodies undermine the function of our senses to the degree that we are completely out of contact with our physical selves. Moreover, we are out of contact with the earth, and the environment, and the universe in which we live, even as our knowledge base about this relationship is expanding exponentially, and we are understanding increasingly how completely interdependent we are on this total display.

People tend to be cynical because there is the notion that we're all going to die anyway, so why should we care? Well, if you really are connected and in touch, and if you are in contact with, aligned, and flowing within yourself and in your environment, the whole quality of your experience of your life, and what happens to that quality of experience that is your life as you go through the change of state that we call death is profoundly different. One of the reasons why we practice is because we understand, and we accept, maybe even embrace, the awareness that our time here is temporary and our purpose here is to absorb as much energy and experience as we possibly can to carry with us on our journey through this extraordinary transformation that we call life.



Swami Chetanananda ("Swamiji") is the abbot and spiritual director of the Movement Center. He encourages his students to discover the amazing possibility that resides within them, and to connect and live from it each day. A teacher in the lineage of Bhagavan Nityananda of Ganeshpuri, he is a powerful presence and a source of great nourishment for those who come in contact with him.