

an anthology around the theme
'the movement of life'

edited by friends of Vimala

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LIFE IS MOVEMENT

VIMALA THAKAR

Will you come with me.....

Will you come with me
across all the frontiers
to a brave new world
which knows no frontiers?

Will you break with me
heavy doors of our prisons
which are build in the name
of security
which are guarded by the myth
of society?

Will you shatter with me
all scripture and authority
which stifle human reason
which throttle human passion?

Will you jump with me
into dark deep unknown
where time flutters not
nor space envelops us?

Will you open with me
invisible gates of free world
where mind limits not
nor memory binds us?

Will you come with me
to the land of eternity
which lies beyond all frontiers
which lies beyond life and death?

It is in the isness of life
that we find the nectar
of energy, vitality, freedom

When the enquirer is willing to educate himself so that the whole being is vibrating with energy, sensitivity - energy of attention and sensitivity of spontaneity - this will bring about a radical revolution

THE RHYTHM OF LIFE

I live in life
Ideas cannot hold me

I move with life
Ideals cannot contain me

I breathe in life
Knowledge cannot arrest me

I am the rhythm of life
Time cannot bind me

I am the perfume of life
Duality cannot catch me

I am one with life
Death cannot kill me

In the human form we are an expression of cosmic life. All the currents of energy contained in the cosmos function in the human body in a condensed form. As there is a relatedness with nature, with the earth, the bones in my body contain the earth, my body contains water which has a very deep relatedness to water outside, be it a lake, be it a river, be it the rain, be it the ocean. We go near them, we even mention them, and we feel a non-rational affinity. And if we are physically near a river or lake or an ocean, the whole being - the body, the mind, the brain - relaxes completely. It is the oneness with the waters. It is the oneness with the vast skies. It is the oneness with the fire element in the sunshine. We feel it non-verbally.

When you get a chance to live that oneness, that relatedness with the skies, with the sun, with the waters, with the earth, with the trees, living that fact of relatedness gives a sense of total relaxation. You get rejuvenated. You spend four hours in the woods, and you can come back nearly a new person. It is not that your physical exhaustion is over, but that something has been transmitted to you in the woods. The woods were there and you were perhaps under some trees. It is not simply the co-existence of the woods and the human being, but that the relatedness had an opportunity to function there. You open up to the woods, you open up to the sea, to the skies, and the relatedness operates upon you on a non-verbal level.

When we are aware of that relatedness with the five principles of life, we are not only rejuvenated, but also enriched by that awareness of unity, there will be a different kind of joy.

To be free of jealousy does not require codes of conduct or special discipline.

It requires only that you see that jealousy or envy is the result of your dissatisfaction with yourself; it requires that you face what you are.

Your observation becomes a searchlight on the reality of your life.

When you have seen how the movement of the ego creates jealousy and envy, you have seen all the mischief of the ego and you have invited freedom to move into your life.

In the sanctuary of silence
beauty comes to life

On the altar of silent beauty
humility plays with life

In the light of dancing humility
innocence opens itself

Freedom is the blossom

Love is the perfume

Compassion its graceful gait

When there is love of life and love
for the act of living, that very love
will show me the path

Whenever a movement is warranted, I move, through the body, through words, through the brain, but I move accurately and precisely. And whenever I move, I move with attention - attentiveness. When you go on through repetitive and mechanistic movements, there is no quality of alertness and attentiveness and you cannot live life unless you are alert, sensitive, and attentive. To live is to move with the whole of your being, and habits tell you you can move automatically, like a machine. So the more time we spend with machines, the more our reactions, our behaviour becomes mechanistic, and we lose the sensitivity to be totally present with every action that we have to go through, every word that we speak. So one learns to be attentive, alert, and sensitive at every moment, while going through every movement. That accuracy and precision purifies and strengthens.

There is no conditioning required for purifying or strengthening the physical structure. Because this human body that you and I have is much more refined than any stringed musical instrument. It is so beautiful. So when you respond, accurately, precisely, with the austerity of responding only when responses are necessary, moving only when movement is necessary, then the conservation of energy takes place. Accuracy and precision purifies. There is no postponement and therefore no lethargy, no sluggishness. Then the body, the mind, the speech, become so supple and so pliable, like a sharp sword.

Understanding is the movement of Truth. This happens when you are open and receptive - it is not a product of our activity, it is not the result of my doing, it is the nature of life - in communication Truth unfolds and Truth stimulates understanding.

Understanding lived in relationship is love; it is compassion, equal compassion for all.

When movement, activity, is not necessary, you relax into silence.

It is like exhaling and inhaling.

The mental movement is like exhalation, and the relaxation is like inhalation.

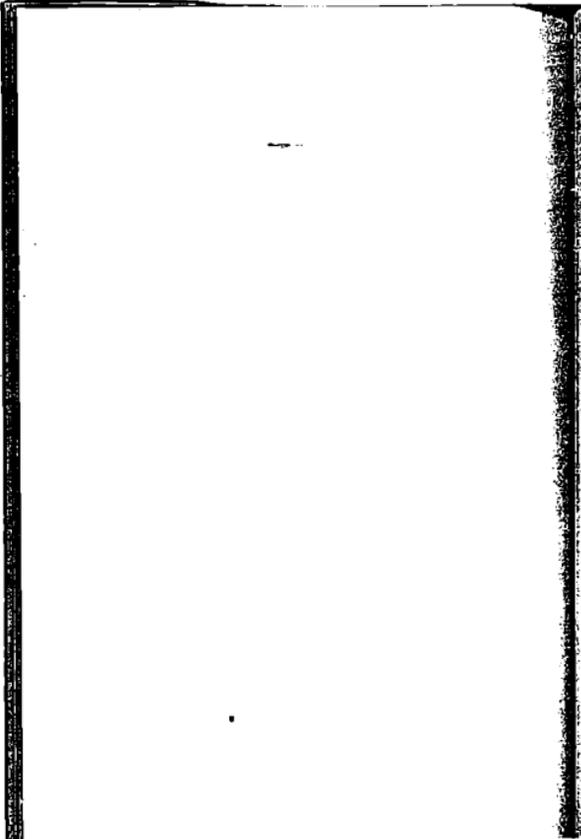
So throughout the day there is a rhythm of working, relaxing, like exhaling, inhaling.

They are not separate from each other.

When work, activity, relationships come to an end, you relax into silence as one movement, not two points of duality having tension between them.

Relationships and solitude,
speech and silence,
movement and peace,
though they have the superficial appearance of duality, are blended in the oneness of living.

Freedom has to take place in the act of living. Words do not liberate. But, when the meaning of the words understood by you is lived actually in relationships, then it moves. The understanding has to move and express itself in relationships, then only the transformation can take place.



Living is being in the mainstream of
life, exposed, vulnerable

Living is the romance with the
unknown

It is a very simple fact that we do not know how to live. To live is to move with the wholeness of one's being, in harmony; to live is to move without inner friction, with the totality of one's being in harmony. To live is to move in such a way that the movement does not cause damage in the life and the way of living of another person. So there is a mystery about the act of living. If the act of living is of no importance to us, if we do not feel committed to life and living, if we feel committed only to earn a livelihood, to follow the pattern of the society in which one is born and brought up, then there is no challenge.

The challenge of transformation is felt by the person who appreciates that to live is to move, totally, from one person to the other, from one relationship to another, with the totality of one's being, in such a freedom and in such harmony that the act of moving is not felt as an ordeal, but as a feast, as something to be enjoyed.

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I can share only what I have
and I have only life

I can look at it with you
because life moving here does not
belong to me

Life is Life