

**FLOW :**  
**the CURRENCY of HEALTH**  
**WEALTH and REAL HAPPINESS**

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James Traverse

**Hello and Welcome,**

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**To Flow-er is to FLOW.**

**A Flow-er is one who is in FLOW; without FLOW there is no life at all.**

**Breath is Life and Life is Relationship.**

**Breath, Breathing, is giving and receiving; you have to give before you can receive (for example you cannot accept your next breath until you give the present one away).**

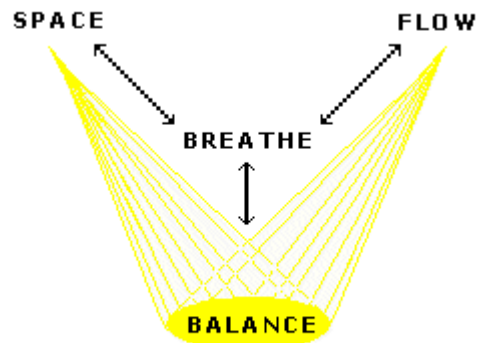
**In the same light, 'Love is not Love until it is given away'. And the law is that the more Love you give the more you get.**

**The only systematic process of your body that you can directly control is your Breathing. Sharing this is a form of Breathing. It is something that you do for its own sake, yet the sharing itself aligns you with and IS - FLOW. Thus you cannot avoid enjoying the benefits of giving and receiving whenever you give this away.**

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**Flow-er Power Yoga**  
**Get Health Wealth and Happiness In-FLOW**



## **FLOW-er of BE-ing**

**The CURRENCY\* of HEALTH is FLOW.**

**Flow is the quintessential element of Being.**

**FLOW is the fundamental essence of everything in the Universe.**

**All FLOW is a form of BREATHING. For example: The four penultimate elements of AIR, WATER, EARTH, and FIRE FLOW within and as your body as follows:**

- 1. Your body inhales air, it flows and nourishes every part of your body via your circulatory system; wastes are expelled with your exhalation;**
- 2. You drink water, it flows through and nourishes your body and you expel the waste;**
- 3. You eat food, it flows through and nourishes your body and you expel the waste;**
- 4. Although it is not as obvious as the others you also BREATHE the element FIRE. This is your metabolism as the fire that transform the air, water, and earth into the physical substance of your body and it expels the waste as heat and other forms of elemental energy. Fire is also your PASSION.**

\* Note: invisible energies like electricity and magnetism are 'currents'; and just as flower is a flow-er and money is called currency because it FLOWS, Breathing is the current of Being.

**"How long will you live without the FLOW of these elements?"** (How long will a flower live as a flow-er without the **FLOW** of **Air** from the atmosphere, **Water** from soil/earth, nutrients from **Earth**, and **Fire** from our sun?) You will live for just a few minutes without air, a week or so without water, a month or so without food, and life cannot be without Fire (more on these later). **If the FLOW of any element is blocked or stopped you develop serious health disorders that can easily cause death.**

Stress and Constipation are two examples of health problems that interfere with the 'Currency of Health'.

You see how and why Stress and Constipation cause serious health problems by taking a closer look at them. In the process their anti-dote or anti-thing becomes clear.

## **Problem 1: Stress**

Medical scientists at Princeton University have determined that up to 90% of all medical visits (to clinics, doctor's offices and hospitals) are related to Stress... thus they conclude that Stress is associated with up to 90% of all health disorders.

90% is a huge number; that means that 9 out of every 10 health disorder are related to stress!

Physicists and philosophers say that all things have a corresponding opposite or **anti-thing**. Medical scientists speak of this as the anti-dote of whatever is causing a health disorder.

In this light you must first understand what stress is – then you will easily see its anti-thing or antidote.

### **So what is Stress?**

Stress is a state of mental or emotional strain; it is always experienced as more and **more pressure** and **less space**.

Since stress is always experienced as less space, then its anti-dote or anti-thing is very clear; the antidote for stress is Space.

## **Problem 2: Constipation**

Once again medical science provides the data that we can use here as they have determined that up to 80% of all health disorders are related to constipation (studies conclude 70 – 90%).

The numbers are staggering! Specialists who study Colorectal Cancer say that seventy percent or more of the population struggles with constipation. Some believe the number is even higher, 80- 90%. The market for laxatives is now approaching 1 billion each year.

### **What is Constipation?**

Constipation is irregular and infrequent or difficult evacuation of the bowels; it is experienced as a blockage that prevents flow (this blockage can apply to more than just your physical level of being as a blockage is anything that prevents flow; for example: stress can cause a blockage).

Since constipation is experienced as absence of flow, then its anti-dote or anti-thing is Flow (an extreme example of this anti-thing would be diarrhea as an uncontrolled flow).

In this light you now know that **Space~Flow** are the anti-things that relieve the problems of Stress and Constipation yet these are not what optimizes the 'Currency of Health'.

Let me explain.

Yoga (authentic yoga – not just some exercises) is what optimizes the 'Currency of Health'.

Yoga means union as relationship. The word 'yoga' is both a noun and a verb.

The verb 'yoga' means **control** as in yoking. It is the living art and science of establishing order by controlling/aligning your energies with the natural orderly **FLOW** of the universe. An example is controlling (disciplining) the energies of two oxen by yoking them together. This principle of yoking may be applied to all planes of being as the process of yoking energies together.

The noun 'yoga' is the **objectification** of the process just described, as it is the **union** that results. For example the systematic process of stretching into the archetypical poses of Hatha Yoga while respecting (stretching without violating) the natural order of your body is what most folks understand as yoga; in this process the 'pose' is realized as **the dynamic stillpoint of balance** in three physical dimensions and although it is a living process, labeling it as a 'pose' renders it static.

Another example is the breathing exercises of yoga where you combine the energies of inhalation and exhalation to stimulate **a balanced flow** commonly called your 'breath'; still another example is the deeper understanding that unfolds when you see that breathing is really the coupling of your respiration and your circulation (breathing is actually governed more by circulation than respiration); optimum health is associated with **the balanced interaction** of these waves of your breathing - Breath is Life (Breathing is Living).

The factor that is central to the practice of yoga and what is common to all of the examples just given is **Balance. In other words Dynamic Balance is the factor that makes living things appear to be still.**

Thus **Balance** is the factor that indicates the harmonious relationship of **Space~Flow**.

This means that we can now state the fundament factor that optimizes the 'Currency of Health' as:

## **Balanced Space~Flow**

**And the factor has two inter-related phases or parts:**

**1) Make SPACE**

**2) Stimulate FLOW**



**Life is Relationship ~ James Traverse**

**“Love is the Substance of Relationship  
Relationship is the Substance of Love”**

“In Indian philosophy, the main terms used by Hindus and Buddhists have dynamic connotations. The word Brahman is derived from the Sanskrit root brih - to grow- and thus suggests a reality that is dynamic and alive. The Upanishads refer to Brahman as 'this unformed, immortal, moving', thus associating it with motion even though it transcends all forms.' The Rig Veda uses another term to express the dynamic character of the universe, the term Rita. This word comes from the root ri- to move. In its phenomenal aspect, the cosmic One is thus intrinsically dynamic, and the apprehension of its dynamic nature is basic to all schools of Eastern mysticism.” ~ **Fritjof Capra**

“The most important characteristic of the Eastern world view - one could almost say the essence of it - is the awareness of the unity and mutual interrelation of all things and events, the experience of all phenomena in the world as manifestations of a basic oneness. All things are seen as interdependent and inseparable parts of this cosmic whole; as different manifestations of the same ultimate reality.” ~ **Fritjof Capra, Tao of Physics**

“The fundamental element of the cosmos is Space. Space is the all-embracing principle of higher unity. Nothing can exist without Space. According to ancient Indian tradition the Universe reveals itself in two fundamental properties: as **Motion** and as that in which motion takes place, namely **Space**. This Space is called **Akasa**, derived from the root kas, 'to radiate, to shine', and has therefore the meaning of ether which is conceived as the medium of movement. The principle of movement, however, is **Prana**, the breath of life, the all-powerful, all-pervading rhythm of the universe.” ~ **Lama Anagarika Govinda**

## **Love is Infinite and Definite. The infinite supports the definite as it FLOWS.**

"Do unto others as you would have them do unto you."

The **definition** of Love (given above) is the self-referring wheel and wave called the Golden Rule – It is circular like a wheel and it is a giving and receiving like the flow of waves/tides; every wisdom tradition has its version of the Golden Rule.

Love is like a single wave-cell that branches into two, in its turn each branch branches, and those branches branch (this is well documented on the biological level as the replication of the waves of your DNA and the process of human reproduction). The wave-cell matures into an organism that unites with its complimentary opposite to fertilize another wave-cell that matures in the same way as the wheel of life turns.

The process is definite like a wave (kallola) and infinite like a wheel (chakra).

The art of Love is to reconcile the extremes by seeing for yourself that although things appear to be separate, the fundamental, irrevocable Truth is that all is **One** that branches as two (extreme aspects unite to produce a child/one that continues the process).

### **Being Love is the art and science of reconciling extremes. The process of the Living Understanding of this Union is Yoga.**

The universe itself is the Perpetual Motion Machine. Nothing in the universe stands still; everything vibrates; it is a uni-verse of ceaseless motion. Its flowing structure is infinite like a circle or wheel, and it is definite like a wave.

Everything in the universe has two recursive, self-similar attributes, spirit and nature, the male and the female. These are the interdependent extremes of one integrated reality. They exist simultaneously and in each there is some of the other. It is not a question of one or the other - TOGETHER - their LIVING Inter-RELATIONSHIP is the intercourse of the female and the male that creates the fabric of 'what is'.

**Living Yoga is controlling and coupling.** It is the *living* relationship of the two essential energies Purusha-spirit and Prakriti-nature or, the masculine and the feminine, mind and body (like threads woven *together* to create something greater than the sum of its parts).

*"If the string is too tight it will break, if it is too loose it will not play"* - these are the words that led to the Buddha's enlightenment and his subsequent teaching of 'The Middle Way'.

*"A sudden perception that subject and object are one will lead you to a deeply mysterious wordless understanding. You will awaken to the truth of Zen."* Huang-po

And, Jesus also spoke of the path of integration, in the Gospel of St. Thomas, from the Nag Hammadi library (verse #22) *When the disciples asked if they will enter the gates of heaven, Jesus replied, "When you make the two one - when you make the inside like the outside - and outside the inside - and the above like the below - and when you make the male the female one and the same - then shall you enter the kingdom."*

In this light masculine-mind-thinking and feminine-body-feeling are seen as extreme poles of the same thing. Purusha and Prakriti are understood as the original spiritual couple, and,

the unfolding of their relationship is the dance of the Uni-Verse (the Dancer IS the Dance; the Dance IS the Dancer).

The term Yoga was created within Samkhya to represent the union, or yoking (controlling), of the dual qualities of intellect and intuition that together compose Intelligence. (Samkhya, which means buddhi or manifested intelligence, is one of the six great philosophies of ancient India. Samkhya is ascribed to the sage Kapila).

Yoga evolved to be a philosophy of living that states that just as water is the source, sustainer, and substance of both waves and the ocean, Living (flowing) Intelligence is the source, sustainer, and substance of: spirit and nature, masculine and feminine, intellect and intuition, inhalation and exhalation, respiration-circulation, etc. And, that which comes from Intelligence is nothing other than Intelligence.

Enlightenment is a way of seeing (an understanding) that simultaneously dispels the darkness of the ignorance that things are separate, and what is seen is what was always there - the extreme poles of Intelligence abiding and relating as Itself. Thus yoga reveals that despite the fact that things appear to be separate as the One branches into infinite twos, the fundamental, irrevocable Truth is that **all is One**.

The most significant step of Yoga's recent evolution was sage Patanjali's greatest work, the Yoga Sutras, which he wrote circa 500 BCE. These sutras, threads on union, are extremely terse, stating concisely and precisely, essential points or techniques. Patanjali systematized teachings that were previously only oral and were explained and interpreted by commentaries from a teacher guiding the student. Patanjali's Sutras are Darsana, which is often mistranslated as a philosophy that gives a view of life whereas Darsana is both a view (an understanding) and a way of being (living the understanding).

In this way Patanjali's Sutras not only describe Yoga; **they are It**.

Patanjali's first four sutras reflect this:

**1.1) Now-Yoga,**

**1.2) Yoga is the cessation of the identification with the whirl (the world) of the local mind,**

**1.3) Then Intelligence abides in its own nature,**

**1.4) At other times Intelligence assumes the waveforms of the mental fluctuations.**

In other words, Seeing, which is natural, sees the Truth of the way things are now. What is seen is that to be is to see, and that all that is seen (branches) is related to Seeing (source). Then things rest in their own nature. Otherwise we are caught up in the whirling, endless conflict of extremes. Yoga is the way of seeing that reveals and lives the harmony of this Truth.

Patanjali defined **Asthanga Yoga**, the eight limbs of Yoga, as follows:

1. **Yama** - harmonizing universal virtues

- a) **ahimsa** - without violating order
- b) **satya** - truth
- c) **asteya** - without stealing
- d) **bramacharya** - chaste
- e) **aparagraha** - without greed

2. **Niyama** - harmonizing individual virtues

- a) **saucha** - cleanliness
- b) **santosa** - thankfulness
- c) **tapas** - transforming fire
- d) **svadhyaya** - vigilance, life study
- e) **isvara pranidhana** - dedication to essence

3. **Asana** - Control your body - meditative postures practice or Hatha Yoga, which is the marriage of Solar and Lunar energies

4. **Pranayama** - Control your Breath - harmonizing with the current of life force, prana

5. **Pratyahara** - Control your senses - innocent attention, emphasis on perceiving rather than the objects of perception; turn the senses inward

6. **Dharana** - Control your surface mind - focused attention, concentration

7. **Dhyana** - Control/realize your deeper mind - relaxed natural attention, meditation

8. **Samadhi** - Love - Living Union of Definite and Infinite, enstasis-ecstasis, Relationship of Standing-In and Standing-Out, same Intelligence, living singularity, octave (7 limbs plus the trunk) (the relationship of the fourfold wave of respiration and the fourfold wave of circulation - infinity symbol) (asthanga - unfolding whole - living recursive scalar linked 7's, music, white light, chakras, week, continents)

Yoga is the journey and the destination of your Self-Nature. It is the reconciling of extremes. Yoga is the means for this and it is the end. Today the many approaches of Yoga can be broadly classified into four paths that reflect the four dominant tendencies (the fourfold elemental nature) of human beings:

**- the emotionally dominant follow the Path of Love : Bhakti Yoga**

**Bhakti** is the path of devotion, the process of understanding universal Oneness through Love. Most religions emphasize this spiritual path because it is the most natural. As with other yogas, the goal of the bhakta, the devotee of Unity, is to attain the living understanding of Oneness. The bhakta attains this through the power of Love and by observing the definition of Love - do unto others as you would have them do unto you - Love thy neighbour (branches) as thyself (source-oneness). The dominant element of Bhakti is Air.

**- the intellectually dominant follow the path of Knowledge : Jnana Yoga**

**Jnana** is the path of knowledge. Jnani practice involves the powers of the mind to discriminate between the real and the unreal, the permanent and the transitory. A Jnani's knowledge includes and transcends the intellect without self-contradiction. It is the living understanding of the singular relationship composed of what is called Brahman (source) and Atman (branches). The dominant element of Jnana is Water.

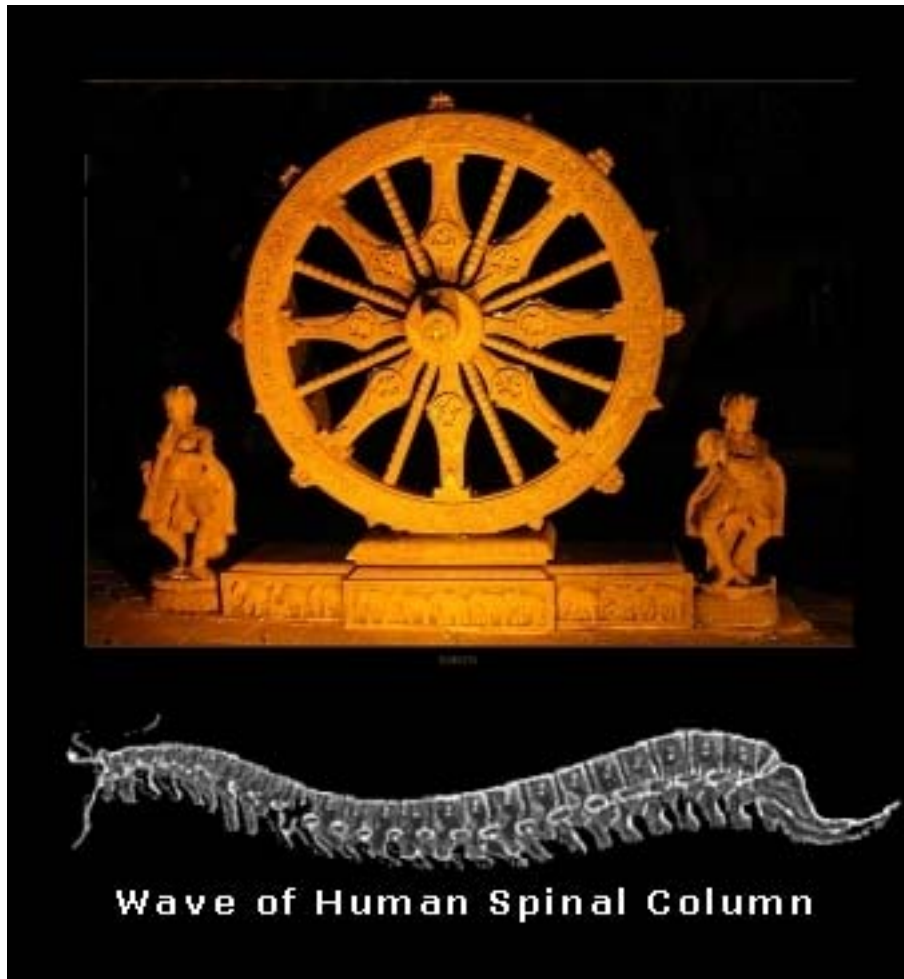
**- the physically dominant follow the path of Work : Karma Yoga**

**Karma** is the path of action or work. Karma practice is the path of dedicated work. The practitioner renounces the results of his/her actions as a spiritual offering rather than hoarding the results for him/herself. Karma followers understand that the one who sees action in inaction, and inaction in action is truly wise. And, by emphasizing being (source) rather than doing (branches), this person accomplishes everything. The dominant element of Karma is Earth.

**- the meditatively dominant follow the path of Meditation : Raja Yoga**

**Raja** is the royal path of Meditation. As a king maintains control over his kingdom, so Raja followers maintain vigilant watchfulness over the kingdom of the local mind (branches). In Raja practice the mind's abilities are used to realize Oneness through the process of causing the mind to see its limitations, and, allowing the mind to relax which reveals what was always there naturally (source). The dominant element of Raja is Fire.

Each Yogic path has a dualistic quality (branches) and yet all paths state that the definitive benediction of Yoga is to realize the Living Oneness (source) of things. This is the Unity in Diversity that is the marriage of Masculine and Feminine, Shiva and Shakti, Mind and Body, self and other.



## The Wheel and The Wave

- Breathing: Circulation (circle/wheel) and Respiration (Re-Spiriting)

Yoga is timeless, it is as pertinent today as it was in ancient times, and, at all times the most direct connection with Yoga is the flow of your Breath. The simple process of releasing and welcoming a quiet breath is the simplest and most profound secret of Life. This current of Life is Yoga, it is two in One as the flow of inhalation-exhalation, flow through veins-flow through arteries, respiration-circulation, complimented by transition pauses. It is living relationship.

Breathing is the interwoven relationship of the waves of your respiration and the wheel of your circulation. It is highly significant to see the fundamental truth that: there is no such thing as Breath; there is only Breathing. There is no such thing as Life; there is only Living. It is an Integrated FLOW (all Breathing is the FLOW MOTION of the infinite and definite).

For example: the Flow of Being flows as four penultimate elements whereby your mind-body absorbs the life sustaining energies and expels the wastes. Each is a form of Breathing:

**Breathe Air** - the **flow** of **Air** (without this you will die in a matter of minutes)

a) on the physical plane this is Breathing Air; this is life giving energy that you inhale and exhale the waste products of its FLOW; inspiration-expiration;

b) on the spiritual plane this is Breathing Itself (Spirit means to Breathe)

**Breathe Water** - the **flow** of **Water** (without this you will die in a week or so)

a) on the physical plane this is Drinking Water; this is life giving energy that you drink in and urinate the waste products of its FLOW;

b) on the spiritual plane this is the Fluid Substance of Life (the Way of Water)

**Breathe Earth** - the **flow** of **Earth** (without this you will die in a month or so)

a) on the physical plane this is Eating Food; this is life giving energy that you eat; your bowels expel the waste products of its FLOW;

b) on the spiritual plane this is Grounding/Solidification as Materialized Energy (FLOW in Form)

**Breathe Fire** - the **flow** of **Fire** (without this flow there can be existence, yet you cannot truly Live without Passion; all life would end/cannot be without Fire as Heat or Light)

a) on the physical plane this is the fire of your metabolism as your body transforms the energies of air, water, and earth into your bodymind vehicle; the waste products of this FLOW include the ones above and heat;

b) on the spiritual plane this is the fire of your Passion (the trans-forming FLOW of Love; it is inspiration as an intellectual idea or intuitive insight that inspires you to act)

## The Work

- energy is the ability to do work (direct FLOW)

The quintessential element that is the foundation of all other elements is FLOW or Prana.

FLOW is the Source, Sustainer, and Substance of BEING.

(Love is not Love until it is given away)

**Align with the FLOW that is already happening.**

The Ground of all Doing is Being. Being is already happening; it **has and is** order, intelligence. You can directly connect with this intelligence.

Yoga is the conscious living process of aligning the FLOW of your energies with the intelligence of the quintessential FLOW that is natural to your bodymind. **Your direct connection with the ORDERLY INTELLIGENT FLOW that is already happening is your Breathing. And Breathing is the only systemic process of your body that you can directly control.** Thus BREATHING is both the means and the end of how you establish Harmonious Living Union with the Source, Sustainer, and Substance of Being.

Yoga is as simple as breathing and it is as complicated as Life. It is the way of being that realizes and respects that Life is the Inter-Relationship of its extremes.

Yoga is the reconciling of extremes that unfolds as the sacred intercourse of Purusha (spirit) and Prakriti (nature). Being Yoga is the ultimate singularity. It is Love.



**Namaste'  
James Traverse**

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for details of my complete Mind~Power~Yoga System and the ONE LAW that rules All Others

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