



12 BODY ARCHETYPES



ARTICLE 2

The Basic Understanding

By Dhyan Vimal

The first thing to grasp is that the body is not something separate from you, it's just the outward manifestation of you. The nature of body or the construct is one thing; that's the physical aspect of you, but the whole of it is the embodiment part of you. The view that it's just your body is a false view, it's what you are bodied as, so to say. It becomes the tool, the manifested part of you that lives.

The primary objective of the body is for survival, that is its basic function but it holds and houses the more of you. Yes, in the deeper aspect one survives beyond the body, but without the body that which is beyond the body does not have a form.

To understand this form is to understand you, and to understand you is to understand how you wear this form. Each body type holds an evolution by it, it holds a nature and this is your nature. In understanding this nature, one is right by what is there as oneself. This is the basic information and the basic understanding one has to settle in for anything more to come to be.

This body whose primary function is to survive, also holds in it your highest crown; the highest possibility. The misconception that the body is just an outward reality is flawed. In many aspects it is you, and it is you in this reality, and this is how you start the observation and the learning of these body types.

The very existence of what we consider as ourselves is the base of the duality that exists. This duality is the existence of two forces that live, and in the balance of it exists this reality we call ourselves or our beings. This duality is not you, it's just the two aspects of the existence of the one.

The reading material for the 12 Body Archetypes programme are based on transcripts of a Q&A Dialogue with Dhyan Vimal which have been edited for the purpose of introduction into the programme and it may therefore differ from the original dialogue.

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This is the first thing to be understood. The notion of the outward and the inward; they are just the two forces that hold this one; that is what we are. The view of us independent of the two is not possible, so this two has to be considered in order to come to know this that exists as one. The major error is that most live just this split as them. There is the world and the inner world so to say, and these two are not related, we live in a split understanding. The right view is to look at the world if we use that as an example and then the inner part of us, and these two meeting is the birth of the being, which is that which exists as oneself.

In the study of the 12 Body Archetypes, you are studying the outward and the inward reality, and in that one can come to see that which is being there. These two forces of the outward and the inward exist as an opposition in most times, but in the tension, there is the being existing.

This being when discovered can exist without the duality, but to live in this reality, this duality is a must for it to exist. 12 Body Archetypes is the study of this - that which we can study is the split that exists, and in understanding this, one can see the balance that comes in this that is the actual self, the actual being.

The living of this split as the only reality has made most mistake who they are, and take one aspect as them only; and in that missing what is there that is being.

The two aspects are the form which is the body and the non-form which is the within, but they are both one. It's like the contraction and the extension of the muscles. This is how the body exists; one is active while the other is relaxed. One is formed and the other moves to lose its form, and by this the body exists. This is the same way; the form which is the body and the non-form which is the inner, and in this balance this state of being comes to be.

This study is a must for the being to be established, if not one is lost to one aspect over the other and in this, the being is never seen or lived. This being is the more, it's the birth of this balance of this harmony of both inner and the outer.