



# THE MISUNDERSTANDING OF YOU

Dialogue with Students  
Dhyan Vimal | Malaysia 2018

Dhyan Vimal Institute for Higher Learning

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At large, humanity has misunderstood the real state of man, we have accepted this reality that we know as ourselves as all there is.

The reality of ourselves as we know it, is nothing but the reality that has escaped its own aloneness and its own demand. It has found a way to escape the true demand of being and by this almost all cultures play a role in helping one escape the truth of oneself.

By this, the biology has been made into something separate from the self, so the notion of an idea of me which is birthed by the mind, lives itself out as me. In this reality, the whole biology is not included, only the lower aspects such as survival, sex and the avoidance of one's aloneness are included.

This false orientation is that which has caused man not to wake up to what he is and what more he can be. The main reason for this is the exercise of escaping oneself and one's responsibility which only comes alive when the biology is totally integrated. In short, the unwillingness to

face this truth of aloneness has caused man to miss what is there as him. This reality of what you can be is still not lost, but it lives out as a longing, as the desire for more, as a sadness, for the biology knows it can be more.

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The key exercise is to give oneself the chance to face this truth for oneself, by this the biology will be integrated and in this state of aloneness, the true dignity of the self is lived, and in this, love can be real.

**The Biological Orientation Programme is an effort to come to this integration, to come to see that this aloneness is nothing but a biological truth** and when it's accepted, and when all aspects of its demands are placed rightly, then waking to that which you can be becomes effortless. Then you are not separated from your biology, you are not a mind and an idea of a self, but an integrated whole that acts from being whole, and in this all comes to be naturally.

This study is the first step, the first exercise, and once this is there, when one can face one's aloneness and not escape

it by all that which the world gives it, then one rises to all that is ... this is the effort.

**The Biological Orientation is created in a way that you can very rightly and very slowly come to this state of integration, and by this allow the biology to naturally wake to what it is.**

It's not teaching you, but it is allowing a space for what is there to come alive. The lesson is not something to be followed and adapted in your life, it is just a tool to open this integration and then you for yourself will come to see what is there for yourself. It's about rising to a life of your choice and your truth, and to live the way you should live it.

My path is not to give a teaching for you to follow but a teaching that will reveal you to you and you follow that which is your truth to you by you. In this, love becomes the foundational realisation, not as an outside force but as the real force of you.

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My path is not to give a teaching for you to follow but a teaching that will reveal you to you and you follow that which is your truth to you by you.

Know that no one can do this for you, not even me. As I often say to my students, it's only you for you who can do this, and in this acceptance your biology comes alive, and that is where your glory is.

My best wishes to your exploration of you.





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