

Our Vital Body

The vital body is the seat of all emotions, desires, passions, feelings, sensations, etc. It is the origin of emotional peace and disturbance. The vital allows us to burn with the passion of our dreams. However, these passions can become misdirected, leading us to imbalance.

Today, the vital is in a much more heightened state, due in part to the technological age we live in. It easily becomes our driving force, the impetus of our lives. The world of vital or, dynamic force has a strong sway upon our everyday lives, one that often consumes us. The desires, passions and feelings within the vital body powerfully move us to act.

Vital, just like physical and mental, is necessary for there to be life. Just like the other aspects of our 'Human Being', vital requires discipline, which manifests as right action. Desiring to fulfill your reason for being is one thing; however, to desire out of jealousy, is another. Desires, feelings and passions focused in the wrong direction create the darker aspects of humanity.

The vital body houses the forces that allow us physical experience. Without feeling, sensation, desire and passion, would there be a physical experience? Without the vital, we would never have the exhilarating experience of desires reached nor, sensations felt. The vital body allows us to feel alive.

Within vital we are often misled to believe that spiritual understanding is found here. Because it houses the very sensations we so desire, we can easily be led astray. However, when in 'Right Relationship', it is a place where we can literally 'FEEL' the experience of balance, knowing it is right. Vital is the place where our experiences are dynamic.

It is said "we are the sum of our experiences", this being so, our experiences fail to exist without the vital body. Freedom and enslavement are often designated by inches. On one side of the fence we are free, while inches away we see our enslaved self. The vital is a world where experience is magnified, be it right or wrong.

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