

International Congress on ¡Education for world citizenship!

Presentation

The Body: Clues for a New Education

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Gray is all theory, dear friend, and
eternally green the tree of LIFE...!!
GOETHE, Faust

INTRODUCTION

As far as we know, since the French encyclopedism became predominant in Western culture in the 19th century, education has only taken into account the intellectual intelligence. When science came to be regarded as the utmost authority and, in a way, body was torn apart from head, men began to study nature by placing themselves outside of it, and to study their own nature, the body, from outside as well. This brought about a certain state of "ostracism", and a virtual lack of understanding of our surrounding world and of us.

We learned how to measure and how to manipulate nature, and tried to do the same with our own nature. Instincts and feelings were often neglected, sometimes inhibited or disguised, and most of the time regarded as shameful; they were something to be concealed, not to be shown or even pretend to be just opposite.

Alongside with intellectual education, the primary goals of physical education have been to teach us how to defeat others, how to overcome our instincts, and how to seclude our feelings. A suitable training for worries. And where warriors are, war follows.

Our forsaken body is still condemned to be abused through competitiveness and the achievement of targets reaching further and further; the marks I reached last year are not good enough this year; I should be able to jump higher, to lift more weight than in previous competitions, to reach the same hundred yards I ran last year but in less time.

There is little concern about the discomforts and illnesses derived from this culture approach to the body. It does not matter if my heart blows up or I suffer a nervous breakdown. Neither the tremendous stress my muscles have to go through.

As for the feelings, they are many times neglected or disregarded as if they were not important for us; in fact, competitiveness generally arises feelings of hatred towards other fellow beings.

It is well known that young people training for tennis competitions are often taught to hate their opponents in order to strike more efficiently; and I assume hatred is used in other sports as well. It is not unusual to see football players attacking one another in cruel and subreptitious ways, for the only sake of scoring one more point.

We are drawn to this misuse of our wonderful potential by the lack of connection with our real SELF. In our days, Eastern culture emphasizes the personality and its achievements, and pays little attention to our inner life.

And this is a deeper sense of "ostracism"; being estranged from our true essence. We are compelled to have because we are not allowed to be. We search for recognition because we are apart from our true selves.

Through the RIO ABIERTO System we seek to bring ourselves together again, to integrate body mind and feelings as a way to our inner being. With more than 40 years experience in the field of Human Development and Education towards the human being of the third millennium, we are certain that our body is better attuned to our real Self than our conditioned intellect: our mind has long been misused and corrupted to be in service of such Masters as Money, Power, Prestige, Success and Security, all of which have taken the place of the Real Master: the Self.

The RIO ABIERTO FOUNDATION, a center for the Harmonious Development of Human Beings, has been researching and educating on these approaches since its creation, with outstanding results. Today we can definitely say; the system works!

THE ENERGY CENTERS

Human energy can be experienced as distributed in different energy centers. These centers are types of energy expressed on different levels; they represent the multiplicity of intelligences operating within us, whose awareness is a necessary step in our development.

Due to ignorance, or conditioning, these centers keep interfering one another, hindering clear vision and sealing the gates of the Kingdom.

One of the goals of our work is to overcome this conflict, getting the centers to work at the same time in alignment and independently, each of them emitting their own note.

The crown center and its relationship with cosmic man

The crown center, at the top of the head, is at the same time the simplest and the most difficult of the seven centers. Eastern people called it “the one thousand petal flower”. It is simple because you can only reach it once you have previously left behind all of the opinions of a complex nature. (An opinion is a strange mixture of idea and desire, credited as a symbol of freedom, though it is often a prison for he who expresses it). Its difficulty lies in that, due to our upbringing, it is not easy for us to get to that simplicity.

The crown centre answers to only one need and that is simply the need to Be.

The history of man is the story of the prodigal son. He leaves his Father’s home –his own essence-, where there is simplicity and real life, and he sets out on a long journey. As circumstances develop more and more complex, he lets himself be carried away by his desires, ideas and ideologies. This getting away from his own axis and his cosmic will (crown centre) brings forth sorrow; he recognizes his own thoughts, feelings and actions; their effect upon his environment and the responses coming from this same environment; he thus becomes aware of his personality and of his boundaries, and can return to his Father’s home fully aware of who he is. When he returns, he is already a different being.

I see man as having four navels. The first one, lower centre, is a sort of navel connecting him to earth; then there is a vegetative centre, the real navel and its umbilical cord connecting him with mankind through his matter; next is the crown centre, the cosmic navel, which also has its umbilical cord, but of a different nature, giving him the possibility of being one with God; and there is a fourth navel developing at the heart centre level, connecting man with the rest of mankind through love.

I call these navels because they are many sources of nourishment; he gets nourished by the earth in the same way he does from his mother, from all of mankind, and from the cosmic forces corresponding to the crown centre.

The center of vision and its relationship with purpose in life

The vision centre is the name we have temporally assigned to what others schools have called the third eye, The ajana of the Hindus. It is the mind. Mind in the sense of an intelligence able to create ideas and images, or ideas-images for that which in the crown centre is perceived still shapeless, and beyond shape.

Intelligence is light, and this is the very substance of this centre. It is the great learner. Unfortunately, in our excessively rational culture the learner came to believe he is the master; the king of Creation, enthroned as it is at the top of the head.

The vision centre is perceived as located inside the head, slightly above and behind the point in between the eyebrows. Its light shines through the entire head, above eye level. It may be visualized as a lighthouse, spreading light in all directions.

We must point out that the energy centers we are describing are not of a physical nature; the nervous plexus and the gland around which their nucleus is perceived are of course physical; but the centers belong to the energetic body or the etheric double, and so their physical location is approximate. They also display that plasticity inherent to more fluid elements, such as the energy they consist of. The different states of mind we experience correspond to the unfoldment and varied shapes of the energies of these centers, as well as to the different body postures.

When the vision centre is enlightened, it turns into the objective vision, the creative mind, capable of visualizing the Purpose clearly and freely. On other occasions its energy interferes with that of the lower centers, hindering its potential to discriminate, through disguised forms of fear such as convenience, domination, etc. Many times we attempt to discriminate out of fear, but fear is the worst adviser! When in fear, the horse mounts on the knight, the mind stops being on the lookout and is no longer capable of seeing the past and the future (the ancient greek God Jaunus), to sink into the petty purposes of the false personality.

The laryngeal centre and how to turn purpose into project

The laryngeal centre area of radiation covers the neck and the face, running along the shoulders, back of the arms and hands, reaching to the fingers and their subtle play which allows us to paint and sculpt.

This centre has got the greatest possibilities for expression, turning what it gathers from the heart and upper centers into words, songs, grimaces, gestures and artistic expressions; it is related to aesthetics and holds many possibilities for balancing ying and yang. This centre can also turn into a hindrance for the energies that go upwards or downwards its narrow path; it has the capacity for screening what will go through and what will not.

The laryngeal center is regarded as androgynous, since its function is to blend what is masculine (mental, forces, strength, action) to what is feminine (receptiveness, sensitivity).

Due to its closeness with the sense of taste, there is a tendency to mix up aesthetics and instinct. Making choices based on "I like it" or "I don't like it" is typical of the vegetative centre, and is quite right for the selection of foodstuff; but it is totally inappropriate for choices that must be made on other levels of consciousness.

The heart centre and the love motor.

The nucleus of the heart centre is found at the breastbone level, almost against the spine: its radiation takes up the whole breathing area, the rib cage, the lungs, the inner part of the arms and the palms of the hands. Along the back it takes up teal vertebrae except for the last ones. This centre is related with feelings; some people call it the superior emotional or true emotional. This centre hasn't got yes and no, it hasn't got positive or negative: it is love.

This is the centre. I have seen the most armored in a greater number of people in the course of my experience. Somehow each of us feels that the self resides in there; the gesture accompanying the word. I points to this place, and I believe that in the depths of this centre lies the mystery of God incarnate. I think this is at the same time the deepest and most intimate centre, and its complete unfoldment fills man with Life; real, eternal Life.

Ancient people believed the heart's apex to be the seat of the seedatm, responsible for the continuity of our different existences on earth, or incarnations. For me this has been a longtime matter of research, and a subject on which I would like to share with you most.

The total unfoldment of the heart centre is fulfilled once it receives or is connected with the crown centre, the cosmic opening, receives the will in harmony with the entire Universe. Upon passing through the vision centre, the will turns into a life purpose.

The laryngeal centre provides with the adequate instruments to turn this life purpose into a project. The heart centre provides with love, life's greatest force, holding everything together through its incandescent sap.

The vegetative centre and the organization of the earthly forces to put project into practice

The vegetative centre, called manipura by the Hindus, is related to the vegetable kingdom. This centre is considered to be the intelligence of the body, a sort of director of organic functions; possibly because it includes the solar plexus, and it rules the autonomous nervous system, which normally functions involuntary. The solar plexus is located in the area between the stomach pit and the navel; it is a part of the nervous system consisting mainly of two important ganglions and several nerves.

As to its location: in movement I perceive two distinctive placements: one is precisely located in the solar plexus, the stomach pit, and the other is around the navel. I feel the former related to sensations. This centre of kinesthetic sensations and of those perceived outwardly, having to do with animal life. The second one, located in the navel, conveys a sense of peace, serenity, well-being: staying in the belly, like the Buddha. This is our connection with humanity, in a more animalistic sense; through it I got connected with my mother, and she in turn her own mother, and so on and so on forth, all the way back to Asdma and Eve.

The vegetative center's placement is in between the last dorsal and the first lumbar vertebrae; from there it radiates through the abdominal cavity, its contents and muscles, especially the whole area between the last ribs and the hip. This is a zone of great mobility and richness in sensations, which turns it into the preservation instinct's natural seat and lookout. But this lookout is guided by sensations rather than sight, unlike the vision center.

There is a constant dialectic going on between the vegetative and vision centers, namely the body-mind dialogue, a most intricate process leading to freedom through balance, provided we become aware and can work with it. Once body and mind work synchronized, the vegetative centre turns into the intelligent organizer of the earthly forces that will put the project into practice; that is, the fundamental project, the life project of every one of us.

The lumbar-sacral centre and the strength in action.

The lumbar-sacral centre is located in between the sacrum and the fifth lumbar vertebra, right at their joint. Its nucleus is at the base of the sexual organs, inside the pelvic girder. It takes up the lower part of the belly, spreading itself along the front and inside of the legs, the instep and especially the arch of the feet. On the lower back it takes up the lumbar-sacral joint and lumbar vertebrae, primarily the last three., primarily the last three.

This centre has to do with the animal kingdom, with the hot and mobile animal force, and it has an enormous potential for energetic expansion and vigor. It is the centre of translation, of movement, allowing us to go from one place to another; it is strength turned into action; it is instinct, in its possibilities of defense and attack; it can turn into action the attraction or repulsion that appear as sensitive polarities in the vegetative centre: I reject, destroy or escape from that which might harm me; I take, go towards it, and incorporate that which could benefit me, thus allowing the vegetative centre to complete this action in its nutritious phase of the digestion of foodstuff.

The lower centre and the implantation of the project on Earth

The lower centre is located at the level of the coxis and sacrum joint, right in front of the coxis. From there it radiates throughout the back of the hip, the gluteal zone, the back of the legs, the entire sole of the foot and especially the heels and the outer side of the legs.

The lower centre is in direct relationship with the centre of the Earth, and has to do with taking in and letting go of the Earth's energy, with gravity, with weight, and with the mineral kingdom. It is a fundamental centre for standing upright, and has undergone extensive change as human beings learned to acquire verticality upon the Earth. Its activation produces confidence and stability. This centre is capable of recognizing an adequate place through direct connection, and is therefore in charge of rooting and implanting the project on Earth; that project which began in the crown center merely as the fluttering of an angel's wing, and kept unfolding in this journey through the centers to find its earthly residence.

CLUES FOR A NEW EDUCATION

We know now that we have different kinds of intelligence, which are also different types of energies organized in energy centers in our body.

The energy centers represent universal energies in us. We carry in ourselves the energies of earth, sun, moon and stars; the energies of nature: the mineral, vegetal and animal kingdoms.

What would it be like to live aware of these different aspects in ourselves? It would surely change our life in ways we can't possibly imagine.

And following are our suggested clues for a new education:

- Look for ways to teach small children not to forget WHO they are and WHERE they come from.
- Use methods to awaken these aspects that now lay unconscious, with children as well with youngsters and adults.
- Start educating through the body, going from sensitiveness to awareness.
- Help acknowledging and recognizing the different intelligences. (Energy centers).
- Help aligning and harmonizing these different intelligences.
- Get them to dialogue with one another.

In this way, our Creative Power is developed, allowing us to get the best out of our natural talents and individuals skills, without undervaluing nor disregarding any.

INSTRUMENTS WE USE IN RIO ABIERTO

We use movement, massage, breathing, the voice, dramatization, art and meditation, in order to:

- Mobilize and loosen up body blocks that imprison us in fixed ways of being, attitudes and behaviors.
- Revitalize and strengthen weak or underdeveloped areas.
- Express and make conscious the physical armors.
- Free up and make available the energy stuck in conflicted areas.
- Experience all the rhythms and modes of breathing.
- Relax physically, emotionally mentally and spiritually.
- Turn thought into consciousness.
- Acknowledge our essential Self and thus recover the meaning of LIFE

The Río Abierto System should be experienced. It cannot be fully translated into words because it works largely with our right side of the brain and our intuition, as well as with body awareness and sensitiveness.

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