



Experience Living Liberation by Cultivating Jivanmukta

By Cindy Silbert

Author, Creator and Life Cultivator

Among the many books at my bedside is “Sacred Sanskrit Words, for Yoga, Chant and Meditations.” Sanskrit is an ancient language from which all words originate from the primordial sound of Om. Although I’m new to chanting, I’m a firm believer that these sounds and words truly do transcend space and time and connect you directly to the infinite potential of the Absolute, God or Universe depending on your beliefs.

My most recent flip of this book lead me to the Sanscrit word *Jivanmukta* meaning “someone who is liberated in this lifetime”. I connected with this word deeply as I believe this is what life is all about. *Jivanmukta* is derived from the verb roots *moks* – “to liberate” and *jivan* – “living”. Although many spiritual traditions believe that it’s possible to achieve enlightenment while still within the physical body, most focus on accessing the spirit or consciousness separate from the body or by leaving the body through Meditation or other practices. Likewise, enlightenment is believed to occur when ignorance (*avidya*) has been eradicated which means transcending the limitations of the human condition such as fear, greed or ego – a.k.a being human. Day to day we’re up to our eyeballs in “the human condition” yet we long for enlightenment as a source of peace and happiness.

I am convinced that most of us can’t unthink our way to enlightenment or meditate our way there either. What you can do is get out of your mind and allow your body to awaken Living Liberation. Express your spirit through your body as you breathe, talk, work, love, live and create. Listen beyond your fears and worries for your true desires and allow your body to be a vehicle for your spirit to connect with life.

The jivanmukta lives in her body, but is not of it. Fully embrace all that you are, feed your true desires but do not be attached to or controlled by your needs, wants and fears. Cultivate jivanmukta by celebrating your body and embracing the sensuality of life. Consciously feel your feet connect with the earth each morning, savor in your favorite dishes or desserts, sink into a hot or cool bath, or the relish in the smell of nature or essential oils.

Say, “Yes!” to everything or just say “Yes!” through out the day as a mantra. Awaken and enliven your body, increase your vitality and vibration, and *jivanmukta*, Living Liberation will be soon be yours!

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