

Tenets

Body tenets are laws contained within the domain of Body to encourage fulfillment on the path of Body. You must create your own tenets and renounce tenets that do not aid your path. Tenets create freedom; they do not restrict it.

Do not neglect the body domain

At all times of life, you must pursue body mastery. Technological progress push to make the individual use the body less; the individual must push back.

This applies to parents. This applies to the elderly. All times during life.

The body is an orchard that must be cultivated in all seasons. If the orchard withers, you die soon after.

As you should touch each domain daily, training the body is required once a day, in any capacity. Sometimes training is a brutal session that leaves you crawling, other times it's low-intensity walking, or recovery activities.

Controlling your weather

Controlling your breath is controlling the weather inside your body.

Controlling your weather gives commanding power over your inner climate.

Your breathing should be deep, conscious, controlled, and manual at all times.

Proper Posture

Proper posture improves all things across all domains. It is an inherent mastery. There are no downsides to maintaining perfect posture.

Body anchoring

Body domain stillness is an inherent path to mastery. Stillness of the body encourages stillness(purity) of the mind and the spirit.

Be still while holding no tension in the body.

Relax all the muscles--the face, the fingers, the toes, every muscle; body scanning not for sleep, but for stress. Hold no tension. Sometimes you must body scan and relax each muscle one by one. Body scanning is effective to engage in before sleep to promote sleep, but can be done anytime.

Stillness is the proper appearance for a wanderer. Controlled and mastered.

An unstill body part, like a tapping foot or a twitching hand, demonstrates a lack of mastery over the body domain; but not always. Fidgets can be the body domain's way of crying out for attention, like an anxious dog who hasn't received enough physical activity.

Practice being as still as possible as an inherent mastery.

When you move, move deliberately. Otherwise, the body should be still and all muscles should be relaxed. Do not hold tension in any part of the body. When you observe tension, flex the tense muscle, then let it go.

Authentic sexual experiences

Do not pleasure yourself. Self-stimulation is the pursuit of pleasure which cannot be fulfilled.

Inauthentic sexual experiences are negative for the Body, Mind, and Spirit(BMS), where love and authentic connection is rewarding to all three domains.

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