

Excerpts from
Being in the Body

**Metaphysics of the Physical
and its revelation in somatic experience**

**Part I
What Body Is
Essence of the Physical**

A -- Origins: The nature of the body

**I-A-1
The Primordial Physical**

The real nature of all physical is a living swinging singing flow of love. Everything moves in an all-including harmony by way of smoothness and tenderness. Everything is perpetually giving itself away, overflowing of its fullness. The Real Physical is fullness and abundance itself, born from the source, which is absolute emptiness itself. The source, although completely vacant of anything, bears unlimited potential to express itself. All form is expression; its life doesn't come from itself, but is unendingly nourished by the pure being. The All-Physical is the manifestation of pure being, and as such full of its living, pulsing, original sacredness. Nectar fills and flows in all the physical. The Pure Physical provides a never ending stream of wholeness, holiness and healingness. Whatever seems to emerge and pass away in the Real Physical, is always only a balancing movement pulse of turning into something and letting that something go again to reshape itself into another something. Form is in perpetual transformation and thereby unendingly evolving. The dynamics of apparent evolution and involution of form provide the basic rhythm for the actual evolution of consciousness, which is the self-expansion of god that constitutes reality. Experience, which is the capacity of a certain build-up of form to perceive a particular perspective of reality, is a reflection of the whole in its part. In the Real Physical, there is no personal identity. It is one whole. The lower, or more primordial a physical form is, the less identity it experiences (e.g. air doesn't identify with being air); the more evolved a form is, the more it identifies with itself. Human form is the apex of that; man, through his mind, identifies himself with the individual body in a way nobody else is able to. Human form is also the only one that is able to consciously drop back, to let go of itself, to realize what it really is; to realize that it *is not* this form. When this awakening includes the physical, is realized on the level of one's atoms, finding out that they are in union with the All-Physical, then the Real Physical opens up in consciousness. You realize yourself as being part of one flow, and you realize yourself as being this one flow. Then you are really here.

The body isn't dense at all. It only appears dense for a consciousness that is dense. The body actually is living, pulsing awareness. Within every little part of it, there is being, there is only being, there is being right out here in from. Let yourself drop into the body's mystery. It is a

compound of a million doors into the infinite. The body is the infinite. Not its appearance, which keeps changing and is continually passing away. But the very being of every cell is eternity. The awareness of eternity in you will see that and be that. It's only the mistaken awareness of identifying with the limited that will only see limitation. It is that awareness that locks the body into time and space. The actual vibration of the body is like the actual vibration of time is: time is endless, time is never just a specific time frame. When you identify with a specific time frame that is presented to you, like a life span, you'll be blind to what there is. You'll think that the little part would be the whole. It is only a part, through which the whole keeps moving through. Your body, too, is such a part. It is like a drop in the ocean. How could one be able to distinguish a drop that flows in the ocean?

There is this deep intrinsic love within the earth and all of the living beings upon her. It is an ever present love; a love without question; all of the earth and all of the living beings are filled with this love, they *are* of this love. It is very different from what humans mostly define as love: there is no emotion to it. It doesn't change or go through phases. It is there, all of the time, all of the time. It is not so much an experiential love; it is an existential love. The body of each living being knows it. No flower could grow if not being fully bonded with the earth through this love-oneness. The same is true for a human body. The love or no-love drama of the human mind happens outside of that, on top of that. The more attached one is to the drama of human mind-driven interaction, the more aloof one's experience is kept from the basic love bond. Yet the grass and the leaves and the trees and the waters and the fishes and the winds never leave that space. They are all fully in it. Completely immersed in love, one with the original stuff they are made of. Every living being, through its very presence in a physical form, keeps hearing the heart beat of its mother earth. The heart beat is the same when a flower blossoms as when a flower withers. The flower is filled by the very same, while blossoming or while withering. Such is the love of the earth for its living beings. It doesn't restrict the love to a present form, while all of the present form is filled by love. It doesn't relate differently to coming into life or fading from it. There isn't anything pitiful or cruel in the eating and been eaten in nature. It is individually experienced as a loss, and a pain, but that doesn't reduce at all the love that is and that flows in any case. When you watch nature's play through your conditioned human form-attached mind, you may find it sad or wrong. You may even come up with a wise sounding spiritual philosophy. You may then call physical existence an illusion that is to be overcome, and use this to even further separate yourself from the present love flow. You'll have to deny your own body's intrinsic knowing. To really drop through this existence, there cannot be a denial. There can only be the unconditional acceptance of all of life as it is, without holding on to it; a simple readiness to let it all go. Then you are open to SEE existence. When you watch nature's play from a physical heart knowing, you're just amazed, you stand in wonder by the beauty of the pulsing, changing, dynamic oneness flow expressed in an endless coming and going of forms, all merging and melting into each other, sprouting from one another and for one another, the individual existence always being in surrender of the whole that it is nurtured by. Existence is purely good.

Consciously let yourself be a living body being, loved by the earth.

Don't think it or affirm it in your mind: that won't bring you closer. Drop beneath your mind drama, humbly drop down into being, and let yourself dilute into an original physical presence. Go into nature – it is there, all over. Let yourself be carried by that. Realize your interwovenness with all life. Your tissue belongs to a greater tissue. Your body is made of earth. You belong to the earth. In that belonging reside. It will make you originally human. A human being that is no longer

original, will in some way destroy the earth. It will hate the earth for this love it cannot reach or comprehend. It will try to gain advantage from the earth. It will painfully separate, and if sitting alone in the woods, it will feel lonely and unfulfilled, not able to stand itself. Let yourself return, let your heart return to the heart of the earth; then act in the human world, and there will be a groundedness and originality, and innocence, a disattachment, a warmth to all of your actions. You will be more deeply originally physically human than most people. Yet your body will be directly, instantly able to connect to the same originalness in all other bodies you encounter. Your cells will speak earth. They will remind other people's cells of their belongings. Your body will do a reunification job. It will keep beating "love...love....love...", just as the earth does. It already is doing that. If you can't hear it – listen to the body of a grass leaf. It will sing it for you.