

I-A-2
The One Wave

First
there is
the One

From
the One
comes
the Wave

The Wave is the
One movement
of all life

In all life there is the Wave
Wherever the Wave goes life is

All life comes from the source
~ the wave moves out ~

All life returns to the source
~ the wave moves back in ~

The Wave itself is eternal
The Wave of Eternal Life

Trust the Wave again!

Let the Wave overflow you
Let Her wave through you
Turn into the Wave

When you become the Wave
eternal life is flowing through you

You being the Wave
is you being life

You and the Wave
are One

The Wave is the physical expression of love.
Being in the wave flow is being flooded by love.

Lovelessness cannot pulse, it doesn't know how to flow.
Love embraces everything. Love warmly includes the lack of love, and the hurt of love, into itself.
The Wave can pulse through the broken Wave and heal it.
Your heart can be at home in the broken Wave.
Through such a heart the Wave can uninhibitedly flow.

Trust The Wave

means: comprehending that the One Wave of life is able, at any time, to flow through you; and where it is stuck, it is able to come back into flow again. Just one thing is clear: You will never be able to control the wave. It will never move as you want or as you expect it. It is always surprisingly new. It is newness itself: it always brings about a *new* form of life. With the next wave cycle it has completely renewed itself. Just as the same baby is never ever born again, every physical process is a new unfolding of life into form. It may seem to be the same as the one before, because it follows a certain pattern, but the flow in it is absolutely unique. Every healing process is unpredictable, individual, and certainly not the way you thought it would be. That's the beauty of the Wave. That's why all you can do is – Trust the Wave.

If it seems not to flow at all – it doesn't matter!
It doesn't need to. Don't force it.

Just be still. Trust.
Be open and available.

When the wave comes to you, surrender. Go with its flow.
Don't push it any further. Don't do anything with it.
Let it happen.

When the wave leaves you, surrender. Let it go.
Don't try to detain it. Don't do anything with it.
Let it happen.

Trust The Wave.

The wave binds everything into herself, integrating all aspects, uniting the poles, healing the broken parts, turning everything into a whole.
As the absolute, everything *is* always a whole.
As the relative, everything *becomes* whole, by the wave.
Becoming means integrating. Integrating the different parts, poles, experiences we go through.
Experientially, things appear to be apart. If we identify with the partial, and keep restricted to that,

we do not become whole. We become more separate. The break in the wave increases. Integration comes out when we move in flow with the wave.

On passing through the wave, you won't see the wholeness of it all. When you're on the top end, you'll feel just high; when you're on the bottom, you'll just feel low. Yet truly, it is always the One Wave. When you are within yourself woven into the wave, then you intuitively know that. You are bound to a greater flow than just your own present personal experience of low or high. You are in the wave's flow. You are part of something, part of the wave. It gives you a wonderful natural warm sense of safety. A sense of your body belonging to life.

Within this body
I am the wave
I am the sea
I am the ocean

No matter how
it may have been broken
deeply hurt and blocked by the shock of the pain
still underneath
it sprinkles and thrives and lives

The body is the Wave
The body is life
Drop back
Back into the presence of life
here in your body

You'll find the flow
You'll find the Wave

The Wave will wash it all away
The Wave does wash it all away

Surrender

Let it move

Let the wave take over