

I-A-6
Organic Beingness

Let things grow organically.
Let things unfold organically.

From deep within the earth,
 roots sprouting,
moving up towards the surface,
 rising up into the sky.

Let things grow the way bodies grow.

Bodies grow on behalf of their own innate wisdom.
 Body knows how to grow.
 Your mind doesn't have a clue.
 So trust your body.

Let things grow the way the body grows.

Intimacy relates to the body only through being intimate with it, and the body instinctively understands. Nothing else the body ever really knows. To anything else it just reacts by contracting. That's all. Feed the body your mind, and its ideas and concepts, and it will just contract and keep existing like that.

Feed the body that nourishing intimacy that you really are within, and the body will suckle, it will be nourished and blossom and grow.

It is all about an organic beingness, an intrinsic knowing of the cells of belonging to the whole, of vibrating with everything in a synergetic flow, of having an effortless, natural, undisrupted connection within. It is that which lets one be whole. A body unit in the all unit. Union of body and all. Essentially, we all swim in that. We do, the whole of our body does, we can't ever get away from that. Yet the separation, in which we, through our mind, perceive ourselves to be and on which the human world had been built, lets us be unaware of the fact.

In modern society, there is the worst alienation of this organic beingness that has ever existed. The more primitive people live, the more of it is present. People who live close to nature tend to have a bit more of it than people in cities. You may feel more of it between family members than between others, because the organic connection is more directly interlinked. It tends to be more present in southern countries than in northern, more in workers than intellectuals, more amongst peers than strangers. But it's only a tendency. Largely, humanity as a whole lives in separation from the rest of life. Only in small children is it alive. You'll be able to realise it more clearly the more you re-discover it in yourself. Most grown-ups relate to children through their own disconnectedness within. Children learn to evolve their personality gradually moving away from that connectedness,

rather than organically growing into human potential from the good ground of real aliveness. The organic beingness gets weakened and distorted instead of carried through and stabilised.

This is, however, a reflection of the separation of consciousness, not the original separation itself. It is the most essential, direct reflection: when you divert from true being, you automatically divert from true form, from the earth, from the life pulse. Because matter is truly being, it is born from it and filled by it. When we identify with the ego, we disconnect from matter. We alienate ourselves from our own bodies, and from the body's intrinsic connection to all life, from its organic beingness. The old eastern teaching that it is matter that separates us from being, is a misunderstanding. On the contrary: Incarnating bears unlimited potential for consciousness to express itself. It is the identification with the appearance of limitation that limits awareness, not the physical itself. When we let go of the ego illusion, we reconnect with the reality of matter. As matter is substantially slow and heavy, it takes time for this reconnection to be established, it takes much more than the awakening to the Real Self. Just as the disconnection took about a full childhood to take form. The original separation of consciousness took place very quietly, very unseen, and had nothing to do with the influences of the world around it. Consciousness just did it. In the same manner, waking up is absolutely unconditioned by any conditions around you.

It seems to be an irony that the reconnection with the organic beingness usually takes place in a single, probably very lonely person. But that just seems to be the process. When you are organically connected you'll often feel more lonely being with others than being alone. Sitting alone in nature it is just SOOOOO much there. Hanging out with people it is just so much missing. It is sad, but it is that way. Yet I absolutely *know* that the organic beingness can be present in a commune of people. This is my vision and is a purpose of my work. My body work serves organic beingness.

In some way, children just *know* about this. Their bodies live it. They move, they flow, they are supple and smooth, they love and enjoy being in the body. The younger they are, the more they are in it. Little babies are totally awesome. Their bodies are amazing. Just soft, soft, soft. Their smell is the essence of being in the body. Clean pure bodyness.

Every age has beauty.

The more someone of any age can be the body of a baby, the more his or her particular beauty can shine through his or her present age body.

The more a body loses of its original babyhood, by armouring itself away from it, the more hidden the beauty will be.

Then the beauty is still existent, but so unconscious, that when you look at it, it will be very shy.

Respect that shyness and silently relate to it.

Then you'll see the baby in each body.

If you touch a body, touch the baby it is.

Touching like that will make you trustworthy of touching.

And, you will be instantly trusted by the body you touch. Even if that body isn't used to such a touch. "Respectful touch" isn't the right word; that's just a mind substitute for it. It's so instant, unmistakable, direct, intuitive, *physicative*¹ and empathic, that it would go against what is right, just because it wouldn't know how to.

¹ "physicative", "physication": I coined this word, standing for intuitive on a physical level. Not just any kind of intuition, but the body's intuitional capacities; the intrinsic knowing of the body and its means of communication.

Children physically know about this. They love to be close to a body that their cells trust. They quickly move away, or keep distance as soon as they sense untrustworthiness. This mechanism works perfectly, unless of course a break in the life wave has occurred. Then one starts choosing via mental preference. Confusion takes place when the child senses, but the grown-up doesn't and misinterprets the child because of looking at it through his mental filters instead of through his own physicality. I watch those misunderstandings often in adult-child-interactions.

I love to be with children. We relate to each other and flow together in way that doesn't happen very often with grown-ups. With children it is just here. With grown-ups it pops up here and there, even though in the cases when it is here, it can go much deeper with grown-ups. That is because of the dynamics: the physicality of children is generally faster, so it moves through quicker and stays more superficial. Grown-up's physicality is slower, so it can take deeper roots. But in most cases, children are present in their organic beingness and adults are not. If you're not living in organic beingness, you'll be separate from (your) children and probably often unnerved by them. Children like to awaken you to organic beingness. Let them. You'll have a lot of fun.