

B -- Destiny: The transformation of the body

I-B-1 Really Being Here

As deep as you can let go of your body,
as deep you can be in your body.

Your body is not of itself, as it is not from itself.

Body is of where it came from. Body is of being.

Let go of your body, any moment.

It doesn't need to stay, it doesn't need to be kept any particular way,
you don't need to experience it, you don't need to get anything out of it,
it doesn't need to change and is allowed to change any way it does.

Total non-attachment living in form.
Freedom of the body living in a body.

That is being a living body.
That is living a being body.
That is the body living the being.

Such a body is free.
Free from being stuck to itself.
It is gracious physical presence.

Being and Body reunited

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Our body will not be free before our awareness is free from being limited to its own illusory creations. Bound by the mind's desires and dreams body is stuck. When awareness returns home the body tunes in. Then you find your body flowing with the heartbeat of all things. In a living dynamic pulsation with life. Free of effort and tension. Easy. Relaxed. Vital. All by itself, without doing anything for it. That is health. That is real breathing. That is real physical living. Enjoy!

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Turning into the body is turning into the intimacy that is there. Intimacy, living flowing intimacy is what the body is made of. Yes, it is made of the elements, but what lets the elements live is intimacy, and what lets them combine and exchange and compose and flow into each other is intimacy. So it is that intimacy in you, when you open up to it and are being intimate with it, that

opens the door into your own body. Then only you can *become your own body, be the body*. When you are split inside as consciousness, living in an immanent separation, then you exist in a body, and you carry it around through life, but you are not really the body, you are not one with it.

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It's the intimacy of being that makes the difference. Are you intimately being with your body, in your body or are you just doing things with your body? The deeper you are rooted in the illusion, that what you are is this body, is this form, the more you're separate from your body. Then whatever you do, with your body, there is no inner connection with it. Because the inner connection doesn't come from the body, it cannot come from the body. It is of your being. It is in the invisible. It is not being in a *body*, it is *being* in a body. When you are rooted in your being, while walking in a body, then only you are being in a walking body. Otherwise you are some kind of idea running around on two legs.

When the invisible moves in the visible, then the invisible is visible. Then your physical form speaks of where you came from. It's the space where everything in existence came from. Then your cells communicate that space to the cells of all the other bodies. That awakens their cells. People may or may not realise what's happening, but their cells clearly know.

It is the alchemy of the body. It is all mingling with everything all the time. When two bodies sit next to each other, something happens. Your cells are having a little chat with their neighbours. And as ignorant as you may be of that, you can't stop them chatting. Even when you sleep, they go on whispering. And if your body dies - your cells go on communicating! They transform, your body returns to the earth, there's a melting, a merging....it's a huge cell-abrations!

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If you are not engaged in essence, you're missing out your physical life.
Really, you're missing it.

A physical experience may be pleasant, or it may be painful.

The essence of that physical experience is
awesome, nectar-filled, ecstatic – in any case.

Like that physical life can be.

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When you as consciousness open up, all matter opens up. Everything speaks the truth. Everything shines, lightens up. The real, eternal, formless shines through its form.

Form is all of IT.

For that to be realized, it needs you.

When you open up, it is been opened up.

Truth then flows in form.

It's what the shaman sees and tells him what to do. It speaks of present, past and future and of

everything you wish to know. If you ask with your limited mind you'll only hit walls, everything will be so dense, so hard, so impenetrable. If you truly ask, truth reveals the truth. Through form.

Form is the messenger of truth.

Everything is an oracle.

Just look.