

### I-B-3 Embodiment of Everything

The body isn't a something, it isn't a fixture, it is an integrational process. The body process is the ongoing moving of consciousness into form.

Whatever happens, eventually lands in the body.

All that the body does, is to keep embodying and embodying and embodying. It keeps physically processing reality. The more you drop as consciousness, the more finely you realise both the incredible never ending subtlety of the process and the amazing limitless magnitude of it. Your body is able to process everything. Absolutely everything. When you let it, it takes place. It actually takes place anyway, but the range of that process is much more narrow as long as you keep your awareness restricted to your Ego. As much as you open up as consciousness, *and let the body integrate what you opened up to*, the wider the energetic charge that each cell is able to carry and move through the manifestation game. In that the body expands. It becomes an increasingly growing container of consciousness.

\*\*\*\*\*

Dance that wouldn't arise from needing to move, neither from wanting to express but from an realized oneness with what is in form, from a rapport with things, a resonance with the movement of objects in this life. Every object is alive, it moves<sup>1</sup> in its own way, is of a specific texture and shape. Knowing this in your own body, brings a oneness of you and the object you're knowing in such a way into form. Not watching it, relating to it through what you think this object is, but through intimate interaction with it. Just like a little baby looks, listens to or touches things, for the very first time in its life, innocently, openly. That's the way one can move through this life, one can dance in this life. It's really a cosmic dance, dancing through your body. The amazing thing is that we can actually do this. We have the capacity to be as one with everything, and not just in a space aloof from form, like in deep meditation, but in a practical and physical way. And we have the capacity to express it. You can dance what a bicycle is, you can dance what a fly is, you can dance what the wind is, you can dance what subtlety is, you can dance what an eyesight is, you can dance what an ameba is, you can dance what a nasty sound is, you can dance what hiding is, you can dance what forgetting is, you can dance a hazelnut, you can dance a star, you can dance any reality as well as any absurdity. And for this dance to be going on, you do not even need to do any dancing (but you can, if you like). It is already going on. Notice it, and let your body dance with it. What a dance.

\*\*\*\*\*

Starting to embody everything is freely letting any energy that comes to you move right into you, and fill your body. You are then cellularly feeling that energy, and in you resting in that, while it is allowed to stay in your body, it becomes transformed. It comes to rest, when you can be at rest with it. You let your body be a home for it. Then it finds a home. Your body is the mediator. It is the channel through which the process takes place. Until it reaches the physical consciousness, and moves uninhibitedly through someone's body's cells, the transformation isn't complete. It only happens when you consecrate your body to be the mediator. No personal preference or attachment can be there at all, because that would activate only the self-survival reaction within your body. Your true body isn't a reflection of your lower basic instinct. Your true body reflects your all-

---

<sup>1</sup> Even apparently still standing objects are in movement, within.

including unconditional beingness.

To live in such a body is to embody selfless service. It is very subtle and unseen, and no credits will be given to you doing that. It is just a natural happening once you are awakened and sensitized enough. It evolves gradually, through time, proportional to your readiness, and very smoothly. When you know how to rest in the depth of this living, streaming, flowing body, then you can rest in this bodyness even when you experience restlessness and tension, may it be produced by your own distorted mind patterns or by those of others. Your body is a carrier of energy. Deep within itself, it also knows how to heal and resolve energy. It only requires your total commitment to simplicity of being and loving trust in the original life-energy that is inherent in your body at all times.

\*\*\*\*\*

You're here to wake up in the morning and expand, flow into every little living thing that comes your way. Not to consume anything, but to become everything. When you see a cat, become it. When you see a bath tub, become it. When you take a shower, become the running of the water. When you look out of the window, let your awareness expand into the landscape. When you feel hungry, become the hungry feeling. When you eat, merge with your food, and merge with your processing it. When noises penetrate your ear, dissolve into the sound.

You came through the body of your mother and now you are on the body of the earth. You've been born out of a womb. You also have been born into a womb. This womb is all of existence. You are always carried by this womb, that is the passive part. There is also an active part in you corresponding to that: You are to be born out of the earth. Then your body slowly slowly grows into a womb that carries the earth in its belly. Your life in existence is then a giving, your physical interaction bringing something deep into life in form. It produces something, a substance, that, on the physical plane, manifests being through your body. The body may become able to physically create out of itself. Eventually, the body gives birth to the earth.