

**I-B-5**  
**The Evolutionary Frontier**

We have lost our intrinsic physical oneness connection with all life.  
We have lost it, and now we can let it re-awaken within our cells.  
The matrix of life is still there, in all of our body's cells, all the time.  
Connect into your cells, and let them awaken.  
That will re-awaken the connection to all life.  
When we awaken, life itself will awaken.  
This is the beginning of the transformation of material existence.  
The key is here, in this very body.

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The body is of a lower vibration than what you are as consciousness. There is, of course, no judgement against what is lower; it isn't that the lower has to be denied or overtaken by the higher. It is to be completely welcomed, embraced, and taken care of by the higher. Your body is just like a little child. When you mistreat it, it suffers. It starts to cry, asking for attention, not understanding the world any more. When you continue mistreating it, it gets traumatised, and distorted. When you give it your loving care, it blossoms, and grows.

You are responsible for your body. You are to guide it, to raise it, to nurture it. The body most naturally follows you. If you are goodness residing within your body, naturally and effortlessly you will do what is good for your body. Your body responds with health and beauty, with aliveness and smoothness, with accuracy in its activities and a grounded presence of ease. If you, the higher awareness, densify yourself and keep yourself lower than what you are by selling yourself to the lower, then the body, the lower awareness, responds by being distorted, tense, gradually deteriorating, self poisoning and creating dis-ease. You experience general physical discomfort and a not-really-wanting to be in your body.

Reducing yourself to the lower, by identifying as consciousness with this physical form, is a denial of what you are. Just as children inherit and take on the patterns of their parents, the body reflects your way of being. Either you match the lower, which keeps the lower stuck, or you match the higher within, which allows the lower to transform. That transformation is a very slow process, and one which hasn't yet happened in the physical body. Now, as humans awakened to themselves keep living in the body, the human body gets carried on. The body is about to grow up! To no longer be just a child, bound to its primary instincts, but to become able to move in ways that exceed its former animal conditioning. If it knows it can trust you, rely on you, come back home you, and is supported, then it will find its own authentic way. It will do it all by itself. It will naturally come out of itself, just as natural as its worldly functions came into place. You will just be there, present, attentive, surprised, and maybe a little proud of what grew out the fruit of your loins.

What is however *so crucial* in this, is that you cannot be a good parent if you do not know, understand, feel and truly see your child, and if you cannot be a child yourself. To find (some of the) the higher awareness, and be separate from the lower, identify yourself in that separation ("I'm a grown-up!"), and then try to super-impose yourself on the lower, is not at all the way. This is being done so often, both in child raising as in dealing with the body. In so many spiritual groups such arrogance is even magnified. That is why my work is first and foremost about coming back, reconnecting into the body, into the natural, into the lower. To truly rise, you need to have good roots. To enter the future of the body, you have to integrate the past of the body.

The body is ready!  
It all depends on you.

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I have less than a skin

I have less than a skin  
That does let everything in  
Sometimes painful, sometimes pleasant  
I find what is around me  
within my own body

Absorbing this world, the cities, the physical ignorance and tension-structure, weakens my body. If I relate to this weakness from my old personal pattern, I collapse; then I lose the structure of my body. Then I do not only have less than a skin, but less than a body.

When I resist the influence, building a protective armour around my body, my skin becomes callous, and my body with it.

The potential of this is, when I, through the weakness - and while letting all into myself, as it is - find into the strength inherent in the body; the power to transform what is without, within myself. That invigorates the body from a deeper source than the surrounding. Such a strength isn't in denial of my weakness, on the contrary; it is an outcome of allowing myself to be so weak. Weakness is the doorway to genuine inner strength.

Body is dependent and interdependent on surrounding, but it is also inherently self-sufficient. There are people who live only on energy, no food, breatharians, I met several. It only can work with a body connected to or rooted in the source within the body. Without this connection, body is bound to deteriorate. Particularly in the nowadays polluted world. Having such an open skin does make one more vulnerable. However, in creating an armour you add to the pollution; you self-destroy your body with hardness. The source deep within the body, which is where the body comes from, is limitless, and has unlimited potential to physically deal with circumstances. The pollution, speed, tension, and madness of the modern world puts us at a crossroads: either it destroys the body or, if we let ourselves open up to it, it pushes the body to draw from its source. That triggers the creation of a new body from within the body. The body is able to bear a body out of itself. We view evolution as a process out there; but it really is a process in here. This is obvious, but still when one speaks of the evolution most everyone associates that with something that happened long ago, somewhere else, while it actually happened in here, in this body, and it keeps happening. You may say it didn't happen in *this* particular body; but what else is this particular body than a part of the unbroken chain of all bodies, result of the evolution, a segment of the continuum. In terms of our life time, it seems to be a very slow process. But in every body that lives on earth, a little little bit of it *is* taking place, is moving forward. When you consciously awaken to this evolutive drive in the body, it quickens the process. Your body starts to transform. It is breeding a body fit to survive a deadly world. Such a body changes the world. Chemistry outside responds and adapts when your body changes its chemical make-up inside.

Biology outside adapts when your body evolves its biology.

And for the first time, this is a *conscious* process; however, uncontrollable by the mind. We have to surrender ourselves, in context of this body, in context of this world. Then it can happen.

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Earth, water, fire, air are the material carriers of eternal being. They move into existence exerting their origin in fusing into particular forms, which are particular expressions of the One. Human body is the most specific and refined working of the elements; it is the master piece of god, the alchemical essence of all of nature's flux; the one form where form carries the potential of transcending itself through itself, transcending form through form.

This whole physical existence is like energy moving into reflection; at the point of evolving into human body, it has reflected all of what it is into one form, a form that, because it does contain everything, contains a self-transcending element, human awareness, the only awareness capable of realizing itself, and that realization can happen only through the form, through the body, that is a manifestation of its own source.

So we are at a threshold. So far, humans didn't carry out this potential. A sophisticated mind has been evolved, on one hand, on the other we remained stuck in our bodies; actually we made them stuck by sophisticating our mind, because we did it *away* from the body. We were growing while cutting off our roots, which obviously dries out the plant. When the physical nature is denied, bodies are bound to get sick, and we brought it to such an extreme that the whole earth is bleeding from our separation. True growth, real evolution can only take place when we fully embrace and integrate our physical nature. Such integration won't happen in the old, self-restricted, mind-bound consciousness. It will be brought about by a new consciousness, in form, spreading its roots back down into its physical origins, awakening them because it is awakened to itself. From there, a completely new plant will grow. We will live in a body utterly different from how we perceived it so far; the change of consciousness changes form. Our body will transmute from a reflection of limitation into a reflection of the unlimited.