

## II-2 That precious gift in your care

The first thing to do for my body, in favor of my body is to Stop inside, to come to real settled rest. To not keep hurrying, running, stressing myself. To not look for more - not even more bodywork, more relaxation, more comfort around me. Just coming to gentled rest inside. No need to do something for that. Cleanness within. Such a pure, quieted being within, and that being enough. Then I can do with my body, then I can move, then I can allow expression to take place. Me being full of good care, being a good caretaker of my body. *Not making myself more sensitive, but letting myself be more real inside of my body*, right here where it is placed right now.

The body is not a means, it is an expression. Nervousness expresses ungentle beingness within, uptightness, restlessness; hypersensitivity expresses the lack of a grounded real full gentleness base inside. Genuine gentleness within, finds itself in a gentle and solid body. A body effortlessly able to get rid itself from viruses, germs and stressful hormonal chemistry as well as polluting influences. A body knowing how to balance and find balance. For me the first is the gentleness within, here, now. The body heals when I heal first.

This has *nothing* whatsoever to do with bodywork. It has to do with my way of being in everyday life. *How* do I perform the actions of my day to day life? What I am really actually practically doing- with my life, with my energy, with my body's actions and the application of my body within normal movements. To really let myself see and awake to that, that is a practical daily healing job. Very light, direct, natural, effortless and practical. It is in fact happening all the time. I let myself SEE it, awake to it, and rightfully change it, if needed, to come into profound balance.

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Being in your body means: just be with it.

When you have problems with your knees – take your time to be with them. Massage them, rub them if they tend to be cold, hold them while you move them, watch how they move. Sense them from inside, listen to them, talk to them, gratify them, serve them. What do they do when you sit, when you walk, when you stand? How can you accommodate them so they can feel okay? Just be curious about your knees. Be tender with them when you move. Move them the way they tell you to. Enjoy the smoothness of the joint. If they hurt, relax. Breathe into them. Postpone any activities you have to do. If they need you, give them. Don't wait until they get really sick, and then you MUST stop. Just love your knees now. Treat them as you would treat your little baby. Care for them, pamper them, check for their needs, play with them, love them and enjoy how beautiful they are.

And of course this is true for any part of your body. I write about the knees because I just went through some problems with them. Caused because I gave too many bodywork sessions on the floor, which put strain on my knees. It is so important to take good care of yourself if you're to take care of others. A good bodywork session is when the bodyworker enjoys his own body and enjoys the client's body and enjoys the play between the two. A bodyworker that just wants to help or do good to the client is a horrible bodyworker.

To me giving sessions became more and more: Just relax, enjoy and respond to what is there. That deeply satisfies my clients. And this is not a new technique you could learn. It's a way of being. Being in your body.

Being with your body and for your body is so easy. It's natural. Cultivate it. It is as easy when you are sick as when you are not. Nevertheless, cultivate it while you are healthy, and that may prevent

many diseases. In terms of being there is no difference between healthy and sick. In terms of practical effects it is much easier to work with a body with some light problem, and prevent that problem to grow and manifest, than to address a difficult circumstance. So if anywhere in your body there are some light problems, start now to address them, to really take time with them, to take good care of them. Be with your body now. It does pay back. Your ignorance you'll have to suffer. Your loving care you will enjoy, because it is enjoyable now, while you give it.

**Enjoyment of your own body is the best care you can give to it!!**

By no means it is a waste of time. Don't believe the life philosophy of those living in a stressed, tense, uptight body. They may be in the vast majority, and they may rule society, but that doesn't make it true. Physical comfort is a higher value than material achievement. In our society, everything is lined up to achieving, while the only one who is able to enjoy achievement, the body, is ill-treated so heavily that by the time something is achieved one isn't able to enjoy it. It is so absurd. Our materialism is anti-body, and anti-life. It is sick. Healthy materialism is good on the body, appreciative and relaxed. Such good materialism would not exploit and destroy the earth. It would nurture the earth. When you know how to be nurtured with your body, you irresistibly will nurture the earth. The opposite is as true, and unfortunately to be witnessed most everywhere in this world. Don't buy into it. Do care for your body. Enjoy, and take all the time you need for it – right now, particularly if there is no reason for it!

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You really *can* be in contact with your own body.

This is the message of my work.

You are not helpless. You are not an ignorant in regards to your own body. You are not a victim of symptoms.

You *are* this body. It is not some un-understandable, complicated, high-tech machine that only specialists can deal with. In *some* way that may be true; yet there is this much more tangible, practical, direct truth, that is so obvious *and* so often overlooked: that YOU are your body, YOU are this intelligence that moves your cells, that is responsible for the functioning of the body, that creates the imbalance as well as the balance that is there. Just DO keep in touch with your body. It's easy. When you have a problem in your body, address it. *Just do not keep it out of your awareness.* Do not repress the sensation. Open up to the sensation. It is you, your body, and you are speaking to yourself, through your sensation. When you just simply open up to what *is* there, the sensation itself will teach you, will shed light on all the dimensions behind it, will guide you towards the right action. I dare to say that most sickness could be prevented that way. All sickness starts by subtle signs, that keep summing up more and more, until they manifest - "all of a sudden" - a disease. To ignore the subtle (and even the not so subtle) sensational signals of one's own body is just *sooo* common. Why? It doesn't have to be that way. It can be simpler: your body speaks and you listen. Your body speaks and you respond. And be sure, when you respond, your body will listen. Beautiful communication takes place. Very natural. Very simple. Very uncommon to modern man. So it may need some physical re-education. But please, a simple one. A direct one. Not a mystified, 'professional', sophisticated, hard-to-attain one, that someone else has to perform on you. One that teaches you: You really *can* be in touch with your own body.

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If you ask me:  
What is being in the body?  
I'll answer:  
Intimacy.

It is being with the body in the same manner as the body is.

The body, all of physical existence is made of that stuff.

Be that stuff while you are in the body.

Then through the body you realize existence.

Intimacy is the movement of essence.  
The movement of essence creates form.  
Form is intimacy manifest.