

II-4

The essence of body and movement work

The blueprint of movement is energy. Movement is an outward expression of an inward flux of energy. Beneath the function of any movement there is the flow of its quality. It always expresses accurately the state of mind of the person, creature or element moving. The state of mind (in the sense of universal intelligence, not just human thinking) reflects the energy outflow that consciousness creates.

Consciousness
-ever present potential-

↓
individualizing into
↓↓

Awareness
-formless presence-

↓
sprinkling out an
↓↓

Original Impulse

↓
creating
↓↓

Energy Output

↓
manifesting into
↓↓

Mental Form

↓
condensing as
↓↓

Tangible, sensible and visible
inward or outward
Physical Movement

Real, deeply rooted, conscious, holistic, complete, transparent and transcendent movement work happens when the movement implies and expresses a direct awareness of its origin. Movement not being a separate unit, but emerging from and bringing into form an awareness of essential reality. Such a movement is by nature harmonious and rich.

We mostly keep our attention out there in the most tangible realm, and so we perceive movement mostly as limited to that. But every movement actually is a doorway into the deep of what we are. When there is a synergy of outward movement and inner beingness we embody what we are. It is easily seen in a dancer, an actor or a playing child when this through-flowing presence takes place. The quality of the movement is full, smooth, effortless, natural, beautiful. It is also present in animals, and in nature's flow. You also see it in a musician who embodies what he plays or sings, or in a worker who dissolves in the flow of an action, or in an piece of living art. It spreads a particular full-of-lifeness. When you would see the blooming of an embryo in time-lapse photography, that would just totally express this quality. Synergy, union in flow. It is beautiful. It is not a question of technique. It is a question of inner connection. Also, by no means a mental understanding is required for it. Explanations as the ones here cannot bring you there. They just describe something that is present in all of us, in our roots.

The source of bodywork techniques isn't in the work itself. On an outer level, the source of bodywork is in the body: there you see, experience, get information, do the work, learn etc. People who learn or teach about the body from the view of their techniques as of their understanding of the body didn't actually get it. One may have a lot of knowledge, but no real knowing.

There is a deeper level, and that is what it's about. The source of bodywork, good bodywork, lies not even in the body, but in being. Not in form, but in the formless. Its through resting in being that you can know the body. Body is made of being. It is its expression. It is the reflection of being. When you are being at rest within, then this rest comes into the body. Then you transmit this rest through your body to someone else's body. Then this rest can move through the body, through your body's movements, through the touch and work of your hands, through the technique you're working with.

Everything else is just a fixing of the physical appearance without real contact. It's a pumping in of information and a pumping out of all this information. It does have some practical value, definitely particularly in therapy of problems. When I'm sick I go see a doctor, why not, and when I have an injury, I'll be grateful for a physiotherapist's help. But this isn't what I'm talking about, it's not the concern of this book. I'm speaking of body awareness. The awareness of the body hasn't to do with the state in which your body is. Awareness can be in an injured shoulder, and it can be in a repaired shoulder. It can be in any shoulder. It actually is in any shoulder. It is the base of shoulder. When you go deep enough, you'll see that this awareness exists even before your shoulder was physically formed. How otherwise could in an embryo a shoulder grow? It's because the awareness exists, and then it reflects out into form. Awareness forming. And in the same way a good bodyworker forms his client's body. It's like it happens all by itself. It's in flow. It's an outflow of the bodyworker's body awareness, through his body into the client's body. For that to really take place there needs to be an openness in the client's body to let it in. Otherwise that will happen on a small scale. A massage can still be given, but not too much will be happening in terms of body awareness.

Doing bodywork not from a reaction to a feeling. Not doing therapy on the body *because you're*

not okay with something that is happening in it, and then using movement, or touch, or therapeutic skills to try and change that. Rather being in a state of real response to what is happening. Moving or touching from a deep acceptance of the body and its state. Being unconditionally okay, with your body, whether it hurts or thrives, and tenderly letting movement unfold from that. This movement is then an appropriate movement. It arises out of the body, from its *actual* present state, through its own intelligence, expressing what is going on. It is in the flow of what is, and thereby it is just right. It is never too much, and never falling short. It doesn't make you a slave of your body impulses; neither are you the controller of your body impulses. Just be warm-hearted friend to your dear body. Treat it with love, respect and care. That shows you the way to work with the body. That is quite different from the approach so many therapists have of changing and fixing and teaching the body.

First be a healing presence.

Then that healing presence does the work.

In as much as you are being as awareness separate within, all of your explorations and experiences of the body, the senses, the physical life will be realized and integrated by you in a separated way. You keep separate from what you realize. So it isn't a realization of the depth of what all these phenomena really are. You explore their feeling and form, but you do not intimately merge into the inner resonance of the things, letting this resonance be you.

Oneness is a quality, a way of being, that has nothing to do with the object you approach itself, nor has it to do with you as the subject who approaches it.

It is the inner silent song of things.

You hearing it is you singing it.

Then whatever you experience reveals its song to you.

It is amazingly intimate.

It is consumingly satisfying.

It is natural, light and easy.

It doesn't want anything from the experience.

It doesn't use the experience for anything.

It is *being* in the experience.

Then a real integration of explorations and exercises can take place. Something that doesn't have to do with what you learned from an experience but intimately knows what this particular dimension of awareness is.