

*Excerpts from*  
**Being in the Body**

**Metaphysics of the Physical  
and its revelation in somatic experience**

**Part I  
What Body Is  
Essence of the Physical**

**A -- Origins: The nature of the body**

**I-A-1  
The Primordial Physical**

The real nature of all physical is a living swinging singing flow of love. Everything moves in an all-including harmony by way of smoothness and tenderness. Everything is perpetually giving itself away, overflowing of its fullness. The Real Physical is fullness and abundance itself, born from the source, which is absolute emptiness itself. The source, although completely vacant of anything, bears unlimited potential to express itself. All form is expression; its life doesn't come from itself, but is unendingly nourished by the pure being. The All-Physical is the manifestation of pure being, and as such full of its living, pulsing, original sacredness. Nectar fills and flows in all the physical. The Pure Physical provides a never ending stream of wholeness, holiness and healingness. Whatever seems to emerge and pass away in the Real Physical, is always only a balancing movement pulse of turning into something and letting that something go again to reshape itself into another something. Form is in perpetual transformation and thereby unendingly evolving. The dynamics of apparent evolution and involution of form provide the basic rhythm for the actual evolution of consciousness, which is the self-expansion of god that constitutes reality.

Experience, which is the capacity of a certain build-up of form to perceive a particular perspective of reality, is a reflection of the whole in its part. In the Real Physical, there is no personal identity. It is one whole. The lower, or more primordial a physical form is, the less identity it experiences (e.g. air doesn't identify with being air); the more evolved a form is, the more it identifies with itself. Human form is the apex of that; man, through his mind, identifies himself with the individual body in a way nobody else is able to. Human form is also the only one that is able to consciously drop back, to let go of itself, to realize what it really is; to realize that it *is not* this form. When this awakening includes the physical, is realized on the level of one's atoms, finding out that they are in union with the All-Physical, then the Real Physical opens up in consciousness. You realize yourself as being part of one flow, and you realize yourself as being this one flow. Then you are really here.

\*\*\*\*\*

The body isn't dense at all. It only appears dense for a consciousness that is dense. The body actually is living, pulsing awareness. Within every little part of it, there is being, there is only being, there is being right out here in from. Let yourself drop into the body's mystery. It is a compound of a million doors into the infinite. The body is the infinite. Not its appearance, which keeps changing and is continually passing away. But the very being of every cell is eternity. The awareness of eternity in you will see that and be that. It's only the mistaken awareness of identifying with the limited that will only see limitation. It is that awareness that locks the body into time and space. The actual vibration of the body is like the actual vibration of time is: time is endless, time is never just a specific time frame. When you identify with a specific time frame that is presented to you, like a life span, you'll be blind to what there is. You'll think that the little part would be the whole. It is only a part, through which the whole keeps moving through. Your body, too, is such a part. It is like a drop in the ocean. How could one be able to distinguish a drop that flows in the ocean?

\*\*\*\*\*

There is this deep intrinsic love within the earth and all of the living beings upon her. It is an ever present love; a love without question; all of the earth and all of the living beings are filled with this love, they *are* of this love. It is very different from what humans mostly define as love: there is no emotion to it. It doesn't change or go through phases. It is there, all of the time, all of the time. It is not so much an experiential love; it is an existential love. The body of each living being knows it. No flower could grow if not being fully bonded with the earth through this love-oneness. The same is true for a human body. The love or no-love drama of the human mind happens outside of that, on top of that. The more attached one is to the drama of human mind-driven interaction, the more aloof one's experience is kept from the basic love bond. Yet the grass and the leaves and the trees and the waters and the fishes and the winds never leave that space. They are all fully in it. Completely immersed in love, one with the original stuff they are made of. Every living being, through its very presence in a physical form, keeps hearing the heart beat of its mother earth. The heart beat is the same when a flower blossoms as when a flower withers. The flower is filled by the very same, while blossoming or while withering. Such is the love of the earth for its living beings. It doesn't restrict the love to a present form, while all of the present form is filled by love. It doesn't relate differently to coming into life or fading from it. There isn't anything pitiful or cruel in the eating and been eaten in nature. It is individually experienced as a loss, and a pain, but that doesn't reduce at all the love that is and that flows in any case. When you watch nature's play through your conditioned human form-attached mind, you may find it sad or wrong. You may even come up with a wise sounding spiritual philosophy. You may then call physical existence an illusion that is to be overcome, and use this to even further separate yourself from the present love flow. You'll have to deny your own body's intrinsic knowing. To really drop through this existence, there cannot be a denial. There can only be the unconditional acceptance of all of life as it is, without holding on to it; a simple readiness to let it all go. Then you are open to SEE existence. When you watch nature's play from a physical heart knowing, you're just amazed, you stand in wonder by the beauty of the pulsing, changing, dynamic oneness flow expressed in an endless coming and going of forms, all merging and melting into each other, sprouting from one another and for one another, the individual existence always being in surrender of the whole that it is nurtured by. Existence is purely good.

Consciously let yourself be a living body being, loved by the earth.

Don't think it or affirm it in your mind: that won't bring you closer. Drop beneath your mind drama, humbly drop down into being, and let yourself dilute into an original physical presence. Go into nature – it is there, all over. Let yourself be carried by that. Realize your interwovenness with all life. Your tissue belongs to a greater tissue. Your body is made of earth. You belong to the earth. In that belonging reside. It will make you originally human. A human being that is no longer original, will in some way destroy the earth. It will hate the earth for this love it cannot reach or comprehend. It will try to gain advantage from the earth. It will painfully separate, and if sitting alone in the woods, it will feel lonely and unfulfilled, not able to stand itself. Let yourself return, let your heart return to the heart of the earth; then act in the human world, and there will be a groundedness and originality, and innocence, a disattachment, a warmth to all of your actions. You will be more deeply originally physically human than most people. Yet your body will be directly, instantly able to connect to the same originalness in all other bodies you encounter. Your cells will speak earth. They will remind other people's cells of their belongings. Your body will do a reunification job. It will keep beating "love...love...love...", just as the earth does. It already is doing that. If you can't hear it – listen to the body of a grass leaf. It will sing it for you.

**I-A-2**  
**The One Wave**

First  
there is  
the One

From  
the One  
comes  
the Wave

The Wave is the  
One movement  
of all life

In all life there is the Wave  
Wherever the Wave goes life is

All life comes from the source  
~ the wave moves out ~

All life returns to the source  
~ the wave moves back in ~

The Wave itself is eternal  
The Wave of Eternal Life

Trust the Wave again!

Let the Wave overflow you  
Let Her wave through you  
Turn into the Wave

When you become the Wave  
eternal life is flowing through you

You being the Wave  
is you being life

You and the Wave  
are One

\*\*\*\*\*

The Wave is the physical expression of love.  
Being in the wave flow is being flooded by love.

Lovelessness cannot pulse, it doesn't know how to flow.  
Love embraces everything. Love warmly includes the lack of love, and the hurt of love, into itself.  
The Wave can pulse through the broken Wave and heal it.  
Your heart can be at home in the broken Wave.  
Through such a heart the Wave can uninhibitedly flow.

\*\*\*\*\*

### **Trust The Wave**

means: comprehending that the One Wave of life is able, at any time, to flow through you; and where it is stuck, it is able to come back into flow again. Just one thing is clear: You will never be able to control the wave. It will never move as you want or as you expect it. It is always surprisingly new. It is newness itself: it always brings about a *new* form of life. With the next wave cycle it has completely renewed itself. Just as the same baby is never ever born again, every physical process is a new unfolding of life into form. It may seem to be the same as the one before, because it follows a certain pattern, but the flow in it is absolutely unique. Every healing process is unpredictable, individual, and certainly not the way you thought it would be. That's the beauty of the Wave. That's why all you can do is – Trust the Wave.

If it seems not to flow at all – it doesn't matter!  
It doesn't need to. Don't force it.

Just be still. Trust.  
Be open and available.

When the wave comes to you, surrender. Go with its flow.  
Don't push it any further. Don't do anything with it.  
Let it happen.

When the wave leaves you, surrender. Let it go.  
Don't try to detain it. Don't do anything with it.  
Let it happen.

Trust The Wave.

\*\*\*\*\*

The wave binds everything into herself, integrating all aspects, uniting the poles, healing the broken parts, turning everything into a whole.  
As the absolute, everything *is* always a whole.

As the relative, everything *becomes* whole, by the wave.

Becoming means integrating. Integrating the different parts, poles, experiences we go through. Experientially, things appear to be apart. If we identify with the partial, and keep restricted to that, we do not become whole. We become more separate. The break in the wave increases. Integration comes out when we move in flow with the wave.

On passing through the wave, you won't see the wholeness of it all. When you're on the top end, you'll feel just high; when you're on the bottom, you'll just feel low. Yet truly, it is always the One Wave. When you are within yourself woven into the wave, then you intuitively know that. You are bound to a greater flow than just your own present personal experience of low or high. You are in the wave's flow. You are part of something, part of the wave. It gives you a wonderful natural warm sense of safety. A sense of your body belonging to life.

\*\*\*\*\*

Within this body  
I am the wave  
I am the sea  
I am the ocean

No matter how  
it may have been broken  
deeply hurt and blocked by the shock of the pain  
still underneath  
it sprinkles and thrives and lives

The body is the Wave  
The body is life  
Drop back  
Back into the presence of life  
here in your body

You'll find the flow  
You'll find the Wave

The Wave will wash it all away  
The Wave does wash it all away

Surrender

Let it move

Let the wave take over

**I-A-3**  
**Embodying**  
**Living Flow**

Through the mind which you're used to you *cannot* reach into the physical reality. It's not possible. The doors are closed, because you confined your space, so you closed the doors.

What I speak about may sound like fantasy, as like something very special, very exciting, very far away, very difficult to attain. It isn't. The experience of the All Physical Reality is so easy, so close to you, because the All Physical Reality is embedded in your body tissue.

All of your body is only made of that. You are, physically, one with the substance that is everywhere. There is no separation, as physical essence, between your body and everything around you. Your body swims in the whole. It keeps reverberating all of the movements of life everywhere.

Body and existence sound as one.

All of existence is within your body. Your body is everywhere.

As the one and the same it pulsates in the dynamic wave of existence,  
pounding into you and pounding back out into existence.

All the time, all the time, all the time....

It's happening, it's happening, it's happening....

The pulsating mantra of life

Feel it, flow with it, swim in it, dance from it, let it sing your body's life

\*\*\*\*\*

All that lives flows.  
Let your body flow.  
Let your body live.  
Let life flow in your body.  
Let your body flow in life.  
Let flow live your body.  
Let your body live in flow.

The embodiment of living flow takes place when there is wholeness. Wholeness isn't a big thing, it can be present in any shallow little detail. People do something and then "plop!", it is there; wholeness happens, even for just a moment, probably unrecognised by the mind, but clearly present. In that very moment living flow leaks out. The more often wholeness is present, the more you live in a flow. Children mostly live in flow. It is because -without thinking about it- they are in wholeness, sense themselves to be embedded in the whole, and move in synergy. Wholeness is when all the parts of the consciousness are in alignment. One flow of consciousness, from the innermost right out into your feeling, thinking and bodying. Oneness is conscious wholeness. When you are being whole, then you flow with life.

When you are being one, then you embody the flow of life. Being whole is absolutely perfect as it is, it is completely round, as round as being one is. There is no partial wholeness, as there is no partial oneness, because roundness cannot be partial. But wholeness, in its exposure to life, can be lost, substituted by un-wholeness, interrupted flow, living this life in separation. Living in life, but being and experiencing oneself separate from it. Broken roundness. Once you are one, life's flow cannot change anything in you; you *are* that flow. In oneness, roundness can no longer break, because the breaking of roundness has been integrated: even the breaking is part of your roundness. Then you can embody living flow. Then real life begins. Yeah!

\*\*\*\*\*

The flow of life emerges, always, from the inside out. That's why it doesn't work to *do* something in order to create flow. A doing can only stimulate from the outside, what is present, what is available from the inside.

The flux of life is the substance that oozes out when the formless being becomes an essence that brings about the physical.

When this substance moves, life flows.

When life flows, body moves.

Bliss in the body is the expression of that.

Exercising of any kind cannot produce bliss. The bliss in the body comes from what is deep within the body.

So all this work isn't about exercising, practising or learning anything, not really; it is about unveiling the deep. This will move your body. This is a real movement; it is your heart singing in every cell of your body.

\*\*\*\*\*

There are three levels to the system:

- 1 – the static structure, the compact of the body
- 2 – the fluids, all the inherent movements taking place inside of a living body
- 3 – the life energy itself, entering the body from all around, primarily from up (heaven), secondarily from down (earth) and also arising from deep within the body.

It is through the ongoing circulation of the fluids(2) that the life energy(3) gets converted into the structure(1). That's why a realisation of the body's inherent fluid movement is crucial to any work with the body. If it is concerned only with the dense structure (as is conventional physical therapy etc.) and maybe its outer movement (which is then regarded as expression of the structure, although it is really, more subtly an expression of the body's flow), it is obviously very limited; it can do and help a lot within the structure, but when it comes to an awareness of the inner life of the body, it will soon hit the walls of the structure's density. If the focus is placed on energy (as in many spiritual practices), it may very well enrich an inner experience, but not bring forth results in the actual manifest body. That is because the energy isn't properly channelled into form, which can only be done by the living flow. The fluid movement is the mediator, it bridges heaven and earth. When you are in total flow in your body, your experience on earth *is* heavenly. When pure energy is landing here, is finding structure, you are in ecstasy. This won't happen all of the time because as much as things

come together, they also move apart, forming a dynamic that again can only be understood by fluidness; both density and subtlety will experience it as a separation, one side of the coin not being able to turn itself around and look to the other. Fluidness doesn't mind the difference between the two sides - it just flows within the coin.

To work with fluids, it is important to understand all the three parts of the system. If you don't have the container, obviously, you just ooze out. So awareness of the container enables you to channel the flow properly. If you don't know about the invisible life energy, you don't know *what* to channel. It's not just about moving fluids around. Fluids transport something. They are a medium by which essence moves into the physical. When a being actualises itself, what it does is to come into flow. In-flow-ness is the expression of being in form. Within the body, flow is manifested in the liquids. Through living flow, being becomes body. A Body in Living Flow is a Body aligned to its Being.

\*\*\*\*\*

Some say:  
'Take it easy.'

I say:  
'Take it fluid.'

If something is difficult or heavy, you may not find it easy to take.  
You can always be fluid with it.

Whatever it is –  
just take it fluid.

**I A 4**  
**The Serpent Flux**

The Serpent is:  
Material energy

The  
Serpent Flux  
is  
the  
Essence  
of  
Material Existence

Let the snake seduce you and you'll be lost in this dual world,  
bound to the form your body *appears* to be.  
The snake is poisonous because when you abuse her flux it will be deadly for your body.  
Master the snake and all of your movement will flow.  
Life will be spiraling around you, but never strangle you nor poison you.  
  
Fully in the world, while not of the world, is fully embodying who you are.  
  
A body kissed by the snake and enlivened, not bitten by it and perished.

A body free of death.

The Serpent Flux  
pours through this body  
giving  
eternity  
form

\*\*\*\*\*

When it is The Snake that moves in your body, it is good.  
It is natural, spontaneous, smooth, organic movement.

So many times I just witness The Snake whisking through my body. She does wonderful things. For a couple of days, my feet have been danced through by The Snake. Little undulating involuntary movements in the toes and feet joints. I just lay down and enjoy looking at them. I'm not moving my feet at all, and they dance! They love to be danced from within. Then the hands join in as well. It's just happening. I let it happen. I don't do anything. I just undoubtedly know, that these movements heal the body. They exist all over the body, they are the life of the body, perpetually happening inwardly. If you set The Snake free in you, these undulations flow out into expression. They have an amazing capacity of cleansing

the body, restoring tissue, un-distort tension and re-align the system. The Snake knows what to do. She has more physical wisdom than you. *She is the wisdom of the physical.*

If The Snake has been encaged inside of your body for long, those movements may first come out as twitches. You may be involuntarily twitching for quite a long period. Let it happen. Whatever The Snake does, let Her. The more free She is within your body, the more smooth and fluid your movement is, the more alive and vibrant your body becomes.

\*\*\*\*\*

How can The Snake move, if you are not being still at first?

The Snake's motion arises from an utter quietness. The awareness of the body being so quiet, that it almost isn't physical anymore; not in the dense sense we perceive the physical. It is still being form, but without having form. When from there movement arises, it brings about form, new form.

That is, what The Snake does: She creates life. She brings into form.

It is always happening, in all of the physical. It is this where all of the physical comes from. It is because of it, that all that is alive moves. Without The Snake, there would be no movement, nowhere. Everything still *could* move, the potential of form, of all forms, would be there; but the form itself wouldn't be here, because for form to manifest, there needs to be movement.

This movement is The Snake.

We are used to perceive that because a form exists, it moves.

We think: A butterfly moves.

But truly, inherently, originally it is: A movement butterflies.

It is this inmost aliveness that expresses itself, births itself all of the time, ever and ever again. Do not be deluded to believe that it is a particular form that does something or moves. It is something so much deeper, so inherent to all forms, that does all movement.

Becoming conscious of that, is realizing the truth of form. This gives the body the capacity to not only be a creation, but to become a creative force. The body not just being a form, but become the creator of form.

Then The Serpent turns from the curse of man, into the blessing of man.

Using the snake power unconsciously and living separate from it destroys life.

Being awakened to snake power, and merging with it, creates eternal life in form.

The Mother Snake is very, very old.

The New Snake is just beginning to break out of its egg.

Mother Nature's fruit has become fertilized by the awakened body consciousness of man.

This will give birth to something very, very new.

\*\*\*\*\*

## The Fundamental Discovery

What I found, within my own body, is the matrix of life.

It is the primordial move that underlies all movement.

In the emergence of the embryo, I learned, there is, before the structure starts building, a *shimmer*. That's exactly what it is. It's not yet an embodied movement, as there is no body yet, it is the pre-bodied move: it is the vibrating that brings into form. It is the bridge of the formless into creation. It is the *forming*. The frequency of creating. The expression of manifestation. The down-coming of spirit into matter. The life-giving energy. It moves like a snake three-dimensionally spiralling downwards.

It is the Serpent of Creation.

It is the matrix of your own body.

It is identical with the matrix of all life.

It is the beginning of the body.

It is the beginning of life.

You can directly realise the DNA.

When you awaken to what your body springs from, you awaken to what all life springs from.

It is not a process that once happened in the past. It is perpetually happening, it is happening now.

When you realize this, you not only are aware of life and body as an outgoing, ever-changing, ever-flowing process; you slowly become entrusted with the key that makes this process take place.

You know how to be creation.

**I-A-5**  
**The Earthing**

It's in the roots.  
It's in the roots down in the earth.  
Connect into the roots.  
Then let yourself be rooted in the root.  
Then you never get lost.  
Then you belong here. You belong on earth.  
Your body lives on earth, and it lives in earth.  
It lives as earth on earth. So rooted. So one.  
You may be then a stranger to this world. You'll be a very dear familiar to this earth.  
You won't walk on the streets. You'll walk in the streets.  
Being truly rooted, not in this world, but in this earth.  
It is not your root.  
It is  
THE ROOT

\*\*\*\*\*

It is the root that lets you experience earth even in a city. Without the root you'll feel lost in a city, separate, not fully present. You'll identify with the surface. With the root you'll be that pulse of life so deep within your body. You won't be cut off from it so easily – because you know the root. As long as you have a body, you are able to connect, through your cells, with the root. Through the root you connect with the earth. You connect through the Inner Body into the Inner Earth. In the earth is the source of physical life. It is the source of your body and of any other form on earth. This source nourishes, enlivens, upholds, and regenerates your body. This source also pulls you back into itself. Gravity loves you. Love gravity, appreciate gravity, keep yourself aware of your relationship with it.

\*\*\*\*\*

A fully deeply relaxed nurturing easy body is the entrance into the mysteries of the earth. Tension is always a tightening *away* from the earth. The more tight your body is, the more pulled away from the life of the earth it is. The more easy going, fluid, full-blooded and full-fleshed your body is, the more the connection with the earth, the more in tune it is with the earth. When you then have an awakened awareness of it, you are able to read the earth in your own body. The mysteries of the earth are revealed to you. Within the earth, there are many dimensions of consciousness. By physically exploring them you gain entrance into them. By physically integrating them you become them. You start embodying the earth, and its many aspects.

\*\*\*\*\*

Long, long enough it has been hidden from the surface of the earth. It has been hidden because humans have separated from it. Humans, coming from the earth, have betrayed the earth. They step upon the earth utterly unconscious, utterly blind for the reality of their very existence. It was, however, always present within the earth. The earth is being one with itself. Nevertheless, the earth is in a state of deep sleep. When human consciousness awakens, that allows the earth to awake. Then what is within the earth will be revealed on the surface of the earth. It is like all of life coming to new life, to full life. To awakened, integrated life. Here on earth.

Ask nature. Nature knows. Nature knows, and waits. Nature is nourished by its life within, and by the earth underneath. Nature is hurt by human distortion without. It quietly bears. It keeps living. It keeps knowing. It keeps responding. It keeps waiting. Waiting for humans to return. When humans return, this earth will not be the same any longer. The earth will be radiating throughout the universe. The earth will be like a sun. The universe will rearrange itself around the completion that has come together on and in this earth.

This will take a long, long time. Yet, it is true, now.

Know the response of nature to what you are being. Know it in your body.  
Know the hurt of nature when you separate, up into the aloof mind. Know it in your body.  
Know the blossoming of nature when you return. Know how it opens when you open. Know it in your body.

Be a tender openness.

Be it within yourself.

Be it within nature.

Be it and your body will be it.

Be it and the earth will be it.

**I-A-6**  
**Organic Beingness**

Let things grow organically.  
Let things unfold organically.

From deep within the earth,  
    roots sprouting,  
moving up towards the surface,  
    rising up into the sky.

Let things grow the way bodies grow.

Bodies grow on behalf of their own innate wisdom.  
    Body knows how to grow.  
    Your mind doesn't have a clue.  
    So trust your body.

Let things grow the way the body grows.

\*\*\*\*\*

Intimacy relates to the body only through being intimate with it, and the body instinctively understands. Nothing else the body ever really knows. To anything else it just reacts by contracting. That's all. Feed the body your mind, and its ideas and concepts, and it will just contract and keep existing like that. Feed the body that nourishing intimacy that you really are within, and the body will suckle, it will be nourished and blossom and grow.

\*\*\*\*\*

It is all about an organic beingness, an intrinsic knowing of the cells of belonging to the whole, of vibrating with everything in a synergetic flow, of having an effortless, natural, uninterrupted connection within. It is that which lets one be whole. A body unit in the all unit. Union of body and all. Essentially, we all swim in that. We do, the whole of our body does, we can't ever get away from that. Yet the separation, in which we, through our mind, perceive ourselves to be and on which the human world had been built, lets us be unaware of the fact.

In modern society, there is the worst alienation of this organic beingness that has ever existed. The more primitive people live, the more of it is present. People who live close to nature tend to have a bit more of it than people in cities. You may feel more of it between family members than between others, because the organic connection is more directly interlinked. It tends to be more present in southern countries than in northern, more in workers than intellectuals, more amongst peers than strangers. But it's only a tendency. Largely, humanity as a whole lives in separation from the rest of life. Only in small children is it alive. You'll be

able to realise it more clearly the more you re-discover it in yourself. Most grown-ups relate to children through their own disconnectedness within. Children learn to evolve their personality gradually moving away from that connectedness, rather than organically growing into human potential from the good ground of real aliveness. The organic beingness gets weakened and distorted instead of carried through and stabilised.

This is, however, a reflection of the separation of consciousness, not the original separation itself. It is the most essential, direct reflection: when you divert from true being, you automatically divert from true form, from the earth, from the life pulse. Because matter is truly being, it is born from it and filled by it. When we identify with the ego, we disconnect from matter. We alienate ourselves from our own bodies, and from the body's intrinsic connection to all life, from its organic beingness. The old eastern teaching that it is matter that separates us from being, is a misunderstanding. On the contrary: Incarnating bears unlimited potential for consciousness to express itself. It is the identification with the appearance of limitation that limits awareness, not the physical itself. When we let go of the ego illusion, we reconnect with the reality of matter. As matter is substantially slow and heavy, it takes time for this reconnection to be established, it takes much more than the awakening to the Real Self. Just as the disconnection took about a full childhood to take form. The original separation of consciousness took place very quietly, very unseen, and had nothing to do with the influences of the world around it. Consciousness just did it. In the same manner, waking up is absolutely unconditioned by any conditions around you.

It seems to be an irony that the reconnection with the organic beingness usually takes place in a single, probably very lonely person. But that just seems to be the process. When you are organically connected you'll often feel more lonely being with others than being alone. Sitting alone in nature it is just SOOOOO much there. Hanging out with people it is just so much missing. It is sad, but it is that way. Yet I absolutely *know* that the organic beingness can be present in a commune of people. This is my vision and is a purpose of my work. My body work serves organic beingness.

\*\*\*\*\*

In some way, children just *know* about this. Their bodies live it. They move, they flow, they are supple and smooth, they love and enjoy being in the body. The younger they are, the more they are in it. Little babies are totally awesome. Their bodies are amazing. Just soft, soft, soft. Their smell is the essence of being in the body. Clean pure bodyness.

Every age has beauty.

The more someone of any age can be the body of a baby, the more his or her particular beauty can shine through his or her present age body.

The more a body loses of its original babyhood, by armouring itself away from it, the more hidden the beauty will be.

Then the beauty is still existent, but so unconscious, that when you look at it, it will be very shy.

Respect that shyness and silently relate to it.

Then you'll see the baby in each body.

If you touch a body, touch the baby it is.

Touching like that will make you trustworthy of touching.

And, you will be instantly trusted by the body you touch. Even if that body isn't used to such a touch. "Respectful touch" isn't the right word; that's just a mind substitute for it. It's so instant, unmistakable, direct, intuitive, *physicative*<sup>1</sup> and empathic, that it would go against what is right, just because it wouldn't know how to.

Children *physicatively* know about this. They love to be close to a body that their cells trust. They quickly move away, or keep distance as soon as they *physicate* untrustworthiness. This mechanism works perfectly, unless of course a break in the life wave has occurred. Then one starts choosing via mental preference. Confusion takes place when the child *physicates*, but the grown-up doesn't and misinterprets the child because of looking at it through his mental filters instead of through his own *physication*. I watch those misunderstandings often in adult-child-interactions.

I love to be with children. We relate to each other and flow together in way that doesn't happen very often with grown-ups. With children it is just here. With grown-ups it pops up here and there, even though in the cases when it is here, it can go much deeper with grown-ups. That is because of the dynamics: the *bodyness* of children is generally faster, so it moves through quicker and stays more superficial. Grown-up's *bodyness* is slower, so it can take deeper roots. But in most cases, children are present in their organic beingness and adults are not. If you're not living in organic beingness, you'll be separate from (your) children and probably often unnerved by them. Children like to awaken you to organic beingness. Let them. You'll have a lot of fun.

---

<sup>1</sup> "*physicative*", "*physication*": I coined this word, standing for intuitive on a physical level. Not just any kind of intuition, but the body's intuitional capacities; the intrinsic knowing of the body and its means of communication.

## I-A-7 The Crucifixion of the Body

There are two basic energies within humans. One is flowing with life, pulsing with life, being an integrated part of life's fundamental rightness, being in flow with arising and being in flow with decaying, being dynamic, vibrant, ready to change, ready to go and flow with what is, being woven into the web of life, being genuinely open, loving, friendly. It is so good to be in that, so true, and not worth ever departing from. This is the actual energy of a living loving body. It is so healthy. It is so vital.

The other energy is wide-spread in this human world. It tries to control, to hang on, to get something, to squeeze life out, to "be right" in one's own present mind, to keep, to hold on to one's life as if it were yours to own, it holds back, it checks out, it pretends, defends and armors itself, it creates a separate identity. Such energy unmistakably destroys life. It may seem to build something, but eventually the poison will come out and bring life to rot. It is anti-life. This energy is so normal. You may look at the environmental pollution and the wars going on and say: "That's so terrible!". Then you may see all this normal people running around on the streets and say: "They're innocent people". No, they're not. It all really comes from what we're doing within ourselves, it comes from our separate consciousness. Human civilization is, to a large degree, built on it. The stronger it moves, the faster it destroys – first itself, then all of life. It is a dirty, unwholesome, pitiful reality. It is anti-body. It makes the body feel miserable, stuck, numb. *To keep such a consciousness while living in a life-permeated, flowing body, one has to get numb against one's own body, one has to shut oneself off, one has to de-sensitize oneself, one has to become an ignorant of one's own body.* And, sadly enough, that's what's happening mostly. That is the *reason* why people are so far away from their body: because the body is essentially alive, essentially in flow, essentially healthy and whole. When one is not being like that, but insists in ego and separation, then one has to put a fence between the body and oneself.

\*\*\*\*\*

This world is anti-body, as it is anti-life. Living in a healthy, pulsing, alive, flowing, breathing body is eccentric in this world. Even though it is actually absolutely natural, and is truly normal. But as people separate from their own body, they are alienated from their natural physical presence. They thereby lose their health<sup>2</sup>. That is why most everyone becomes sick when they get old. Then they try to somehow control the damage. This whole medical system is intrinsically sick. It deals only with sickness. It fixes, or tries to fix, instead of healing. Medical professionals are ignorant of the body. They acquired lots of knowledge and tricks, but no experiential, embodied, direct awareness of what the body is. So they're blind people guiding the lame.

\*\*\*\*\*

Originally, every body knew, I'm sure about that. In primitive cultures, you can find it in their dances, rituals, music as well as in their way of performing daily life activities. It's just this

---

<sup>2</sup> Health isn't necessarily not being sick. It is also our natural capacity to adapt and balance, and move ourselves through the cycles of life, which enables us to regenerate, if we do fall out of sanity.

living in tune, this flow moving through one's body uninhibitedly, so naturally that no one did put any attention to it. It is sooooo natural. Every child lives in that. All civilizations have been moving away from it in some way, alienating their people from the primordial physical naturalness. Western society has put that to an extreme. Western bodies are particularly cut off from life's inherent flow. It isn't something conscious. It is unconscious. It's something the body definitely notices, but the person inhabiting the body mostly doesn't. What is noticed is the *effect* of that turning away from life energy: tension, uprootedness, discomfort, stiffness, and so many illnesses arising from that. Most, if not all civilization diseases come from a broken connection to the wave of life. For primitive people, people living closer to the earth, it's just something that is present, so they, too, are not conscious about their connection to the wave. Only when it is so absent it can get noticed. It gets noticed when something inside reconnects with it. I notice it very strongly. I suffer from this separation. There is a kind of constant hurt in me in participating in normal urban life. Normal behavior is just so cut off from the life stream. People literally degenerate physically. I can see that. And it is regarded as normal, unnoticed, and thereby rationalized. To massively cut through a child's natural connection to the Wave is regarded as part of education. It is an education away from life, away from the real. Grown-ups just transmit to their children their own Broken Wave. The Broken Wave cannot stand the presence of a Wave in full flow. It confronts them with their own break in the Wave. So they interrupt the Wave in children.

Actually, children have the potential to heal their parents, and grown-ups in general. It is marvelous when parents do accept this invitation. It is not a question of educational issues, nor of authority or anti-authoritarian, nor of freedom to do what they want or setting limits. It has to do with the very life stream in one's body. When the personal stream is in tune with the stream of life, parents will transmit that energy in their actions, whichever they may be, toward their children. Within the grounded, living stream of the Wave, everything is possible. In a state of being cut off, everything is strenuous. Then grown-ups find that kids drain their energy, when they in fact could become energized by their aliveness. But that would cost them to re-awaken to their own aliveness, which exposes their masks and control mechanisms, and lets them stand there naked – not like an well educated adult, but like a stupid child.

**I-A-8**  
**The Body healing by the Body**

When your body is sick,  
your body is healing you!

It isn't fighting you, it is showing you the way.  
It isn't hurting you, it is hurting for you.

When you in some way fight yourself, hurt yourself, your body gets sick.  
If you fight your body for being sick, for hurting, you really hurt yourself, and your body.

When your body hurts, love it.

Love means to give space. To accept, to embrace unconditionally.  
Love means to take good care. And to be present, with all of your heart, for the body in what it goes through.

All physical processing occurs in cycles. Illness goes through cycles, and healing unfolds in cycles. When you are on the lower end of the cycle, do not make that bad. It's part of the process. When the body contracts, let it contract, when it hurts, let it hurt. Let the pain deeply in, into your heart, and with an open, caring, present heart do what is best for your body. Then, as the body heals, you heal.  
Your body did it for you. Your body helped you.

It is so different from the way we usually relate to sickness, conditioned by the 'I-want-to-feel-good'-ego-mind.

It is all a process.

For an open heart, body is a perfect, wise and loveable teacher.

\*\*\*\*\*

Really, the body does have this amazing capacity to heal itself.

When the body is the expression of an awareness that is clean, real and pure, it is completely self-regenerating. Don't be at all afraid of physical problems. Don't identify with them, don't identify with the body itself.

It is just an expression of energy in a densified form.

Trust completely into the one flow of life. Let it move through and express. It heals everything. It is everything. Let it be you.

\*\*\*\*\*

Healing can really happen, but it cannot happen when you try to keep it under your control. Healing of the body is like jumping into the unknown: letting yourself be carried by the flow into a direction you cannot discern in advance. If you would know where you're going, you would not need healing. You need healing because you don't know. Something completely new is happening to you, you are to travel on a road you didn't even know exists, and more so you have no idea where it is leading you to. You don't know what the result of the healing will be. You don't know who you will be when you are healed. You will be new. If you are not new, you are not healed. All of your old pathways are useless for your healing. When you insist of those pathways the opposite of healing happens. Your energy gets stuck. You grow old. You remain where you have been, holding on to it, not transforming, and thereby not healing.

Healing is awesome.

Enjoy healing.  
Enjoy being healed.  
Enjoy being healing.

\*\*\*\*\*

Let your deeper motive in healing your body be,  
rather than to become healed, to become healing.  
That changes the perspective, the process and the result.  
Instead of being a passive receiver of healing,  
you become a responsible activator of healing.

First, within your own body, for yourself.  
Then by your own body, for others.  
Healing always encompasses more than yourself.  
Just as your body, truly, encompasses much more than yourself.  
Your body carries within itself the earth.  
You, awakening within your body, can heal the earth.

\*\*\*\*\*

**There is a profound well-functioning within my body.**

This isn't a mental affirmation. It is an existentially felt knowing.

It is a matter-of fact.

It isn't an affirmation *to heal*, it is affirming a healing *that is*.

Healing, not so much in the sense of healing an illness, but as an ongoing natural self-regeneration process constantly taking place in this body. The message of this process is the knowing of health, the reality of health as an absolute in the midst of all the varieties and possibilities of physical experience; health as a constant in the body, even if it goes through an experience of illness. There is always a remedy emerging from deep within the body. Curing is an intrinsic capacity of the body. If you let it, nothing can prevent health. Leave your short-sighted, little perspective of your identification with a present physical state. It's all a process, it's all in flux, it's always finding new ways of balance.

Life itself cannot die. Life is eternal. Physical life is the expression of that. Realize the eternal nature of this very life pulsing through your body right now. Then death cannot be an end to your body; just a beginning, a part of life's process. The consciousness of your body will keep vibrating in this physical existence, even if spread out beyond its former compound. And what can dissolve, can recompose. There is no end to being in the body.

## I-A-9 Outer Physical - Inner Physical

There are two bodies within your body.

One is the patterned body: all the structures engraved in your physical make-up by generations and generations of particular use and range of experience, caused by repression, cultural conditioning, abuse, fear, limitation, inhibition, medical record, denial, holding etc. On the most tangible level of these structures are your particular personal ways of dealing with this conditioning, your personal pattern of being in your body.

Underneath all that, ever-present, untouched by all of it even while influenced by it, is the original stream-of-life-body. It flows and flows, lives and thrives, no matter what you may be doing with it. This body holds the space, keeps the ground for the other body: without the base body, the patterned body couldn't exist. No matter how tight you are, how rigid and inhibited your body feels, it is actually all of the time vivid, in flow, breathing, dancing inside. It cannot be otherwise. The body is alive, as the *body is life*. Drop into this stream of life, within your body, and you'll be immediately in contact with a much deeper force in you than your patterns.

Identify with your patterned body, and you'll experience yourself separate from your own base body, which is life itself. Without resistance and thought, drop into the base body, let yourself flow in it, and your patterned body becomes healed. Then, through your body, much more than just your body becomes healed. It sets free a resonance, through your body, that heals the soul. All of this existence, and all of the patterns that ever were in existence, resonate within your body. Within your body, your patterns can find rest; the rest that is in you, when you are being your being. Later, the patterns of others can find a resting place in your heart, and in your body. It takes place when you are in a state of unconditional acceptance for any present tension to reside in you, to warmly feel and sense it within your body, and let it move through you as a physical experience; not attaching to the experience, just resting in it. When you rest, it finds rest. Tension in your body responds to your way of being. If you react to it, it gets stronger. If you let it be as it is, it softens. It returns home through you. Stillness is the home of any tension. The pathway is you letting it act itself out in your patterned body, without doing anything about it. Then it melts down, with you, into your original body being. There it gets washed through, and brought back into flow, by the stream of life. If your are being your stream-of-life-body, it heals the world. So: Relaxing is service to mankind!

\*\*\*\*\*

You can be so much more fine than your body. Which means: You can be in your body, being something that is so fine while experiencing your body as dense.

While in the Outer Physical there may be a wound, in the Inner Physical there may be a stream of healedness<sup>3</sup> and wholeness. With which do you identify? Do you keep yourself in the dense experience of the Outer Physical, just because it is visible and most directly sensible<sup>4</sup>, or do you, in the midst of it, enjoy the quiet voice of the Inner Physical? What you

---

<sup>3</sup> With healedness I mean, not something that was sick and got healed, but something being "heil" (german), so it is healing by itself: A shoulder may be damaged on the Outer Physical, but it is always "heal" on the Inner Physical.

<sup>4</sup> I coined this word for "able to be sensed", because "sensible" doesn't express this accurately.

side with, what your awareness is based on, that manifests in your body. Let the finest that touches you inside find its way, find form in your body.

Then you have a body of giving to the world, not a body that is taking from the world.

Your body is a means of consciousness to give itself away to this existence.

Do not reverse the flow. Ego uses body to get what it wants.  
Such a body loses its beauty.

The Real Body emanates the essence of beauty to everything around it.  
What a blessing body!

\*\*\*\*\*

If you work with the body, love it.

If you don't love it, don't do it.

In this book, I'm not speaking of "the body".  
I'm speaking of the truth.  
Of the truth of the body.  
Of the truth in the body.

Love the truth, and you'll love the body.

Approach the truth from the mind, and you'll cut off from the body.  
Approach the body from the mind, and you'll cut off from the truth.

Love the body, and you'll love the truth.

Truth and Outer Body may be different.  
That may you let conclude that the body and the truth are two.  
Truth and Inner Body are absolutely wholesomely continuously one.  
That lets you realize the actual oneness in you in form.  
That eventually spreads out into all of the outer body.

Then the  
Body Truth  
forms the  
Truth Body.

\*\*\*\*\*

The inner space of the physical has no outer form and no limitation. It cannot be perceived by what the senses of our body call 'outside'. There you will see only a part, seemingly separate from you. It is the Inner Physical of all objects that reveals the real meaning of their existence in form. Through realizing the inner physical space of your body you gain access into the All-Physical. The Inner Physical is freedom within the physical, it allows boundless travel through any form. It is only in the outer expression of that inner space that you find the differentiated body-forms to move within limitation.

That inner space really is totally physical. It is not the "spiritual sphere", it is more like the spirit of the physical. A physical form, as your body, which is constituted by a densification of the all-pervading physical space, can drop into that space, and through that unlimited space travel anywhere in the physical universe. There is really no limitation to that. The only limitation is when we mistakenly identify ourselves with one particular densification form of the physical whole, such as this body. Then your body is like a cage, a cage for consciousness. Whereas really your body is a doorway to flow everywhere. You could not flow anywhere if you wouldn't be embodied. You would be everywhere, as spirit, because spirit is always everywhere, you would be one with the whole fluidum, but you could not flow somewhere, because you wouldn't have a means for it. You would a presence, inseparable from the fluidum, but with a body you are an active ingredient of it. And: the ingredient is also the whole. This is something unconceivable from the Outer Physical mind, and unquestionably clear for the Inner Physical space.

First, when you embody, you get introduced to being a part of the whole. But don't stop there. An awakened embodiment introduces you to being the whole through this part. Let the doors drop open. You are everywhere. Start traveling. Happy journey!

## **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

\*\*\*\*\*.

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!

\*\*\*\*\*.

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.

\*\*\*\*\*.

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!

\*\*\*\*\*.

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.

\*\*\*\*\*.

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.

## **I-B-2**

### **The Existence-transforming Body**

Let all of the physical be absorbed by that touch of godliness that is deep inside of you. Let it all be absorbed, so it loses all the meaning it seems to have, all of its dense structure. It all returns to its original fine, fine delicacy. It happens through you, as awareness in this body. Because you do have a body and are in physical existence, you can let physical existence, through your body, return to the original being.

Then the physical re-merges into being. From there, the being flows out into the physical. Oneness occurs. God and its existence moving as one. Because you as offspring of this existence have given yourself back to it. Then the fulfilment is there. The purpose of existence being fulfilled. Then existence is full of meaning. All of the physical speaks god.

\*\*\*\*\*

The perfection and the beauty of the body is beyond description. It is realisable through utter fineness of intimacy. Quiet enjoyment within, enjoying being in a body. Every tiny tiny little movement and sensation is sooooo good. The goodness never ends. The body is an ocean of goodness, ever refilling, regenerating and recreating goodness over and over again.

That happens in every body all of the time. Be it in your own body and you'll see it in all bodies.

Even distorted movement patterns are forms of hidden goodness. The form may appear to be tense and tight, but the impulse behind it, that makes the form be alive, is beautiful and good. Find that beauty and enjoy it. You'll be marvelled by just watching bodies move, speak, act, sit. Through you seeing goodness, you'll be awakening, healing and unwinding the bodies around you. The body knows. The body picks it up. The body understands. Trust the intrinsic cellular process. Don't worry about what people think or say, they may not have an idea of it. You're speaking the direct language, transmitted through your very cells.

\*\*\*\*\*

A body so permeable, that everything just smoothly moves through, flows through. No borders, and that not being a problem that irritates the person, because there is no density of 'I am this body'. There is just this one smooth flow. It is the smoothness that dissolves the density. Enjoyment of smoothness, bringing about an ever joyful body. A body enjoying existence. This enjoyment isn't determined by the physical senses. Identification with sensual perception brings about a physical I. This physical I usually is bound by its own sensual perceptions. The stronger the identification, the holding on to one's perception within is, the stronger, the denser this physical I becomes. However, these same sensual perceptions can be a doorway. Then the physical I is bound not to its sensual perception, but to its source. The source is a formless space within, it has nothing to do with what we are physically perceiving. It is the source of the I, and it is the source of the senses, and it is the source of every object, and this is perceived in the midst of sensual perception. There is no difference. The difference only appears. It's a physical illusion.

The moment you awaken from it, the physical universe changes. It speaks something different to you. It is of a substantially different quality than what we used to perceive. Let the door open. Let it begin to awaken in you.

\*\*\*\*\*

It is the awakening of the body on a sphere that reaches much deeper than what would usually be associated with “the body”. It is the depth of the body awakening, the roots of the body awakening in consciousness. The awakening of the All-One-Physical itself, realised and accomplished by and through a physical human body. The human body is composed of the All-Physical and also has an awareness with the capacity to awaken itself, unlike other physical forms. When it takes place in a human body, it also takes place in the All-Physical. Form itself awakens through one particular form to its source. Form always knew it came from the formless. Now it not only knows that, now it not only just *is* the formless in form, it *realises* the formless in form, and thereby brings it down into itself. Matter awakens. Matter transforms from the unconscious outflow or reflection of the source into the full embodiment of god.

Matter becomes enlightenment. The cycle is completed. It means, that now through matter itself truth is to be realised, for anyone. No-one needs to climb “higher” anymore; it is enough to go down into the very earth you're stepping on. That is unimaginably easy. It is here. Right here. In full form – and fully in form.

\*\*\*\*\*

In the Earth there is deep sound ground.

In the World there is chaos.

Both can be realised within the body.

The original body is the expression of the earth.

The patterned body is the expression of this world.

The world is not the expression of the earth.

The world is the expression of separation from the earth.

A body being of this world, patterned by its living in this world, is a body experienced in separation from oneself.

A body immersed into being the earth is a body of one's original self being as one with the original self of the earth.

You can be a body of the earth in the midst of living in this world.

Actually, you are the body of the earth living in this world, because the body itself knows no separation. It cannot separate. Whatever the patterns inflicted and imprinted on this body may be, it actually remains being pure flesh of earth, a one part of a one existence.

The realisation of that takes place through integration of the earth and the world within the body *as a being*.

Without judging or evaluating what you are experiencing but letting it take place within your body in the only true way of being, in a space of unconditional allowance and acceptance.

### 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>5</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

---

<sup>5</sup> Even apparently still standing objects are in movement, within.

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-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.

**Everyday Transmutation:  
Metamorphosis as a habit**

In your body  
What comes in is god  
What moves through is god  
What flows out is god

Divinity in perception  
sanctifies what is perceived.  
Divinity in expression  
sanctifies what is expressed

Unconditional inflow - unconditional outflow

The waves of life  
moving  
into the body, out of the body  
into the body, out of the body  
into the body, out of the body  
in a never-ending pulse

A body that belongs to life  
that moves in accordance with life  
a body that is life

Then whatever you perceive is imprinted in you into eternity  
No death, only transformation  
No sickness, only different phenomena moving through the body:  
allowed to come in, allowed to move through, allowed to flow out  
Everything is welcomed with all of the heart, and with all of the body  
No need to keep out, no need to tighten, all pervading flowing softness

\*\*\*\*\*

Every time there is a movement in your life, any kind of movement, bring it back to essence.  
This takes place by being your own essence while engaging in the movement.  
This then does stir your essence, so it starts oozing out into your body.  
You'll feel a rush of energy pervading your physical, and you realize, in your body, the  
essence of the thing that was in movement.  
Then your body is, instead of a medium of interaction on the outside, a medium of interaction  
of essence, an interaction from what is deep within you all the way out to everything around  
you.

\*\*\*\*\*

When the body is more attuned to the light within itself, the light within its cells, the light

that is the base and origin of its form, than to the outer physical reality, then the density of physical experience dissolves. You connect then, through your body, to that same light centre within the physical all around you. All of the physical comes from that light. The earth has a light centre.

Walking on earth in this awareness is then a bit like walking in earth. The directions (up, down, left, right, front, back etc.) are not as authoritative to your physical self-experience than the subtle inner. You're not walking through space, but as space in space.

The amazing thing is that this is a very, very grounded experience. You didn't think so? Space, light etc. is only "up-in-the-air" if we experience it *separate* from our physical. When you realise it as the very base of the physical, and sense it *through* your own physical, it lets you be very grounded in the physical. Your body is then intrinsic to the earth.

\*\*\*\*\*

An illness is meant to be a transformation, a shedding of the old and a renewal. It has the potential for an **existential reshaping** of the body tissue concerned. Why isn't this usually happening? Because people don't go through it. They identify with the loss that seems to take place, and on top resist it. A loss does take place, but that is what is required to make space for the new to come in. Don't think of loss as something wrong or bad. Loosing, decaying, dying takes place all of the time, everywhere in nature. It usually takes place in one form, let's say a cat dies. In the larger picture, the species cat is just renewing, exchanging form. The thing is, your body is not just the one cat. It has also within it the species. You have potential of embodying the larger picture, to embody not just a particular event your body is going through, but to embody the process of which the event is only a part. If you do so, your body, instead of dying, renews. Instead of a loss killing you, a loss changes you so profoundly, that you regenerate yourself. But that can only come, if you let it. Your body will only materialize this, if you let your ego die in it. When your ego means more to you than your body, then it will survive, and your body decay. If you're ready for something higher, then your ego will be pierced by the loss, and the body will thrive: it will existentially reshape, and come out as a much larger body being. The snake sloughing out its skin.

I know, I'm talking about future stuff. This isn't the usual way bodies go. But that doesn't mean its not possible. It is possible. I know it. My body knows it.

All material change starts from a change in knowing. It is then registered as an opening in the mind, and in time it settles into the body.

Let go of any concept of restriction. See, it is a vicious cycle: because we have a restriction in this physical form, we identify with it and perceive it as such; thereby we restrict the physical to the perception we identify with! We are nailing the body on a spot. Take out the nail, and you'll be surprised – your body can walk, and jump, and dance! It does take time for a body that was nailed for so long to do so. But the moment it sees the nail it knows why it was restricted to this spot. And the moment it takes the nail out, it *begins* to crawl. This is what is starting to happen.

Let us gently drop through the universe of our restricted perception of reality. We will find the beginning of something very new arising from deep within our cells.

\*\*\*\*\*

I've become awakened to a depth of being in the body that is very difficult for me to describe or share. And: difficult to live in. The flow and ease and health and well-being I know and have experienced that is possible, is just very rare. Normal life isn't up to it at all. It is outright contrary. So I cannot hold that space. Which is fine, as actually in the missing or losing of it, in the ebbing away of the wave, there's the momentum preconditioning its re-arising. Integration is in the wave as a whole. Being in the predicament of non-ability to live in my body full-on, gives me a drive to keep exploring, building, and integrating the body in all of its facets of both natural flowing qualities and existing blocs and distortions. When I am open, and unconditional, everything opens the body, even its closure. It's a journey. It's an adventure. I'm right in it. You're welcome to join.

## 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.

\*\*\*\*\*

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.

\*\*\*\*\*

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.

\*\*\*\*\*

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 though 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.

## I-B-6 The first body-affirming culture ever

If you're not going with the flow, you may miss your own healing!

There are these little opportunities, where something is about to change, the body is inviting you to go into a new direction, a direction you physically *know* is right – but if you don't follow, you miss.

If you meet a person that is chronically sick or decayed, you are meeting a person that missed a thousand little opportunities. You can hardly call it their own fault, because it is so widespread, common and global; there is no culture supporting going with the flow, rather all culture is a restriction of the flow. Does it need to be that way? If you ask the body, no. The actual flux within the body does exist, does move, regardless of cultural restriction imposed on it. There is an opportunity for humans to build a culture *on* the flux of life, instead of away from it or even against it. The more primitive a culture, the more they had of it, the more sophisticated a culture, the more they live away from it. But this vision I have, of a communal life style in total congruency with the flux of life, seems to be something new on this planet. Maybe we needed to go through the cycle of coming from the earth, gradually diverging from it and at some point turning back and re-tuning into the earth beat (which always was and is in alignment with the flux of all life) from a mature, independent, grown-up standpoint.

What it requires, however, is humility. *Listening to your body is a very humble act*, given that you have so much power of mind not to. It is about climbing down the stages, back into the roots of your very physical existence.

In context of this congruency, all things that were so far in human development do have their place. They become integrated into the wholeness, instead of being used to diverge from it. It is not actually a back-to-nature philosophy that I'm professing. However, when we were close to nature we had more of this congruency, and the losing of both came hand in hand. Now it is about reintegration. It is about finding the congruency with life in ourselves first. Finding it with our whole body. From there we can step forward.

\*\*\*\*\*

Here some practical suggestions for a body-affirming education:

- Body awareness should be significant part of everyone's curriculum
- It should be taught to kids in school, better even in their families
- Cleansing one's organs as a general routine for everyone
- Recognize physical weaknesses from infancy on and efficiently counteracting them
- Emphasizing on prevention of sickness, health maintenance as a civic duty
- Eye training for all nearsighted children
- Alignment training for everyone
- Massage as a daily routine
- Encouraging and supporting children's natural drive to move instead of inhibiting and restricting it
- Feeding breath awareness like basic food
- Learning how to economically and effortlessly perform one's movements
- Cultivating relaxation and rest
- Running health resorts by public funds
- Public body temples for body worship

Many things could be added to the list. Obviously, parents don't want their children to get sick. But if the young ones don't learn how to *keep* their bodies breathing freely, moving smoothly, pulsating, dynamic, clean *from inside*, it is almost guaranteed they'll become sick later in life. So why wait for that? The reason is why parents are so negligent in this is because they don't know themselves. This whole society is in fact a world of people very unconscious of their bodies. Body awareness is as yet something exotic. Issues like drug addiction, self destructive behaviour, medicine abuse, violence, rape, smoking, overeating, computer fixation etc have all to do with this general unconsciousness or even denial of one's organic beingness. If there is a basic awareness and appreciation of the body one has a stable ground inside that lets one be sensitive of what one does to oneself, to one's body and to others. Even if e.g. a teenager does start to experiment with drugs, he would most likely not overdo it. It is not about being perfect. (I'm not perfect in my habits at all!) The body can take a lot, and it really doesn't mind. It is just about finding back to balance. When one knows one's body, one always has a place to come back to, even if one did move away from it for awhile. One notices the body's signs, and the effect of things on it. One also develops sensitivity to other's bodies and can directly sense what a pain in someone else feels like, in oneself; hence one just *couldn't* wilfully hurt any body. All so-called sins are a consequence of separation.

Isn't it a shame there is no education on the body in society? No one gets taught how to breathe, how to move, how to cleanse the body, how to relax, how to regenerate. The general values, particularly of our culture, and particularly of our times, are outrightly hostile towards the body. Much fuss is made about the looks of the body, but no esteem is shown for the real life, the inner life of the body; not even notice is taken of it. It really should not be the privilege of some health-conscious people, it should be considered one of the foremost values of human life, and one of the foremost duties for every living human being. As a matter of fact, who doesn't fulfil this duty properly suffers later on in his body, but that does not have to keep being like that. Society could encourage health and aliveness, and no longer endorse self-destructive behaviours as it does. It would be absolutely reasonable to illegalise cigarettes, alcohol, sugar, overwork, chemical pollution of all kinds etc. (It would be more thrilling to drink a glass of wine or have some chocolate secretly!!) People violating this law should not be sent to jail, but to a wellness spa and health resort, so they get to practically feel how good it is to take care for one's body. In fact all jails should be turned into healing centres. That would massively decrease crime rate. Let's fantasize about a body utopia! I can already see the massage chairs in buses and yoga compartments in trains, people waiting in queues giving each other neck massages, meditating youth gangs on the street, slides instead of escalators in the department stores, cars emitting fresh oxygen....any other suggestions?

## **Part II**

### **When Body Plays Expressions of the Physical**

#### **II-1 Stillness in Motion Non-doing in the Body**

In the midst of movement

There is just You

Stillness  
Awareness  
Presence

Movement just happens

effortlessly  
easily  
naturally

All around You

You  
are the enjoyer  
of the movement

Being still  
While moving

Moving  
while being still

As soon as any movement costs you  
any internal effort, any strain, any extra-doing,  
let it go

Movement isn't something *to do*  
Movement is something to allow  
Allow it to happen  
Allow it to open up

Then movement is  
beautiful  
gracious  
full of presence

I am  
the presence  
that moves

\*\*\*\*\*

Exploring movement is exploring the outermost, the effect of energy in/through the body.  
Beneath the effect is the cause.  
Beneath movement is the original impulse of movement.  
Beneath the seen is the unseen.  
Beneath a form is the formless.

Beneath a particular movement form is a particular moving out of the formless into  
expression. That is where the movement comes from.

I explore this.  
It's different from exploring the form.  
I stay in the formless, letting form emerge.  
  
So my movement work is actually stillness work.  
Realizing, how from this stillness life arises.  
And how this life moves out.

## 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.

\*\*\*\*\*

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!

\*\*\*\*\*

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.

\*\*\*\*\*

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.

## II-3

### How body techniques limit the body to what they focus on

As the whole focus of human consciousness has been on the exterior and not on the within, also in traditional movement schools and physical disciplines worldwide the whole point of view has been on the outer level, either on how a movement looks like, or on an effect it has on the body, which is also an outside-orientation. The view was on what it expresses and not on the place where it is arising from, on the movement and not on the mover. Of course there was focus on the mover as well, because it needs to be there, as it is obviously impossible to present something with the body without having awareness of it. But the inner work was done *for* the outer work. The outer result was the goal and the subject of the work. Even esoteric disciplines like hatha yoga are mostly taught and trained as how a position is supposed to look rather than how it arises from the one doing it. This is using the body to achieve something, rather than to be in it, with it and from it. I do not know of any traditional movement approach anywhere that has the body's inner knowing as its guideline. They all stick to a form. They are goal oriented.

In this work it is moving from the sensational momentum within. It doesn't matter at all what the result is. There is no result to achieve. The movement on its own is the purpose of the movement, and even you cannot call it "purpose", because there is no purpose to it. It's just pure moving, pure bodying.

Even if we play with forms, those forms don't have a significance of themselves; they are there to facilitate a framework for the formless, spontaneous inner spark to express itself in, or sometimes to tickle it a little bit to come out. I'm always ready to let go of a form when something genuine and different wants to find its way through the body, and I repeatedly invite participants to do so. Its trusting the bodies inherent wisdom more than our ideas about it, and trusting the newness of the present moment more than our knowledge and experience. This makes this work very exciting, and it makes it ever self-renewing, self-regenerating, self-transforming.

The form of a somatic discipline actually reflects the view of the body that their practitioners have, and the particular dimension of body awareness that their founders were conscious of and focussed on. There are so many different ways to work with the body because there are so many different ways in the body. Don't stop identifying with one of them. Enjoy them, and if you're attracted to a particular one, enjoy that one. And remain open to see that there is so much more to the body. Remain available for your own body. Sometimes a disease or an accident are a great help for that, because you are forced to relate differently to your body. But without having to be forced, do let yourself relate differently to your body than you did so far. Play with it, experiment, explore. Have fun, and let yourself be surprised and amazed. Restriction to a particular view of the body defines the restriction of a somatic discipline. Within that restriction, a lot can happen; a lot that couldn't have happened without the restriction being there in the first place. So there is nothing wrong with a restriction. The problem is getting stuck identifying with the restriction, and thereby having the restriction restricting your body instead of opening it up. Restriction on the Outer Body is fine; it can enhance the aliveness of the Inner Body. When you identify with that and take it into the Inner Body, you do something that is not right. You cut aliveness off. The nature of the Inner Body is to flow as limitlessness; that includes any limitation. But it doesn't turn into limitation. That only takes place when it is forced onto it from without.

\*\*\*\*\*

When people start learning to work with their body, they become conditioned. People doing breathwork relate everything to the breath, Alexander teachers focus on the head-body-relation, Laban students analyze every movement etc etc. This is all helpful in its way. What it also does is to *restrict* your open awareness; it compromises innocence in meeting the body. So in as much as it brings you into you body, *it also takes you away from your body*. As soon as you learn something, a pattern is set up; as soon as you identify with what you learned, you are stuck in a pattern. Patterns are not to be believed; they are to *be in*, to remain as open awareness while a physical pattern flows through. If you are being in it, then every time a pattern touches you, there is not a repetition, but a new door. Every single movement pattern is a doorway to endless realms of physical experience. Even if it stays the same outside, it is varied endlessly inside. And that just with *one* pattern, while in reality there are always many patterns flowing into each other simultaneously, which multiplies endlessness with infinity! So you never get bored. And, being in your body that way, you never get old. There isn't even such a thing like 'growing old', not to an opened-up physical awareness. It just grows wide, all the time and into every direction. We as humans are yet so limited in our physical existence, because our awareness is so limited, so identified with patterns we learned, and we are mechanically repeating. One could live a very simple, unspectacular life, if one's awareness is opened up, unrestricted in that, one has an ongoing ecstatic outburst in it. And when you, from that inner space, go into exploring your body, you really start changing and transforming this body; you start to actually use its potential. And to that, there is no end. So a real movement work is not about setting new patterns primarily; also not about changing old patterns. It is more about awakening something that is beneath the pattern, and then through this *seeing* through the pattern; which does, in consequence, change the pattern and set a new one. But there will be no fixation on this new pattern. What matters is that living flow underneath, which will always create new patterns, new responses, new ways. From there also repetition of patterns is dynamic, not rigid, never stuck. This living flow gives colour to all action in life. This living flow makes movement work interesting.

\*\*\*\*\*

The best way to work with a body (your own or another one) is to have no mental framework at all.

Mental support can be there, a particular mental understanding can be in view; but be very light about it. Don't treat your specific understanding of the body as if it were the truth of the body. It is just a particular point of view.

This view can swim within a general openness: then it is fine. It is not fine if it substitutes the openness. Openness provides space. Then a view can float through space; it is changeable, mouldable; it is as fine for that view/technique to get lost in the space as it is fine for it to be gently focused on and applied.

The particular view/ technique can *do* something, but the base ought to be the beingness of the body itself. On such a base, every bodywork session is an amazing exploration, discovery and surprise. It cannot ever get boring, it cannot ever become repetitive. It is always new, as the body itself is ever renewing.

There are endless ways to work and play with the body.

You may study and practice bodywork forever, you will never come to an end. In itself, the body is eternal. It is eternally transforming. Body is metamorphosis, and as consciousness evolves, body transmutes. Let yourself be surprised. Never stop at *any* view of the body you ever learned. It may be a very interesting one, deeply revealing for you and therapeutically

highly helpful, but it isn't the everything. Ayurveda isn't the truth about the body, TCM isn't nor Feldenkrais, nor anything else. When you take it too literally, you distort it. A good Ayurveda practitioner is one who doesn't take Ayurveda too seriously. It is not about what Ayurveda says about the body, as it isn't about what Alexander or any Tai Chi master says about the body. *It is about the body.*

So who will have supreme authority about it, other than the body itself?

Your open awareness opens you for the body.

Your fixed, prefabricated awareness closes you for the body – while you work with it!

So relax and open up.

Be available. Be innocent.

In your next session (as receiver or giver), *you may find out something which nobody has ever come across and realised!*

\*\*\*\*\*

Body work is balance work. When one has a lack of some energy, this energy may have to be supplied to or initiated in him/ her, when one is stuck in one physical pattern, a modulating pattern may be introduced to him. When one is excessively rigid, fluid movements may be applied; when one is too loose, too unstructured, he'll need something stabilizing.

So there cannot be one method for everybody, and it can be dangerous when a practitioner of a certain technique undifferentially applies his work. I think it's definitely an advantage when a practitioner has a wider range of methods he learned – even if he specializes in only one of them, it gives him a wider view and an awareness of limitations of his work. The body is multi-dimensional, so to work on the body ought to take place on multiple dimensions.

Personally, I love it to never know where my next session will go. I respond to the moment.

The moment is as well the momentary question in the client as the momentary response to that in me. We share the moment, and by being in the moment the session unfolds. It's always jumping into the unknown. I don't consider it a good sign if I come to a session and the body therapist already knows what he's going to do. Or even if he knows, inside it can still be a surprise, something new, unanticipated. Just not a routine. And particularly not imposing a system on the body. Living bodies do not fit into any system.

The System Body is alive, dynamic, dialectic and prismatic, so a Body System has to match that to be worth of the body.

\*\*\*\*\*

The variety of breath techniques you can learn from teachers, traditions and books may be quite enormous, but there is no comparison to the breath ways your body has in store, and opens up to you if you're open. They are infinite.

They are ways, not techniques. Nothing is being imposed on the situation; it is a response to the situation, the most natural respond, the response of the moment, the appropriate response your body knows. This is the body's way: It always gives itself to what is, and thereby gives to you what you need. It is this way that shows you the ways.

All you need to do is to be responsive towards the response, to give into what the body offers, to be open.

To be open to your body means to *physically listen* to it.

When you listen you hear the answer.

Instead of you being the answer to your body (as techniques try), be an open-ended question towards your body.

**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.

**II-5**  
**A hand that touches your true nature**

I going with my body  
is inviting you  
to go with your body

Me flowing within my body  
is moving you  
to flow within your body

Me enjoying being in my body  
draws you to  
enjoy being in your body

I loving  
to feel your body  
is you feeling your body  
being loved

Me hugging you  
is you  
hugging yourself

Where would love ever end?

It cannot end at the borders of my body

It flows  
from body to body  
to body to body to body to body

\*\*\*\*\*

The hands of a good bodyworker are magic. Yet, it has nothing to do with 'magic'; it is the existence of an opened-up awareness throughout the body combined with a properly and harmonically directed flow of energy through the body. To a receptive body that feels like magic. It opens up the same harmonious flow in the receiver's body. A good bodyworker is contagious. A contagiousness between bodies is basically everywhere, as all energy flows amongst them all the time. Yet the good and experienced bodyworker "knows" ('physicates') how to direct the flow, and thereby transmits something.

\*\*\*\*\*

There is an essence to the touch of the hands of a bodyworker. It is the touch of the hands of intimacy. Intimacy is not a happening between two people, it exists way before these two

people meet, and then, when they're open to it, flows into them and through them. Intimacy is not physical, it is essential. It finds expression in all of the Real Physical. The touch of the invisible hands of intimacy can do most wonderful and highly accurate bodywork on you. Intimacy *knows* intuition. Intimacy *knows* physication. Intimacy knows not only *where* to touch, but *how* to touch. It may not be as densely sensely perceptible. It is only the space of intimacy in the receiver which allows him to be touched by that space in the giver. It doesn't happen in the Outer Physical (the structurally expressed physical), but takes place in the Inner Physical (the subtle, inwardly perceptible physical). The outermost of a touch reaches and is received by the Outer Physical; the essence of touch is drunken in by the essence of the body.

You can do one thing: just lie down, rest, be available, and let yourself give a session by the invisible hands of intimacy. Those hands exist, and are able to touch you. It is amazing! And for free.

Should that touch of intimacy not be present in a bodywork session, it is bad bodywork. This applies to anything in life. If it is not love that does it, it is not worth it. Merely functional or structured bodywork has its practical value, but it is like walking through a forest that has no colour, no sound and no smell, or reading a poem that is made of ciphers, or having a lover on the internet.

## II-6 Enjoying bodying around

Moving intuitively  
moving intuitively  
moving intuitively

over and over again

this is my work

this is my *means of exploration*

Mind can gather information, it can systemize and suggest and evaluate, but the mind cannot do the actual work of the body. It can only be done by the body-intuition (physication) itself. And the non-physical intuition is helpful as well – it works faster and more direct than the mind, it can give you insights, images and inspirations. Mind and intuition are supporters of the actual process.

The process is physical.  
An expression of being through body.

\*\*\*\*\*

Bodying around is one of my favourite hobbies, and it's central to this work. It's just relaxing, moving, breathing, enjoying the body, letting it have its work-out. But it's very different from exercising. It's not shaping the body to do a movement, it's shaping the movement according to the body. It's taking time for the body to free flow. Something like bodying is often been done in movement groups, the difference is that there it often has a purpose like warming-up or making an experience to then reflect on. Bodying is enough in itself, done for its own sake and it doesn't have a purpose. It doesn't have a structure, and if a group leader puts an end to the bodying after a specific time frame it wouldn't be real bodying, as "pure bodying" can only end as a result of the body having enough. The end of bodying is when the body goes back to the functional. Bodying is the body moving or hanging around without fulfilling any outward function. Any instructed movement exercise, even for movement improvisation, and guided journeys etc are opposed to bodying. Of course, what you have learned will influence the way you're bodying. For example, at times you would recognize yoga postures when I'm bodying, but it's like I don't care about the posture, I might do it half way or half sided only, I just do it the way it comes out of the body. It's somehow like intuitive, but more physical than intuition. It's physicatively moving around.

In my work, the more response there is in a client, the more we can be bodying together, the more bodying occurs. Usually, in the beginning I may kindle it by instructing. I also give sessions where I instruct all along, but then they are not particular bodying sessions. When there is a complete response of the person toward the body, then the body takes over, bodying happens. Something deeper takes place, and I as teacher can go completely out of the way, just watching it, witnessing, being present, being support without interfering. This might even

clash the role of session giver and receiver, because the body doesn't recognize it that way. My body then just functions as a catalyst for it to happen.

\*\*\*\*\*

Let nature be your movement teacher. When the wind blows through the trees, notice how that resonates in you. Let the wind move your leaves. First, very subtly notice it, let the sensation move through you. Then from that it may express into movement. Or it may not – then you would just stand there and notice that ever so subtle blowing sensation within. And when it then does express itself into movement, the quality of such a movement is very different from going out and moving. It's a movement that arises from the inside out, that arises from a connectedness. You being connected, attuned within and with the energy of what surrounds you.

When you start to explore this you'll be amazed. You'll love your time in nature. Not 'going for a walk'. But going right into nature. Mostly I do that alone, because there are very few people who would resonate with that. I am in the woods, in a flow with nature, and just meeting humans that are going for walks or jogging, changes the whole vibration. They go for walk and talk and think and miss it all.

Just feel it. All the ways the wind blows, the stability of a rock, the tenderness of a little flower, the sunshine on your face. Pick up that feather on the ground and gently caress your face with it. The feather loves you. It is made of love for the sensitivity of your skin. See the big roots of that tree. Bow down to them. Drink them in. Let them root you. Don't worry about your clothes. Let them get dirty. Watch that mosquito taking a seat on your arm. How it spreads out and pricks, and pierces you, and starts to drink your blood. How it fills its body with your blood, becomes red and thick. Then smash it. Watch its dead, smashed body on your arm. Feel the burning on your skin, the itching. Its last gift to you. Receive it. Don't judge and put morals around nature. Just be. Be the way nature is. That is being in your body.

\*\*\*\*\*

Its breath within your body is different from the breath of your body. When you're letting Its breath breathe through your body, you never know where it breathes, you never know how it breathes, you're ever surprised; at the dawn of a new breath of It you are completely blank, not knowing, there is no anticipation and a total absence of control. The tiniest little bit of control of yours and It will not be breathing through you (not fully, still basically; that never can be overpowered by the ego).

Breathing is, as any other pulse in the body, one specific expression of Its breath in you. Every possible pulse can be the outcarrier of Its breathing through you, and endless varieties of quality are possible. It is just as you can see in nature: ever new, ever different, ever unique beautiful forms of being born and born and reborn. Such is the breath of life in all of the universe, all over the earth, within all of your body.

## II-7

### Basic principles of an innovative approach

When it happens, work on your body.  
When it doesn't happen, don't work on your body.  
No need for it. No need for anything to do.  
Do not ever put force on your body.  
Use strength with the body, yes, but no force.  
Work on your body when it happens.  
Let it happen.  
It will work.

\*\*\*\*\*

### 'HOW IS THE ENERGY OF LIFE FLOWING IN AND THROUGH THE BODY RIGHT NOW?'

This is THE guideline of this work.  
That's where it starts from, and where it comes back to ever and ever again.  
Letting the energy of life do it.  
Through your body.  
Putting no constriction to it, no scheme, no pre-pattern, no definition.  
Always being in for a surprise.  
Sensing, following and expressing where IT goes,  
while openly, consciously and lovingly being in the body.

This is the base, the beat of the rhythm. From that, out of that, within that, on top of that there can be a thousand drums going off, a thousand melodies played, a thousand dances enjoyed. But what guides, what is ever present, what is surrendered to, what is the supreme authority, is the knowing within the body itself, the actual reality of the flux of life in you.

\*\*\*\*\*

Do not work on your body as a *reaction* to something.

Be in your body as a *response* to what is.

With the first, you *use* your body to hide something. With the second, what is really there shows itself through the body. What the body expresses, will be one of the two, depending on the kind of consciousness in you that initiates the movement.

When you experience darkness, deadness, destructiveness and density, let that be as it is; not needing to do anything about it. Then you experience night in your body. Direct, immediate. No way, and no need, to avoid. Such honesty *gives way* for an unwinding to unfold through you, and that unwinds the body. You just *let it* unwind itself, let it happen. When you are

honest, a higher intelligence naturally works and moves through you. Such movement is truthful, genuine, wholesome and healing. It is not just a movement, but an extension of something real in you. Your body bringing into form not a running away, but a recovery of your soul.

This is wholesomely being in the body.

\*\*\*\*\*

## 1. Nothing of what is experienced matters at all.

Don't make much fuss of your experiences and transformations. Just let it happen, as it is. The more quiet you can be with it, the more it can unfold through you. The emphasis is not on the experience you have, but on the awareness you are. Changing, improving or refining perception (which happens in this work) influences your awareness; but it cannot tell you what awareness is. Awareness is you, the being in the midst of experience. Perception is an outflow of awareness. Awareness is in itself formless, and through perception it finds form. So an experience you have during a session is a medium for who you really are to shine through, to come out, to birth itself into this world. It isn't about making the experience big; then you feed the personal, taking the space away from awareness. This is a common misunderstanding, and in self-experience groups it is particularly cultivated. One thereby becomes more identified with oneself and less aware, while believing one got more aware. It isn't perception that determines awareness; it is awareness that determines perception. So as you gather and accumulate experience over experience, you gain 'more' in a quantitative sense, but this will not make your inmost awareness broader; it will make your range of thinking, feeling, sensing and moving broader. But your perception of those experiences will still be limited to the way you are using your mind and body. A change of quality in our perception occurs only when we are not in belief of what we perceive, but know ourselves as the awareness in it. We then experience a very different reality.

As a general rule: whatever moves, means whatever has form, is in any way perceivable, noticeable, sensible, thinkable, touchable for you – is not real. Hence it doesn't matter.

The difference between focussing on perception and diving into awareness while perceiving is the same as between the building of a house and the growing of a body. The first is being *done*, voluntarily, with a mindfully set frame, the other happens, takes place, from an inward natural organic wisdom. A building will just be a building, as much as you add to it. A body will always be a living body, whatever it goes through or turns into. What takes place within your body is rooted in such a depth, that fortunately your mind has no capacity to control or interfere with it. All trying to interfere is just a disturbance. So approach your body from a quiet mind, letting experience freely flow and blow and grow through; never catch it and make it your own.

## 2. It is the manner of being within our bodies that makes the difference.

The body itself is absolutely neutral. It is just material, as are all of its sensual perceptions. The actual difference is not between perception 1 (good feeling) and perception 2 (bad feeling), but in the *manner* you are having in being in it. If your manner is just simply unconditionally open, letting-through, unendingly tender, then you blossom within your body, no matter what you're going through. Nothing needs to ever change, or to be taken away, or

to be made better. You just give space to what is to be there, and therefore it does change. So a tension you go through is as okay as a relaxation you feel. There is no *issue* of relaxing, healing, improving. In a work where there is such kind of purpose, there is actually no space given, there is a tension underneath the claimed relaxedness. The manner of being is tense. It isn't organic, it isn't natural, it isn't the way the body truly is made of. So in one case it is tension doing relaxation; in this work it is profound relaxedness being even in any kind of tension that may come up.

### 3. The body, as we think of it, doesn't exist

What we perceive as a physical body is an assumption based on sensational perceptions. A believed perception is a restriction, inflicted on the body. In dropping finer within than our own perception, the very same body feels completely different. Dropping even finer, and again it's a different body. This can go on forever; you will never reach a point where you can say. "This is a real body". So your notion of your own body is not that of a fixture, but of an ever-changing, self-transforming sphere that reflects any particular stream of awareness you are presently floating through.

### 4. This work isn't a work.

When we dive into this body, it is not a doing. There is nothing we're up to. No state, goal, experience or accomplishment. Nothing at all has to happen. What unfolds, is allowed to. We are just giving space for everything to be as it is, and become as it wishes, within and through this body.

We are being in the body.