

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.