

**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.

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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>1</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.

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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 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.

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<sup>1</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.

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 a well educated adult, but like a stupid child.