

**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.

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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.

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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.

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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.

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**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.