

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 you 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 healedness¹ 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 sensible², or do you, in the midst of it, enjoy the quiet voice of the Inner Physical? What you 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.

¹ 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.

² I coined this word for "able to be sensed", because "sensible" doesn't express this accurately.

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!