

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.