

I-B-4

Everyday Transmutation: Metamorphosis as a habit

In your body
What comes in is god
What moves through is god
What flows out is god

Divinity in perception
sanctifies what is perceived.
Divinity in expression
sanctifies what is expressed

Unconditional inflow - unconditional outflow

The waves of life
moving
into the body, out of the body
into the body, out of the body
into the body, out of the body
in a never-ending pulse

A body that belongs to life
that moves in accordance with life
a body that is life

Then whatever you perceive is imprinted in you into eternity
No death, only transformation
No sickness, only different phenomena moving through the body:
allowed to come in, allowed to move through, allowed to flow out
Everything is welcomed with all of the heart, and with all of the body
No need to keep out, no need to tighten, all pervading flowing softness

Every time there is a movement in your life, any kind of movement, bring it back to essence.
This takes place by being your own essence while engaging in the movement.
This then does stir your essence, so it starts oozing out into your body.
You'll feel a rush of energy pervading your physical, and you realize, in your body, the essence of
the thing that was in movement.
Then your body is, instead of a medium of interaction on the outside, a medium of interaction of
essence, an interaction from what is deep within you all the way out to everything around you.

When the body is more attuned to the light within itself, the light within its cells, the light that is
the base and origin of its form, than to the outer physical reality, then the density of physical

experience dissolves. You connect then, through your body, to that same light centre within the physical all around you. All of the physical comes from that light. The earth has a light centre.

Walking on earth in this awareness is then a bit like walking in earth. The directions (up, down, left, right, front, back etc.) are not as authoritative to your physical self-experience than the subtle inner. You're not walking through space, but as space in space.

The amazing thing is that this is a very, very grounded experience. You didn't think so? Space, light etc. is only "up-in-the-air" if we experience it *separate* from our physical. When you realise it as the very base of the physical, and sense it *through* your own physical, it lets you be very grounded in the physical. Your body is then intrinsic to the earth.

An illness is meant to be a transformation, a shedding of the old and a renewal. It has the potential for an **existential reshaping** of the body tissue concerned. Why isn't this usually happening? Because people don't go through it. They identify with the loss that seems to take place, and on top resist it. A loss does take place, but that is what is required to make space for the new to come in. Don't think of loss as something wrong or bad. Loosing, decaying, dying takes place all of the time, everywhere in nature. It usually takes place in one form, let's say a cat dies. In the larger picture, the species cat is just renewing, exchanging form. The thing is, your body is not just the one cat. It has also within it the species. You have potential of embodying the larger picture, to embody not just a particular event your body is going through, but to embody the process of which the event is only a part. If you do so, your body, instead of dying, renews. Instead of a loss killing you, a loss changes you so profoundly, that you regenerate yourself. But that can only come, if you let it. Your body will only materialize this, if you let your ego die in it. When your ego means more to you than your body, then it will survive, and your body decay. If you're ready for something higher, then your ego will be pierced by the loss, and the body will thrive: it will existentially reshape, and come out as a much larger body being. The snake sloughing out its skin.

I know, I'm talking about future stuff. This isn't the usual way bodies go. But that doesn't mean its not possible. It is possible. I know it. My body knows it.

All material change starts from a change in knowing. It is then registered as an opening in the mind, and in time it settles into the body.

Let go of any concept of restriction. See, it is a vicious cycle: because we have a restriction in this physical form, we identify with it and perceive it as such; thereby we restrict the physical to the perception we identify with! We are nailing the body on a spot. Take out the nail, and you'll be surprised – your body can walk, and jump, and dance! It does take time for a body that was nailed for so long to do so. But the moment it sees the nail it knows why it was restricted to this spot. And the moment it takes the nail out, it *begins* to crawl. This is what is starting to happen.

Let us gently drop through the universe of our restricted perception of reality. We will find the beginning of something very new arising from deep within our cells.

I've become awakened to a depth of being in the body that is very difficult for me to describe or share. And: difficult to live in. The flow and ease and health and well-being I know and have experienced that is possible, is just very rare. Normal life isn't up to it at all. It is outright contrary. So I cannot hold that space. Which is fine, as actually in the missing or loosing of it, in the ebbing away of the wave, there's the momentum preconditioning its re-arising. Integration is in the wave as a whole. Being in the predicament of non-ability to live in my body full-on, gives me a drive to

keep exploring, building, and integrating the body in all of its facets of both natural flowing qualities and existing blocs and distortions. When I am open, and unconditional, everything opens the body, even its closure. It's a journey. It's an adventure. I'm right in it. You're welcome to join.