

I-B-6 The first body-affirming culture ever

If you're not going with the flow, you may miss your own healing!

There are these little opportunities, where something is about to change, the body is inviting you to go into a new direction, a direction you physically *know* is right – but if you don't follow, you miss.

If you meet a person that is chronically sick or decayed, you are meeting a person that missed a thousand little opportunities. You can hardly call it their own fault, because it is so wide-spread, common and global; there is no culture supporting going with the flow, rather all culture is a restriction of the flow. Does it need to be that way? If you ask the body, no. The actual flux within the body does exist, does move, regardless of cultural restriction imposed on it. There is an opportunity for humans to build a culture *on* the flux of life, instead of away from it or even against it. The more primitive a culture, the more they had of it, the more sophisticated a culture, the more they live away from it. But this vision I have, of a communal life style in total congruency with the flux of life, seems to be something new on this planet. Maybe we needed to go through the cycle of coming from the earth, gradually diverging from it and at some point turning back and re-tuning into the earth beat (which always was and is in alignment with the flux of all life) from a mature, independent, grown-up standpoint.

What it requires, however, is humility. *Listening to your body is a very humble act*, given that you have so much power of mind not to. It is about climbing down the stages, back into the roots of your very physical existence.

In context of this congruency, all things that were so far in human development do have their place. They become integrated into the wholeness, instead of being used to diverge from it. It is not actually a back-to-nature philosophy that I'm professing. However, when we were close to nature we had more of this congruency, and the losing of both came hand in hand. Now it is about reintegration. It is about finding the congruency with life in ourselves first. Finding it with our whole body. From there we can step forward.

Here some practical suggestions for a body-affirming education:

- Body awareness should be significant part of everyone's curriculum
- It should be taught to kids in school, better even in their families
- Cleansing one's organs as a general routine for everyone
- Recognize physical weaknesses from infancy on and efficiently counteracting them
- Emphasizing on prevention of sickness, health maintenance as a civic duty
- Eye training for all nearsighted children
- Alignment training for everyone
- Massage as a daily routine
- Encouraging and supporting children's natural drive to move instead of inhibiting and restricting it
- Feeding breath awareness like basic food
- Learning how to economically and effortlessly perform one's movements
- Cultivating relaxation and rest
- Running health resorts by public funds
- Public body temples for body worship

Many things could be added to the list. Obviously, parents don't want their children to get sick. But if the young one's don't learn how to *keep* their bodies breathing freely, moving smoothly, pulsating, dynamic, clean *from inside*, it is almost guaranteed they'll become sick later in life. So why wait for that? The reason is why parents are so negligent in this is because they don't know themselves. This whole society is in fact a world of people very unconscious of their bodies. Body awareness is as yet something exotic. Issues like drug addiction, self destructive behaviour, medicine abuse, violence, rape, smoking, overeating, computer fixation etc have all to do with this general unconsciousness or even denial of one's organic beingness. If there is a basic awareness and appreciation of the body one has a stable ground inside that lets one be sensitive of what one does to oneself, to one's body and to others. Even if e.g. a teenager does start to experiment with drugs, he would most likely not overdo it. It is not about being perfect. (I'm not perfect in my habits at all!) The body can take a lot, and it really doesn't mind. It is just about finding back to balance. When one knows one's body, one always has a place to come back to, even if one did move away from it for awhile. One notices the body's signs, and the effect of things on it. One also develops sensitivity to other's bodies and can directly sense what a pain in someone else feels like, in oneself; hence one just *couldn't* wilfully hurt any body. All so-called sins are a consequence of separation.

Isn't it a shame there is no education on the body in society? No one gets taught how to breathe, how to move, how to cleanse the body, how to relax, how to regenerate. The general values, particularly of our culture, and particularly of our times, are outrightly hostile towards the body. Much fuss is made about the looks of the body, but no esteem is shown for the real life, the inner life of the body; not even notice is taken of it. It really should not be the privilege of some health-conscious people, it should be considered one of the foremost values of human life, and one of the foremost duties for every living human being. As a matter of fact, who doesn't fulfil this duty properly suffers later on in his body, but that does not have to keep being like that. Society could encourage health and aliveness, and no longer endorse self-destructive behaviours as it does. It would be absolutely reasonable to illegalise cigarettes, alcohol, sugar, overwork, chemical pollution of all kinds etc. (It would be more thrilling to drink a glass of wine or have some chocolate secretly!!) People violating this law should not be sent to jail, but to a wellness spa and health resort, so they get to practically feel how good it is to take care for one's body. In fact all jails should be turned into healing centres. That would massively decrease crime rate. Let's fantasize about a body utopia! I can already see the massage chairs in buses and yoga compartments in trains, people waiting in queues giving each other neck massages, meditating youth gangs on the street, slides instead of escalators in the department stores, cars emitting fresh oxygen....any other suggestions?