

II-5

A hand that touches your true nature

I going with my body
is inviting you
to go with your body

Me flowing within my body
is moving you
to flow within your body

Me enjoying being in my body
draws you to
enjoy being in your body

I loving
to feel your body
is you feeling your body
being loved

Me hugging you
is you
hugging yourself

Where would love ever end?

It cannot end at the borders of my body

It flows
from body to body
to body to body to body to body

The hands of a good bodyworker are magic. Yet, it has nothing to do with 'magic'; it is the existence of an opened-up awareness throughout the body combined with a properly and harmonically directed flow of energy through the body. To a receptive body that feels like magic. It opens up the same harmonious flow in the receiver's body. A good bodyworker is contagious. A contagiousness between bodies is basically everywhere, as all energy flows amongst them all the time. Yet the good and experienced bodyworker "knows" ('physicates') how to direct the flow, and thereby transmits something.

There is an essence to the touch of the hands of a bodyworker. It is the touch of the hands of intimacy. Intimacy is not a happening between two people, it exists way before these two people meet, and then, when they're open to it, flows into them and through them. Intimacy is not physical,

it is essential. It finds expression in all of the Real Physical. The touch of the invisible hands of intimacy can do most wonderful and highly accurate bodywork on you. Intimacy *knows* intuition. Intimacy *knows* physication. Intimacy knows not only *where* to touch, but *how* to touch. It may not be as densely sensely perceptible. It is only the space of intimacy in the receiver which allows him to be touched by that space in the giver. It doesn't happen in the Outer Physical (the structurally expressed physical), but takes place in the Inner Physical (the subtle, inwardly perceptible physical). The outermost of a touch reaches and is received by the Outer Physical; the essence of touch is drunken in by the essence of the body.

You can do one thing: just lie down, rest, be available, and let yourself give a session by the invisible hands of intimacy. Those hands exist, and are able to touch you. It is amazing! And for free.

Should that touch of intimacy not be present in a bodywork session, it is bad bodywork. This applies to anything in life. If it is not love that does it, it is not worth it. Merely functional or structured bodywork has its practical value, but it is like walking through a forest that has no colour, no sound and no smell, or reading a poem that is made of ciphers, or having a lover on the internet.