

## II-6 Enjoying bodying around

Moving intuitively  
moving intuitively  
moving intuitively

over and over again

this is my work

this is my *means of exploration*

Mind can gather information, it can systemize and suggest and evaluate, but the mind cannot do the actual work of the body. It can only be done by the body-intuition (physication) itself. And the non-physical intuition is helpful as well – it works faster and more direct than the mind, it can give you insights, images and inspirations. Mind and intuition are supporters of the actual process.

The process is physical.  
An expression of being through body.

\*\*\*\*\*

Bodying around is one of my favourite hobbies, and it's central to this work.

It's just relaxing, moving, breathing, enjoying the body, letting it have its work-out. But it's very different from exercising. It's not shaping the body to do a movement, it's shaping the movement according to the body. It's taking time for the body to free flow. Something like bodying is often been done in movement groups, the difference is that there it often has a purpose like warming-up or making an experience to then reflect on. Bodying is enough in itself, done for its own sake and it doesn't have a purpose. It doesn't have a structure, and if a group leader puts an end to the bodying after a specific time frame it wouldn't be real bodying, as "pure bodying" can only end as a result of the body having enough. The end of bodying is when the body goes back to the functional. Bodying is the body moving or hanging around without fulfilling any outward function. Any instructed movement exercise, even for movement improvisation, and guided journeys etc are opposed to bodying. Of course, what you have learned will influence the way you're bodying. For example, at times you would recognize yoga postures when I'm bodying, but it's like I don't care about the posture, I might do it half way or half sided only, I just do it the way it comes out of the body. It's somehow like intuitive, but more physical than intuition. It's physicatively moving around.

In my work, the more response there is in a client, the more we can be bodying together, the more bodying occurs. Usually, in the beginning I may kindle it by instructing. I also give sessions where I instruct all along, but then they are not particular bodying sessions. When there is a complete response of the person toward the body, then the body takes over, bodying happens. Something deeper takes place, and I as teacher can go completely out of the way, just watching it, witnessing, being present, being support without interfering. This might even clash the role of session giver and receiver, because the body doesn't recognize it that way. My body then just functions as a catalyst for it to happen.

\*\*\*\*\*

Let nature be your movement teacher. When the wind blows through the trees, notice how that resonates in you. Let the wind move your leaves. First, very subtly notice it, let the sensation move through you. Then from that it may express into movement. Or it may not – then you would just stand there and notice that ever so subtle blowing sensation within. And when it then does express itself into movement, the quality of such a movement is very different from going out and moving. It's a movement that arises from the inside out, that arises from a connectedness. You being connected, attuned within and with the energy of what surrounds you.

When you start to explore this you'll be amazed. You'll love your time in nature. Not 'going for a walk'. But going right into nature. Mostly I do that alone, because there are very few people who would resonate with that. I am in the woods, in a flow with nature, and just meeting humans that are going for walks or jogging, changes the whole vibration. They go for walk and talk and think and miss it all.

Just feel it. All the ways the wind blows, the stability of a rock, the tenderness of a little flower, the sunshine on your face. Pick up that feather on the ground and gently caress your face with it. The feather loves you. It is made of love for the sensitivity of your skin. See the big roots of that tree. Bow down to them. Drink them in. Let them root you. Don't worry about your clothes. Let them get dirty. Watch that mosquito taking a seat on your arm. How it spreads out and pricks, and pierces you, and starts to drink your blood. How it fills its body with your blood, becomes red and thick. Then smash it. Watch its dead, smashed body on your arm. Feel the burning on your skin, the itching. Its last gift to you. Receive it. Don't judge and put morals around nature. Just be. Be the way nature is. That is being in your body.

\*\*\*\*\*

Its breath within your body is different from the breath of your body. When you're letting Its breath breathe through your body, you never know where it breathes, you never know how it breathes, you're ever surprised; at the dawn of a new breath of It you are completely blank, not knowing, there is no anticipation and a total absence of control. The tiniest little bit of control of yours and It will not be breathing through you (not fully, still basically; that never can be overpowered by the ego).

Breathing is, as any other pulse in the body, one specific expression of Its breath in you. Every possible pulse can be the outcarrier of Its breathing through you, and endless varieties of quality are possible. It is just as you can see in nature: ever new, ever different, ever unique beautiful forms of being born and born and reborn. Such is the breath of life in all of the universe, all over the earth, within all of your body.