

II-7

Basic principles of an innovative approach

When it happens, work on your body.
When it doesn't happen, don't work on your body.
No need for it. No need for anything to do.
Do not ever put force on your body.
Use strength with the body, yes, but no force.
Work on your body when it happens.
Let it happen.
It will work.

'HOW IS THE ENERGY OF LIFE
FLOWING IN AND THROUGH
THE BODY RIGHT NOW?'

This is THE guideline of this work.
That's where it starts from, and where it comes back to ever and ever again.
Letting the energy of life do it.
Through your body.
Putting no constriction to it, no scheme, no pre-pattern, no definition.
Always being in for a surprise.
Sensing, following and expressing where IT goes,
while openly, consciously and lovingly being in the body.

This is the base, the beat of the rhythm. From that, out of that, within that, on top of that there can be a thousand drums going off, a thousand melodies played, a thousand dances enjoyed. But what guides, what is ever present, what is surrendered to, what is the supreme authority, is the knowing within the body itself, the actual reality of the flux of life in you.

Do not work on your body as a *reaction* to something.

Be in your body as a *response* to what is.

With the first, you *use* your body to hide something. With the second, what is really there shows itself through the body. What the body expresses, will be one of the two, depending on the kind of consciousness in you that initiates the movement.

When you experience darkness, deadness, destructiveness and density, let that be as it is; not needing to do anything about it. Then you experience night in your body. Direct, immediate. No way, and no need, to avoid. Such honesty *gives way* for an unwinding to unfold through you, and that unwinds the body. You just *let it* unwind itself, let it happen. When you are honest, a higher intelligence naturally works and moves through you. Such movement is truthful, genuine,

wholesome and healing. It is not just a movement, but an extension of something real in you. Your body bringing into form not a running away, but a recovery of your soul. This is wholesomely being in the body.

1. Nothing of what is experienced matters at all.

Don't make much fuss of your experiences and transformations. Just let it happen, as it is. The more quiet you can be with it, the more it can unfold through you. The emphasis is not on the experience you have, but on the awareness you are. Changing, improving or refining perception (which happens in this work) influences your awareness; but it cannot tell you what awareness is. Awareness is you, the being in the midst of experience. Perception is an outflow of awareness. Awareness is in itself formless, and through perception it finds form. So an experience you have during a session is a medium for who you really are to shine through, to come out, to birth itself into this world. It isn't about making the experience big; then you feed the personal, taking the space away from awareness. This is a common misunderstanding, and in self-experience groups it is particularly cultivated. One thereby becomes more identified with oneself and less aware, while believing one got more aware. It isn't perception that determines awareness; it is awareness that determines perception. So as you gather and accumulate experience over experience, you gain 'more' in a quantitative sense, but this will not make your inmost awareness broader; it will make your range of thinking, feeling, sensing and moving broader. But your perception of those experiences will still be limited to the way you are using your mind and body. A change of quality in our perception occurs only when we are not in belief of what we perceive, but know ourselves as the awareness in it. We then experience a very different reality.

As a general rule: whatever moves, means whatever has form, is in any way perceivable, noticeable, sensible, thinkable, touchable for you – is not real. Hence it doesn't matter.

The difference between focussing on perception and diving into awareness while perceiving is the same as between the building of a house and the growing of a body. The first is being *done*, voluntarily, with a mindfully set frame, the other happens, takes place, from an inward natural organic wisdom. A building will just be a building, as much as you add to it. A body will always be a living body, whatever it goes through or turns into. What takes place within your body is rooted in such a depth, that fortunately your mind has no capacity to control or interfere with it. All trying to interfere is just a disturbance. So approach your body from a quiet mind, letting experience freely flow and blow and grow through; never catch it and make it your own.

2. It is the manner of being within our bodies that makes the difference.

The body itself is absolutely neutral. It is just material, as are all of its sensual perceptions. The actual difference is not between perception 1 (good feeling) and perception 2 (bad feeling), but in the *manner* you are having in being in it. If your manner is just simply unconditionally open, letting-through, unendingly tender, then you blossom within your body, no matter what you're going through. Nothing needs to ever change, or to be taken away, or to be made better. You just give space to what is to be there, and therefore it does change. So a tension you go through is as okay as a relaxation you feel. There is no *issue* of relaxing, healing, improving. In a work where there is such kind of purpose, there is actually no space given, there is a tension underneath the claimed relaxedness. The manner of being is tense. It isn't organic, it isn't natural, it isn't the way the body truly is made of. So in one case it is tension doing relaxation; in this work it is profound

relaxedness being even in any kind of tension that may come up.

3. The body, as we think of it, doesn't exist

What we perceive as a physical body is an assumption based on sensational perceptions. A believed perception is a restriction, inflicted on the body. In dropping finer within than our own perception, the very same body feels completely different. Dropping even finer, and again it's a different body. This can go on forever; you will never reach a point where you can say. " This is a real body". So your notion of your own body is not that of a fixture, but of an ever-changing, self-transforming sphere that reflects any particular stream of awareness you are presently floating through.

4. This work isn't a work.

When we dive into this body, it is not a doing. There is nothing we're up to. No state, goal, experience or accomplishment. Nothing at all has to happen. What unfolds, is allowed to. We are just giving space for everything to be as it is, and become as it wishes, within and through this body.

We are being in the body.