



I have learned to respect the mother as she provides me the questions and also the answers. Sometimes I don't know why I am asking a question, I only know that once asked the question is repeated like the slow beating of a drum until an answer comes. This has been new for me, or at least my awareness of it is new. I am constantly reminded that nothing is up to me. Divine mother has her plan. So while I thought my next article was going to be about imagination and how to free the emotional body from the grip of the mind with daily practice, the question of what is the body began to bubble up from the depths of my unconscious. For the past few weeks or so I would hear that phrase "what is the body?" And my mind immediately answered and said well you know what the body is it's the body! But the question kept coming so I knew that eventually the Mother would deliver a message about the body.

Last night I had a dream and in the dream I saw a man who held vast knowledge. He was a giant looking out upon the world. He was bigger than life to me. And I was within all of him. Suddenly I noticed his features were changing and as I fixed my gaze upon him his face hardened and the texture of his skin changed. His nose caved in and he turned to stone before my eyes. He then became part of a mountain range formed of the petrified stone bodies of giant gorillas that spanned the earth.

I awoke and instantly knew that this was a power dream. A power dream is something more, a deeper message than the everyday dreams we usually have. When a dream strikes you as so potent and powerful and perhaps awe inspiring, it can be very helpful to give it some attention. Sometimes just letting it sit with me can bring about the revelation at its core, and other times I practice non-dominant hand writing to ask the character in my dream what it is trying to tell me. When I asked the central figure of my dream what his message was for me it turned out to be the answer to the question I've been hearing for weeks.

"You are a map of the stars as is everyone. Your body is a map of the stars with all the divine consciousness within it. The communication of the body is always there but so quiet like the stones of the earth. The mind gets more attention. The body is ancient with all the wisdom of the stars and the billions of years of experience Earth and galaxies have lived. Your body has been alive in one form or another since the beginning of creation." This was the inspiration and the opening of the channel with the message that follows.

The body is one body. It's united in the stars, the galaxy, the universe. We forget our origins as we focus on the stories of the mind. When we allow the story of the mind, the beliefs to pass like clouds, and the emotional body is set free to feel like waves of the ocean, the body is then free to be a guide and natural anchor. Like the stones of a sacred Temple.

The body of the beginning from the point of view of the creation. It is the manifestation of the mother, creating everything. The body is a magnetizing dense force. At the moment of conception the gravitational pull of the seed, the embryo, pulls the light into it. That light is perfect match to the seed. The channel of light which is you, your consciousness, is anchored there and there is a communion of creation between light and matter. This is true for every living being, and all the stars and planets as they are living beings as well.



The body is imbued with its own intelligence but we must be quiet to hear his message. The body can sustain itself purely with instinct. There is almost no need for intellect in the survival of the physical. Take stones and rock for example, there is life force but no intellect as we experience it in the level of the mind and beliefs. Yet there is intelligence there. The mind can interfere with the body's natural intelligence. The body is living outside of the mind an independent being through which the emotional body and intellectual body have the incredible gift of experiencing "life". The physical body is providing the structure for the life you live and in that is the perfect match for the reflection of the story your life is telling, and what divine mother needs for you to experience.

The body is like the ancient wise seer, patiently humoring and devoted to its children the emotional body but even more so the petulant child which is the mind. The central belief of personhood, the "I am" attaches itself to identification with the body. It believes it is the body and therefore judges and can treat the body harshly. We do many harsh and severe things to the body in the name of self-improvement.

The body is the collection of cells magnetizing the light. From the point of view beyond the mirror the light is enticing matter and playing with this collection of cells configured as the universe, the planet, the body, and each tiny electron of energy buzzing magnetically to form the physical universe. This dance of creation facilitates awareness at all levels... Physical, emotional and intellect/mental.

Death is simply the moment the light releases it's magnetic hold upon the collection of cells that make up your body. From the point a view of the body, which is the mirror, the grip upon the light is intense. The powerful union between the material and the light creating it creates an instinctual drive for survival.

Because this is the force of creation itself igniting each cell, the body fights for survival, often long past the point in which the mind and emotional body release the hold on the experience of living. You may have known someone who was very old and exhausted from living, or very ill and emotionally and mentally ready to let go and stating a readiness to die, but the body has other plans. The body may take many more years before it releases its hold upon the light. Or from the opposite side of the mirror the light has other plans and will release the body when it's time and only then.

With the emotional body free to feel it's natural ebbs and flows without the grip of the mind pouncing on every wave of feeling and needing to know what it means, the body can begin to re-establish an equilibrium. It's a little like having a mad scientist at the helm of a spaceship it knows nothing about to have the mind in charge of the body.

After practicing for a while and recognizing the mind for what it is, an inconstant loop of thought unrelated to emotion but always looking for ways to feed off and control the emotional body, the presence that is you witnessing life begins to lose its identification with everything in the manifested world. The beliefs in the mind aren't real and emotion is transient like the weather. The release of identification with these potent energies eventually leads to a quieting of all.



The mind continues to be present, always offering an interpretation which may or may not be useful to you. Growing wisdom allows you to recognize what is useful and then to release all of it to make way for the next momentous wave of consciousness to be perceived. Likewise the emotional body will swell like the ocean and may appear to coincide with the rhythms of the mind. After freely feeling without believing the interpretations offered by the mind, the emotional body is released from the bondage of the mind.

The feelings come and go as they need to, all experienced by the magnificent physical body and its collection of sensors in the brain and nervous system. After a time of allowing free experience of the emotional body, which I like to say is “leaning into feeling”, the emotional body also calms down.

After many years of being under harsh control of the mind, the emotional body may have a lot to release into. Like a beautiful wild animal kept caged in captivity, once granted permission to run, the emotional body’s sensations can feel intensely for awhile and the mind will question your sanity for allowing this to happen. Just notice that you're OK, the body is the grounding force which is at peace with this feeling. This is a hint that you were on the right track in letting your emotional body be free.

Because the mind and emotional body sensations are more lively and intense for most people, the quiet presence of the physical body can be easy to miss. Just as it's possible to be in the absolute beauty of nature and miss it because of the emotions or distractions of the mind, so can we miss the messages of the ancient intelligence within our own body. Creating mindful practices to honor the body and thank each cell for the gift of perception is one way to begin the conscious dialogue with your body. Just as the mind has an impact and the emotions have a tone or sound that can be perceived, so does the physical body.

The body is quietly voicing its message and when the emotional body is free and the focus is no longer on each wave of the loop in the mind, the still pure voice of the body begins to emerge. Time spent in reflection and meditation is useful to allow this voice to be heard. Place no expectation on how you will perceive the body’s message. If you listen the body will tell you what it needs and if you take action a trusting relationship will develop. There is no one right way for anyone.

I would like to address illness and the body. While it is absolutely true that the mind and emotions have an impact on the body and can cause disease, being accountable to your body's needs for health and balance is a respectful way to create a loving relationship with your body. For example if you know that your body needs rest and you push forward anyway and get sick, that is something you should learn from to understand what your particular body needs in terms of work and rest.

Avoid the trap of judging yourself when dealing with illness. While transforming the relationship of the emotions and beliefs can have a powerful and positive impact on the bodies well-being, there is a natural course your body is meant to take. Each of us has a prescribed road and while



we have the illusion of many choices, we cannot make a mistake. We have many things to learn from the journey of our bodies and illness may play a part in that for you. Refraining from judging the body for its condition and the self for its impact on the body gives you the space to choose wisely and lovingly the best way to care for the body in the moment.

Just as there is no one right way to live there is no one right way to die. Death is a natural evolution of this consciousness dance and the body is on its own trajectory. What you as a being learn in that journey is what matters. Nothing in the manifestation of the material world has a scorecard for your spiritual success. Having wealth is lovely but it is not a marker of spiritual achievement. Likewise having physical health does not indicate spiritual or emotional well-being. If this were true then every unkind person you know would be poor and sick. And we have all met jerks who are wealthy and healthy!

Suffice it to say that everything that happens in your body and your life is an opportunity to see the reflection and it is uniquely perfect for each of us. Freedom for the physical body is the freedom to allow its supreme intelligence as your guide.