

**The New Body of Life and Love:
April 2010 newsletter**

"Your physically felt body is, in fact, part of a gigantic system of here and other places, now and other times, you and other people, in fact the whole universe. This sense of being bodily alive in a vast system is the body as it is felt from the inside." ~Eugene Gendlin

I want to introduce a radical idea. The notion is disarmingly simple yet absolutely transformative in its implications:

Our physical body is the doorway to direct experiencing of the Divine, the All, Buddha, Sophia, Life, True Self, G-d, Love, Agape, Spirit whatever name you give the "highest and deepest". We are directly connected to ALL THAT, to the unfolding of Life itself, through This Very Body! Learning to listen intimately to this interconnecting is our path.

In fact the physical body when suffused with awareness **transforms into a New Body**. Those of us on the path of Embodied spirituality or integrating the Mother (the immanent) and the Father (the transcendent) are actually participating in an evolutionary change in which the aware human being **through this body** can interact with and be permeable to all of life.

The Greeks spoke of "Sarx"- the body of matter, physical flesh. They also had the word "Soma" the body as felt and experienced from the inside- our sensing, feeling, intuiting, and thinking body. Soma allows a direct connecting to all of creation. Awareness and permeability are the keys.

Further, the 'old body' that we all carry within us is always centered on survival and is designed to be fearful and self-protective. At a certain level of consciousness and in certain situations this is essential. The new body includes the old survival capacity, we don't want to throw that out, and adds to it a new operating principle that of Love or interconnection. The essential move is from separation based "*survival of the fittest*" to connection based "*survival of the most interconnected*". In an ironic twist of evolution, our survival as a species on this planet actually requires us to move from fear as the dominant principle to love. This is a new body indeed!

IS it possible that the body as a physical object, as matter, as earth, is just the beginning of an unfolding that is happening Right Now, in our living experience? As we come to Easter where Christians embrace the transformation called "resurrection", perhaps we can include the possibility that **we are all cultivating this new body of life and love!**

".....and his body was radiant, like a prayer or a blessing, emanating love, truth and peace."

More next time.....Russell Delman