

MAKE CONTACT WITH THE BODY

You are not in contact with many things in your body, you are just carrying your body. Contact means a deep sensitivity. You may not even feel your body. It happens that only when you are ill do you feel your body. There is a headache, then you feel the head; without the headache there is no contact with the head. When there is pain in the leg, you become aware of the leg. You become aware only when something goes wrong.

If everything is okay you remain completely unaware, and, really, that is the moment when contact can be made – when everything is okay – because when something goes wrong then contact is made with illness, with something that has gone wrong and the well-being is no more there. You have the head right now, then a headache comes and you make contact. The contact is made not with the head but with the headache. With the head contact is possible only when there is no headache and the head is filled with well-being, but we have almost lost the capacity. We don't have any contact when we are okay. So our contact is just an emergency measure. There is a headache: some repair is needed, some medicine is needed, something has to be done, so you make the contact and do something.

Try to make contact with your body when everything is good. Just lie down on the grass, close your eyes, and feel the sensation that is going on within, the well-being that is bubbling. Lie down in a river. The water is touching the body and every cell is being cooled. Feel inside how that coolness enters cell by cell, goes deep into the body. The body is a great phenomenon, one of the miracles of nature.

Sit in the sun. Let the sunrays penetrate the body. Feel the warmth as it moves within, as it goes deeper, as it touches your blood cells and reaches to the very bones. And sun is life, the very source, so with closed eyes just feel what is happening. Remain alert, watch and enjoy. By and by you will become aware of a very subtle harmony, a very beautiful music continuously going on inside. Then you have made contact with the body; otherwise you carry a dead body.

It is just like this: a person who loves his car has a different type of contact and relationship with the car than a person who doesn't. A person who doesn't love his car goes on driving it and he treats it as a mechanism, but a person who loves his car will become aware of even the smallest change in the mood of the car, the slightest change of sound. Something is changing in the car and suddenly he will become aware of it. No one else has heard it. The passengers are sitting there; they have not heard it. But a slight change in the sound of the engine, any clicking, any change, and the person who loves his car will become aware of it. He has a deep contact. He is not only driving, the car is not just a mechanism; rather he has spread himself into the car and he has allowed the car to enter him.

Your body can be used as a mechanism, then you need not be very sensitive about it. And the body goes on saying many things you never hear because you don't have any contact with it.

In Russia new research went on for some decades, and their scientists have concluded many things. One very revealing result is this: whenever a disease happens, for six months continuously before it happens the body gives signals to you. And six months is such a long time! If a disease is going to happen next year, in the middle of this year the body will start giving you signals – but you don't receive the signals, you don't understand, you don't know.

When the disease manifests itself, only then will you become aware. Or even then you may not be aware – your doctor first becomes aware that you have some deep trouble inside.

One person who was conducting this research for many years made films and cameras that can detect a disease before it actually happens. He says that the disease can be treated, and the patient will never become aware of whether it existed or not. If a cancer is going to happen next year, it can be treated right now.

There are no physical indication, but just the body electricity, in the bioenergy, things are changing. First they will change in the bioenergy and then they will descend to the physical. If they can be treated in the bioenergy layer, then they will never come to the physical body. Because of this research it may become possible in the coming century that no one need be ill, that there will be no

more need to go to the hospital. Before the disease actually comes to the body it can be treated, but it has to be detected by a mechanical device. You cannot detect it, and you are living there in your body. There is no contact.

So first try to be more and more sensitive about your body. Listen to it; it goes on saying many things, and you are so head-orientated you never listen to it. Whenever there is conflict between your mind and body, your body is almost always going to be right more than your mind, because the body is natural, your mind is societal; the body belongs to this vast nature, and your mind belongs to your society, your particular society, age, time. Body has deep roots in existence, mind is just wavering on the surface. But you always listen to the mind, you never listen to the body. Because of this long habit contact is lost.

You have a heart, and heart is the root, but you don't have any contact with it. First start having contact with the body. Soon you will become aware that the whole body vibrates around the center of the heart just as the whole solar system moves around the sun. Hindus have called the heart the sun of the body. The whole body is a solar system and moves around the heart. You became alive when the heart started beating, you will die when the heart stops beating. The heart remains the solar center of your body. Become alert to it. But you can become alert, by and by, only if you become alert to the whole body.

Osho –
Body Mind Balancing –