
GUIDED BODY AWARENESS TALK

Relax, stretch your legs, kick off your shoes if you want to, take off your shirt ties if you want to, that's just about all, nothing more.

So many people in this world are not aware of themselves. If they are not aware of themselves how could they be aware of everything around them...

So where do we start. We start with our own physical awareness. You are a body. This body is yours and you should know your body but you do not! The only time when you are aware of your body is when you have constipation. Ha Ha! Good.

Now, in this exercise of your body awareness, we stretch our legs and we center our minds to every part of our body.

Now, take your mind down your toes, because there's no difference between your toes and your mind, if you have one.

Now down, down. I am aware of my toes, I am aware of my toes and my awareness is moving up, up, through the soles of my feet, to the top of my feet, and up and up and up and up, up, up, and I am now the ankles of my two left feet.

Up around the ankles, your awareness is proceeding up and up and up and up over your shins, over your shins and around your calves. You are aware of the calves and shins, everything else is not there, but just your calves and your shins. And up it goes, up it goes, behind the knees and over the knees. You're nowhere else, not even in your nose!

You're nowhere else, but up and up, up and up, at back of your knees and over your knees; nothing else exists nothing else exists now, but your calves and up your knees, up your knees, you are totally aware of your buttocks, on which you sit, they call it brains sometimes up and up, up, up you go, up you go, and you're becoming aware of your abdomen, your abdomen and further up the lower back, you are not aware of anything else but the areas I'm talking about. You abdomen and your lower back.

You are at your abdomen and your lower back and proceeding higher, higher, up your back, up your back, up your back, to your chest, to your chest, and you're aware only of the chest, the rest of the body is dead.

Only your chest is alive, your back is alive, feel the pulsation in your chest, the breathing moves in and out and in and out and in and out and in and out and up up up, up up up, to your throat, to your throat and on to your shoulders, your awareness is on your shoulders, your awareness is on your shoulders, your body is dead. Dead; and your awareness is on your shoulders and moving down your arms, moving down your arms, through the biceps down, down, down and down, down and down to your forearms, to your forearms, and still further down at your wrists, at your wrists, at your wrists, at your wrists, your awareness is at your wrists, and down down down down through your palms, through your

in doing it the second time, the third time and all, you'll find your tension will be moving further back, than the place you have been pointed. [Long pause] And the other way... Do you find a further spot? Ehh? You did! Just shows how aware you are. Sit down.

The awareness of the body is not only limited to the body, the awareness of the body could be extended to the entire universe. For your limitation is to the entirety of the universe. I say that to be a limitation, yet there is a field still further into the impersonal God which is beyond the personal God, which has its limitation. And you are the personal God. The exercise in awareness. This demonstration we have done, we could carry it on for two hours you know! But the great purpose of this is for your physical health. If you feel a pain in your knee, take your attention, your mind, to that area, which is painful. Could be your knee, your calf, your backside, whatever side, it means the same. Now, if you try this, you will rid yourself of pains. By just focusing your attention upon the area of pain; because the origin of pain is not in your calf or your knee or your big toe, the origin is in the mind. So now, if we shift the attention and lead the mind to the place, like backache, you'll find your own personal energies, your own personal vibrations will take the pain away immediately! I talk to you of personal experience.

During the years and years and years of trudging around in the Himalayas and visiting Ashrams and gurus and what have you, and in certain places, in the snows of the Himalayas, it is so cold that I ask myself who is feeling cold. Surely not my body, but my mind is feeling cold. So I take the attention away from the mind and center it to the body and the body just warms up by itself. I was born with a congenital heart disease, and when I was round about 14, 15 the doctors say, "There's 3 months more to go for

him." No! I refused the 3 months. I wanted 33 plus, 33 plus, 33 more to do my work! And there, it's gone. The heart problem, the sugar problem, the cancer and all that, is not me. I am not the diabetic, I am not the heart sufferer, I am not the one that suffers of cancer! I am me, the eternal self; and looking at it from that vantage point, I could see the body functioning in it's own little way. Let it. Who cares! How important is this body! Because we all have the capacity to die at will and be born at will. We just need to know how to do it. So that is where your awareness comes in. As you sit here, what are you aware of at this moment... Whm? Vidya?

Vidya: I'm aware of you wiping your eyes.

GR: You're aware of wiping my eyes. Gloria, what are you aware of, as you're sitting here.

Gloria: [inaudible]

GR: What are you aware of sitting there? "Everything."

Chela: "Nothing"

GR: That's better! What are you aware of as you're setting here now.

Chela: "I'm aware that my eyes are looking at you and I'm also aware that I feel."

GR: So you're combining awareness with feeling uhm; Good; Ken, anything to add to that?

Ken: "I'm aware of poison oak on my hands."

GR: Ah, ha! You're aware of that! (YES) Now later on when you sit outside, just take your mind, to that awareness of poison oak, and you'll see to go away, like that. Report to me tonight it will be gone. To be aware, totally aware, this to be totally un aware. When you are non aware, you become aware of everything around you; because within the awareness that you think of, there lies the essence of non awareness; and when we reach that level of divinity for divinity is never aware. Divinity is never aware, because awareness requires thought, and Divinity is not subjected to the limitations of thoughts. Therefore, He is not thoughtless but thoughtful. See what I explained earlier?

To be thoughtful and when you're thoughtful you become non aware and yet totally aware. It sounds paradoxical, but that total awareness and total non awareness is the same thing in it's essence. People confuse awareness with thought: I'm aware of this glass standing there, I'm aware of this chair, I'm aware of this light. So how far does my awareness go? To the glass. To this table, to this lamp, to this chair; How limiting it is! But if I'm totally non aware of the table, glass, lamp, chair, then I become fully aware of the entire surrounding, the entire universe as it is! Now, this exercise was given to you today for developing awareness. Now in the short period we could not accomplish everything that is involved in it. But slowly you will learn by experimentation what awareness is all about; where you could be aware of every single hair on you head; you could be aware of every single leaf on the tree there; and when you boil it all down, from awareness to non awareness, you'll find that the leaves are not there, the tree is not there, it is manufactured by my personal illusions.

The people in this room will look out at this tree outside, and each one will have a different perception of the tree. And yet, the tree is the same; but your perceptions are different of that tree, so what is the validity of your perception or perceptions of life. They could be this now and that tomorrow. The third day it could be totally different again. So, what are we seeking for, is reality; Reality in total awareness. And may the totality be such that awareness does not differ from day to day. Then only is it real, otherwise it is illusion, illusory, delusory.

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