

# TALKING TO YOUR BODY

**“The body is a miracle”**; it is tremendously beautiful, tremendously complex. There is no other thing so complex, so subtle as the body. You don't know anything about it. You have only looked at it in the mirror. You have never looked at it from the within; otherwise it is a universe in itself. That's what the mystics have always been saying: that the body is a miniature universe. If you see it from the inside, it is so vast – millions and millions of cells, and each cell alive with its own life, and each cell functioning in such an intelligent manner that it seems almost incredible, impossible, unbelievable.

“You eat food, and the body transforms it into blood, bones, marrow. You eat food, and the body transforms it into consciousness, thought. A miracle is happening every moment. And each cell functions so systematically, in such an orderly way, in such an inner discipline, that it seems almost not possible – millions of cells. Seventy million cells are there in your single body – seventy million souls. Each cell has its own soul. And how they function! And how they function in such a coherence, in such a rhythm and harmony. And the same cells become the eyes and the same cells become the skin and the same cells become your liver and your heart and your marrow and your mind and your brain. The same cells specialize – then they become specialized cells – but they are the same cells. And how they move, and how subtly and silently they work.

“Penetrate into it, go deep into the mystery of it. Because there you are rooted. The body is your earth; you are rooted in the body. Your consciousness is like a tree in the body. Your thoughts are like fruits. Your meditations are like flowers. But you are rooted in the body; the body supports it. The body supports everything that you are doing. You love; the body supports. You hate; the body supports. You want to kill somebody; the body supports. You want to protect somebody; the body supports. In compassion, in love, in anger, in hate – in every way – the body supports you. You are rooted in the body; you are nourished by the body. Even when you start realizing who you are, the body supports you.

“It is your friend; it is not your enemy. Listen to its language, decode its language, and by and by, as you enter into the book of the body and you turn its pages, you will become aware of the whole mystery of life. Condensed, it is in your body. Magnified a millionfold, it is all over the world. But condensed in a small formula, it is there present in your body.”

OSHO

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