

## **My Body the teacher**

The human body fills me with awe, wonder, and respect. Even the simple fact that it is keeping me alive every moment in thousands of ways amazes me...it fights infections, viruses, keeps my temperature constant, breathes for me, eats for me and lets me know when something is wrong. Who is it that is doing that? How can life treasure itself so much? I am so often moved by this lesson in humility.

My body holds my pain and trauma, even if I never listened it would just carry on, enduring, yielding, and never forgetting. Like the earth beneath my feet where nothing is ever lost, like the oyster protecting itself by creating a pearl, this body contains and holds it all, waiting to be seen, heard and felt.

As I sat and watched my mothers body fight right until the last moments, I saw how it so wanted to live, far beyond the point where her conscious mind wanted. Her death was in one moment as ordinary as someone walking from one room to another and simultaneously so huge and incredible. She died of lung disease. In Chinese medicine the lungs are associated with unexpressed grief; you only have to hold tears in for a minute to imagine what a lifetime of that can do, and knowing her life it's no wonder that her poor body gave out as it did...it just held it until there was no more time...such a powerful lesson...My body - I am your student.

It has lived my whole life with me. It has given me so much pleasure, joy and has felt so much grief. It is where I feel love and where I feel hate. It sees such beauty, it makes love. It fights for my life every moment; it always has and will until my last breath. How wonderful to discover that it knows far, far more than I ever imagined. Maybe it is much wiser than I am...I am your student

Sometimes it seems that I am finally arriving home after a lifetime away, and finding there a friend that has always been there, patiently waiting, living a whole other life, a complete life, while I have been gone.

It is my only home, the giver of love and of life, mine and others and will be the taker to. It contains the wholeness and love I have been looking for my whole life. My body you are my teacher.

**Manjudeva 2007**