

Charles Ridley
Stillness Practices and Stillness Touch

<http://www.DynamicStillness.com>

Charles@DynamicStillness.com

*This is a handy reminder to carry with you.
Please feel free to share this with all your friends and loved ones.*

Relax into your Natural State

In your heart is a mysterious portal that interconnects the infinite ocean of Love to the oceanic consciousness in your body. *Ground substance*, as the inner ocean of the body, is a liquid connective tissue inside and outside every cell that unites the awareness of 50 trillion cells as one consciousness. So body as microcosm reflects macrocosm: our individual consciousness is an expression of the whole. Paradoxically, by descending *inward* to heart we contact the *outer* shimmering, pulsing oceanic heart of mother earth. And since the heart of the Mother is one with the infinite heart, we directly realize ourselves *as Love – all that is – expressed as body*.

Embodied contact with Stillness ignites the coherence of our heart awareness through which we can evolve without limit. Most of us feel this inherently as a bodily knowing, even though we do not know how we know. The good news is this becomes more explicit by contacting heart.

However, to simply *be* with life's unfolding, *as it is*, challenges us. How do we drop our pre-occupation with how life "ought" to be? Habitually clinging to our expectations creates static in the body's fluid ground substance, distorting our contact with the free-flow of life. Yet, at any moment we can choose to relax and let ourselves be carried by the ever flowing *now*.

Another challenge is that rational mind breaks the one essence into parts through the process of separation; this ego disposition needs a subject and object -- a '*me*' and a '*that*.' If everything in life is interconnected, then isn't the subject-object perspective a misperception? True, our bodies are separated by skin, and yet, each body is *also* created and interconnected by *presence* that infuses into, and infinitely expands the boundaries of 'body.' As we can see, separating the body into parts creates a separate self, which can so deeply impact us that we *feel* separate.

To surrender, relax control, rest in the disposition of '*I don't know*,' and fall into heart, then, we arrive in the *now*. Our receptive presence to whatever is happening builds our basic trust in life as it unfolds moment by moment. Meanwhile, the flow of *now* is free to be exactly *as it is*, and in our original innocence, we accept it.

Stillness Practices cultivate embodied presence, and it turns out that whole-body felt sense of the *tone* of the atmosphere is an unerring guide to this mystery. *Whole-body felt sense is a function* of our natural state that is one with the wisdom of nature, the *Sophia*, or world soul. Sophia expresses out of Absolute Stillness as the eternal feminine principle that unites all parts with the whole, and links us to our boundless nature—all that is. By relaxing into heart, body unites with Soul, which interconnects us with all life.

Seated in this matrix of stillness, when we physically *touch* another, we sense a conscious, liquid, protoplasmic whole-body flow that *breathes* in ebb-tide fashion like the waves of an ocean. We realize that body's 'inner' waves are one with the 'outer' ocean even though we may not be in contact with the sea. While being touched we realize that asserting that we have separate parts in separate bodies, *in denial of this unified flow in the body*, is like insisting that waves are not part of the ocean. Our ego's separating sense becomes transparent to us when we touch, or are touched by, another in neutral. We realize our natural state, *from within body*. Here, we retain our humanity and our differences without losing contact with our common infinite divinity.

Repeated touch from this neutral disposition gradually restores to us our native heart perception by which we realize wholeness. That's why in my book *Stillness*, health is redefined as wholeness, which is merely bodily contact with all that is. Rather than feeling bodily unrest, lack, fear, doubt, and dissatisfaction that results from orienting outwardly toward separateness, we, instead through neutral touch, realize embodied wholeness imbued with calm, trust, and confidence in *being*.

In summary, our inner orientation to wholeness results from embodied contact with the flow of Love as all that is. The courage to cultivate the inner receptivity to be guided and carried by this flow *becomes a way of life*. This choice is radically different from focusing on what's broken about us, and striving to "spiritually" improve on it. I've certainly succumbed to this strategy most of my life.

When we touch, or are touched by, another while relaxing the need to fix anything, and humbly attuning to the wisdom of life's ever-unfolding flow that emanates from within the body, we discover our authenticity. Touching the body's wisdom unites the parts as a whole that leads us to the boundless inner calm of being cradled by Love. We realize Presence *as* our heart essence; accepting Life, we cease controlling it, and trust that it can manage us, and itself, perfectly well without our help, so we relax and *let it be*. We experience that the capacity to face this very moment and *let it be* is facilitated by the simple power of human touch. We learn to stand witness to our own humanity, and to serve as a silent witness in support of others. Essentially, the mystery of touch is a powerful means for body-to-body transmission of unconditional Love.

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