

Eckhart Tolle – Connecting with the Inner Body

“To Stay Present in Everyday Life, it helps to be deeply rooted within yourself; otherwise, the mind, which has incredible momentum, will drag you along like a wild river.

It means to inhabit your body fully. To always have some attention in the inner energy field of your body. To feel the body from within, so to speak. Body awareness keeps you present. It anchors you in the Now.

The body that you can see and touch cannot take you into Being. But that visible and tangible body is only an outer shell, or rather a limited and distorted perception of a deeper reality. In your natural state of connectedness with Being, this deeper reality can be felt at every moment as the invisible inner body, the animating presence within you. So to “inhabit the body” is to feel the body from within, to feel the life inside the body and thereby come to know that you are beyond the outer form.

You are cut off from Being as long as your mind takes up all your attention. When this happens – and it happens continuously for most people – you are not in your body. The mind absorbs all your consciousness and transforms it into mind stuff. You cannot stop thinking.

To become conscious of Being, you need to reclaim consciousness from the mind. This is one of the most essential tasks of your spiritual journey. It will free vast amounts of consciousness that previously had been trapped in useless and compulsive thinking. A very effective way of doing this is simply to take the focus of your attention away from thinking and direct it into the body, where Being can be felt in the first instance as the invisible energy field that gives life to what you perceive as the physical body.

PRACTICE:

Direct Your Attention into the Body. Feel it from within. Is it alive? Is there life in your arms, legs, and feet – in your abdomen, your chest?

Can you feel the subtle energy field that pervades the entire body and gives vibrant life to every organ and every cell? Can you feel it simultaneously in all parts of the body as a single energy field?

Keep focusing on the feeling of your inner body for a few moments. Do not start to think about it. Feel it.

The more attention you give it, the clearer and stronger this feeling will become.
It will feel as if every cell is becoming more alive, ...”

Eckhart Tolle, “*Practicing The Power of Now*” pp 59-61.