

Stillness Touch: The Art of Transmitting Love

We explore Stillness Touch from an expanded view of body as a *living substance of limitless sensation* - a vast, subtle, vibrating web that tremors with shimmering consciousness: *Dynamic Stillness*, or the *Sacred Pulse of Spanda*, which is the Kashmir Shavite term. Body in this context, therefore, is the quintessential expression of Life, Consciousness, Wisdom, and Love that includes the whole universe.

Subtle inner-body breath pulses within us as a limitless tonal web that we realize when we are feelingly attuned to the sensations in our inner-body space. We rediscover fundamental harmony as the original state of 'Body' in its larger dimensions of being as a Sacred Pulse of infinite Love, expressing *all that is*.

We realize body as a non-local, non-limited, field of sensation that includes the totality. Body's natural state is non-dual unity: the limited and separate body does not exist as its total perspective. 'Separateness' is a contracted perception, a limiting concept, and an illusion that is not the entire spectrum of body.

Love is Invisible Flesh Become Visible - As *Body*.

When we abide in inner-body Stillness, we experience limitless, non-separate flow of Love - *as body*. Our practice, therefore, is to abide in Stillness, and attend to sensations of inner-body breath with relaxed *presence*, sensing its rhythms and pathways - without any objective of changing anything. When we relax inwardly into whole-body breathing, our attention is freed and moves with the inner-body flow of *Eros* that unites external with internal. We realize sensations are expressions of various aspects of body as a spectral whole, including its pulses, currents, zones of tension, paradoxical intensities, intimacy, spaciousness, and fluidities. All these qualities are expressions of our *Eros Body*, which is our personal connection to *Universal Love* that creates all that is.

During inner-body sensing we contact soft subtle movements of inner breath that express non-contrived, non-formal pulsing, which is spontaneous, free, and unfolds itself slowly throughout the inner body, suffusing every cell. This buoyant, continuously expanding fractal flow is an erotic, inner, tonal breathing that in Kashmir Shaivism is known as the *Sacred Pulse of the Spanda*.

The Sacred Pulse blossoms when we totally abandon our will to "do," modify, or fix our attention on anything, and instead we surrender our attention, without constraints, to sensing the flow of inner-body breath. Inner-body breathing takes root very low in the pelvis, and pulses through the whole inner-body space as unending, infinite, inner waves of *Eros Body* - the Sacred Pulse, which caress and untie tensions and restrictions that recoil our awareness away from The Love.

In this deep, tactile, inner sensing of the whole of our inner being, our fears, doubts, and

separating thoughts will softly melt into vibrant silence and become united in the Sacred Pulse of Love - a mysterious place of intersection between formless and form - *Dynamic Stillness*.

It takes practice to abide in Stillness long enough to taste the infinite and subtle variations of the inner-body Sacred Pulse of Love. It is difficult to master unwavering presence to be with Dynamic Stillness. Because all at once Dynamic Stillness unhinges ego's control of body, mind, emotion, will, and unites them on a higher level of order that utterly frees our attention to 'be with' the flowing pulse of Love. We land in the realization that we are an expression of the entire universe without fear and resistance.

Eventually, the whole of our body, mind, speech, emotion, attention, and actions become less and less constricted by ego's fixation on past, future, and conceptual separation. Attention is freed from being drenched with limiting beliefs, projection, recoil, reactivity, emotionality, and fear of the feminine. When we relax our attention, the body opens, and attention freely flows with the unfolding of the whole as a Sacred Pulse until we realize our body AS LOVE.

Once our attention opens to the Sacred Pulse, a deep and pure presence of Love suffuses every cell of our flesh, which unites all thoughts, speech, emotions, gestures, and will with The Love. We discover true spontaneity, freedom, and a capacity to surrender deeper into life's continuous multiplicity and infinite unfolding as Love - that is *all that is*.