



THE ENERGY BODY – Satsang with Vishrant

Seeker: I had the neck massage today.

Vishrant: Did you? And how does that feel?

Seeker: Neck feels fine. Could you talk about how we hold energy in the body?

Vishrant: Usually with belief systems, but some of those belief systems are unconscious, some of the defences are unconscious. You look at little babies and they don't hold any energy in their bodies, they're pretty empty, and you look at the sages they're the same, they don't hold any energies in their bodies. They're empty, and what emits from them is more light. Whereas people who are ego based who have a lot of defence systems, they also emit an energy field of densities and these densities are held in the body, quite often they're the compressed wounds and they have defence systems over them to stop people from feeling them. With willingness to see what's here and the willingness to be with what is, a willingness to let go, in other words, these defence systems drop away and the wounds and the densities that are held in the body start to heal, and the house starts to become like a little baby again. Jesus said we need to become like little children to enter the kingdom of heaven, and he's right. We need to move into the moment, we need to become totally vulnerable and open and then the kingdom of heaven is now, the heart is now. So if you've spent quite a lot of years practising being closed, it's going to take a while to practise being open. What else do you have to do but practise being open, practise being open. Allow yourself to feel what appears without running to some defence, and in this openness heart comes and in this openness wonderment again appears.

Sometimes when you have a massage like you've just had on your neck, it releases trapped energy. The problem is that energy was put there by thought structures, maybe through worry or grief, if the habitual thought patterns are still operating well it's just going to build up again. And then you can get another masseur to release it but you're forever and a day getting masseurs to release the armour of the body rather than learning to surrender and let go and let go. And as we learn to let this go, it's like this 10,000-petalled lotus in our chest starts to open and open and open, and every time we are contracted and we let go there's another opening, there's another petal and life is a continual progression of opening rather than a continual progression of closing.

It begins with our willingness to see what's going down and our willingness to be with what is, which is an openness rather than supporting a contraction or running away from a contraction. Existence is wonderful enough to continually bounce the ball into your court to give you an opportunity to open and open or to close and close. It's not like if you open up all of a sudden the world becomes nice and kind and gentle, it doesn't, it stays the same, pretty brutal. You get hurt, but now love has a place to appear in here. So those who are open are devotees of the heart, devotees of the beauty and there comes a point where you'd do anything for the heart, anything for beauty, including die. All for the other and nothing for you: it's a beautiful way to live this life. This is the way of the heart. OK.
