

## *The New Freedom of the Body*

There are all sorts of freedoms – mental freedom, vital freedom, and spiritual freedom – which are the result of successive masteries. But there is a new freedom that has become possible with the Supramental Manifestation – the freedom of the body. I am talking about a new phenomenon in the body, in the cells of the body. For the first time, the cells themselves have felt that they were free, that they had the power to decide.

In its normal state, the body lives with an impression of not being its own master. Diseases invade it without its really being able to prevent their entry, and a thousand factors exert their influence on it, bear on it. Once the disease has entered, it can struggle and overcome the disease. But this is a defensive power, a reactive power against an enemy that is already inside. It isn't real freedom.

During the flu epidemic, for instance, I spent every day in the midst of people who carried germs. And one day I distinctly felt that the body was making the decision not to catch this flu. It was asserting its autonomy. This was not a higher Will making the decision, nor did it have anything to do with the highest consciousness; it was the body itself deciding. Up above, in the higher consciousness, one can see and know things, but the moment one goes back down into matter, it's like water disappearing into sand.

Well, things have changed. The body has now a direct power, free of any outside interference.

I consider this a very important event, even if barely visible.

This new vibration in the body enabled me to understand the process of the transformation. It isn't something that comes from a higher Will, not a higher consciousness imposing itself on the body; it's the *body itself* awakening in its cells. It is a freedom of the cells themselves, a brand new vibration that sets all disorders aright.