

## Body Intelligence

Your intelligence is always with you,  
overseeing your body, even though  
you may not be aware of its work.

If you start doing something against  
your health, your intelligence  
will eventually scold you.

If it hadn't been so lovingly close by,  
and so constantly monitoring,  
how could it rebuke?

You and your intelligence  
are like the beauty and the precision  
of an astrolabe.

Together, you calculate how near  
existence is to the sun!

Your intelligence is marvellously intimate.  
It's not in front of you or behind,  
or to the left or the right.

Now try, my friend, to describe how near  
is the creator of your intellect!

Intellectual searching will not find  
the way to that king!

The movement of your finger  
is not separate from your finger.

You go to sleep, or you die,  
and there's no intelligent motion.

Then you wake,  
and your fingers  
fill with meanings.

Now consider the jewel-lights  
in your eyes. How do *they* work?

This visible universe has many weathers  
and variations.

But uncle, O uncle,  
the universe of the creation-word,  
the divine command to *Be*, that universe

of qualities is beyond any pointing to.

More intelligent than intellect,  
and more spiritual than spirit.

No being is unconnected  
to that reality, and that connection  
cannot be said. *There*, there's  
no separation and no return.

There are guides who can show you the way.  
Use them. But they will not satisfy your longing.

Keep wanting that connection  
with all your pulsing energy.

The throbbing vein  
will take you further  
than any thinking.

Muhammad said, "Don't theorize  
about essence!" All speculations  
*are* just more layers of covering.  
Human being love coverings!

They think the designs on the curtains  
are what's being concealed.

Observe the wonders as they occur around you.  
Don't claim them. Feel the artistry  
moving through, and the silent.

Or say, "I cannot praise You  
as You should be praised.

Such words are infinitely  
beyond my understanding."

Jelaluddin Rumi