

The body responds the moment is in touch with the earth. That is why spiritual people in India walked barefoot and always sat on the ground in a posture that allowed for maximum area of contact with the earth. In this way, the body is given a strong experiential reminder that it is just a part of this earth. Never is the body allowed to forget its origins. When it is allowed to forget, it often starts making fanciful demands; when it is constantly reminded, it knows its place. This contact with the earth is a vital reconnection of the body with its physical source. This restores stability to the system and enhances the human capacity for rejuvenation greatly. This explains why there are so many people who claim that their lives have been magically transformed just by taking up a simple outdoor activity like gardening.

Handwritten notes in the top right corner, including symbols like a circle with a cross and various arrows, and some illegible text.

NOTES. A body A person (also, I) → respond (→ react → do → act) ⊥ moment (⊥ time indicator "period lines) - d touch (- hand) ⊙ why (⊙ cause) (also ⊙, ⊙) ⊙ spirit (⊙ inner quality indic. in bird, free) ⊙ India (|| river (Indus)) ⊙ barefoot (⊙ without) ⊥ always (⊥ time ⊙ all) ⊙ sat (past indic. ⊥ future) ⊙ allow (⊙ let, ⊙ make) ⊙ maximum (→ upper limit, * superlative indic.) → way (→ =ly, the way s.t. is done) ⊙ experience (⊙ happen ~ chance (believe) = hap → go by ⊥ person) ⊙ mind (⊙ screen in the forehead area ⊙ face) ⊙ just (⊙ only) ⊙ forget (⊙ remember, ⊙ think ⊙ lose ⊙ gain) ⊙ when (⊙ what ⊥ time) ⊙ often (⊙ many ⊥ time) (⊙ few) ⊙ start (⊙ begin/end indic, ⊙ sudden) ⊙ fanciful (⊙ fan) < ⊙ demand (< say ⊙ Latin de-, ⊙ must) ⊙ constant (horiz. line = numerical constant, ⊙ stand) → ly ⊙ know (⊙ believe, ⊙ think ⊙ brain) ⊙ place (⊙ this ⊙ here) ⊙ vital (⊙ dot lower left means Latin) ⊙ connect (Latin. nect = tie ⊙) ⊙ physical (⊙ grow ⊙ Greek physis) ⊙ restore (⊙ again, rer, ⊙ bank, storage place) ⊙ enhance (⊙ in middle = from language other than Lat. or brk, in this case Fr., from haut, high ⊙) ⊙ capacity (⊙ head, Latin caput ⊙ container ⊙ measure, -ity) ⊙ young ⊙ great, big ⊙ on a pedestal ⊙ outdoor (⊙ outside) ⊙ garden (I added a hoe → at top for gardening)