Are you only half living? Are you only half feeling, touching, tasting, hearing, seeing? Are you only half hearting, half loving? Is your human instrument running on only half a cylinder?

BE! NEW USES FOR THE HUMAN INSTRUMENT by PAUL REPS

can de-book you, de-pressurize you, deteach you—but only if you want it to, only if you want to reclaim you from today's rust. Dare you BE? *What is the human instrument ?* It is you—mind nd body. And as you let it BE, you're in life : ctually living, not just existing.

What are its new uses? They are really very Id. So old we have lost them and must discover hem again. They are also very simple, so simple hat we have forgotten how to do them. They holude: How to plant love, not violence. How by release, not tighten. How to include, not xclude. How to let be, not impose. How to reathe, sit, walk with—not against—yourself and nature. In short, this book tells how to BE. And the telling is in the unique, personal prose addition, there are 28 of Reps's dynamic, freebowing picture-poems, this time in a style (he alls them "water paintings") that represents a ew direction in Reps's art.

(continued on back flap)

This book gives you your life. "Already have it." Hm. A tenth of it? Is your head on straight? Do you move against yourself? Are you out of the great rhythm? Don't stop here.







BE! New the Uses for Human Instrument

by Paul Reps

New York • WEATHERHILL • Tokyo

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BEING EXISTENCE BLISS JOY PRESENCE EXPERIENCING SURPRISE DELIGHT

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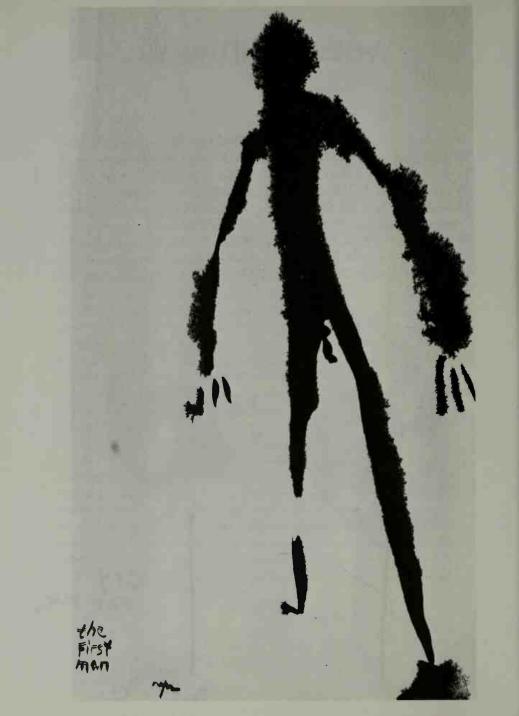
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Cry For me



PRIMALLY

We have the finest known instrument loaned us, our human one. How shall we use it? This book tries to answer that question.

Presently in an iron age of much misuse of nature and human nature, we are catching glimpses of the golden age to come. You may be in it now.

Have you a mind? Our mind or spirit, invisible, untouchable, instantly in one place then another, unborn, undying, uses matter as its instrument.

We speak of mind or spirit but the reality far exceeds our words about it. Each feels "I am" unitively, wholly, affirming BEing. We recognize BEing in animal and young child. Neither has learned an alphabet yet both know well the alphabet of BEing.

We take our primal experiencing for granted. Hunger is primal. So are waking, sleep, moving. Giving our life for another is primal. Birds live primally.

Seeing is primal. We see through eyes. *We* see. "Who is this one who sees?" The one insaying me in each one.

On the side of a mountain in Hawaii while typewriting these words I hear someone along the road typewriting too, then to left, then to right. A bird is singing the sound of the typewriter keys. Since no two snowflakes or sunflakes or cells or cell clusters or individuals ever have been found the same, each is unique in uniquity, fresh fresh fresh.

So why not fresh this now?

It is possible.

"How?"

All over completely at ease, be you. Impose no impulse through your nerve network.

Dare you be you?

This initiates primally, provided you will to do it, then do it. No one can do it for you although a number of individuals you may count on one hand in a lifetime may try to help you. Let your head float on your upright soft neck but don't lift it, *let* it.

More.

As head balances on its axis stem stress releases through and through and you feel right, righter than right, delicious.

More. In the beginning, in the very beginning of a nod-yes before you do it, as you only think it, back-head lifts slightly when you don't expect it and you bliss this. Overall effects can be tremendously beneficial.

"But how do I first get my neck soft?"

Silently lovingly tell "Dear neck, let go." Then *let* it. It wants to. It will. In its own good time and way. Surprisingly. It and we await your lovingkind directive.

When we do it we stress it. Feel that strain? As we do don't do we free me! This is far and near the best thing you can ever do for you. We pass through our rightness into stress roughly, hence the word roughneck. From now on (A) if you scrunch back your head to get oxygen, or (B) if you shove it forward to go get, or (C) if you tighten your neck as you move, you know what to do about it. Do don't do. You are the guide. Consideringly, in the very beginning of a thought of a nod-yes, before you do it, you become light.



THE BE! GAME

Anyone may win this game at once. Some go a lifetime without winning. It is won by *including* it, whatever "it" is. It has 5 plays for our 5 sensings and 2 more, 6 for mind and 7 for BIG MIND.

1 SMELLING

Smell some fragrance through *both* nostrils. High in head, apperception wakes. You win. Animals think with their noses.

2 SEEING

Hold finger at eye level, seeing through and beyond it. Seeing through instead of only at, insight wakes and strains release head to feet. A very special win as we do this.

3 LISTENING

Listen to some sound, as a bell. Turn and face the sound so it comes through *both* ears simultaneously opening *both* sides of brain.

4 TASTING

Taste a fruit with both sides of mouth, wholly.

5 TOUCHING

Touch an object with *both* hands ambidextrously. Most of our motions are one-sided. Ambidextrous overall motion, as in swimming, *invigorates* and opens us innerly and *includes* separative motions.

6 MIND

With such easy experiments we train or play to *include* and *release* what comes our way so it does not leave us in a bind. Well played, we become as new all through instantly.

7 BIG MIND

BIG MIND, personal mind fully open, has infinite possibilities. Surely man himself evidences this.

> It is now the next day. You have put this book away. But you have not put *experiencing* away. You are having the time of your life as BIG MIND.

Solid-sound liquid-feel fiery-sight airy-taste skyly-smell minding.



3-DAY PEACE

3

Our universe appears as a negative field wherein our will is done.

As we will "kill" we are killed.

We will to live for the good of others including those unborn to live as us.

3-day experiencing to bring peace in world:

1st day thoroughly experience oneself as body.

2nd day thoroughly experience oneself as mind.

3rd day thoroughly experience experiencing.

We see by passing quickly over an infinity of points to form an image, to see an apple on a tree touching perhaps 100,000 points.

Then we pass on to another seeing. Actually we spend our day this way, passing on. Doing so, need we miss the point of it, *includingly*?

Include

these

words

including

y o u.

4815 A.M.

letter to ord ward 25 25

Suppose someone standing behind you who loves you.

It may be father, mother, friend, lover, beloved, child, stranger.

If you can suppose no one, I love you.

Whatever we are doing we are supposing. As we suppose love we feel good. Dare you feel good?

Such love moments are our very best drink, food, medicine, elixir.

wind

FLag

COME TO LIFE

There seems to be some confusion about where all of us are going. We are *here*.

Our atoms and cells are those of great nature and ever will be, transformingly.

I am you and you are me spontaneously.

> To re-turn here simply enter your rhythm you come and go with. Let breath breathe naturally without imposing any thought, feel, impulse on it.

"That's too easy."

We make it hard unnecessarily.

Press fingers very slightly with outbreathflow and release with inbreathflow.



Not cognizant of where our thought comes from, we think as we are thought.

We move as we are moved.

What happens as we investigate "we are thought—we are moved"?

We stop.

In this stop

we come to life.

We stop concepting.



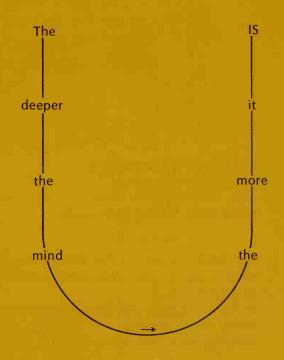
A NEW USE OF GRAVITY

Tick tock tick tock

there there there

Where is time? Where is space? In me, in my nerve network, nowhere else.

In truth "time" and "space" are not "no where" but HERE in spirit, in deep mind.



When you constrict you, when you rush (time), when you put out (space), you miss it. Before you say, it IS.

Feel

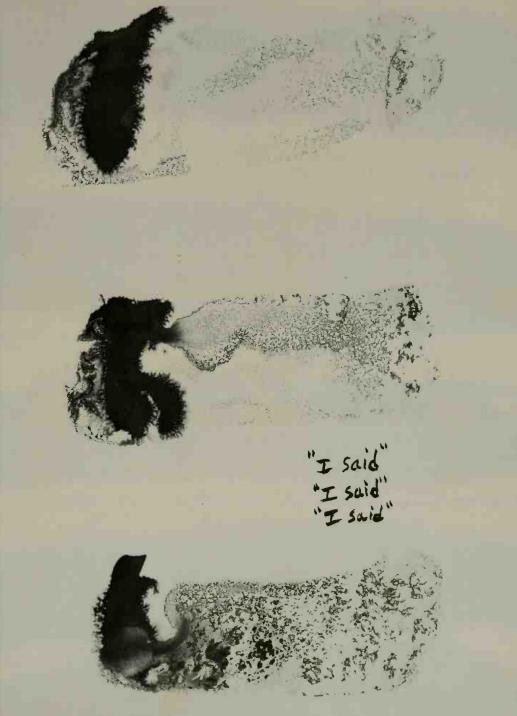
gravity on into earth loving you lightly so you don't fly away, centering in abdomen below navel, and keep feeling it as you sit, as you stand, as you move.

Any stress you may have deposited in other areas lets go, lets go.

Point

and recognize this pointing goes where you point, even a million miles away, while never leaving your center.

Our inspiriting can do this, name it energy, mind, prana, ki, god, allah, consciousness, or what you will. In the best sense religions are negative to it and at worst exploit it. Activities necessarily direct it.





PURE WILL

Pure will is still.

Will with effort leaves lines in face. Try doing something hard and observe the lines. Erase them.

Will over another is resented. Will with desire becomes undesirable. Will for self-gain brings pain.

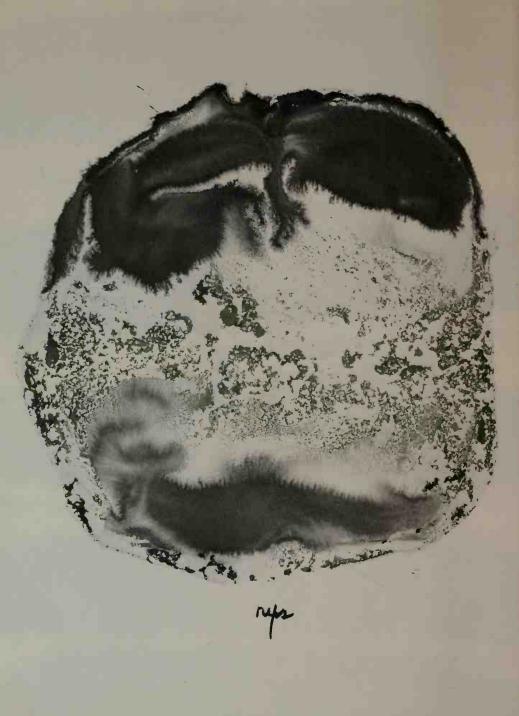
Pure will incredibly penetrative is still.

Personal will flowers into impersonal willingness to re-cognize what we cognize as gone by, empty,

deliciously

empty.

It is immensely important to distinguish willing from doing and even more important to fuse them.



ROLL AROUND

Breathing words is good to do. Instead of speaking or thinking words, try breathing them.

"How?"

As breath inflows naturally through nostrils feel the word LA and with outbreathflow through nostrils the word WHOO.

Continue.

Let head roll slowly gently around to right with inbreathflow through nostrils, then far back, pausing, then down to left with an outwhispered WHOO on into ground. This Moslem prayer practice has been said to make for very long life, probably because it helps take stresses off the nerve network pulsing half as fast as heartpulse. Sufis experience breath itself as murmuring the name of Allah, overall BEing.

If one learns anything in this life it is that one is individual, individually unique in uniquity, simply BEing all others.

BE RELEASED

I have made a remarkable discovery. I can tighten my hands and release them. They compress and let go by my directive and this directive works fast. I also may direct other areas through

and even beyond me.

Squeeze hands tight, open bright.

I know that I contract to take a step and release to take the next step. What I did not know was that it is my responsibility to do both. In throwing away my *release* I throw away my inner life.

I have imposed all kinds of binds on this instrument and left them there to ripen into setness, anxiety, bias, opinion. I propose that such self-impositions be released. "How?"

Be released!

Sit

in an easy balancing position.

Firmly gently direct, "Release, all stress, in head."

Let it. Let it in its own good way and time. It will.

Do not wait for it to do so but proceed with the next directive. "Release, all stress, in face."

Continue giving such directives slowly surely through head face nostrils eves ears cheeks lips mouth neck back backbone middle shoulders arms hands body base legs

feet. . . .

At first you may choose to have a friend give you the directives and to do them with you. Like letting sunlight into a closed room, it brings wondrous refreshment. It may accomplish in minutes what still sitting without it may after years.

"Then what do I do?"

First, BE RELEASED. Then BE RELEASED lying down, sitting, standing, moving. Be YOU.

Takeo Omori teaches a similar release over Japan. Edmund Jacobsen advocated progressive relaxation. Untold thousands of others, animals too, show us the need for release, first the release, then the reward.



nika di Malaki di Najir

02

WHY DO CHILDREN PLAY?

Why do children play? Why do they begin to play something else?

Don't blame me for those fantastic prices and possessings. I am only playing. —Picasso

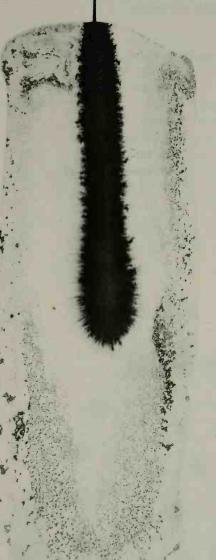
When I take something I feel smaller than a worm and when I give something larger than the universe.

How can a drop of water know the stream? As the air in a room knows air.

Do you ever listen to the tone of your voice? It is all there.

Grating, scraping inside, as I turn this static into tone, silently felt tone, somehow I am in THE harmony.

Flowers turn toward music they like and away from sounds that would destroy them. We pervade music we hear.



Counting

the raindrops

I catch

the wind

in a

paper

bag.

the mother root of tree

We have only a few vowel sounds to express our love and hate, and wonder how they do it through our name.

We wake as angels and fall asleep as demons because

all day long we rush push shove because we must because we fear because we forget to

pause.

GIVINGNESS

Many persons sit to meditate when all they need is to sit still.

This moment never comes again. It passes into that moment through us.

We are this one.

Yoga called attention to one point 50,000 years ago. Then perhaps everyone took releasing radiance for granted. Science affirms what the ancients knew, that each cell and atom radiates.

> Imagine effulgent radiance pouring through soles of feet into earth. Suppose radiance in heart outstreaming in myriad directions.

Our sustaining and self-healing powers nurturing us for 200 million years grow stronger.

If you think this is suggestion then you think this is suggestion but until you release radiance you may be subject to innumerable often adverse suggestions from others and from you.

> Keep attention to one point, then release it. Keep to the point then expand to all points omnipresently.



BACK BREATHING

Some of us find we are breathing against ourselves some 14,000 breaths daily. This may be life-shortening.

Woodchoppers, singers, those who work rhythmically exert with outbreath and release with inbreath.

If we reverse this and try to exert with inbreaths we only exert against ourselves.

Planting violence in you I harvest it in me.

"Why not plant love?"

Please do.

As a bird tied to a string flies first in every direction and finding no rest anywhere settles down at last on the very place it is fastened, our mind after flying in every direction settles into breath. For mind is fastened in breath.

Chandogya Upanishad

Take a bath, rubbing skin vigorously. Put on a loose robe and sit comfortably still.

As mind jumps to this and that let it while you keep IN natural breath rhythm.

> This comes close to the breath of deep sleep. If you find it too easy to do, then keep attention in the *silent sound* of breath, supposing this silent sound.

If you cannot believe what you suppose you may never play with children or sit under a tree. If you cannot suppose this *silent sound* then imagine an almost silent sound as *whoo* on outbreathflow and *whoo* with inbreathflow through nostrils.

If mind starts to twitch or itch let it but keep IN your natural breathflow.

One of the methods of mind guidance in the Orient has been the use of a mantra or soft sound or word. Any sound will do. It works because breath itself has a range of sound from dissonance to still harmony. Fingers in ears, we hear our disturbing becoming undisturbing sound. Ultimately this sound experience is to be discovered by yourself rather than imposed by another.

YOU: ME:

As we think something it registers around our eyes. As we scheme something it impresses through us no one knows just how.

Thinking 5 or 50 thoughts at once, we train to keep chronically tense. Everywhere we find training in tenseness. Nowhere do we find training in ease and happiness.

Poor man, created to befriend all creatures, does not even befriend himself.

Breath-charging differs from natural breathing.

On some long inbreath, pause, then compress and vibrate all over, then release.

Cat does so after resting, arching back both ways and charging cells with oxygen.

Thank you, Guru Cat.

You must graduate from your jumping jerking mind. "Why must 1?" To come into bliss this.



SUNNING

We need light from above for life from below.

Let eyes close, releasing seeing out. Release seeing in. Lower head and look up without looking, then return head to vertical and you're INlight.

> Too simple? Inner adventuring comes before discovering americas or moons.

Why fight light? Uncountable lightpoints precipitate us. 1/25th of cosmos radiations shower us. We speak lightly, step lightly, but really are the 25/25ths.

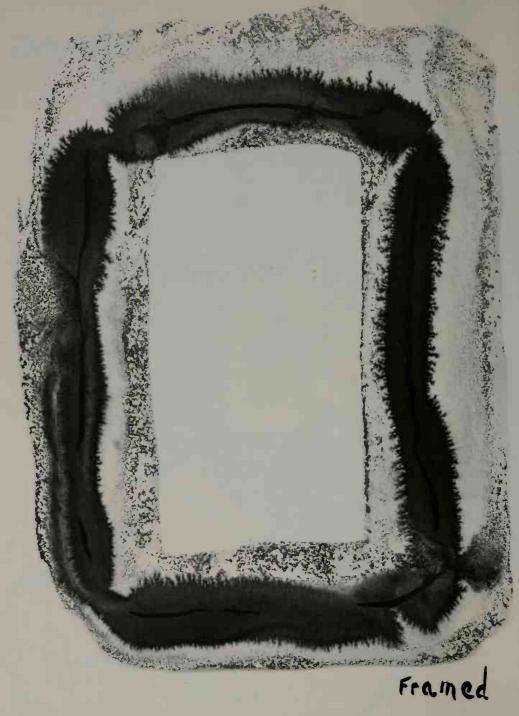
Stretch.

Stretch arms to sun palms up with "SUN!"

Lower arms evenly palms down with "SHINE!"

Dare you playfully? Dare you innocently? Dare you will what is, to BE?

With weight on balls of feet, parallel, this stretch begins to take inches off that stomach.



CONSTRUCT

Construct a many-sided room with light from above and floor of grass with clear walls whereon sometimes words appear:



each one is best

who will explain the bud?

Keep the juices flowing by jangling around gently as you move. ---Satchel Paige

Mr. and Mrs. Taylor and their young child, Elizabeth, visited me with a greyhound. Mr. Taylor's eyes sparkled with some inner joy. It didn't matter that he was an anthropologist and said wise things since he sparkled. Mrs. Taylor who was soon to liberate another child sat very alert and in no hurry. When she left she left no hurry here. Elizabeth walked through pictures of Japanese gardens on her two fingers.

The greyhound jumped in the Volkswagen bus as they were leaving and yawned widely as Mrs. Taylor told me, "She will give you one of her wonderful puppies when she has some."

The dog looked me over to verify that I would take good care of the offspring until it grew up, all in one penetrating look.

> each one is best



DEEP WAKE

Hindu scriptures refer to three states, sleep, dream, and the waking dream state, and to a fourth state of mind including these three, bliss-filled, aware.

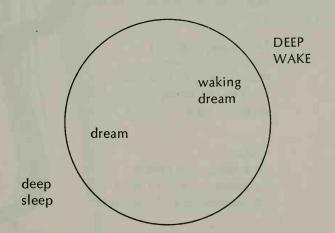
> Let us open doors to this fourth state we name DEEP WAKE. "How?"

"Open, doors!"

Each night we enter deep sleep free of me, then pass through dream so real to us when in it, on into the waking dream, graduating in DEEP WAKE.

If we were not already in DEEP WAKE as potential, life would be unbearable.

Babyness knows only itself always present, then comes to nipples and otherness. Otherness outs us so we learn of DEEP WAKE, wholly aware.



"If that is out and this is in where do out and in begin?"

Pausing to reply, we discover out and in as self-constructions.

"Then what is?" IS.

> Lift a finger. What greater miracle could you wish?

Don't move. Find you in the position you're already in. Make no interpretation of this.

Feel weight equally on both sit bones. Rock slowly to one side, then to the other, forward, back to center.

Walk

in rhythm with breath, an equal number of steps on outbreaths and inbreaths. Let mind sink into heart with outbreath. Eases a mind-bind at once.

> Dip both hands into water. Lift straight out without disturbing water.

Waking, lie still. Let your key idea for the day insweep. Jump up.

Move in breath, never out of or ahead of it.

*c*cimb inside



Waking at 2 A.M. by the sea in Hawaii February 19, 1971, I was intuitively given a way by the grassblade teacher within.

You charge you.

We are self-chargers. We charge our trillion cells electrically.

We do or we don't. As we do, we are extremely alert and quiet. As we don't, they don't get charged but exhausted.

The charging is done with pure will. With confused will we only project confusions. Pure will comes with waking after rest.

Letting breath flow naturally and imposing no word or wish on it, feel positive with outbreathflow and receive with inbreathflow over and over.

+- +- +-

The feel-directive varies. The fact that you do not go out into things but continue more and more fully in breathflow charges it. Outbreath may be through nostrils or mouth, when a whisper or a shout, inbreath always through nostrils.

It may seem a kind of self-psychologizing but as you catch yourself in ordinary negativity, subject to the whims of others, you will feel its need.

When brain-straining, when out of rhythm, when short of breath, when anxious, against, attached, miserable, out of mind, do this giving + receiving -. As we give we receive, even infinitely. It is like going to school and learning something new each moment. You can, but will you? Of course YOU will.

If +- are one, as they must be, we are one with great nature. Our breath channels our liveliness or spirit. How thankful we should be. Denied it, we would give all we have for a single breath. In truth we "have" nothing.

Suppose that in a cosmos not only our imagined size but large and small beyond measure we breathe innumerable lives as we are breathed. As we thank they thank us. What a delightful responsibility. Do not underestimate the value of this. Charge it. Then core.

FOOT SIGNALS

A pain or discomforture somewhere in body signals through nerves into feet.

Pressing steadily or having pressed firmly and steadily one's foot where it hurts, then the other foot, the hurt goes away where it started!

True? Untrue? How can you say before being footpressed?

The pain has started in intent, in some constricted circulation block electromagnetically, airily, fluidly, solidly, footly.

> Sinking attention in feet, feet eagerly ask, "What will you do while with us?" Don't answer, shower *fresh* through them.

How do you suppose heart feels to have you so kind to feet? Don't answer, keep showering.

Later you may give your feet the privilege of walking you from here to here.

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When we wear heels or as we walk on our heels or as we toe out when walking, throwing weight on heels, or when stubborn, set, determined, we pound shocks through our backbones with each step.

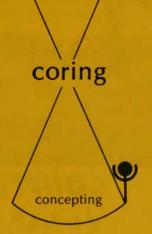
When we barefoot over uneven earth, when Amerindians in moccasins, when running or padding softly ahead, our feet point straight ahead in the direction we intend except when we turn a foot out to turn in its direction.

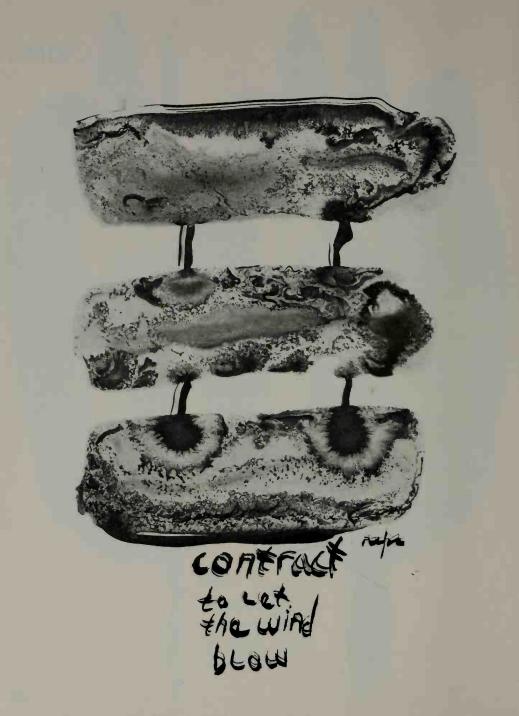
Shocks we pound through carry into head and head goes off its central axis. Violence we do to others appears as an aftereffect to violence we do to ourselves. Never wear heels.



CORING

Turning attention IN to BEing the moment of turning toward our BEing we live.





STOP

18

To prethink, to think ahead even one play in a game, is necessary and impossible. Too many unknown factors enter.

We are put together with these unknowns surprisingly. As we formalize them life becomes anti-life, tao becomes no-tao. Light goes too fast for birth or death. Was and may be live in now. The meditating Hindu and the still-sitting Chinese have this in common, us.

Vital fluids we do not name sex nourish every cell overflowingly. The sexual demon lifted, heart calmed, a moment comes for outbreathflow into earth with sun.

How does tree squeeze into seed? By keeping damp. How does our invisible life become visible? By keeping damp. 4OP

Stem smells, branch tastes, bud hears, flower sees, petals touch our root reality. Even the ash of incense burned in adoration heals.

Any complaining signals breaking into pieces our well-being. A thought breaks, an unsung word breaks or tries to break our silent *experiencing*.

Man is asleep. He is many. He is governed by habits. He is trapped in gradations of materiality. Insects are one-ing. Birds are free of free. There is no materiality. We propose a human race supple and soft, loving and living joyfully.

"But you are imagining all that." What are we not imagining inspiriting?



Someday as you stop pressing and stressing through arms and hands you find them in bliss.

Someday as you stop pressing and stressing through back you find you in bliss.

Change must be the child of unchange INTEGRITY.

Why not take change into INTEGRITY? Why not take life into death?





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Do you want to live, to BE? If your answer is yes comfortably, oh so comfortably slightly, slowly begin an invisible nod "yes." You are the way. Don't stop here.

(continued from front flap)

And who is Reps? He is poet, artist, philosopher, friend. He lives now on a far mountain in Hawaii, now in a Canadian wilderness-wherever he can find clean air to breathe and guietness to contemplate. He also travels the world lecturing to enthusiastic university audiences and exhibiting his famous picture-poems. A long-time student of Zen and other mystical Eastern ways, he has passed beyond all categories to a still deeper, all-embracing way of BEing. Distilling timeless wisdom through his own deep experience, Reps presents it fresh for today. He has authored many books, the last one being the mind-opening 10 Ways to Meditate: No Need to Kill. In BE ! he gives of his remarkable self more liberally than ever before.

Printed in Japan

ANOTHER MIND-OPENING BOOK BY REPS: 10 WAYS TO MEDITATE

This book is about the mind of bones. It helps you find your way through the machinery. It is about living, stilling, not dying, not killing. "Let's make a new world," youth are saying the world over. Here are 10 ways to make it. Violence is not the way. Nonviolence is not the way. YOU are the way.

The book also contains 22 of the shock-youawake picture-poems that, in the words of Aldous Huxley, "will take one further towards the realization of the ancient self-knowledge than all the roaring or pathetic eloquence of generations of philosophers, theologians, and moralists." Bound in Philippine mahogany, with a sandpaper bookmark to be used—meditatively—for smoothing rough edges and gently rounding corners. Price, \$3.95

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