

## Surprisingly obvious: why you can't creep up on Oneness

BOO!

...that may not have surprised you, but life very well may be. There is a constant belief that we live in a very known universe with parameters that we can understand. The hypnotist Darren Brown often does interesting experiments with people by organizing for a person to be in an environment that will deeply confuse them. For example, a person who walks into a hotel and speaks to the receptionist, then goes to their room doesn't expect that the same receptionist will be wearing an entirely different set of clothes every time he meets her, even if it's only ten minutes later! Or changing the numbers on the door of your room so you go into an entirely different- looking room and changing it again the next time you come back to it. All of these things can literally make one think one is "losing one's mind" and this is exactly the point.

There are numerous "methods" and "techniques" which pertain to the true nature of self, numerous traditions and "teachings" aim to suddenly snap you out of "you" through a methodology of suddenly shattering an idea in conversation, or a sudden awakening from a dream of the senses through a physical stimulus like being hit on the back while in deep meditation without warning, or making a loud noise in deep silent mode, or even the opposite of sudden silence after great emotional release. However with all these things there is always an idea and an intention. Whenever this occurs and one is going down this track in fact what begins is a process of attempting to fulfill the goal of enlightenment or the goal of liberation, something that "I" can never, ever get to.

As a result this way of thinking can lead to ideas of "grandeur" or the guru-mind state where a teacher usually feels that as they have been practising something for a long time they have achieved something "higher" and more worthy, so they assume a rarified state of higher spiritual authority. This is all based on the illusion of "getting somewhere".

However the process of intention is intention of the "self", the "self" can't end itself, it can't say "I'm going to die now" except through actual suicide which will inevitably kill the "self" as the body dies. However this is contrary to the body's want to live and so for most people this is not possible. The intention of "self" to look for what it's missing is a game, the seeker doesn't want to find the end of the road because the end of the road is the end of itself, so it might get close but will always shy away from the truth at the end. What this tells us is that we can't do anything with the seeking "self" in order to creep up on Oneness and hold it to ransom. Oneness is the dissolving away of "self" or the contextualization of it so it is realized it is not the whole, hence all its parameters and contractions die with it. This death however has no suffering involved. In the end all people that have *lost themselves* express that the situation of the non-dual state is of boundlessness, Oneness and an indescribable situation, BUT in fact it is one that had

never left. It is a surprise but not a shock, it is obvious and the same but it is utterly different, it is everything and at the same time no-thing.

This is really beyond the descriptive, but the point is that creeping up on Oneness through any intended action is not a formula for seeing Oneness. Oneness can be seen in any eventuality, in any situation of seeking. Everything that comes from the dual state is a form of seeking, even if it is not-intending, this is a form of seeking by not-intending, so the “self” is stuck in the loop of itself. So as Tony Parsons points out, (<http://www.theopensecret.com>) there really is no hope for the seeker, for the individual, but basically the seeker does burn itself out and at that point there’s a ripening where something else can happen. Hence hopelessness for the seeker is paradoxically greatly “joyous”. Non-duality is simply the expression of non-intervention, it doesn’t require anything to fix it or make it right, it is a known sense that everything is already perfect.

There is no specific way of course to bring about the demise of the seeker more quickly or slowly because it isn’t anything that is in the control of “I”, but sometimes there comes a point where the nature of the dynamic between nature or free-energy, self or contracted-energy gives way. At this point, which always comes at the point of physical death if at no other time, there is a realization of Oneness.

Trying and not-trying are part of the same loop of intention. Oneness happens despite the seekers seeking, not because of it, whether it is clearly overt seeking like becoming a monk or the total opposite of pleasure-seeking and addiction, both are on a road to nowhere and neither is better than the other. “Thinning” the “self” intentionally does not end it, and also may increase other dimensions of it, usually to do with moral goodness. “Thickening up” of the “self” by amassing vast material wealth and focusing on things and pleasures to keep the angst at bay will not prevent nature getting in, as when something is so egoic it is also very brittle and can easily crack open. Sometimes the thinnest of shells are the most impenetrable, and the thickest shells can break as they are more fragile and harder.

The only thing there is to “do” is to simply go in the direction in which you are drawn. In this way something other than intention is at work, the instinct that draws you towards the 5-senses and the connection to life is constantly with you. The thing that is longed for is never lost, and this is surprisingly obvious/ordinary once recognized.

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