

You're your own worst enemy ? : The illusion of “self”-healing

Judgment often stems from the idea that “I” can do something about “my” situation of life and as such “I” can “decide” what to do and what not to do. There is a blame-game going on where the colonialist mentality of world domination is supreme and expresses “If you want something done, you have to do it yourself”, this is the basis of so called “self-healing” or “self-development”. This is completely founded on the idea that there really and truly is a “me” at the centre “doing and choosing”, what the Americans call “my reality”. However, fundamentally all of the above is untrue, yet *seems* so very real. The nature of the hallucination of there being an actual entity called “self” is fundamentally at the root of dis-ease. Recently the medical press has drawn its attention to what is now being described as Mind-body medicine which is based on PNI or Psycho-neuro-immunology. This mouthful is in fact simply the idea that the brain, as usual, is king of the hill and the thought process “I” am “inputting” on a moment-to-moment basis changes the physiological function of the body. While to some extent this is true, the idea of the medicine is to “self”-re-program the brain, much like a piece of outdated software needs upgrading to the “beta” version, to “think positively”, and as a result the “inputs” to the body change and so, for a time, health gets better.

This is essentially the process of belief-system-swapping (which I won't call BSS) and is the basis of many new-science and new-age ideologies that have run rife in the last few years of those hoping to “make it big” on the healing network. These included: Neuro-Linguistic Programming/ NLP, many forms of hypnosis and auto-suggestion, hypno-birthing ideas, Phil Parker's “Lightning Process”, Anthony Robbins' experiences, epigenetics and the work of Bruce Lipton and Lynn McTaggart, Ophra Winfrey's general outlook, “The Secret” and associated ideas by Rhonda Byrne, Vortex healing, Theta healing. These and many more besides are becoming the most mainstream of current perspectives on health in the West.

The nature of these treatments and ideologies completely overlooks one fundamental premise which is that “I” exists at all. The main difference of bodymind rather than mind-body is something profound that I have expressed in the previous article “Blind over Matter”. While this difference seems subtle it is in fact as different as chalk and cheese. There is a constant underlying belief in this running like a thread through all of the above expressions, which points them out to be the mind-dominated, hierarchically-based medicine that they truly are. While I am not suggesting that these ideas do not get “results” it is the nature of the result *long-term* that is in question. When one changes a belief system from one thing to another this doesn't change the fundamental belief system, the “hardware” if you like, that such a thing as an “I” exists at all. Tony Parsons (<http://www.theopensecret.com>) in continuous clarity, points out time and again that inevitably when one belief system is replaced by another this doesn't fundamentally change the situation. It may alleviate the symptoms of stress and tension at some level for a time, but they are bound to return and form another symptom pattern because the newly-established belief system will become worn and tattered. Much like a new wedding certificate that looks perfect in its first printing and only at the end of a difficult 5 or 6 years of “trying to make it work” do couples often try methods of counselling and

intervention to “renew vows” or change the belief systems they have about each other. However all this is far too manipulative and downright clinical and squeaky-clean to be real.

The “self” has been around for thousands and thousands of years and yet is left unquestioned and totally in the driver’s seat. While people are happy to change from one belief to another in order to stay within the confines of a society that sees them in a particular way, the nature of the “self” actually dissolving and falling away completely undermines all the methods/processes of so-called “self-development” mentioned above. “Self-healing” is another badly orchestrated ideology for in order to heal, “self” itself has to dissolve, even a little! “Self” in all that is in the way of health, so “self”-healing” is akin to death, which is never as it is thought of or understood.

The nature of ancient healing is that it acknowledges from the outset that “I” is the nature of dis-ease itself and that if healing is a possibility it is definitely going to be something utterly unknowable and therefore impossible to “do” or “try” or “re-think” or “re-train” or “achieve”. This immediately may engender a feeling of total passivity: “so there’s nothing “I” can do”. But as Tony Parsons points out, it’s not that “I” can’t do anything, it’s more that “I” doesn’t exist! So there is nothing for *it* to do, and though things may happen they will not be because of an “I”. It is the “I” that is contextualized by the overall picture. While this is speaking at a purely intellectual level, it points to that which is known very deeply in the instinctual sense of all of us. Therefore it has nothing to do with mindfulness or awareness, for there is no-one to be “aware”, nor is there anyone to be “mindful”. All of these concepts are after-thoughts from an original realization that “I” am not, nor ever have been in control of my world. In a sense this is ultimate humility - but for no-one.

The rat-race of modern ideas such as PNI and other aspects of it, such as epigenetics and charting what the placebo effect “really means” are missing the point. Those kinds of “new medicines” above are still deeply entrenched in a haughty scientific dogma that suggests that the process of healing is something that science and intellectual culture has “discovered”. This masculine-dominated “rationale” is in fact the dis-ease itself and inevitably stems from this position, in exactly the same way as Western medical intervention is initially seen as a magical “cure” by cultures that haven’t experienced it. Only later does it reveal problems that are devastatingly different from initial results. Metaphorically, this is akin to being told what diet one should follow that’s “right for “you””, rather than it being suggested that there is already an innate sense of what to eat, without external hierarchical intervention or tuition. It is amazing how often people will know that when one is a baby everything is spontaneously and, for example swimming, is an innate response, yet when it gets to the adult there is a belief that you have to “re-learn” the natural way of being...actually how can you re-learn what is already there?...very often it is far better to explore this as an unraveling process or re-acquaintance with the Unknown. But of course, because the foundational mentality has not altered, these results are superficial and deal only with symptoms, not their origin. Beneath this is an underbelly that is ignored, in fact it is not possible to look at it, yet it’s there all the same and the truth hides under this superficiality for all who wish to see it.

The nature of “me being my own worst enemy” is the epitome of a split personality pattern - which one am I? “me “ or “myself” - or perhaps it’s Irene!

The point is that “I” can’t change “I”. “I” is the dis-ease, it can’t break itself down from within, it can’t commit suicide, it *can* change its appearance, take on the persona of being “powerful” rather than “mild” or vice-versa, but this is simply another act of “self”. When there is no acting, then there is peace. It is important to recognize that for there to be no-self is deeply feared by the “me”, perceived as absolutely the worst thing imaginable. Just as it is the *thought* of death that is “awful”, death itself however is pure peace, such is the hallucination of “self”, the 3rd person who is looking at what “I am” rather than the 1st person simply being.

There are forms of medicine where there is an emerging recognition that healing occurs through connection to the patient and that point of contact where there is no “me”. This has begun to be understood by many practitioners, particularly of cranio-sacral osteopathy, where there is a great deal of lengthy and connected touch with the patient’s subtle energetic layers and also in many healing practices which fundamentally connect with energy through words or touch, or through anything that brings about a calm relaxation and a dissolving of cognitive processing...even into sleep. This in itself is nothing to do with the practitioner as an individual but what is simply allowed to occur through non-intervention. This of course is the very basis of the ancient understanding of healing, foundational to the medicine of Greece, China and India, it is the yin female energetic which supports and connects without requiring anything. Fundamentally at any single point in the healing process when there is healing occurring, which simply means a **sense of relief**, this will be because the practitioner and patient sense Oneness for a moment, then go back to being seemingly separate. It is beyond the cognitive processes of the treatment and happens despite what the practitioner does, as expressed in Voltaire’s immortal lines:-

“The art of medicine consists in amusing the patient while nature effects the cure”

Similarly, the situation of birthing cannot occur naturally unless at the point of birth the mother isn’t present as her-“self”, in fact this aspect has to die or dissolve away for life to come through (please see my article no. 100) and it is exactly the same with healing, which only happens when we die to the Unknown. This is not a hierarchical dying, there is no necessity for a practitioner to spend a time with a “so-called” master up a mountain in order to be in contact with that which is Unknown and to realize that this is what we are puppets of, so to speak, for in fact it already exists in every facet of all the senses of the body at every moment. This is illustrated by Douglas Harding’s experiments, please see (<http://www.headless.org>) and expressed as the Open Secret by Tony Parsons.

There is an hallucination that “I” can change “me” because “I am not what I think I am”. However, when there is simply a realization that “I don't know”, rather than a reliance on science “finding” the solutions, or a belief that “I’m getting” or “am going to get there” which inevitably perpetuates a treadmill of disappointment, then it will allow for something else to come through. For the moment this message, which has always been

the larger message of the universe, is lost on humanity and its warped consciousness, like a paper boat floating on a wild man-made sea, yet that sea is a drop in the ocean of Oneness.

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