

Seeing all of you: how it is ridiculous not to see beyond race, size and shape *and* ridiculous to do so.

We commonly hear a spiritual leader of some kind stands up and pronounce that he or she cannot see black or white but just sees the human-spirit. This is also seen as some kind of pronouncement of the way we “should” see. Is it that the expression of that which is non-physical is better than that which is represented physically?

Basically everyone will have different expressions and resonate with different things. We could say that those people who have a more earth-bound resonance will have more of a connection and sense of the body and physicality. It may be that they communicate through the body and the visceral expression, not the mental and verbal. There are those who resonate at a higher frequency, speed is much more the quality of the ethereal or expansive expression. This is no better or worse than groundedness but the way of it is different, it is more of the heart and head whereas the physical types are more of the legs and lower body. There will be those who use visual sense above everything, and those who are more kinesthetically or auditory based as a natural priority....who is “right”?

The yin quality we called earth-bound, the yang quality we call sky-bound. Of course each requires the other, in order to be whole. However problems arise when either of these situations is attached to a “self” or “I”. For the physically-orientated person, what was once communication via the physical, they are now claiming the physical as “my own”. This forms capitalism and materialism, both things and people. Much of society and the ideologies and social “norms” and financial structures we live in are formed by this kind of dis-ease. To the other kind of people, the yang, they move towards the sky but “self” claims this too, it becomes spiritual-capitalism. That contains moralism and often a severe judgment of materialism, which is seen to be “just physical” or “superficial/shallow”, suggesting that the ethereal quality is the only “real” way to connect. The earth-bound “self” accuses the sky-bound “self” that it is not practical, the sky-bound “self” tells the earth bound “self” it is too restrictive and superficial. Each judges the other harshly.

This might be explored by looking at the two expressions of the American civil rights movement. On the one side was Martin Luther King Jr. who was trying to express that from a “dream” he could see how the whole of the world could unite, that creed and colour could be seen beyond and that the human-spirit was universal. Then at the same time was Malcolm X whose expression was to highlight the expression of the power of unheard people of a single race to be “proud” of their natural expression. The two are both attachments, one to the spirit, one to the body. The nature of the truth is when the two are accepted together. The highlighting of separation is bound to lead to tensions and so it is the Martin Luther King approach that became the compromise.

This also became the PC way to communicate and has had a stifling effect on many ideologies which purport not to be racist but actually are. Pointing to differences is seen as segregation while pointing to unity is seen as unifying, but viewing all peoples as one can lead to totalitarianism and pointing out difference can lead to a realization of

connectedness to a larger framework, it just depends how it is expressed. This article is to point out that in seeing difference we see the whole of a person bodyspirit as one. In fact both are required to actually related to a person, no matter how one does this and what aspect one naturally resonates with. If you see that a person has a skin colour that is unusual around your local area, or someone who is disabled, obese, exceptionally thin, has large ears compared to others or some oddity that you are not used to, many people will simply say “it doesn’t matter what you look like”, the implication being that what you look like is somehow incorrect or that “everyone is the same really”, which suggests that there is a unifying principle and that this is the consolation prize. This ties in to the notion that if people “gather together” to do something then everyone is unified, but here I would point out that central London is absolutely packed out, yet remains one of the most isolating places on earth.

A typical example of this is in Jack Black’s film “Shallow Hal” which has to be one of the clearest representations of a director actually enhancing the prejudice he is attempting to illustrate in the film. Shallow Hal is about a person who is given a gift of seeing the “true” nature of what he feels about a person, no matter what they look like. Hal falls in love with a woman who is decidedly obese yet in the film we see his point of view of her as being a model-like blonde. Eventually the spell wears off and he sees his love as she truly is “warts and all” and of course still loves her *even though* it goes against his visual sense of what she looks like. This suggests an inner “me” and outer “me” and an adherence to the personality over the body, the focus on the expression not the vessel, and a damning of those who would be attracted to the body as “shallow” people. This of course is popularized in every sense everywhere, the idea that “even though” Obama is black, or “even if” someone is disabled, or “aside from the fact” he is autistic...etc.

This highlights a falseness of expression or a blindness to accepting or interacting with the whole expression, there is a quality or expectation that is not met which continually impedes the interaction. This is commonly known as prejudice but in fact is a kind of rigidity of the egoic programming that sees difference as “threat” even though the senses do not pick “threat” up as a feeling. From an early age it is ingrained in us that difference and change are threatening and must be avoided, or the “self” might get damaged or fall apart, “self” here referring to the believed-in “I” or “Me”, also evident from an early age, which is really a story or conceptual construct that has hijacked the senses in a kind of hallucination which we call the human-condition.

Seeing what is in front of you as different from the environment you are in is the problem and is very dangerous. For example, if we decided it didn't matter what colour things were, then life would become very much more difficult. We determine different energetic qualities by the sense of things, the look of things and the nature of them, people are this too. Different people that come from disparate places bring a different feel with them, there is a different energy in the atmosphere. This is neither good or bad, it just is like this. In medicine this becomes totally clear. Some people from warmer countries that come to a colder climate find the adaptation very difficult. The food that is available, the nature of the people and of the environment are all very opposite to what they are used to and this can be shocking for the physiology. Physiology is often deeply adapted to the

environment we originally come from and this is where we are best suited, although war, power struggles and other difficulties including fundamental colonialism bring about severe shifts and displacements of large populations throughout the world. Even so, to look “beyond race” here would be utterly ridiculous, it is vital that people adapting to an unfamiliar environment have considerable enhancements in order to feel relatively comfortable. One can’t jump on a plane and land in another country a few hours afterwards and expect to have immediate adaptation when it took thousands of years for a culture to thrive in its home-land origin.

Is it then racist to provide different medicine for different people? Isn’t it clear that some people require different food, have different tastes etc. The point about Oneness is not that everything is the same, a clearer description is that it is like fingers of the same hand, all the fingers are connected yet express a different form. People don't need to come together to be unified, unity is all there is, so it doesn’t need to be “got”. Being prejudiced means ignoring our senses, therefore senses are not prejudice. Some people will find one culture attractive, another not so, some will be drawn to one feeling and not another. But everything is how it is. The bodyspirit is one, there is no separation between yinyang, we might talk about the personality and the body as separate but they are not separate a unified spectrum. The nature of the individuated soul and the immortality of a separate thing called “Me” is something that derives from the dis-ease of “self” and the idea of reincarnation or various different illusions associated with separate God and human, it is the expression of dualism.

When there is a true seeing then there is no disregard for colour, shape, smell etc., it is all there is, in fact there is nothing other than this. Just as when the tribal people first met westerners before the times of colonialism, and although almost always welcoming were quite right to be wary of them, our response may well be one of interest or a sense of inquisitiveness and alertness, it is simply human nature to regard something unfamiliar as being different, it is part of our senses. However this should not result in disqualification, shaming or violence, such as children in an Indian village who might never have seen a Caucasian person, or a Caucasian town that might never have seen an Asian person, (although today this is rare in both cases). All that occurs at the instinctual level is that the senses open and are inquisitive to the difference, it is only when there is expectation or rejection or mistrust occurring within the psychology of the onlooker or the fight with internal conflict of “self”, that prejudice emerges and lashes out. It is never personal although it always feels like it.

There is a possibility that humans can once again connect with the infant experience of what’s going on around them, when social norms and ideals are no longer a concern and “ways of thinking” and “behaving “ are let go of. When one is talking to someone who is overtly and expressively prejudiced it is often clear that that pattern of thinking is obstructing the conversation but that political correctness is masking that prejudice, or totally numbing the senses and causing non-engagement.

As humans emerge from the analytic “self” and into the senses then very simple communication ensues, there is naturally an acceptance of what is, without question.

Here there is a multi-coloured, multi-formed expression of all of creation, all of which has the same source. In the realization of Oneness everything and no-thing are realized to be the same thing, the paradox of the seeming individual is not disregarded, instead it is contextualized. In this context the reality of “I” is dissolved but the nature of all forms of the One life are lived completely. There is no location of “self”.

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