

The Myth of Intention

Over the last 10 years or so, a massive industry associated with self-development has built up. Much of this industry is about the “improvement” of the self, through the use of “intention” to “manifest” dreams and desires, which are really important to the seeming “individual”.

If we look at the roots upon which we construct a case for “personal” development, we will always come across the same snag, as described in all my previous articles. Even on an intellectual level a theory or idea that leaves out vast areas in order to promote other areas, is inconsistent. If we are looking for a solid and clear way of approaching something, to base it on an inconsistency would be a form of insanity. Nevertheless, this is something we are constantly doing in our current way of viewing the world, such as through modern science, medicine or male-dominated hierarchies.

On a sensory and feeling level, nothing which we deeply observe and recognize to be true is a reflection of a “personal” world view. From the 1st person perspective (please see the work of Douglas Harding here: www.headless.org) we look out of a body that has no visible head to it, simply looking out of an empty visual plan, incorporating all of existence - the whole world. When we touch an object or one another, at the point of touch it is almost impossible to differentiate oneself from the “other”. When the body is deeply relaxed we don’t feel it exists. When we listen, there is always a background sound which all other sounds are within, and so on.

Much of the current movement in modern science is focused on the “mind” and cognition as being the key to human survival, something which is an impossibility, even from an evolutionary/archeological view. With the possibility of ideas like the new forms of Mind-body medicine in which the mind and intention are the key ways to invoke relaxation and cure pain, there seems to be a growing ideology that the mind is key to the process of healing. It seems if one can direct thoughts in a particular way, then all will be well. The problem with this is that the mind is like the flower of the body. When we want to help the flower, one way could be to try caring for it individually, re-enforce the petals so that it looks okay, for example, but inevitably the flower would die unless the roots are affected and brought back to health. It is always the roots within the body that require strengthening before the flower can be strong enough to flourish. The mind, however, is considered highly influential over the whole body function. It has grown and grown in modern humans to such a proportion that, like an agitated child, it has tantrums of dramatic tension, whenever its favorite sweets are unavailable. It would be better not to “grow-up” and be “adult”, since that's just the same pattern repeating itself. In fact the child is always agitated, it's only in infancy that there is some relative peace.

If we see the mind as the focus, which is easy to do because it is very loud and noisy (a yang-masculine expression), then we fail to see the rest of the being. We attempt to focus the mind towards goals, lists, ideals, or ideas that “promote health” but the nature of the problem of the sense of separation or the fear of personal “death” is all about the mind becoming the giant that it is and lifting off, away from the body, into the clouds. The

upper body is seen to be important while the rest of the body is left in tatters, following the mind around like a fragile, elderly woman taking a Great Dane for a walk!

So the self-development ideologies attempt to draw the mind into focus in order that it's not "all over the place", but the direction is very much goal-driven towards that which is deeply desired. Who is doing the directing? This is never put into question, but the idea of self-responsibility, of a "me" needing and trying desperately to "get "my s**t together", seems the order of the day. This is a pacifier and a goal which focuses all of the mind's intention or energy, just as in medicine the hierarchical-based practitioner can be highly influential in suggesting that thinking about good things makes you feel better. This works for a while and the symptoms go away, but the root remains a problem, and the symptoms come back again, keeping the doctor in business and the patient needy, but both separate from each other. The feeling of tension that brings about the wanting, the desire and that attachment of the mind to form an identity based on this, is all the disease, not the cure. In fact, because the separation sense has not completely dissolved, how we think about the goal of whatever one is directing the mind towards, will always be the same as with any other proposition in the "normal" world of modern humans, which is essentially transactional. The process is always about a buying and selling between individuals, hence intentions and personal notions regarding goals of health, enlightenment, riches, relationships, fame and fortune are all under the same category of separation. They are all about the notion of gaining and therefore will always be threatened by the possibility of loss, which is the balance of the illusion, even *within* the context of the illusion of separation there is a high and low energy state. High energy is to do with gain, low is to do with loss, and still we think that this is something to do with "personal" choice, rather than like a weather report. It's like a person deciding to make his heart beat quicker today because he wants some more "energy" to get his work done. This is a deep detachment from the body/spirit sense. It is always peak experiences, always the top-of-the-tree feeling of euphoria that people are seeking. The present moment awareness and what is going on now is irrelevant. The motion is always forwards, upwards and hotter, it is never downwards, backwards and cooler, but the medicine is. This is not what is commonly known as a "reality check" because often this kind of "reality" is another illusion of fanatical situations or "a needing to survive" or other such separatist ways of behaving. The reality here is really what's actually happening right at this moment and the realization that **it never gets better than this**. There's no more to "get", it's all been achieved, so the seeking need not worry one any longer. (Please see the writings of Tony Parsons here: www.theopensecret.com). From here, there is a possibility far greater than is imaginable by the previous experiences of the mind which is where all intention comes from, until there is a dissolving out of the loop, which cannot be caused intentionally but is a natural ripeness, or change of internal season.

If personal choice does not really exist, then this has a domino effect on our "traditional" approach to life. What it means is that life is *living through us*. It isn't about a personal "self" but there is a quality of a person being expressed, like a filter or colour of light, while the white light of the source is the same and one or another quality are *fingers of the same hand*. This makes for a totally new notion of inter-connectedness. No, it doesn't

change anything until this becomes a deeply felt sense, but even intellectually there is a realization that the world is not necessarily as we see it today.

To be the True-self is really about the realization of Oneness, with everything being the “normal” state. Individuation of a person or the recognition of the unique expression emanating from the inside, is in fact only a by-product of connection to Oneness. In fact it’s the other way around: one doesn’t need to find one’s “self” in order to then be One, there needs to be a dissolving of “self”, whatever notion of it there is, in order that one is what one is - an expression of the whole. This is non-political, non-denominational and non-hierarchical; it just is what it is.

Hence self-development is something akin to a promotion of a dis-ease state, it is the encouragement of the focusing and direction with “intention” towards a goal. In health and healing the nature of a practitioner needs to be in a deep openness and if healing comes about, so be it! However, the process of healing is something that cannot be taught, it occurs through a person, or it doesn't. So the truest healers are those who don't even think about it, they just do it because that's what there is. It is like a bone cell being a bone cell, or a blood cell being a blood cell, there is no-choice in the matter, it’s just what the vessel/person is. Not everyone is a healer, although everyone is an aspect of the whole, which has the potential to heal. This is very different.

Intention is really about attempting to control that which is. This is what the mind attempts to do and it always ends in a spiral of suffering. Rather than using the mind (which is really the mind using itself), at ripeness of acceptance, natural expression occurs spontaneously; there’s nothing to “do” but allow what it is to be what it is. This isn’t very popularist, because it doesn’t “do” anything, it appears to be about resignation but that is something utterly different. Resignation is a total non-acceptance of what is happening within the mind. When we do anything we can do it with intention, or without it, there is just allowing things to move us to express and act. No, this isn’t very practical, but then neither is a heart attack from high stress levels. Health is totally impractical for the way the world is. Health is the total annihilation of the way the world looks and feels at present, it is the return to Eden and this means that change is inevitable in this process. Health is utterly anarchic. I’m not promoting this, I am saying that it will and must come to pass at some time in human history because it cannot continue the way it’s going.

We must therefore be able to be deeply scientific about this and see what is real from what is illusory. Intention will always come from a mental-emotional notion. The natural expression will always come from instinct and intuition. This is a massive difference. The Tao Te Ching constantly expresses the nature of Wu-Wei meaning “non-intended action” or “natural spontaneous expression”. This is presented here, as a help for us to see clearly the nature of the separation of mind into the idea that it rules, it can direct and it can formulate a “way out” of its suffering/fear-anxiety:-

Chapter 2:-

*Under Heaven all can see “beauty” as “beauty” for it is backed by
“ugliness”*

All can see “good” as “good” for it is backed by “evil”

Therefore “having and “not-having” generate each other

“Difficult” and “easy” determine the sense of each other

“Long” and “short” give proportion to each other

“High” and “low” are relative views of each other

Sounds and voices depend on each other for harmony

“Before” [or back] and “after” [or front] follow each other

*Therefore the natural person goes about **without intention** following a
teaching without words.*

The people try to follow her way, but there is no way to follow:

Creating, yet not possessing

Doing , but taking no personal credit

There is seen to be “achievement” but immediately it is forgotten

Therefore it touches the Infinite.

Here we see the clarity of the move from individualism, which is associated with dualistic ideas including “personal intention” and “personal choice”, to non-dual/ Oneness and the natural movement of “returning Home”.

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