

The impossibility of personal health: Understanding how health arises.

In modern culture there is a striving towards the idea of “health”. However, it is not often that we actually look to see what this word really means. Health is the Middle English word *helthe*, from Old English *hælp*, from West Proto-Germanic *hailþa*, from hails, (“whole, hale”).

This, in itself, should allow us to understand immediately what is “wrong” with our attitude towards health. A person cannot lay claim to something which is whole; a part cannot claim the whole of which he/ she is an expression; this would misconstrue the whole sense of the word. So this is where we have to start.

This website is called “health-instinct” because it is the closest I could get to suggest that actually we all have an instinctual sense of wholeness, a realization of what wholeness or Oneness is and a natural response towards it, once we are ripe to listen to it. In the mean time, there is an attempt to try to claim health for ourselves, to somehow go it alone into the wilderness and “become healthy”. Being healthy therefore is the same idea as a “personal enlightenment”. Health and enlightenment are really the same, so we could call this the “enlightenment-instinct”, although that doesn’t have that tabloid ring to it! Anyway, the point is that the nature of instinct is not personal...it’s really an “automated” process. It is when a person isn’t resisting and life is allowed to pass through them, without rules and regulations, without their thinking about it, in fact. This is the same for health: it is the free flow of energy, when letting go occurs, which it does in its own time.

“Personal” health is however very different, much like personal wealth and personal enlightenment, all of them associated with the world of economics and business, where an “investment” is made in a particular field, in finance, for example, or in this instance, in health or enlightenment training, and rewards are received for “good work done”. It seems to be a logical transactional system of thinking, for most people. However the problem is that this is the very opposite of what allows life through. Life requires no manufactured system of ideology, all this acts as resistance. What happens when *dissolving* into health or into liberation occurs is that there is no longer a sense of separation. From this place nature takes over the process and there is a natural entropy to return to the natural environment of the world and towards forming what would be called a highly “primitive” society, in modern terminology.

An attempt to create this outside in, rather than inside out, is what we see in the film “Into the Wild”, which is a expression of the life of Christopher McCandless, a brilliantly talented, high school graduate, who leaves the prospects of life at a top university and goes further and further toward satisfying a deep aching desire: to be back in the wilds of nature. McCandless’s story is a true one; it is also an expression which lives within the hearts of many men and women, who feel isolated and sickened by the present society and instinctually want to go back to simplicity. However, this is a movement *before change* has actually taken place. McCandless goes off into the wild on his own, making his way by-himself. What McCandless discovers, close to the end of his life, is that his search outwards was really a search inwards and a need to be in-union-with, to belong, or to end the sense of separation. This is the same with all of us.

McCandless took the route of being very explicit in his direction, which is a direction that was ahead of his time, following others who have attempted similar throughout history, but was still coming from a fundamental base in separation. Being separate means that directions taken are not in accordance with Natural flow but are in accordance with a “self”, which is attempting to “do” something or get somewhere, to experience something. It is a move away from senses, and therefore means that we can’t be in touch with nature so directly; we are not ready. When there is not a sense of separation, there is a knowledge that the only access to the wild is as a universal group. That problem cannot be overcome, unless the whole body of humanity wants it, together. The change of life styles and movement towards environmental health and universal health is that which comes after dissolving internally has occurred. Life knows what to do and there is a following, an entropy, back towards what feels right.

There are, before this, mental realizations that are sensed from deep down within, which are triggered naturally, all the time. But the idea of “personal” reality is so strong that the filtering out of our instincts, from the depths to the surface, is like a game of Chinese whispers. By the time the feeling of knowing something’s not quite right and there is a beginning of a letting go, it reaches the surface of the expression and it says “I need a Harley Davidson” or “I need a drink” or “I’d better do my yoga” or “I’m not going to eat carrots today because they might make me gassy”. For there to be a clarity of connection, all the way through, only occurs when the time is ripe.

It is important to notice that the economic model doesn’t work in this field; one can’t pump iron and then use the same mentality to pump yoga, or “master “ tai chi and get a better skill at “being enlightened”. One can’t do a theory to crack it all open. These things are not the answer. They might allow there to be less of a buzz for a while, but the actually point of letting go only comes when it is right to do so. Some people are utterly egoistic and remain so, up to the limit, before letting go; others are in relative peace and never let go completely, until the moment of death. However, this is nature’s domain, the identified “self” has no ability to fathom this. What we do or what we don’t do, as a “choice” or “intention”, is all part of Oneness expressing the idea of there being a separate self, who has a “choice or “intention”. We can say that doing these things is all part of the process of unraveling but in and of itself, it is not “the answer. The answer lies underneath this or as background to it, what ever we are doing. Identification with mind is a collective cloud of energy that is collectively human. Though some may have dropped into the background sky, behind the cloud, until the whole body of humanity does similarly, there will be no deep unified health. Wholeness that includes unity with environment and with each other, comes about when it is time for the whole process of mind-identity to drop away. Personal health therefore *is* the dis-ease itself, both its ideology and its notion. When there is no notion of the “personal” then health just occurs. This process starts within and then it spreads without. The other way is an impossibility, and none of it happens with intention; it all happens despite what we thing should, could, might or will occur.

This is the difference between “survival” living and being. Survival is based in a mentality of fear; it is about seeing others, the environment one lives in, as fixed and opposing forces which are intent on destroying the “you”. When there is no more “you” then the environment and the person is one; there is no inside or outside any more. This

then ends the process of survival, which is another word for separation and allows nature to do what it does best, being a “celebration of life”.

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5 Dec 2010