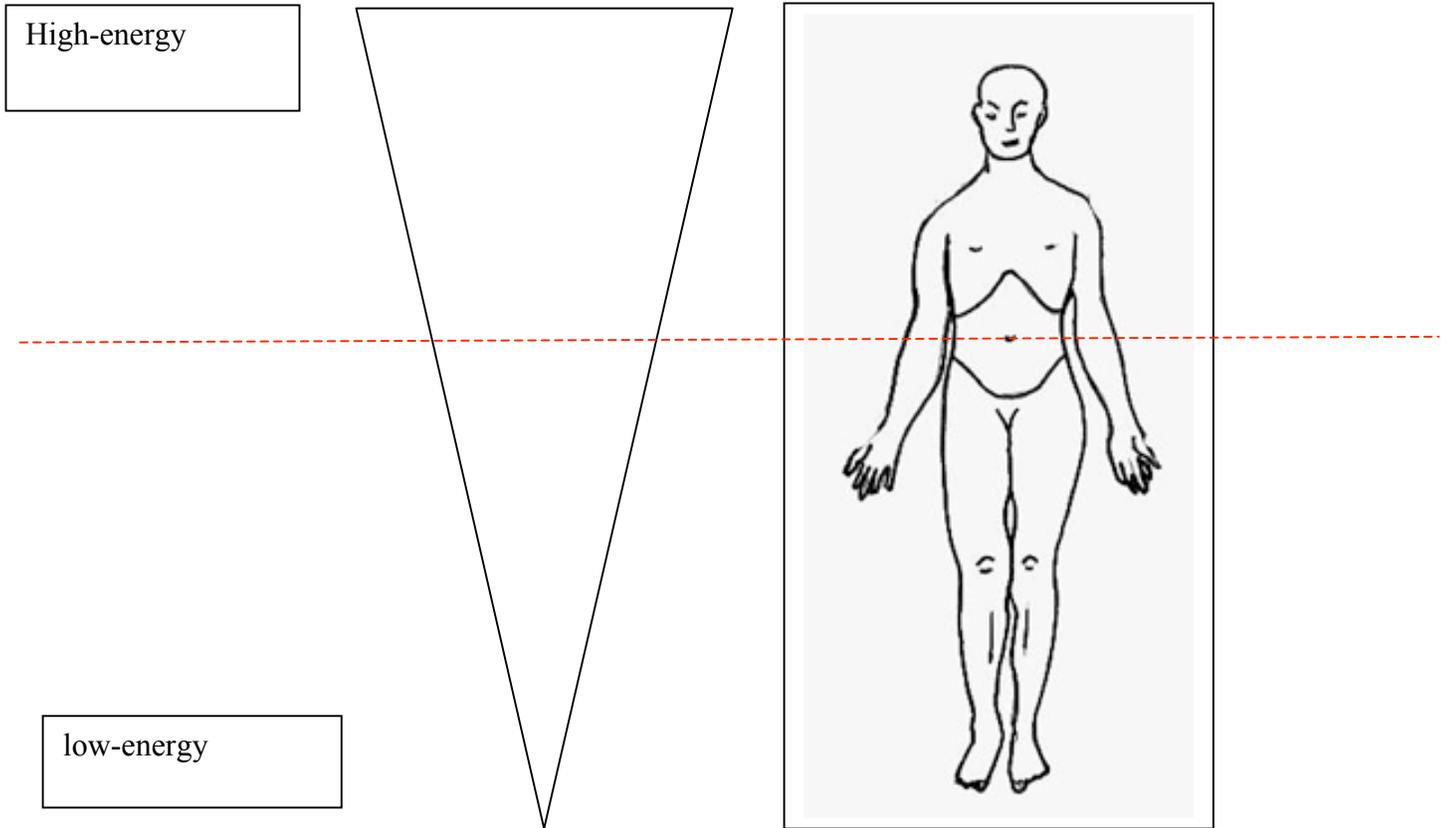
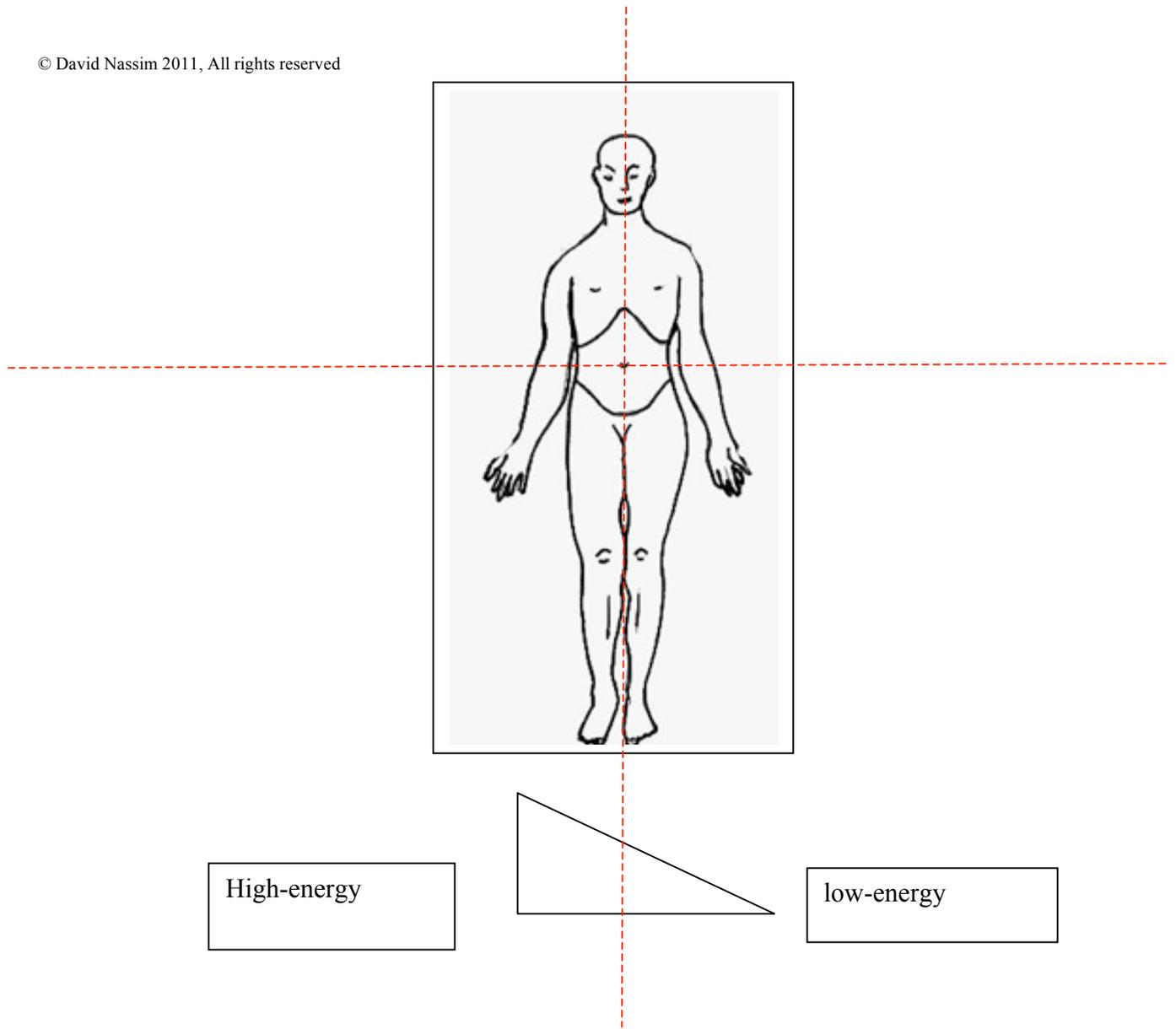


The place of least resistance: seeming weakness, the blessing in disguise.

Through looking at the body in a very broad-focused way patterns become very clear. If we look at the “normal” situation of those patterns found amongst humans as a species, the following can be understood in terms of “energy” or simply amount of usage of the upper and lower sections of the body:-



From this we see that least attention and energy is related to our feet, in fact we hardly ever feel them and consider them to be very clearly separate from us. Taking this process further let's look at left and right sides:-



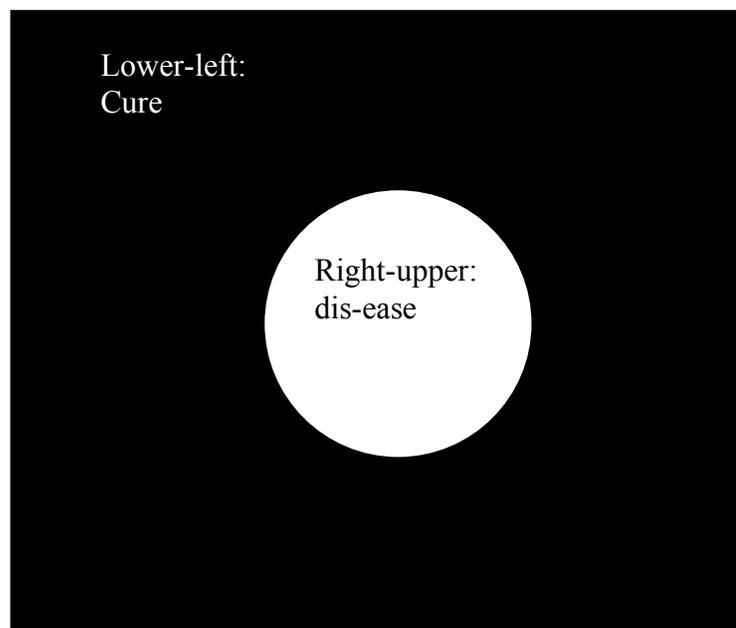
If we consider that the majority of humans use and associate much more with the right side of the body more than the left, then overall we can see that the upper and right portion of the human being is the high energy zone, and the lower energy zone is the lower and left portion. This is embellished by the idea that the left side of the brain is used more for the functioning of the right side of the body and is associated with analytic and breaking-down type forms of thinking, whereas the far less-used right side of the brain is associated with expanded, more inspirational and relaxed understanding.

This tells us that human dis-ease or the human condition of suffering draws considerable energy from the lower left of the body to the upper right. We could say that these two areas represent different aspects of ourSelf in the world, for example the lower left could be said to be associated with wild-nature, the instinct, the indigenous tribal ancestry. The upper right can be said to be the modernist, the city-slicker, the capitalist, the colonial. The two exist together. However for the human the upper-right is founded upon the lower and the left - the human body energy is like a house: foundations are in the lower body

and the upper is like roof tiles. When there is too much focus in the upper and very little acknowledgement of the relevance of the lower, then the roof has no foundations and will fall. This is the human condition, the pattern of human behaviour. People speak of “balance”, however when something has been drawn so heavily to one side, it is very important to understand the degree to which there is *imbalance*. At present the amount of energy associated with the upper is like two tons of weight on one side of the sea-saw and on the other side is a feather, this is beyond a minor imbalance, it is exponential!

Interestingly the lower-left of the body is energetically like an anchor, basically an anchor to the earth and to the background, the lower-left is in a sense the forgotten region of the body, the place which is weakest but also offering less resistance to the flow of life, not trying, just letting be. This region is associated with the female, the indigenous, the instinct and feeling. It has no words, no voice. The upper right side speaks and does a lot, “the right hand man” associated with the male, the aggressor, the dominator, the separatist-individualist, the colonial. Hence the right puts to-task the left, the upper puts to-task the lower.

From this perspective we also can see that the lower-left is in contact with the ground and with the nature of Oneness, realizing the illusion of reality, and the body as being just an aspect of this. In a sense the left foot is the most lowly region and is also the region most numb in modern humans. The upper portion is cut off from the earth, up in the clouds and forgetting the anchor, it is no longer rooted but instead like a hot air balloon flies ever upward to the stars, trying to possess them. The left foot is submissive, its energy will always be drawn on by the upper-right and used up, in order to “get-to-the-top”, to climb the highest mountain, to build the tallest skyscraper, this is the project, the ambition and *raison d’être* of the right. The left foot is battered, beaten, yet keeps on yielding, allowing. In truth the Christ/Buddha or Mohammed is expressed in the left foot, the nature of understanding of Oneness. The aggressor, the power-hungry, the dominator, are also seen in the body in the upper-right. The cure and the dis-ease are present at the same time but like this:-



Here we could consider we are viewing the human from above. The lower-left is connected with the earth so it envelops the upper right or head, which is only an aspect of the whole. The nature of separation therefore is when the head is all there is. The nature of the feet as a basis is therefore the mother or root of the upper.

In most of the mythology associated with those who understand Truth it is always said that the “meek” are truly strong or that what looks weak is actually strength. For us this could mean that disabled people, the elderly, the sick and the weakened are actually the strength in humanity. But how can this be? Surely this is to do with dis-ease? Actually the word “strength” here is not useful, more appropriate would be the “Origin” or the “foundation”. The issue is that it is the weaker aspect of ourSelf, an aspect which is connected to the lower-left of the body and is without tension, stress or high-energy. So this weakness is only from the perspective of the colonial-right-wing judgment, from the perspective of nature it is more accepting and less resistant to its way of movement. The left is the “resource” and also that which “is” and doesn’t “use”. The right-upper is that which “uses” or “takes”, it believes it is separate from the “resource”. In a way dis-ease within the human is a schizophrenia, an attempt at dualism expressed within the body energy itself.

When we understand this, then there is realization that if the lower-left is acknowledged life starts to become easier because there is less energy being drawn into the madness of the upper-right. The indigenous person is accepted, the land is acknowledged, the nature of Nature is realized, this is the following-through of the cure. Listening through the lower and left, is the sound of peace of silence, the realization of impermanence and that no-thing is every-thing. All is One.

In our society the lower-left are the sick and the elderly, the weakened. This is not a call to charity nor a moralism, it is simply saying that a person is both the representation of the society he/she is within in a physical-energetic way, as well as a member of that broader “body” of humanity expression. In indigenous and ancient cultures the elderly and sick are acknowledged and are akin to the legs and lower body. It is not only the young who are important, they are akin to the upper body which is the flower. In this way we come to an understanding of the way of nature. What seems like a curse is a blessing in disguise for often it is a direction back to the Origin, back to the lower-left, to the earth and the Yin which is the foundation for life.

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