

Relief: liberation from dis-ease

If we were to think of one word that could inspire the end of dis-ease it would be the word “relief”. “Relief” is fundamentally the most important word to be understood by all practitioners of medicine, indeed by all people, for it is the essence of being at-ease, or the gateway of alleviation from some form of tyranny and is the expression of the end to discomfort/sufferance/dis-ease. Instead of the complex terms of “enlightenment” or “higher self” or “ascension”, “relief” signifies a much more simple and fundamental point. Dis-ease is underpinned by belief systems, both new and old, the old being those such as religious and inherited family traditions, convention and dogmatic ways of living, ignoring our senses - programming, if you will, which has either been designed to oppress or to uphold tyranny of one sort or another. New systems often disguise themselves as “scientific” or “rational” programming in reality they are exactly the same as old systems, just with a new label. However, none of these in the end leads to a natural sense or instinct of wholeness which requires *no intended process of action*.

Several people over time have suggested an end to ideas associated with striving, although many of these messages have been lost and turned into in the idea that we can “do” something to effect change as seeming separate “individuals”. The messages of Buddha, Lao Tzu, Christ and others before them all pointed to a letting go of any kind of process. The message which is at the heart of these teachings is still around today in such non-dualist and rare expressions as those of Tony Parsons, U.G Krishnamurti and those who are open to the idea of seeing things “as they are”, as was the late Douglas Harding. What is primary in all these expressions, indeed to any really important message, is not that one *gains* anything from the message but rather that fundamentally there is “relief” and this is ultimately the expression of healing. I hesitate to call this a “loss”, it is definitely outside the ideology of gain/loss, there is simply a gradual or immediate effect of “dissolving” to peace.

In deep healing there is the fundamental situation where a person is told something, feels something or understands something which allows a letting-go, enabling them to hold on less than they did before. This effects a calming, a feeling of loosening, a letting-go of tension similar to that which we experience in every deep sigh, bowel movement, sweating, urination and in sex when it is deeply connective - the sense of contraction simply dies down.

This is not to say that these physical-energetic functions need to be “focused on” but it is deeply important to note that when there is energy in the body which needs to be let go of and passed away, the feeling we get afterwards is *relief*, we feel *relieved*, relaxed and calm, and we didn't have to *do* anything intentional to “achieve” it.

If one considers the deepest levels of this in the mental-emotional contraction we know as “self”, “self” is based on past-memories constructed into a believed-in “person”, of which we all have one or more. This “self” is fabricated of belief systems. When there is an occurrence of natural openness/ripeness it allows us to see that these are in fact no more or less than “belief systems”, then something fundamental shifts.

There is a deep relief that they are only dreams or creations of psyche. There is a deep relaxation that we don't need the labels of "X, Y or Z" ascribed to us by any exterior influence be it a teacher, guru, political system, mother, father or anything we have been trained to acknowledge from the outset of life. Usually something that precedes this realization is what we call a "break-down". From society's point-of-view this is terrible, the end of a cog being useful in the wheel of industry, but "break-down" at whatever age and in whatever way is truly the start of the process of letting-go, when what was held onto disintegrates and heralds the end of dreams that are crumbling, illusions melt like a Dali painting.

From this point all there is, is what there is. There is no requirement, no striving. Wow! Now that's a real shocker, that's a blow-your-mind type situation - you mean there really deeply, truly and absolutely isn't *anything* one can "do"?!! It's like being given a big hammock to relax in, or relaxing through activity: running, or playing, depending on the nature of the body, but whatever form it takes, it's an allowance of a total letting-go into something, there's nothing required of a perceived "you". How magnificent!

This allows realization of what we might call "love", an overpowering sense of relief with every grain of being. Herein lies what some may call "surrendering" or "grace", but whatever the expression it has nothing to do with anything exterior or interior, in fact this seeming duality vanishes. The relief is not like saying "I have relief from *my* symptoms" because this is what we could call a temporary or surface change which may at the time of saying it turn it into another phenomenon. Side-effects of drugs can bring this return of symptoms about, or medications which suppress one thing in order to "fix" something else in a mechanistic-dualistic landslide thought process. True "relief" is actually felt on the level of the mental-emotional ideal: the belief in a "self" that "thinks" it exists:

"Tension is who you think you should be. Relaxation is who "You" are."
Chinese Proverb

The process of relief is an expression of the life force being able to flow. It occurs with a letting-go of resistance, or of a "trying" to "be happy" or "be relaxed" or "be yourself" on command, or conversely letting go the idea that one "should be" upset due to a death or austere event. All of these are simply avoidances of what actually is beyond ideological states, pretending to "be positive", stopping "being negative". This is like pretending yin doesn't exist and focusing all attention on yang, something which inevitably ends in suffering as yinyang is a continuum of change that cannot be attached to.

When there is a letting-go of striving this applies to all states of "should", "could", "might". There is constant "permission" of the nature, of the universe to be what one *is*, or in fact that there is *No-one*, directly and absolutely. Tony Parsons, the poet Rumi and others use the term "the open secret" to describe the open invitation in which we are constantly bathed, which is the realization of Oneness and the relief of not being what "we think we are".

So immediately there is a sense of: ‘but if I don't “do” something, nothing will change, so stopping and doing nothing isn't going to work, there's no relief in being stuck!’. However in many ways “waiting” for change by “doing” nothing, or “not waiting” for change are both still “doing”. The key realization is that there is no “real” person who is “doing” behind the façade of any action or any seeming choice, because there is no “individual” that any of us can really make out and truly “believe in” who is making these choices.

“We are being lived through, and one of the ways we are lived through is with thinking.” (From Tony Parsons “As It Is”)

In “relief” there is the absolute realization of non-requirement, or that there is no condition to be met. This is why it is often associated with the abstraction of “unconditional-love”, but as described in other articles here, such as “Real Love”, love does not mean a romanticized transactional ideology, but rather, a deep recognition of No-thing being everything.

To whatever “level” no symptom or sign of dis-ease has ever been cured or truly “relieved” without some degree of realization of “relief” within treatment. If a person goes to a practitioner and leaves with a host of recommendations, lists and things to “do” they will very often be going away with a form of contraction and as a result signs and symptoms will not have been affected at all by the treatment. They will now believe there is “a way”, a need to become activated to make “themselves better” or to “get better”. This process may provide initial elation and possible excitement that there is a way to be free. While this can sometimes superficially change symptoms, because “unknown possibility” brings about a kind of relief because it is different to that which has been experienced, this is commonly understood in modern verbiage as the “placebo effect” and is associated with a “belief” in the practitioner as a savior. Gradually however, this is revealed to be a mirage and not an escape route, and inevitably a “relapse” of symptoms occurs.

Conversely a person walking out of a practitioner's office burdened by ideas of what he or she should be or do or change may be the trigger to leaving the practitioner in question and getting to the point when she or he can say “I don't need to do this any more”. The whole process of providing “lists” and expectation of the patient to change in accordance with these “rules” is purely a form of tyranny brought about by the practitioner's/ teacher's/ guru's belief of being a separate “self”, which wants to be acknowledged and “in-control”, and wants to “brand” the patient/ student. This is simply an ignorance. It simply takes a little look into the real world of the therapist/practitioner/guru or “master” to realize that often they are not and cannot be what they might preach. This is simply an unwillingness for the dream of “separateness” to look at the reality of the situation rather than to attempt to seem like a “higher” authority, which lasts for as long as they can hold that image in the mind of the onlooker, then it disintegrates as it is merely a façade. In many ways the natural practitioner or the healing expression, is merely nature's trigger for relief of tension. There is no expectation of the patient, merely a recounting of processes: this is hot, this is cold etc. There is no judgment, just a verbal or physical-

energetic explanation of what there is, *as it is*. This however rarely occurs and either patients are drawn into support systems of a practitioner's/guru's ego, or are left shouldering the contents of the practitioner's/guru's "brilliant mind" which can tell them what to do to "get there".

However when a practitioner/ teacher/ guru prescribes something and it "doesn't work" this often leads to a seeking for another and another solution to find freedom, a kind of serial-seeking ensues. This often equates to the blind leading the blind, because if someone is in the position of believing they can "lead the way" to relief, they must themselves be blinded by this notion. There simply is no "way" and that's the simplicity which is obscured, it's the sheer, total, dumb-founding easiness of the whole thing which is utterly hilarious when looked at from the perspective of seeking something which is constantly present and always has been! The only times symptoms and dis-ease really alleviate are with an ever-deeper unveiling of "relief".

When medicine is understood there is a realization that no force can ever be applied in the process of treatment in order to enforce change. There has to be a ripeness that comes at the right time for the interaction of patient and practitioner. Healing occurs *despite* the practitioner's ideas and thoughts and efforts, and only because there is universally underneath this, a deep non-judging acceptance/ *a message of relief* and a sense of allowing that comes about. There is no other prescription, no method of "coming to terms" no condition, there is only what there is. When there is a non-judgmental foundation to practise, which can only occur when this is deeply felt, and not because one "should" or "ought to" be of the moral-high ground, then there is an openness to possibility.

When we recognize relief as the key root of healing we also recognize that healing is the recognition that there is not, and never was, anything to fix or heal. The healing is the end of *suffering* the illusion that there was anyone to heal. Either immediately or gradually this illusion dissolves back into the place from whence it came.

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