

Great expectations?: How the dream of “self” hampers natural expression

Often there is a great deal of talk about “creativity” and the inner-“self”, however I feel that we need to look into this a little more deeply. The bodily expression could be said to be a slow-moving physical substrate and unified with this, is a kind of energetic glow. This energetic glow can be thought of as light, or a light bulb of a particular colour. The colour of expression of light is the mix of physical substrate or earthy material imbued with a particular kind of energetic triggering or sparking causing it to glow in a certain way, like Christmas lights coming on and off in a particular rhythm. The mix of physical and energetic is not really a mix because inherently it is one thing but we can call it the bodyspirit continuum. By nature this expression can only be what it is: utterly perfect in its creation and utterly perfect in its expression, however that is manifested. It is all without judgment.

In humans after the first few years of life, a creation of an identity very quickly occurs, with the light being given off, creating “self-image” and this is reinforced when people treat/teach us and connect to us like we are separate “selves”. Thereby this “self” is formed, acting like a filter or a cover around the bulb’s light, which continues to be what it is but just internally reflected and also prevented from shining out fully. The metaphor doesn’t have to be light, it could for example also be seen as a water fountain with a specific colour.

When the blocking-off process occurs we might call this a dis-ease pattern. When the bulb starts to heat up and if the energy isn’t being fully expressed, deteriorations of the dis-ease process which is always “auto-immune” occur. This continues to a breaking point or death, unless an unraveling of the cover occurs and the light can escape. The key thing is that this is a metaphor: the covering is not physical but mental-emotional and the light is our natural-expression through the bodyspirit. Just like the electricity that powers the bulb, the expression is as impersonal and intimate as the light.

Therefore when we talk about “creativity” being hampered, we are talking actually about there being a covering of “self” in life and a seeming restriction in the flow of energy of the bulb. There seems to be something in-between us and the world, like an invisible mist or blanket between sense and “self”. This is the true restriction.

Often there is an equating of “self” with another “self”, causing separation between the seeming two people as they fight it out, one trying to be “brighter” than the other, this is the ideology of “competition”. There is no such ideology of competition in wild nature. Economic ideals associated with biology are akin to a “survival of the fittest”, however this comes simply from the human ideal of “separation” distorting the true essence of wild-nature and the resultant requirement of one to “do better” than the other. In wild-nature all there is, is what there is, there is no connotation of pride or power associated with the so-called “prowess” of a male in the wild and his “harem” of females, that notion only exists in the ideas of the human onlooker. An animal which is totally one with all of life/within the “field”, is simply bigger energetically than the “other” animal and so has a particular expression but there is no resentment of one to another, merely

expansion and accumulation of energy. The nature of the self is a “contraction” associated with a danger response which for most animals may only last a matter of seconds. However, as humans we live within and recognize this energy response as “self” which is the add-on to the “light bulb” superstructure thereby inducing emotion anxiety and its root, fearfulness.

The dream of “self” harnesses other features such as memory, suggesting that this memory belongs to the “self” and is therefore part of “self”. It uses this to project into the future and suggest what might happen to “self” ultimately at the point of death, beyond which “self” cannot go because it is utterly unknown. However, just as self was born from the unknown, so “self” dies back to the unknown. This is not a situation to be feared, because if we consider birth, was there ever a fear of this before its occurrence? The “self” dreams up the process of past-projected “future” ideas from accumulated memories, unrelated to anything precarious, to try and ensure a “safe” future, just as with museums which are created as a “memory” of humanity.

Here within us the “great expectations” are formed, the idea that there will or should be a way or means by which to control situations in order that they work as planned. There are expectations placed on all aspects of life: the children should be like this, the partner should be like that, the job should be like this etc. This is obviously unrealistic as all the parameters of the future are utterly unknown and unpredictable, or even if predicted not all the parameters can be seen through the “self” perception as it is too narrow.

And of course there exists a barrage of expectations of other “selves” imposed upon the “self” trying to force it into becoming a cog in the wheel of industry or in the wheel of anything else, to fit into social, economic, life-course and expressional expectations. Those who are more directing in natural expression find this constant expectation impossible and try to become the ones who expect of others, they fight through a competition of other would-be “kings” of the castle rather than having to “live up to” the expectations of others. Where there is more yielding “selves” in society these can become slaves to the expectations of others and as such are overworked and pushed to the limit.

The process of expectation is a manifestation of the idea of “self”. The balancing act of modern-life will continue until relief occurs through the realization that what one thought was a “real” expectation is only an idea that evaporates like a cloud, it isn’t a tangible or “real” thing, any more than a mirage is real. When the mirage is recognised for what it is we will have no expectation for it to be anything else. There will be no expectation of a need to “become enlightened” or “to be” a better this, that or the other, simply total freedom from this ideology and a total anarchy which falls into a natural order. The end of belief is the beginning of clarity. There is no-thing “to be done” to achieve this, the mere realization that it is possible to live without expectation enables a letting-go which leads to relief from symptoms.

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