

## **On resonance: “different strokes for different folks” and the domino effect of naturally occurring health**

The brilliantly clear expression of David Bingham has been the inspiration for this article, please see, [www.nonconceptualawareness.com](http://www.nonconceptualawareness.com)

There is a process occurring in humans at this time where there is a peaking of the summer-season of the “self” so to speak and from here on there will be an autumn and a decaying of this process. This enables an opening, charted by some of the ancient calendars such as those of the Mayans which promotes the end of an era of “self-hood” and a return to the natural-child expression which has been obscured by “adult” self-consciousness or self-image.

There is a sense of “revolution in the air”, illustrated by many of the turbulent difficulties around us in the world and the way that seeming power is less associated with governments, deities and external group organizations; now the idea of power is being focused in seeming “individuals” who are told that they can “choose”. This also creates an enormous pressure, for when there is no-one telling you what to do, no authority in the form of government, society or even God, then things become very isolating. One feels cut off from the next person, small infractions and skirmishes break out, there are no longer groups that form and try to control things because everyone is out for their “own interests”. In a way this prevents world wars, but it makes for a society of “individuals”. So individuality prevents world war but it perpetuates and exacerbates personal or internal conflict. In a certain way we are all like miniature time-bombs with heat and pressure forming and so we are bound to explode at some time or another. That energy is compressed into the idea of “separation” and so “self” is reaching the point of ignition and as a consequence total breakdown of power and control, an expression of violence arising from internal tensions.

Simultaneously total disillusionment with absolutely everything imaginable occurs, with society, our way of living, it all comes to a head. Lashing out either manifests externally or as internal torture and chastisement. On a large scale this is simply the peak of summer and then the process dying away. When the firework stages of violence at peak-summer have gone, then gradually disillusionment sets in. There is a constant process of realization occurring that neither society, government, health, nor possessions can help us to let go of the sense of dis-satisfaction at our core. However this all comes down to our perception of the seeming “individual”. The expressions of Non-duality in today’s world resemble black-holes in a galaxy full of stars, displaying an array of external temperaments, all enticingly surrounded by different colourful fields, with innumerable lights and websites and different ways of connecting, but all are essentially an expression, a recognition that life has at its Centre a No-thingness and yet has appearance of being all things in a paradoxical unity.

So then the process of the universe and/or humanity evolves from a galaxy full of stars to a situation where all the stars collapse and “realize” their union with the background

infinite blackness. This seems very physical, we see the star and then it's gone. But actually we still see light from stars that have collapsed many years ago indicating their presence because of the apparent distances of space. This gives an appearance of starlight but for the star there is a collapse.

Another example closer to home is the ocean. The waves are constantly moving on the surface where one could think that the ocean was rough, but this is only its surficial appearance, its depths are still and quiet. Or a person may be speaking loudly with massive emotion, gesticulating wildly, yet throughout their feet are on the ground. While the appearance/surface is movement and seeming separation, the feet connect to the ground and are part of the background or foundations of the earth, so at root there is Oneness, just as the hand has many moving digits but the palm is their root and is foundational to them.

This metaphor applies to everything. Essentially there is a foundational background and a moving appearance or foreground. There is a No-thingness or Source in the background, a Mother, and the offspring in the foreground Everythingness, or conversely there is eternal-youth/life in the background and adulthood/mortality in the foreground. These all constitute the same message. The Non-dual speaker has a realization of the background. The foreground is constantly known to the "adult" mind and is considered to be divorced from the background. This inevitably cause a process of dis-ease which is reaching a peak at this time. During the fever-and sweating that ensues humanity will eventually burst open allowing the human body to cool off, returning to the Source sense. Upon this realization the dis-ease of contraction will die off, whether or not this occurs before actual physical death. In many ways this is like a recognition of the empty-core, the inner-child, or Essence.

For the seeker however, existing mainly on the periphery of life, there is no awareness or understanding of the nature of the Centre. This is a nightmare of sufferance, attempting to find the core but from the peripheral perspective, which is impossible as it too has to be outside of the box it is within.

Hence the boxing-in of "individualization" is a budding process, the flower is the expression of opening outwards or explosion into something, or one could see it as a fruit that falls off the tree when ripe. Conditions have to be right in order for the fruit to ripen or flower to open. The universe facilitates this through natural processes, without intention and for no reason. The conditioning of a seeming "individual" person is related to resonance which is the basis of this article. Resonance is about "finding" the right situation for instinctual health to occur. Just as an animal will sense the perfect place to give birth, so the nature of each individual, now overly pregnant with "self", finds its right situation by involving itself in the world of "seeking". It seeks continuously until a situation of comfort or resonance be it by "surrendering" to the instinctual gradually or at breaking-point, is reached and then change will occur.

If we consider the Non-dual speakers this relates to a kind of mouthpiece which forms a resonance with a person's inner nature. Similar to gravity, there is an intuitive or

instinctual draw towards the expression of such a speaker which causes a deep sense of relief that allows the centre to collapse, as instinct or nature has finally reached a point where openness or collapse can occur.

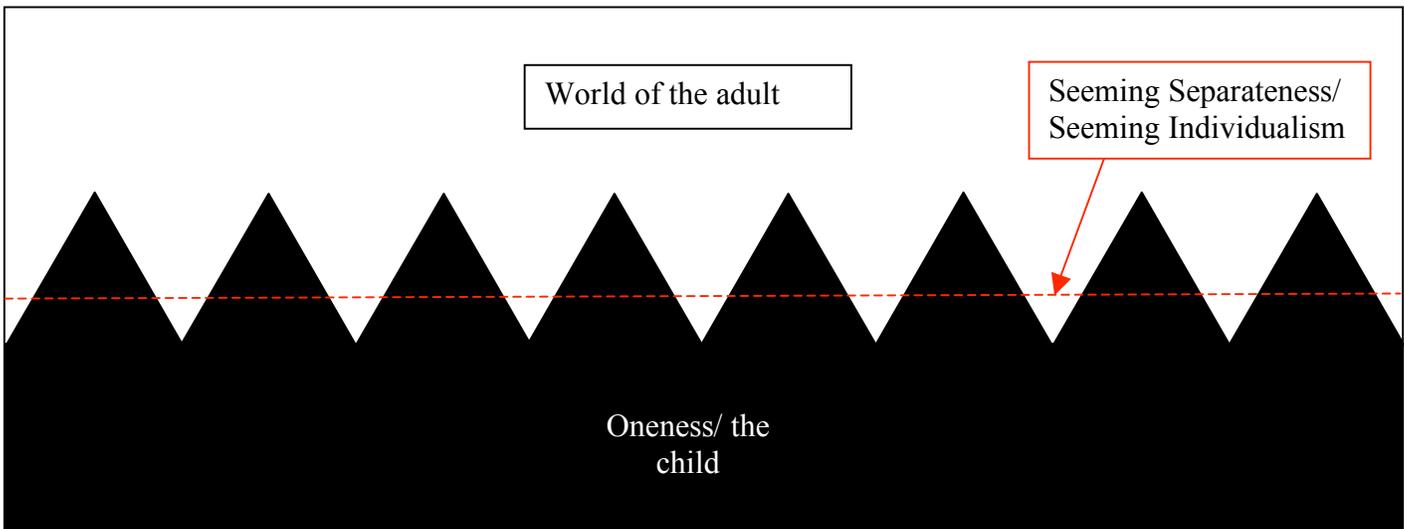
Although this can occur in any situation, the human resonates with the human quite profoundly and as such when that which believes in “itself” is confronted by that which has no belief in a “self” this may effect change if the conditions are right.

Devotees of Non-dual or Advaita meetings have a desire to gain something from these situations. But inevitably there is nothing to be “gained” and the resultant conclusion is “what’s the point”. We are often told that the search is irrelevant, but this is like saying there is no point in the animal investigating all sorts of places to give birth. In many ways we “should” gravitate directly towards the situation which will open out the senses, but this is very hard to find from within the perspective of the “box” and so a second-guessing of the intuitive sense ensues. Also this itself very much part of the natural process of unfolding. Therefore the seeking is “divinely” part of the process. While it may not in itself provide the “solution” it still needs to occur in order for the birthing-place to be settled into, even if this place represents total exhaustion or literally the end of the bodyspirit’s expression - physical death.

This is the point of realizing that there needs to be an openness and exploration which entails an instinctual feeling of who to go towards, who to speak and connect to. When there are feelings of trepidation, self-consciousness, fearfulness, insecurity, anything associated with a non-dual speaker or a situation which feels like a closing-down rather than opening outwards, then it may be more beneficial to continue seeking. For the seeker the mouthpiece is very important, for the non-dual speaker it is totally irrelevant, which is seldom understood. Resonance is similarity, it means similar ways of being and understanding. This is key, if something looks and expresses very much like your-self but at root is fundamentally different the mirror image shatters.

There cannot implicitly be a teaching or hierarchy in non-duality and so reality. We may see groups of people who have been connected to the same non-dual speaker who then adopt seemingly similar methods of speaking. It is not that there has been a “copying” of this original speaker, but that many of the same expressions have gathered together and then collapse occurs due to resonance and then realization occurs through this process. It would be like looking for the “right” size of mirror to walk through or even the mirror that seems most to one’s liking or taste or the right size of tea-cup or mug to drink from. While this may appear superficial, it is essentially part of how the seeker finds a place of comfort or seeming “known-ness” in order to drop into the Unknown.

One non-dual expression is no more relevant or important than another. As the human being is now coming to a time of collapse of the self or explosion into no-self there is a realization of the following:-



In the above diagram we see the dark Oneness at the underbelly and the nature of the adult on the surface world: the narrow view of the adult, and the breath of the child. The child can also be called the Source or the Mother and the adult can also be called the appearance or the offspring, or myriad expressions of life. The big difference is that there can be a world of “adults-only” which is everything above the red-line. The Non-dual however is below the line AND above it, the adult backed by the child. This is true of the non-dual, it is not one part *or* the other but both together, omnipresence without a “central-Self” contextualising the dream of seeming “individuality” and “central-self”. From this perspective the adult personality loses all of its “pretences” of being such and ends up as a child-like expression of playful interaction in an adult bodyspirit mechanism.

The differing outer qualities of expression of the different “seeming” individuals above will resonate with different people. Resonance is not about attraction of opposites because here communication is very, very difficult. Opposites attract, it is true, but in order to bridge their differences and to form something creative. But here we are not looking to form or make something, just to simply see it for what it is. For there to be settled-ness and calmness there needs to be a resonance of similarity. Some might suggest that it actually takes the opposite to split open the “self” but this would be an act of force which can associate with a form of danger. As the “self is already in a contracted/dis-ease state already, any suggestion of danger causes further contraction and so is not useful and letting-go is much less likely to occur. Whether you prefer blue Smarties rather than orange Smarties, the point is that the “like and dis-like” process is part of the function of Nature and following this instinctually leads us to the truth of “nowhere”.

We could say that medicine has two general “levels” to it: on the surface there is that of the therapist or doctor who has roles and relations, and healing occurs at various levels of relief as the superstructures of the “self” are let go. The fundamental level however is the

non-dual and at this place there cannot be roles and the connection is intrinsic and there is only one message conveyed through a spectrum of different speakers. The expression will be the same, but delivered in different tones or voices, or with just a “being-together-with” that has no words, which resonate with different listeners/ seekers more or less directly, like a note played on one instrument will resonate with some, but not all, the other instruments in the same room. The air in the room is always the same and always present but the notes played through it resonate with different instruments. This is the key to the process of whether or not the message “hits home” in treatment-theory and at the fundamental root in Non-dual conversation. As with finding a teacher, the one who is similar to you by nature but also “has let go”, is an expression who can allow for health naturally to occur through resonance of just being in a place with such an expression, and the message is passed on. This however is rare, it is usually corrupted by hierarchy and dominant ideas/delusions of teacher and student, often with a teacher caught within a belief system about their “self” being no-more and then making a guru of him/herself in some way, this is the commonest pattern found in the world today. The connection is always beyond the word, always about the tone, which will vary in each case, in each moment and for each different person. There is nothing fixed, at one time a person’s expression will allow for relief, at another time it will not, there is always variation occurring, but as with the instrument, this is usually in a certain range.

When we speak of health we speak of Wholeness, and so the process of healing always occurs most easily and naturally in an environment which is stress-free, this will be different for everyone and timing has to be right for this to occur, it cannot be forced. No amount of wishing a seed would grow faster will make it happen, but the right soil and strength of sunlight helps. This is all that can be “done”, and in many ways it’s actually not “doing” anything because the process will only come to fruition when it does. In healing there is never an attempt to put the body under stress or communicate in a way it doesn’t understand, always the process of treatment is the opposite of the cognitive analytic thought process. Simply if the person is warm we cool them if the person is cool we warm them - BUT both these process occur within cooperation or communicative understanding. If people are not resonating together, be they patient and practitioner or non-dual speaker and audience, then the occurrence of healing is impaired. This is not to say it doesn’t occur but it will be despite the interaction. There is inevitably a natural letting-go when the importance of the appearance of bodyspirit in the conundrum of connection to that which is beyond appearance is realised.

As I attempt to explore in the soon-to-be-published book “Medical Oneness”, this process is exactly the same in medicine, which is to understand that practitioners and patients are all a resonance and these need to come together as a “match” to bring about the best healing solutions. We go from the practitioner owning patients and attempting to be super-powers in and of themselves, to being fingers of the hand of nature and patients the same. There is no real difference in a sense between practitioner and patient in the actual process of healing just different assumed roles. The process of healing occurs despite the practitioner “self” rather than because of it, hence the interaction is about connection and feeling relief from having to “be” anything other than what one *is*. This is the intrinsic process of healing as it occurs with non-duality which could be said to be the very root

cause and underlying cure of dis-ease. For there is no dis-ease when there is no-person to experience it. This is the key.

There is also a resonance of contraction and this is perhaps of greatest dominance right now in the world. The resonance of contraction has formed the world we live in and the majority of the population now unquestioningly live in this state. Those who are teetering on the crest of the wave of change are not specific to any walk of life or socio-economic situation but are simply ready to burst open because simply the revolving of the evolution of humanity is occurring now, the resonant contraction is being seen as the “matrix” of disillusionment and as a result seen through more easily and rejected. Those who attempt to be dictators now, who try to rule even a small world will be quickly de-mystified and de-throned because of the nature of clarity that is naturally unfolding and as such this is the revolution.

This is not a “way”, or about “finding the right teacher” because there is nothing to teach, but is innately about resonance and being directed by overriding instinctual expression, not only through a person’s expression but the nature of the tone of voices, the way of the speaker and in every possible facet. Resonance is friendship/kinship. There are so many voices but one of them is similar enough to “your own”, speaking the Truth to itself!

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