

## Going on Instinct: What it is and what it isn't

In our culture we have many phrases for expressing something that is intrinsic-nature and does not associate with a cognitive analytic process, such as “gut instinct”, “going with the heart”, “feeling your way”, “intuitively felt”, “sniffing out”, all these expressions and many others express an innate sense which bypasses cognitive processes and then something else occurs which we can no longer call an action of “self”. Very often we may hear someone declare that: “I decided to go with my instincts” or “I chose to go with my instincts this time” etc.

There are key issues about instinct in the context of this website and in its true meaning which need to be accounted for. Instinct is neither an emotional reaction nor is it a cognitive choice. It has no past or future-projected past attached to it. Instinct does not associate with a past process. There is often an idea of genetics being the foundation to our “instincts” and that the process of all of the collective memory of humans can be found within the DNA. While this is true on a very superficial level, there is an imprint of all events onto the genes, however as with all imprints, including fossils, or photographs or even words, the imprint is being seen and understood only ever in this present moment. What this means is that instinct in its true understanding has no past whatsoever, it is just dealing with what there is, it has a purely innocent expression which has neither choice, cause nor reason for expressing. Gradually, in its tiresomely slow and deeply arrogant way, modern Newtonian science is coming to a point where there is an acknowledgment that the environmental factors trigger genetics rather than everything *being* “genetic” and so hard-wired from birth, this field is called epi-genetics. Eventually this will result in the realisation that all instinct/spontaneous-expression is occurring in this moment and when this occurs there is health. Dis-ease is when there is a resistance to this function and a mental-emotional process superimposes onto an instinctual one.

To use a modern metaphor we can describe the whole of the human race’s “self”-consciousness as an iphone programme or “app” for intrinsic-nature! So the past pains and problems and ways of behaving and every nuance of the personality or way of thinking all form part of the “conditioning” or programming which forms the new “self” created in children at the age of about five, or possibly even before. However for the infant none of this stuff yet exists, there is no program, it is like the raw-iphone without an “app”. The “app” gets “bolted-on” at five years old and this will be the updated “app” from the last generation. We might call it the “2011 Beta” version for those born in this year and this will be updated throughout the life of the person, continually adding to the perception of “self”, and will thereafter be directly passed on to the next generation.

However “beta” is not quite what it seems, as we well know! It is usually more complex and heavier to deal with, it may function faster but at the cost of the physical structure of the iphone, until you need the next model, although even the new models are having trouble with the current programmes. This is exactly the same for the human. The instinct is to communicate purely and simply, without the “app” to tell you what time it is on Mars. The point is that the natural function of simplicity is constantly underpinning the add-on/app function.

This means that when a phrase is used such as “I went with my instincts but it didn't work”, this usually means that something was felt and “gone with” in order to get something in return, therefore it was pre-conditioned and not entirely intuitive/instinctive, although the intuitive/instinctive does underpin all actions. In this case however to some degree there must also be involved the mental-emotional constraints of the dis-ease process. When it really is purely instinct/intuition it has no reason and no choice, it just happens, there is no-one making or involved in the process of why or why not, should or should not. When we “go on instinct” then health is therefore implicit.

As Dr. Nick Riviera, in an episode of “The Simpsons”, explains in hilarious context:

*“Just to be safe, better pull the plug.”*

Unlike the disastrous consequences this opinion caused in his ICU ward, the point is actually useful in the ideas we are looking at here. Whenever there is an attempt to re-programme, to use a “different” format or “new” way of working, or in fact trying anything that isn't simply fundamentally pointing back at the intrinsic-nature of a person, this will always result in complications of “newer” and “better” ways. We are enticed by the notion that we need new-programmes to replace old ones, but essentially all programmes are still within the idea that you actually *need* a programme in order to use a phone. You don't, it is simply a phone!

Instinct can also be called other things: righteousness, (as opposed to self-righteousness), spontaneous natural action, non-conceptual expression, non-emotional expression, intuitive expression. There is no thought, no choice, simply a flow of energy occurring through the nature of the plant, animal or human. Even if instinct is impeded by the process of self-consciousness, that in itself is an instinctive explosive phenomenon now reaching its maximum point, its last season, decaying, a letting-go of that which isn't useful, the end of the dream. The New World is low-tech, without the process of marketing being fuelled by fear, allowing liberation from feelings of deficiency if we don't have the new “programme” or “app” under our belts.

Less is not more, it's just that what's underneath *is* “more”.



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3/5/2011