

What to do, when there's nothing you can do.

The other articles on this website talk about how we see the world, how we see health and ourselves and the many and varied expressions of the singular fundamental original issue of “separation”, as the root of all dis-ease, or seeming separation, since it is an illusion.

Most people, on contacting this kind of expression (far more eloquently and deeply expressed, by people like Tony Parsons), have a great deal of questions and a maddening feeling of “well, what the hell can I do, then?” If everything we do is a kind of game of the “self”, what is there to do.....

The answer is, whatever it is that you *enjoy*. No, this isn't some patronizing “let them eat cake” attitude....although I do like cake! What I'm saying is that, when it comes down to it, if we look at animals and plants and how they grow, as an example, all we see is them expressing themselves, in whatever way and however they are. Tony Parsons expresses this as “a celebration of life”, which is exactly what it is. There is simply an expression of what there is, being what it is. They are being “authentic”. This is really what health is all about. This is not about “the ‘freedom’ to say what you want about people” or “going out and killing a whole load of people for no reason” which is what people often believe an anarchic society to be, but actually anarchy means “ana” without “-rchy” leader/monarch or *directive force*. This is interesting. What we find is that actually being what we are is simply living *without* force, *without* specific direction but simply from what emanates out of a deep sense of being, and this sense of being is not plural; it is singular; fingers of the same hand, so it is not violent or chaotic, its naturally ordered-spontaneously. We also, and with difficulty, need to get the sense of whether this is coming from a “self” image or if it is coming from no-where or is just a sense of something within. The aspect that is about self-image will always be encompassing something from the past, because “self” image and ideas create the perception of space-time, whereas being outside of this space-time means very little because there is no long a “self” experiencing it. This is very much the difference between the infant and the adult. The adult has the belief of self-image and so is within the idea of space-time. The infant is blissfully disinterested by this, as is the whole of the rest of nature, and as such there is a contrast of peace within the infant but torment and sufferance within the adult.

This begs the question....what do you deeply sense or love, in the true sense of the word, meaning “*to be one with*”. What are you really interested in, using one's senses? What electrifies and makes you exited to explore something in which you are interested? These things can be very, very basic. They can be as simple as having a type food you want to eat because you deeply feel it, not because there is a past-memory based attachment to it. It can be a feeling of knowing you want to creatively express yourself, but can't think of what to do. That is enough, what to do will come in time; it is enough even to sense there is something under the surface. This is a realization that there is something behind the “self”, the “self” could be said to be a glove over the fingers of the hand of Nature and most of our attention is on the mind-made glove, not on the reflection of nature underneath, the hand of which we are all fingers.

So, as we can see, this reverts to a kind of observation or sensing; it isn't really something to do, it's suggesting a seeing of what is. This is quite different. There are no suggested reading lists for this, no books, including anything I have written, that will help

with this exploration; it just has to occur, when it occurs. The “advice” such as it is, is to take no advice, but to listen, which is a fundamental position of hearing what there is but listening to the senses of direction, the internal compass, to set one in tune with what is simply nature’s call.

Medicine is not the only calling; there are plenty of different ones. Some who are involved in health and medicine would do better to let go of this one and be what it is they are, rather than using medicine as an awkward outlet of the art they want to perform. Others naturally *are* medicine; they are because they are and can be nothing else. It’s like cells in the organism of the body; not all cells can be the same or else the body would have an inflammatory response. The “cell” you are, means that you perform this job the most effectively as decreed by nature, not by ideology. Nerve cells inspire, fat cells accumulate very well, bone cells create structure, white blood cells cool things off, red blood cells heat things up. This is highly simplistic but the point is that there is an expression that is utterly natural going on, nothing is being under played or over played; it is as it is.

Nature is uncompromising in being what it is, in being authentic. It isn’t hiding anything. There are animals which, like chameleons, change their colour, others like several species of hover fly, seem to “pretend” they are something else, but this is looking at the world in human terms, not the way of nature. Nature can’t be viewed from this terminology of separation. Actually these expressions have no cause, no reason that they are just expressing what they are. This doesn't mean that they are, or are not, adaptable; it means that they are what they are, some which are able to adapt easily, without physical destruction, others less so. However they don't pretend to be anything other than what they are; they cannot do that. This is the nature of nature, that lives through human beings, and is also the expression of the perceived idea of separate self, but it is a mirage, not reality, or should I say the reality is that it is a mirage. This is authentic in itself, to see that something is only as real as a film or a coloured smoke screen. It is really occurring but one can put one’s hand through the projection, and behind it is just light.

The nature of the person involved with teaching medicine or with health, if it is reflective of the inner nature, is one that is naturally submissive to the expressions of others; there is little of him/herself to express. It is more stereotypically of the female-principle or yin, be it within a male or female body. This is the way of medicine and the teaching that comes from it. Those who have different expressions in the yang, are more active. They need a bigger arena and also are the expressive aspect of the body, the life of the body. Together there is Oneness, not one or the other; always, when everyone is being what they are, authenticity rules. It becomes anarchy but of total natural order, through “doing” nothing intentional, but simply naturally allowing, dissolving, listening to what is.

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