

Friends and Acquaintances: The true nature of intimacy.

What makes us consider a person to be a friend, a lover or an acquaintance? For most people this has to do with levels of feeling of what's called "intimacy". In this use of the word intimacy doesn't need to have a sexual connotation although the "deepest" relationships often will and this will be seen as intimacy at a profound level. The key question here is: is intimacy or connection on a par with expressions like friend or acquaintance?

So first we need to consider the nature of what a friend/acquaintance or even an enemy is. It is often expressed that "I feel more comfortable" or can be "more myself" or other such phrases around the person or people we call friends than we do with any other member of society, even including family members where there may be a blood lineage. So what makes for this feeling of "at-ease-ness", the situation of being able to let go and not feel like there is a threat? If we consider animal behaviour, the basic danger to an animal is the predator. This is the same for human society, the predatory energy that comes toward us is always that which we feel tense around and therefore try to keep at arm's length. That which is the same as us, feels to be on the same wave-length, is that which we often might call a friend. Those people we feel unable to connect with in the same way, such as an acquaintance, or those by whom we feel threatened, maybe perhaps be termed an enemy. Broadly speaking a human to another human might be a friend; whereas a raging bull in relation to a human might be considered a danger and a threat. Narrowly speaking, John might be friends with James but doesn't much like Robert, whereas Robert and Vicky get on really well. So there are natural orders of resonance which find their groupings through a kind of magnetism of instinct.

So we can understand that the nature of friend or acquaintance is to do with being in-sync with, being able to let go of the mask of fear and thereby feel more free. This situation is the feeling of freedom from constraint or being controlled, it is an allowance to be whatever it is that is being expressed, a fundamental unconditional acceptance. Friends are not the same for everyone, different expressions will have different friend groups. It is absolutely true that birds of a feather will flock together. However intimacy is far more fundamental even than this.

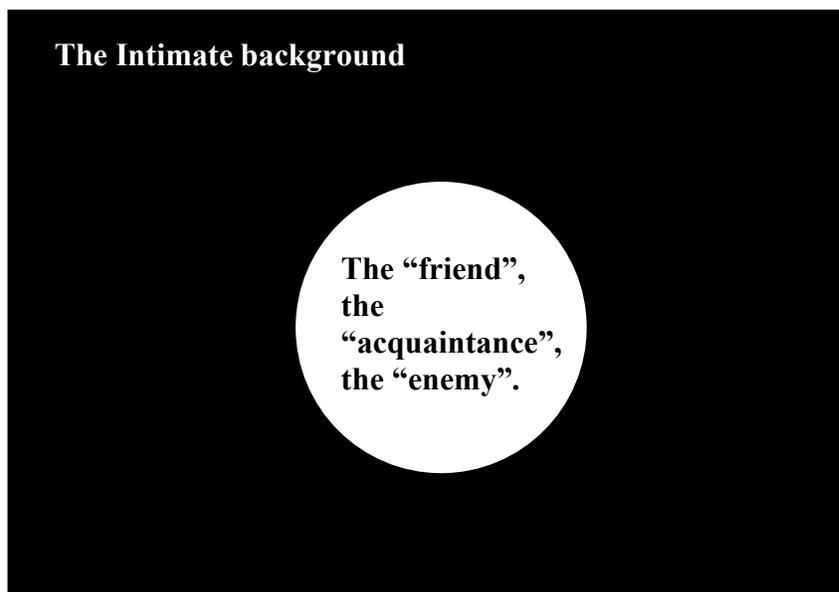
When we are talking about intimacy it has to do with closeness and also with a total innate acceptance of all things. Intimacy could easily be exchanged for the word Oneness and is similar to the meaning of unconditional Love. Intimacy is actually nothing to do with natural preference or friend vs. acquaintance type of magnetism, it is what underpins the phenomenon of the changing world, simply that all things are of the same source and therefore are totally intimate or unified. There is no real "me", "you", "we", or "they", these are all linguistic conventions. There is just intimacy. Intimacy has no distance and has no time. People suggest that there is a difference between "intimate relations", meaning those of a sexual nature, verses other forms of relationship, but intimate has nothing to do with it. As many will understand the sexual relationship can often be far from a sense of the intimate! The point is that intimacy is all of life, it is the background

canvas to the phenomena of relationships and our connection to each other or not, it makes no difference, all is within Love.

In nature when we see the lion taking down the wildebeest this is the same level of intimacy as the mating of the mayfly, or the male sea-horse holding its young within its pouch. Everything is intimacy occurring. The ancient Chinese expressed that life was fundamentally completely sexual, the sky and earth, the winter and summer, the cold and heat constantly making love in total Oneness for life to occur as a kind of orgasm or celebration of the senses. It is an explosion similar to how scientists describe the Big Bang, but without realizing that this big bang is occurring in every moment, the universe being destroyed and re-created in every second.

So if the nature of the universe is intimate, then what do we mean by distance in relationships? How is it possible that there could ever be distance in between people? We feel that if a person is not in the room then they are at a distance from us...yet there is also a total intimacy with everything. How can this be reconciled?

Let's use this diagram to explore it:-



We see there is a background and a foreground. The background is a sense of unconditional love. The foreground is the world of seeming separateness and duality where things *appear* to have distance and time involved within them. You may say: "but if there is food in the kitchen I have to go into the kitchen to get it, it is at a distance". But in fact every time we move or travel anywhere the place which is right at the Centre of the world for each of us does not move, it is static, as if the world is moving through the central space, or this Singularity.

The big illusion is that time-space is real. This therefore makes it impossible to have “privacy” as the nature of intimacy is deeply known. There are no private thoughts or private lives, these are intimately connected to everything else which is not so-called private. Ralph Waldo Emerson expresses it perfectly:

“Society is a masked ball, where everyone hides his real character, thereby revealing it by hiding.”

What we believe we are hiding we are in fact projecting outwards. The “self” however believes it is hidden or has a private space. This is impossible. So the nature of “self” is that it equates resonance or energetic sameness with “intimacy” and it equates energetic dissonance with “non-intimacy”, it has made something which cannot be dualistic seem dual.

Friends and enemies reside in the same intimacy, the predator and the prey are one and the same thing. The labels we give people as far as their attraction or repulsion, sameness or difference, are in fact not absolutes that can be separately categorized but are simply energetic expressions. One person’s meat is another’s poison is a pertinent expression here, as we find that the whole nature of different relations is part of a much larger Oneness.

As the nature of intimacy is not associated with distance to time therefore one cannot be more intimate if you are physically closer or less so if you are further away. All that can happen is that there is either physical-energetic (yin) intimacy or pure energetic (yang) intimacy, but the intimacy remains the same. Society today is very concerned with the material, the absolute, the structures that contain something and make things “real”. However the reality is that energy and matter are one and the same spectrum of light so again there is clearly intimacy on all levels together.

Films about romanticized ideas of “love”, such as “Sleepless in Seattle” and others are always about the nature of intimacy, and the belief that intimacy only occurs when the two people are together physically. In reality intimacy is far from this and stretches any distance. In fact the relationship is about attraction and senses which without any form of constant contact will fade, unless the person is actually present to some degree, and if there is to be actual human relationship this would need to be at close quarters, despite what the social networkers tell you! But what is commonly misunderstood is that essentially, no matter what, intimacy and unconditional love are in the background, even if the people never speak to one another again. Relationship will come and go, but intimacy remains; people will live and die, but intimacy remains.

The senses of sight, touch, taste, smell and hearing are all manifesting now. Whatever exists within these senses for any person is what is occurring now and these sensations may be different for each so-called “individual”, this is merely the extent of a sense, a level of sensitivity. Some people are more sensitive than others, some are very, very sensitive, others very insensitive, but this makes no difference, whatever *is* felt is felt

right this moment and as far as one can know this is literally all there is, through the opening of the so-called individual experiencing it.

All levels from sensitive to insensitive (which in fact means sensitive in another way) are fingers of the same hand, parts of the same body, different aspects having differing resonances or are different cells within the larger organism. There is no point adversely comparing one with the other, for there is nothing better or worse about being more or less sensitive, the key is simply what there is. Hence one can't be more or less intimate based on sensitivity, one can't be better or worse at intimacy, it can't be honed, there is nothing to "do", for one already is intimate. Everything else is an add-on which blocks out the intimacy of what is. This mentality derives from hierarchical ideology and ignorance about the nature of Oneness. The key issue is not what is felt or the sensation in and of itself, *but that which feels*, for that which feels is the same in each case. No matter what the sensation, that which feels is innately perfect, innately intimate and nothing can be added on. The "self" that we believe to be "intimate" or not, is in fact no-self, or literally intimacy itself or no-thingness, constantly in the background of our belief.

So in summary when looking at the nature of intimacy and at the "boxes" we place people into in relation to how we sense and connect to them, we must realize that the magnetism of connection is impersonal i.e. those to whom you are naturally drawn or who you feel to be a kindred spirit. Also those with whom you feel you have nothing in common and want nothing to do with, all this is held within a sea of intimacy. The private is public, and the public is private, the categorizations we make about the nature of our feelings towards others are non-absolute. In essence, they are an expression of a spectrum of energy "we" are feeling, a spectrum of energy in fact felt by No-one.

David Nassim
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