

## **The Devil you know: patterns of stagnation (depression) and the realization of freedom from the known**

The word depression has many connotations and different meanings for people and is therefore very difficult to use as a classification. In order to define depression we can split it into two categories: one is that of stagnation of energy for numerous reasons, the other is of depletion of energy. Depletion of energy is really what we might call a “false” depression in that there isn’t enough energy to feel energetic so inevitably there is a collapse. There are symptoms similar to what we might call “depression” but as there is no actual energy to the pattern the symptoms are not really depressed but relate more to weakness of energy. The person will be continually cold and tired, have no appetite and want to sleep all the time. Then there is the situation of stagnated depression whereby the body actually has energy stored in areas of the body but it is not able to access these regions because the energy is contraction and so is blocked off and stuck. This we might call “true” depression and is also the most common pattern of what is seen in situations of clinical depression.

As the depletion type of depression is something that really requires better diet and a nurturing environment and is less to do with the physiological pattern, we will count this out of our conversation about depression. In this article we will focus on the nature of the “true” depression, which to some extent almost every member of society has today.

“True” does not suggest the “false” type is fake or asymptomatic, but “true” depression of this type can lead to suicide and is a very stubborn type of illness. Many of the symptoms of both depression patterns are the same: lethargy, coldness, little appetite etc, but the main difference in the “true” type is the power of energy behind these symptoms and the component of mental-emotional turmoil that is occurring which is not the case in the depleted type.

In Chinese medicine this pattern would be termed “false-cold true heat”, which is a situation where symptoms of depletion are exhibited, yet underneath this is an aspect of the body system which is contracted and over-heating thus drawing the energy of the body. In very simple terms we can call this “anger” but it can have many more complex names also associated with jealousy, disappointed-frustration, inability to express sexual or creative energy and so it is blocking and heating the body etc.

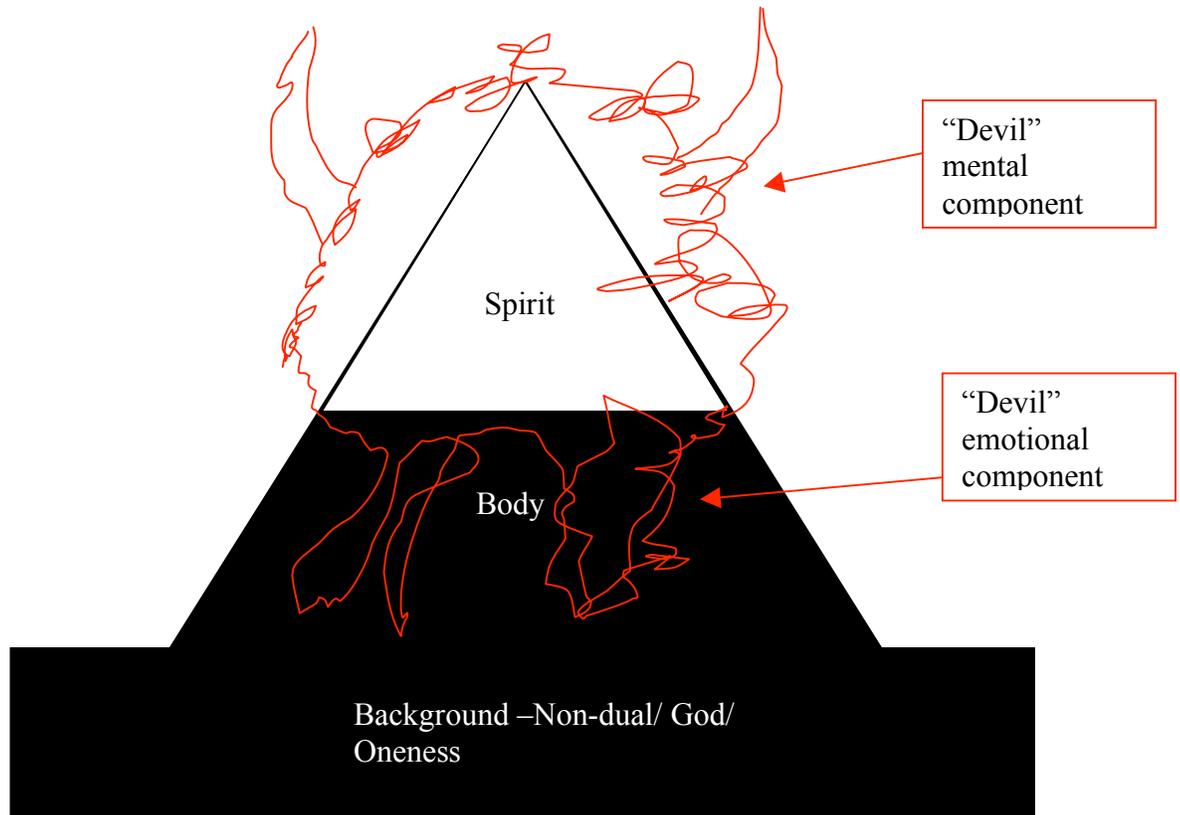
We can consider that the nature of the “fullness” of this kind of depression very directly is “ego”. The ego in depression is always fundamentally about separation and the feeling of victimization occasioned by it. Hence the stronger this is sensed within the body, the stronger the egoic quality. Ego isn’t necessarily associated with demonstrative power, which is to do with overheating of the whole body and explosive expression of this irritation. However in depression the ego is always composed of the victimized ego, that which feels it has no power. Depression is yin, which is an internalization of emotional tensions and heat of the victim-ego. Demonstrative power is yang and is ego formed from addictive personality with a feeling of internal irritation that is constantly expressed.

This we can call the “devil you know”. The victim ego is one of a known belief system that is mental-emotionally adhered to. It tends to be a detailed construction of what it is that “I am” in relation to a world that is “out to get me” in some way or another. This is what forms the internalization of emotion and so the depression stagnation.

The problem with the ego, whether in the victim or dominant state, is that it experiences from within a very specific box, it cannot break out and therefore feels trapped. Depression is stereotypically a more female illness than a male one. It is of the body and emotion rather than the head and the upper body overheating which is associated with the female body. The head and mentality are associated with the male body. These are stereotypes but while depression is of course exhibited across male and female, it will generally be found more often, and tolerated better, in females than males.

The box of the depression is “the devil”/ “the divider” of thoughts. It is the box of narrowness that creates a feeling of separateness from all things that biblically would be termed as “God”. In fact it is true that the “devil is in the details”, the mind of the mental-emotional is the nature of being possessed and obsessed by the details and losing sight of the big picture. This represents the nature of depression - caught in a mind of confusing separate parts or details which keep spinning around suggesting that there is no way out and that the “hell” of stagnation is an unbreakable situation. One can see how in ancient times this could have been viewed as a “possession” by an evil spirit. The person is cut off and unable to function, yet nothing has occurred in the exterior world which has directly been the cause of it. The problems originated at an early age when a sense of separation was grasped forming the idea of the victimized “self”. This is merely a contraction of energy within the bodyspirit-vessel, but there is still the feeling of deep suffering.

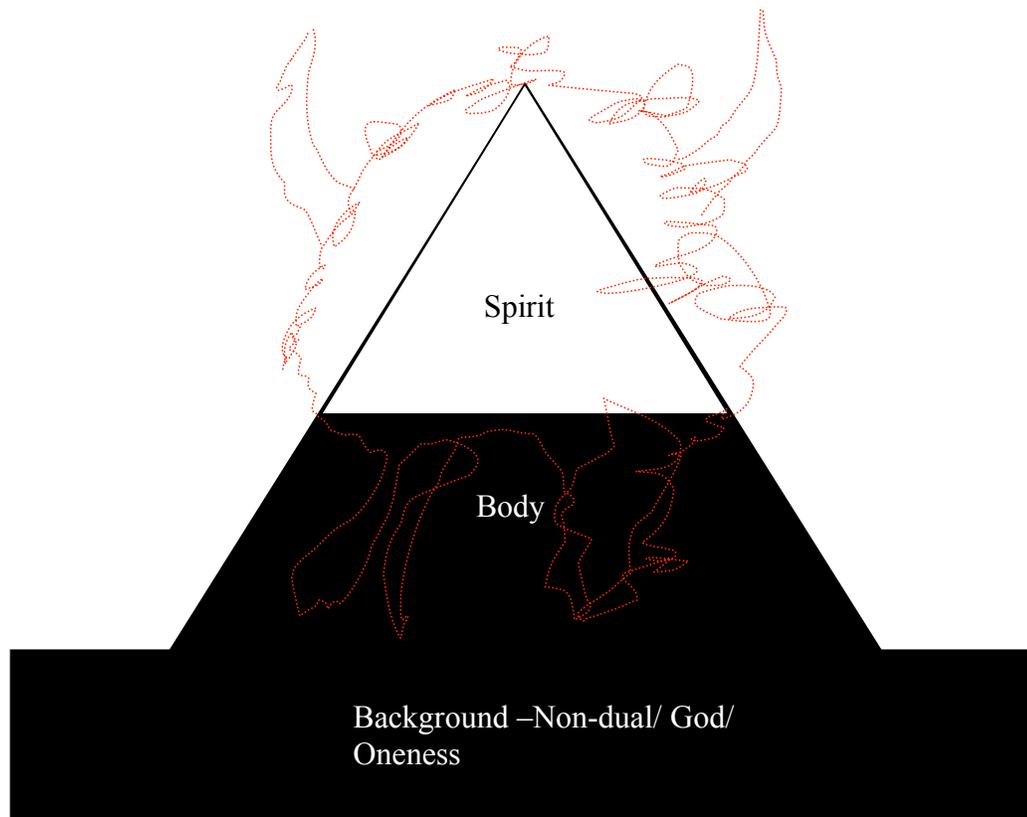
It is important to understand that any kind of mental-emotional state is always an add-on to what is constantly in the background. The nature of every human problem is the same, in that the problem is always an add-on to that which is never a problem. The so-called devil of stagnation-depression is always backed and underpinned by a forgotten sense of wonderment or Oneness. It is an utterly incorrect interpretation of the notion of the “devil” in the bible to be a thing or entity which is separate from the human or which is separate from the true meaning of ‘God’. These words have always been associated with abstract concepts unrelated to the person so forming a duality of God and human and thirdly devil. In fact all are one thing:



Hence the human, the devil and God are all one and the same thing. Depression is the contraction/belief and sense that there is separation from the background nature of the human, the sense of victimization and misapprehension that nothing can be done about it or, more importantly, that change is impossible from this known state.

However there are invariably holes in the nature of the ideology of “devil” or contractive thought processes. Openings always occur where there is only what is happening now, without the cinematic ideology of the depressed “self” being projected onto or filtering all the colours and experiences of the world.

When this lets go, which can easily happen given an environment and a point of ripeness which allow it, there is recognition of what is actually happening rather than the imaging/possessing of the devil-“self”, and then the “self” becomes less and less real. As it starts to fade and is put in context:-



All that gets left behind is what was previously there but without the add-on of the “self” reflecting back on itself. Instead of the devil’s hall of mirrors, there is a seeing-through of this to a reality behind. This is a realization of that which is impermanent, mysterious and unknown at the background of that which hitherto had appeared as known and quite sure of itself - the victimized “self”. This add-on is really just a covering or capping-off of the sense and reality of the world. The illusion can be deeply dense and contractive but it is *only* an illusion, a dream, no more or less than this. The nature of what underpins this is deeply real, not in an absolute way, but in a way that is Unknown and yet deeply expressed in the actuality of what is being sensed in this moment and a realization that there *is* no other moment. Here ends depression and the devil is contextualized.

Even then there is a process of dancing back and forth for a while, as the devil alternately holds on and lets go, like a candle flame flickering as it burns out. Ultimately it is released, leaving simply what was there before in the infant state. Depression and the victimization it is composed of is the devil that is known, there is no devil that is Unknown. That which is known is that which is finite, limited, contracted and seemingly separate, but outside of this the whole of the universe awaits, in fact it never left.

The story that the human was cast out of Eden was simply the illusion of the nature of the “self” or the devil-mind. The warning from “God” not to eat of the forbidden fruit is

simply the sense, the instinct of our animal nature, knowing not to eat that which is poisonous, that which can make us sick. The fruit of “the known” or “knowledge” is an hallucinogen, an irritant for the human-animal and all it does is tell the long and arduous story of seven billion seemingly separate selves all speaking at once, otherwise called “legion”. The nature of the end of this dis-ease is also clear as day, in that what is looked for never left, the dream or hallucination of “self” really is now coming to an end.

Depression is another obvious situation that occurs when “self” is seemingly all there is. However when this is even fleetingly broken through, the power of the “devil’s” matrix no longer holds and the deception of “self” is over.

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