

From “lucid dreaming” to simply living: how natural reality can be distorted by “self”

When we really look into what a person truly “wants” in life it is always deeply simple, it isn't a wild fantasy. Often those involved in self-development will express that “life is living through them” which is “why” they have traveled the world and live in a tropical paradise, or “why” they are the head of a multi-national company or TV show, but it is totally impossible for the nature of the human animal to be interested in any of this. It's like a wild animal suddenly finding itself on a rollercoaster and thinking: “well as this is all ‘natural’ I'll just enjoy the ride!” Of course its true un-humanized nature wouldn't be anywhere near the leisure park in the first place.

Often we misconstrue the meaning of “health” to be some flamboyant exposé of the human being, an inner and outer explosion that occurs, where “personal-power” really is believed in and considered to have actual meaning. “Personal” choice and “personal” belief are believed to be really important whereas in fact they are simply a part of a disease or contraction of energy called “self” playing out the game of “I am important”. This is often complexly masked by “I am only following God's plan” or “I am surrendered to this deeply ambitious project”. This is simply what Tony Parsons calls “Guru-mind”, the “self”-based ideology of being altruistic and “empty” as a lip-service to the Non-dual, rather than a real letting go occurring for no reason.

This is not about categorizing a person's unique expression as “lesser” or “lower”, or deeming that humbleness and “breaking down” the ego are necessary for this process, for all this is again a fiction. When “self” is realized to be no-thing it is understood that super-natural, complicated, hidden, self-driven paths are unnecessary, there is only simply being right now.

From time immemorial the message has been openly present, that in the mundane experience of the world in the present moment there is a realization that life is actually far, far simpler than we suppose it to be. Our perception of success and failure, achievement or lack thereof are all ideologies stemming from a very confused “self” which is fundamentally resisting the notion that it doesn't in fact exist as anything other than a contraction of energy, a bundle of tied-up heat, if you will. This contraction of energy “personalizes” all phenomena. For example, even the idea of a non-person being lived through by nature is owned, as is the idea of “I am enlightened”. Both of these are examples of situations where the “self” attempts to make concrete the unknown, hence in the same breath amazing experiences of “success” and “power” and huge dramas which manifest in front of the eyes are seen as important. Often this is described as living “god's” dream, not the personal dream but the bigger dream, although this is a form of self-deception.

Unfortunately herein lies the paradox. Although in dwindling numbers, humans still exist who are uncontacted people living deep in the Amazonian jungle. They still live using stone-age technology, have never had any contact with modern humans, indeed some have never seen the face of a white person, living in blissful ignorance of such things as

world wars, Coca-Cola, computers, or communication that relies on 21st century technology. These people are at peace, without the need to seek, without societal add-ons, without requiring anything, living from instinct with an innate sense of the true nature of life. The expression of these people in the world is vital. They are pointers to what one anthropologist calls “simply living”. When the “self” falls away so does all ambition, the urge to move ahead and improve. Rather than a desire for fame or super-stardom there is naturally a gravitation towards increasingly simpler ways of being and a significant diminution of requirements. There is no longer a requirement for “branding” or forming a “brand identity” or creating a “iconic” representation of “self”, because there is no separation of interior and exterior. There is no 3rd person view that is important to play to, no looking at one’s “self” in an internal mirror. This is not about being more humble or worthy, it occurs naturally when the heady complexity of “self” spontaneously falls away and there is a letting-go. In some cases there will be a movement of energy that has been trapped in stagnation being now used in expression. For others there will be a deep tiredness because “self” has relentlessly been pushing ahead for so long, but in any case both groups will move towards a simpler and simpler existence.

The nature of health instinct is something that is in-born. We were not born superstars and so are not “meant to be” superstars, the ideology of super-stardom, fame and fortune is a fiction of the twentieth century state of self-identity. It’s something that is utterly useless for the nature of the human animal, which simply wants to eat, sleep, breathe, connect to others in a variety of ways and just *be*. There is total simplicity, total within-love, not loving in the “you” versus “me” sense of romanticism but beyond this, where subject and object merge.

The new-age and self-development world is littered with notions of freeing yourself in order that you reach your higher purpose which often involves adherence to some method or ideology and usually parting with large sums of money for the privilege of “gaining” something, such as enlightenment. However people who are truly and deeply listening to themselves have no interest in any of this, just like the North American Indians pointed out to the white man “leave the gold in the earth, the earth needs it more than you do”. The subtle simplicity of that point is completely lost on most modern-day humans who are still digging/ seeking. As we have seen throughout history, there will always be those with altruistic-totalitarian belief systems continually powering the multi-national institution they have become. The same notion of “self” is exhibited in totalitarian regimes such as we see in Libya or with Al-Qaeda where someone had a “dream” planned by the larger-self or God, also evident in Bush’s America and in ancient times with the pharaohs and Chinese emperors. These examples are an illustration of when the “dream” is about personal power, either the yang “conqueror” but also the yin “Guru” / “world healer”. Both originate in a believed-in “self”.

In the end when there is true realization there is a natural movement to simplicity. As things are let go, life becomes ever-simpler rather than increasingly complex. There is a dropping away rather than an adding on. Less applications and software are used, not more. There is actually a change from hyper-activity or hypo-activity to natural activity without cause or reason. Prior to this there has always seemed to be a cause or reason and

this “seeming-ness”, which is really “self”, causes an exaggeration or withholding of energy in the body in order to find what it thinks it is missing which it believes is everything else!

Hence when this drops away there is just a movement back to the natural, back to the simple ground. We are no longer looking at the flower as being all-important but are now noticing the equal and opposite quality of the earth, the summer and the winter, the up and the down, all are equally perfect and unified. There is no separation of subject from object, there is seamlessness. This therefore requires nothing and so the ego-driven, drama-filled “joyride” of peak experiences would very often not even be a point of interest. It would be naturally avoided just as a wild animal would avoid the trappings of space travel, (unless strapped into a space ship by some mad scientist!) Similarly, the domesticated animal living with the pathology of the human is constantly driven into utterly unnatural behaviours. This is as a direct extension of the human dis-eased condition.

When there is natural sense there is just a walking the other way. There is an avoidance of the harshness of machines and naturally a wariness of things that don't taste or feel “right”, a natural feeling/instinct rather than what one “should” or “could” do, and a deep listening to the things that are really vital in the moment and disregarding anything which is of no intrinsic interest. It is through acknowledging the seemingly primitive 5-senses and through these the realization of our feet on the ground and the breath in our lungs, that there is an understanding that “love and fresh air” are one and the same thing.

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