

## **Sense and sensibility: Listening to advice and seeing for Ourselves.**

Most of the time we ignore our senses and defer to other “authorities”. The world “out there” seems to be telling us who we are, what we must do, what we’re like and what we should, could or might be. We deviate from sense and move off in directions that follow the dissonance/dualism of the crowd in order to keep up appearances, or to achieve the ultimate goal of becoming something “better”, or “greater” than we perceive ourselves to be.

We may get to a point where there is such a barrage of information coming our way that we begin to dislike all people and situations, preferring to be by ourselves more and more to avoid the confusion of listening to other people’s ideas and the pressure of feeling we should conform to them. The life of an ascetic beckons and we seek to distance ourselves from people.

However the human-animal is social by nature, so therefore why are some people wary of being in proximity to others? It is simply because the nature of society is based in hierarchical dualism, such that those in power will seek to manipulate/exert authority over others and censure their behaviour and opinions, which is all based on a sense of separation, therefore causing intrinsic anxiety. This is encountered in many hierarchical relationships such as mother and child, teacher and student and male and female, where one person is deemed to be weak or lower and the other as having the “answer” or strength. This then leads to the age-old game of seeking the one who “knows” or upholding being the one who “knows”. The sense innately recognises the need to create distance from this.

The key root of any deep form of realization can only ever be one expression and that is the return to the Centric sense and the letting go of the eccentric idea of “who I am” and the fundamental root of all teachings or messages lies in the recognition that the student isn’t a student, the teacher isn’t a teacher, or the mother isn’t a mother and the child is not a child. The point is that these are only ideas of One thing seemingly being two things. They are merely labels, no more and no less. Instead of taking someone else’s word for it and following blindly, the true way of verifying whether honey is sweet is to taste the honey. Another person’s opinion is not enough, unless it is deeply *felt* to be enough, not just detached from, or displaced by another person’s ideology.

There is in fact a deep following in this, not one of domination or self-ishness but of simply following the senses. When one does this there is a realization that there is No-one doing this, it is just happening all by itself, in fact there is no one at Centre, the Centre of life is Empty, just as what seems to be separate from you is not and there is no longer an out-there and in-here as this merges to Oneness.

The point is that no teacher can provide us with the answers or take us into enlightenment or health or anything there is no separate teacher and we are not students. The nature of life is not dual, the teacher and student are in fact one so there is nothing to be learned because innately everything that is required for health, for life and for clarity is already

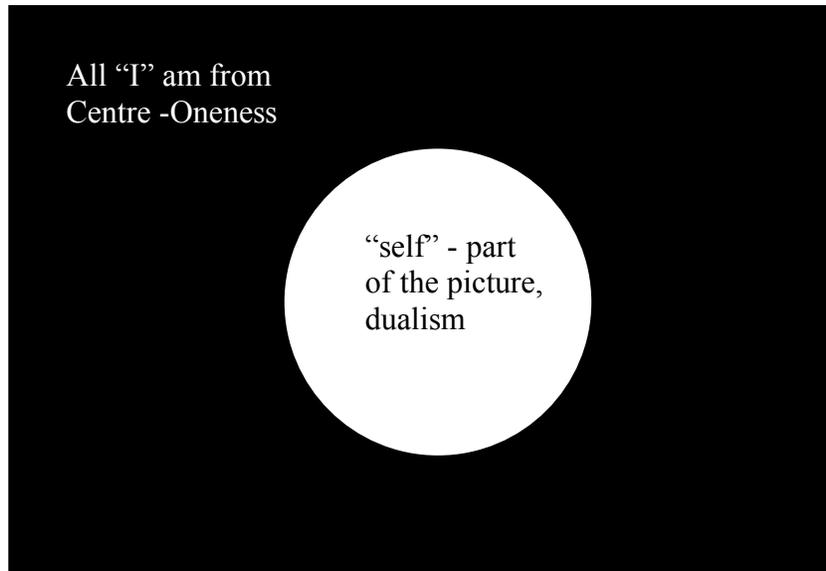
present in every moment. There isn't anything to go and "get", there isn't a way that needs to be followed, nothing that needs to be "done/achieved", or worse "not done!". The process simply involves a slow ripening, or unravelling and unwinding of the "self" until it is realized that the web of life has no weaver. It is always a dropping away rather than an adding on which allows the awareness of things that are underneath, purely being as-it-is.

The nature of the search for the right teacher or approach is often futile until one is confronted with a person such as the late Douglas Harding who constantly pointed out the irrelevance of teaching, methods and practices and instead to simply look for yourself, to see whether there was really a "you" at the centre of the world (see <http://www.headless.org>). His experiments aimed to open up and reveal the totally baffling nature of our present situation, which in every way is extraordinary not ordinary. For example, the situation of being "headless", i.e. you reading these words not from the position of reading through a face but through an empty-faceless visual-field which has no face in the way, no head in fact, is our current experience and always has been!

As Douglas also points out, "*I am not what I look like...what I look like is someone else's problem!*" which directly expresses that from Centre the world is a very different place. "Taking advice", when it occurs naturally, is very much like feeling the resonance or energy from whence it comes. If the energy is coming from a sense of anxiety and dualism it will eventually be recognised as such and naturally moved away from, hence the utterly natural desire to move away from what society is, for who wants to be around anxiety all the time? That which comes from Dualism is a fragment and is like a distortion or a feeling of tightness. That which comes from a broader sense of naturalness and realization of Oneness allows this fragment to be seen within a context and all is acceptable. When this occurs there is a sense of "home" or peace, a breathing-out of relief.

There cannot be a teacher to teach you about yourself, where to go, what to do, how to be, all this is innate. The best a "teacher" can be is a direction to Centre, a pointer back to where you *already* are, to encourage a realization that who "you" are and what "you" are, is enough as it is, without addition or subtraction. This is beyond any idea of "acceptance", for "who" is going to do this?

People don't need others to tell them what is right or wrong for them, but rather to be aware of what they actually feel within themselves. Second-guessing an instinct is not the same as feeling it. The nature of medicine and of teaching is to be deeply interested in the Centre and to automatically and spontaneously feel life from there. When no-one is found to be in control of life, life is realized to be taking its own course and the "I" is irrelevant, there are simply the 5-senses functioning "automatically, without determinism, only what is happening in this moment. When this becomes enough, then there is a natural response, which may be to move toward or away from, or to stay with the current situation, who knows? The point is that when "self" is no longer in the driver's seat, then naturally nature takes over without resistance, like the ivy that will eventually naturally return to overwhelm the barbed wire.



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