

## **Foundation level communication: seeing past differences**

In all our interactions there is a plethora of different layers to the communion. The surface levels and that of the idea of a separate "self" or what we might call the human condition, is merely the icing on the cake, i.e. very refined and often sickly!

Differences in people's personalities and their disparate expressions can cause problems because they perceive that they are in separate ingrained realities, whereas in fact humans are not "parts of a whole", there are no parts and there is no whole, as these terms both imply that there is something that can be broken. In reality the nature of life is Oneness, it has no beginning or end and it is unbreakable.

Generally we get stuck in the notion of ourselves having a unique "me". From this fundamental illusion come others, such as the idea of personal responsibility, personal gain and advantage, loss and disadvantage and so on. Gradually however the "self" loses its all-powerful position, causing what is basic to it or underpinning it to be revealed. This can be explored merely with the hand: when fingers are seen as "parts" of the hand then we are assuming all those parts are separate, but the fingers connect to the palm, the palm is the root, the fingers the branches, there is no separation. It is only when the mind takes over and tries to break things down that we describe "roots" vs. "branches" but in fact it is Oneness. To say "everything is One" is not to say everything needs to be melded together in a physical way but that that expression of Oneness is a mix of yinyang which is density and space. Therefore Oneness is not necessarily purely about physical proximity but a union of the light and the hard in a spectrum, expressions of the same Nothingness.

Communication is exactly the same. If people were open to considering and allowing what they really are by nature, life is lived easily. Problems of communication occur because a person believes they are a separate entity, they struggle to be "better" and to become an "all-rounder", feeling they should become all sides of an issue. This is merely the ego attempting to become all things, thereby saving itself from the sense of isolation and fear of being a separate thing.

What a person is by nature is not necessarily what they are attracted towards, this can be a confusion too. Over time it becomes deeply clear that a person may love the sound of the bassoon but is in fact naturally a flute player, someone who struggles to play guitar is actually virtuoso on mandolin. Harmonious interaction/ communication is when all the facets of the orchestra play from the same song-sheet. Each person expressing their natural voice for all parts to be covered. This is very simply about being interested in what one is rather than pretending/ attempting to be what one is not. This as a by-product, not as an intention or altruism, allows free-flow in the whole of nature. Douglas Harding expressed this brilliantly in his vital text "The Hierarchy of Heaven and Earth" in which he explains the entire nature of doing that which one is and being unable to do other than this.

Fundamentally singers and communicators need to sing/ express through words and the upper body. Those who express physically via the body, need to do this and be this. If the upper body attempts to be lower and the lower attempts to be upper then obvious imbalance is rife. This has nothing to do with boxing people into different types, people naturally form these categories themselves, but these different qualities are essentially one singularity of being which has many tentacles.

When an understanding is reached that for example the little finger of the hand is least physical and most ethereal, the thumb is more physical and less ethereal and both are One expression, then yinyang is realized to be undivided. When the "self" is seen through then all ideals of responsibility and other forms of judgment pass away for there is no-one to be responsible or to make judgement.

The truly authentic expression means that a person of the body works at that level, they don't pretend to be great speakers or use words as a primary connection, these people need to do things physically, they are naturally travellers, dancers, their communication or communion is via the body. When these people try to communicate with words they may form simple statements but because doing this is eccentric to their nature, these statements will be deeply limited, failing to convey what they truly mean, causing dualistic thoughts and a tyrannical form of logic, because their most essential path of communicating is via the body. It's like a builder turning his hand to brain surgery or conversely a brain surgeon turning his hand to house-building. Only if there is a true sense for both qualities as part of the same Oneness will there be no conflict. While there are of course people who can do multiple things naturally, even then there will be natural limitations. However when the ego isn't involved there is no such thing as "limitation" because there is no attempt to strive beyond what one naturally is. If striving is absent, there is never a perceived limit.

However, for other people the body is secondary and by nature thoughts, emotions and speaking are clear as a bell, they can easily forget about the body altogether, but if they attempt to be just physical it will hide their natural expression. If a person of this nature focuses in the body, there will be a stifling of natural expression via the mind, the verbal or vocal. These people feel and understand at a higher vibration than the more physical expressions. That said, the physical expression is not more primitive, nor are the more ethereal higher in authority or rank they are simply of a high vibration and so communication is very different.

Ultimately the physical is strongly attracted to the world of the ethereal and the ethereal to the physical, BUT if they attempt to function contrary to their true nature they will come into difficulty. This is why there can never be a real situation of "personal" health, as health or realization of Oneness can never be limited to the egoic perception of the individual, it is always about sensing that the barrier of "self" is in fact an illusion. To know the limit of our expressions is therefore highly liberating as it means there is a sense of where the arm is in relation to the leg or where the little finger is in relation to the thumb of the same One being.

Hence as there are no separate “parts” to communicate with each other it might be better to describe communication as a flow of energy which is health, or when there seems like no-communication this can be seen as energy resistance, or suffering. When a person’s attraction or repulsion to something becomes personal and obsessive, then the core sense of what is being expressed naturally is lost. This is dis-ease.

Physical people cannot be psychologists and in turn ethereal types cannot so effectively know the physical body. Peace is when you are not playing to the exterior world view of what others want you to be, or the self-image of what you think you could or should be, or thinking that if you just use force you can be something different. This essentially means realising that there is no “self” and just moving to where there is a clear sense of simply doing what feels right, no rules or restrictions, self-control or responsibility but allowing the instinct of the One life lived by all to be free and wild. The word responsibility originally meant the ability to respond, and it is assumed that this “ability” is personally achieved, but in fact it is innate. The point at which it awakens cannot be a personal problem. The whole of humanity is naturally awakening but there is No-one achieving this, it is occurring spontaneously, reaching a ripe point.

Social order and the so-called "humanitarian" message are really highly distorted by an altruism and again the idea of self-responsibility and caring for others as a main focus. When these things do not come naturally and are not deeply felt, then to form social order based on a formula of what “should”, “could” or “might be” will only cause further suffering. It is all superficial and formulaic.

When all people’s expressions are seen to be the One-life rather than billions of separate lives it will be recognised that there is no-one at centre pulling the strings, that all thoughts and senses come from this one emptiness seen by all eyes, or the one eye in fact, and then balance will immediately ensue.

When there is a realization of the place of Origin, where life has no central control, no choice then there will be no confusion. Instead of trying to choose your instrument in order to communicate it may be clearer when the instrument *you* are is revealed, then there is nothing to strive for, to become or to push towards. When age-old logic and beliefs of what "I am" drop away, that which is left behind is as innately perfect as it always was. The authenticity of this expression has an automatic, spontaneous domino effect, as other fingers of the hand are felt once again and the numbness goes. There is nothing that needs to be done, as the covering of “self”, its desire and attempts to be universal king or queen pass away so does the fear that propels them and separation is realised to be the foundational false idol.

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