

## **Practising and Preaching - staking a claim in the world of alternative healing: how the principle of Oneness is frequently left unrecognised**

The nature of nature sees no problem or contention in the Oneness of love presenting itself in multi-billion forms that seem separate. This seeming separation is at the dis-ease level only. In medicine, however, it is quite usual for people to lay claim to areas, ideas, systems or lineages to which they have become attached. As a result when connection and resonance with others is touched upon it is seen as a threat to be risen above, to be decried as rubbish, belittled or even challenged. No matter which of those attitudes prevails, those who are dismissive will unfortunately affect their patients in the same way and hierarchical dualism is formed.

The famous line “Practise what you preach” says it all. So often the practitioner is seen by the patient to be a preacher, a person who is “in the right” or is “the healthy one”, the one who “knows” and thereby hierarchy is already established, authority is generated and as a result what immediately follows is attachment of the patient to the practitioner. Thereafter there can only occur inevitable eventual disillusion and a damning of the practitioner when he or she fails to live up to expectations, or is seen to have an ego the size of a whale (no offence to whales).

Instead of all this ridiculous posturing and attempting to become “better”, to achieve enlightenment or even being morally “good” there needs to be a recognition of the reality of the situation, that fundamentally the practitioner and patient are One entity, they just *seem* like two – but simply two fingers of the same hand. Just as the thumb is not superior to the fingers, they are just different expressions of the same Oneness, when this is realised there can no longer be a situation of authority and medicine cannot be conducted in the same way again. When there is a blurring of borders between patient and practitioner the therapeutic session becomes a point of immediate exploration or experiment into the nature of reality. When the message of Oneness is realized, to whatever extent, relaxation takes place for both people, patient and practitioner heal together, as both carry the contraction of the dis-ease. So while this may occur perhaps more acutely in the patient’s view the practitioner is still not in authority, because they are One.

Within most conversations one will have with so-called “masters, senseis and sifus” at whatever level, there is often an accepted tradition which allies this person with the idea that they really have mastered something. While this may pertain to a skilled subject, when it comes to healing this cannot be the case, for healing is all about a return to senses and thereby cannot be achieved, it was always there. Whereas skills are learned and practised and one can then both practise and preach the skill, the *nature* of medicine and healing is impossible to practise or to teach, it is beyond the individual and has nothing to do with hierarchy or any kind of formal structure.

The nature of healing as explained at the front of this website is the following:-

“Symptoms of dis-ease manifest as regions of physical-energetic contraction/high-tension. They are natural expressions of the limit of entrenched mental-emotional belief systems. Beliefs are always, at root, about an illusion of a separate “self”, seemingly “broken” from wholeness. Healing is a ripening process - from separation (contracted-tension) to seeing through this illusion (relaxation/opening). A practitioner or therapist can only simply acknowledge the symptom as a marker of “belief-limitation”, and point to the innate instinct of health which is beyond belief and judgment and so does not require a “striving”. The sense of relief this can bring is in itself the dissolving of the contraction, or “self”. Relief is the end of dis-ease and comes either as a wide open explosion, or slow dawning, a coming ‘home’ to peace.

Health is about spontaneously sensing and instinctively responding to life. There is no theory to follow, no regime, and no doctor who can “fix” you, for there was never anything broken. Everything that is required is already present. There is no absolute reality in the idea of a “you” who can get “better” or “worse”. In the end, all a doctor or therapist can do is to trigger natural sensitivity again, if it is ripe to do so; that is the beginning and end of it.”

When there is a realization of the above we are really looking at the true essence of healing, as opposed to what is often found within alternative medicine.

What Tony Parsons very clearly describes as the “guru mind” is something that is rife amongst the therapists of today’s world, especially those who place importance on lineage, credentials and tradition who “include” and “exclude” based on hierarchical authority. Such people have very little real sense of the nature of medicine and this conspires to create a mentality of authority and power involved in their interaction with patients. Typically their diagnosis of a condition is imbued with a level of control and manipulation that suggests the practitioner knows something and is in-touch-with something “other” and “higher” and the patient or student is some lowly speck of dust that is weak and worn. The nature of this creates dis-ease and separation, there is no true healing involved and any benefits derived will for the most part be symptomatic/superficial and ephemeral.

While sometimes the original direction of becoming a healer can involve power and control, this soon has to be let go. A true healer must be so by nature, healing is not something that is undertaken because one should or can do it, or in order to be a “better person” or “understand oneself” but because it is as natural as breathing, it is just what one is, there is no real choice in the matter. However, the vast majority use the process of diagnosis and treatment to put the world to rights from their personal perspective, either by adherence to a belief in a lineage or in a master, or through applying their own ideology to everything. None of this has anything to do with the nature of healing.

The recognition of Oneness is a relief that there is no reason for anything or to do anything, a letting go of everything. Ideas of “becoming” and the requirement to achieve disappear and all ambition drains away. There is no further need to do anything for a reason, things are done simply because that is what’s happening. Because things are done

with the full expression of what one is, they are naturally just unplanned expressions. These may well manifest as healing, but could equally be anything else as healing is just one of a number of natural human expressions.

Being one's self is not about "doing" anything but in fact accepting everything as it is. This is often one of the deepest misconceptions which goes to the very heart of the traditions. Interestingly, one book on management is entitled "The Fish Rots From the Head" - this is a common occurrence in authoritarian ideas involved in medicine. Medicine is outside of social norms, it is utterly different to anything that is intellectually or ideologically abstracted and the occurrence of healing within it is utterly mysterious. Yet there are still those that would lay claim to its parts, declaring themselves to be authorities or shrouding themselves in ideological modesty, turning their noses up at people who want to deeply investigate reality beyond the nature of practise and preaching.

If enlightenment and the natural body state is "achieved" by practise then we would all be born cripples and psychologically dysfunctional, but actually there is no achievement as each child is born utterly perfect and therefore the nature of the sufferance of the human must always be an add-on to an otherwise perfect expression. Not that sufferance in itself isn't a natural process, a seeding flower and a dying process much like a parasitic fever within humans, but its dissonance is additional to the original state of the human which means that underlying this all the time is the natural sense of psychological function that is occurring without any problem. Therefore anything practised does not make anything better but at best may trigger the realization that everything really is okay and there is nowhere to "get to".

Often those involved in tai chi and qi gong, yoga and other ancient methods of meditation consider that these practices and the preaching about them are the sacred expressions in themselves but none of these expressions claiming importance in the healing process are what they appear to be. Movement of the body is natural, as is knowing when and what to eat, how to sleep and for how long, feeling when one is thirsty, when to defecate and urinate, when to have sex, when to be active. All these things are innately known so the process of practice can only ever point to a realization that one already has all one needs. This hugely disarms the so-called authorities who would have us believe that it is only through them that life is nourished. This is really about face, losing face, threat, forgiveness and hierarchy, all of which are simply part of the dying "self" desperately wanting to cling on as the world metamorphosises from its sick state of warped masculinization to the underlying peace derived from acceptance of the Oneness of life which has always been present behind the authoritarian nightmare.

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