

Eating your words: the digestive problems of a hyper-verbal/mental modern culture

The written word fills up much of the lives of modern people. Over thousands of years the connection of visual to verbal in the form of written material has evolved to where language has moved from the more visceral spoken format to the symbolism of words and their mental analysis often via the visual sense. However, for a large number of people worldwide the process of reading and interpreting symbols has only very recently become commonplace. In perhaps the last 500 years literacy, along with colonialism, has taken hold of the world in such a way that a person is often judged on their ability to be literate as a basic requirement of modern life.

In pre-history the vocabulary was smaller, language was basic and less important and human suffering was nothing like it is today. This is simply because the nature of language is literally the nature of dualism of the human mind. For language to exist there has to be a form of dualism at the root - a basic subject and object, whereas when animals communicate it has nothing to do with spoken language, theirs is simply a language of "connection". For humans to regard chimps as close relatives because they in some way speak a "language" and have "social ranging" or "hierarchy" is deep anthropomorphisation and is a misinterpretation of behaviour that appears "very human" but which in reality is occurs outside dualism and is purely dis-ease free.

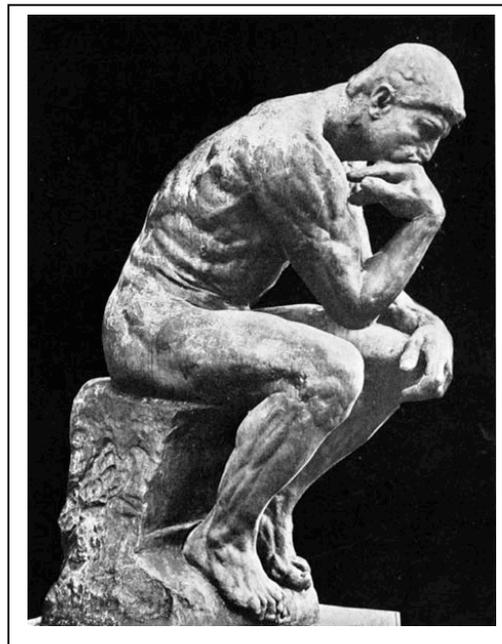
With this movement from no-words, to words and then to the written word comes increasing dis-ease. Humans are the only known inhabitants of the universe that suffer from the hallucination of dualism, meaning the idea of a subject and an object or the objectification of a "self", otherwise known as an individual. Therefore human expression, in every dimension of its nature, is an expresser of the sufferance of this hallucination. There can be no blame attached to these natural evolutionary processes, or to the creation of language and words which are the message of suffering, the message of dualism - hence language is dualism and suffering all in one, but now this is gradually being seen for what it is through nature's unfolding/ ripening process.

Words interestingly are not part of the human-animal's sense, contrary to Steven Pinker's notion, there is no "language instinct". The spoken word is less abstract than the written word. Spoken words have some echo of pre-historic "connectivity", which is beyond words. The written word is a yet further abstraction, a code which has to be interpreted by the mind into meanings. The nature of this process requires massive amounts of energy, reading or writing draws energy from the body, all physical function and all the senses slow to a standstill. When the written word is being examined and engaged with, all the energy is drawn to the head and neck which results in tremendous focus in this area. This of course is highly stimulating for the brain and upper body, which in today's society is very much considered as the hierarchy of "intelligence", whereas those who don't read are considered illiterate and stupid, or low-lives. As always, the head and neck are the main focus, the notion of the colonial crown of the brain being king, the upper body holding all the important stuff and the legs being seen as the slaves that carry the jewels around, has now been ingrained within western culture. Conversely, in remote regions the

most deep intelligence of the body sense is still natural and people live in contact with the environment, although this situation is rare and becoming increasingly so.

The use of words draws energy from the feet up to the head, similar to the city-minded expression of the modern human who drains the earth below and uproots and undermines as they reach ever-upwards towards the sky. The whole nature of the modern human is down to up, whereas the whole nature of the natural or indigenous person is for the upper to be firmly connected to the earth and the recognition of their being born of it. The intuitive is not some heady, dream-like sense but is the instinctive awareness that is innate within us all, not a sky-born sense but something that is part of the complete expression of all of life expressing its voice through our senses.

In the process of the upward movement of energy toward the head when we engage with language and primarily the written word, the energy needed for all the body's functioning shuts down, much like a computer overloaded by doing too many tasks at the same time. The energy required for the processing of words is very great, causing a cocooning of the person and this only occurs for humans, much like the great sculptor Rodin's "the thinker" whose inwardness of thinking is expressed in a bronze statue as the character inwardly restricts the energy of his body:-



The ancient peoples understood that if a person focused on reading, thinking, interacting with and relying on words, then a process of emaciation occurred with the body, they recognised the symptoms of energy being drawn from the digestive system which then slowed down and therefore a person could not eat well. For these people to eat, food had to be pulped before it could be digested and so the digestive system's energy was weakened by the process of intellectual training. In fact over time it was clear that the

body became so restricted and depleted by this pursuit that there was weight loss and muscle wastage, circulation problems and increasing signs of pathological change to the body tissue. In short the body could not digest words.

Teaching in schools of oriental medicine today still suggests that there is a need to strengthen the digestive system if one is doing a lot of intellectual work, although little is understood of the nature of why this should be, in fact the idea that if one has a strong digestion one can consume a lot of words is actually a ridiculous notion. What was truly understood by the ancients is that the process of using words, of reading and interpreting them, was not a function of the “brilliance of the human” or the “genius” of language. They realised the profound effect of words and verbiage on the body to be part of the disease process itself and although today words are absolutely imperative, modern society is built on a deep sickness engendered by this, but is unable to see this from within its own box. There is nothing right or wrong about words and their use, there is simply suffering or not, and suffering itself is not right or wrong, it is just suffering.

The process of using words does not solely damage the digestive system but equally every aspect of the body. It restricts digestive energy and also circulatory energy of the heart, and breath of the lungs, the process of blood cleansing and storage in the liver and the power of function of the kidneys. It blocks all the orifices and the expression of spirit of a person. Being part and parcel of dualism, the process of engaging with words is *in effect* the whole expression that we are attempting to ingest or eat up and the process of doing this is actually a kind of poisoning.

In the 1966 cult-classic film “Fahrenheit 451” we hear the story of a society that has banned books and burns them on sight. While this epitomizes a society which is easily led, has been simplified and therefore easily overpowered by dictators, the key point beyond the political agenda of pseudo-communism in the film was actually described long, long before this in the Tao Te Ching:-

Chapter 65

*The ancient Natural people knew Naturalness,
they knew it could not be “used” to “do” anything, especially to make people more
intellectual.*

Naturalness allows people to be more simple

Why is it that Natural order does not arise?

*Because people are restless and individualistic as they are taught to be intellectually
active.*

The nation’s tyrant is the one who uses his intellect to govern

The nation’s true ruler is the one who uses no-thing and allows Nature to govern.

Knowing both these principles and seeing them both

Is known as Innate-perfection

Innate-perfection is profound and far-reaching,

It draws things to turn back and return to their Origin.

What this suggests is that all facets of dualism are completely indigestible to the human in every way. Dualism is a poison to the body, an hallucinogen that makes us see double or be blind to the reality of a singularity of life happening for no purpose, blameless, at peace, and One. Deeply intimate yet deeply impersonal, this process simply ends when it does. When there is no-one with an agenda to “make things better”, no-one with an agenda to “do things right”, to “lead” or to “follow”, then will occur the realisation that nature is evolving, ripening, as it has always done, and this will allow the hallucination of “self-hood” to be naturally shed. The last word will always be “One”.

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