

A sense of Direction: From pre-planning to instinctive movement.

When was the last time you did something truly spontaneous, that you *really* wanted to do? Not that you had to do because the boss needed it by Friday, or without you trying to ensure that the holiday would “work out as planned”, but actually outside the arena of the known?

Few of us remember that time of being a child and going off into the wilderness of the garden or into an open natural space and exploring in a wonderment of the senses. We had no plan, no apparent point of direction, yet there seemed to be an amazing way we found all sort of things, places and spectacles that many adults might have missed simply by “following our nose”.

The world as it is today is based on pre-planning, insurance and saving for the future. Everything is set up so that we are encouraged to secure everything and make it “safe” because ultimately we are living in a fear state, the state that is about “me” being separated from “the world”. This sense of separation that is the condition of the adult human, the dis-ease in fact, is the basis upon which society functions and is not considered to be a “dis-ease” at all but in fact “normal”.

However when we take away the job, our addictions that are about the overwhelming tensions of life in captivity, and remove the so-called “responsibilities”, what are we left with? In therapeutic situations one is often asked the question what do you want to “become”, just as in kindergarten when the teacher asks “what do you want to be when you grow up?” But this question is actually all part and parcel of the way the adult views the world, it is not the child-like or instinctive nature of a person. For the child the only question worth answering is “what do I want?” and this is far more of a powerful question, it is from the guts, it’s right now, it’s not from the head.

Breaking into the real deep sense of what “I am” is about dropping out of the psychological questions and the imagination and simply looking at what there is. The basis of this is through actual sensory experience of the world. As a person re-acquaints themselves with the sensory body the psychological questions recede and there can then be some fundamental changes. This happens naturally as the mental state tires and burns off and the body just simply takes over. This revealing process is about the recovery of the natural state of the human being underneath the armouring and it is the opening out of the natural-child state.

Some breaking down process occurs gradually before the final complete and sudden relief of the system from the state of tension of the adult-social-mindset. This takes as much or a little time in a person’s existence as it does, nothing can be done to fast-forward a natural process. However it is of key importance that until a person is really ready to look into the question of “what is it that I want?”, life is a very big struggle.

U.G. Krishnamurti often pointed out to people that they don't have any original thought or any original questions. They don't have questions that truly come from them, it is more a case of questions that they have learned, ideological questions like “who am I?” or “ what am I?” etc... these and other questions come from process of psychological introspection. “What do I want?” is more tangible, it isn't about

judgment or about attempting to make something better, but is simply a question which investigates the nature of what the body-being really and truly wants. One can of course both ask and answer this question psychologically but if we actually investigate this via the senses then life becomes incredibly easy. If I am cold I want to be warmer, if I am full I want to be empty, if I am empty I want to be full. There is a natural swing to this process, it is a nature-conducted, non-intended process. The want for an ideal or for a situation that is within the imagination fundamentally leads to a sickness of attempting to achieve an image, something that is the foundation of much of “self-help” ideology. However at some time this has to become “real” and this is when that which you have imagined or created in the mind is no longer interesting.

Natural-reality isn't split off from anything else, so if you need to get away from the natural senses in order to imagine your way into a fictional future, there is something quite abstract about all of this. The child lives in this moment, in fact there is no separation between it and the world so there is no questioning, apart from the question of “want” which for them is more about a kind of functional or natural questioning, not abstraction.

The basis of change from the addicted and fragmented society in which we live is through the simple and ordinary sense, this provides the foundation to a “sense of direction” in life. The ability to know where to go and what to do can only be found in the sensory moment-to-moment experience, it isn't something that can be planned. We assume that in order for the world to work it is through planning and forging a path to things, we feel that the world is in deficiency and that it is for “me” or “you” to fight it out in order to claim it. Originally the child-state comes from something else, not from the sense of brokenness, separation or insufficiency but the sense of wholeness, Oneness or sufficiency, this is the place from which natural movement arises.

Sure it's easy to say “sufficiency” means a situation of having food and water but the kind of “sufficiency” described here is not of the stomach, it is of the whole nature of life, it is the lack of fear of living, so whatever one naturally wants comes from this. One may want food if one is starving, but this movement towards food is fearless, it has no “I”, it is just a natural movement towards what is needed.

The senses of smell, taste, touch, sight and hearing and the 6th sense which is the union of all 5 senses or the original “primordial sense”, these are the foundation of direction in the world. When something lets go the human falls into natural order with the world, it is in alignment with natural limit and natural order. Interestingly this is the “safest” place to be, rather than in a world of the imagined “insurance” where one is liable to attempt to fly, when we are simply, wonderfully human.

The nature of sense is so simple, but we override this all the time, the “self” is constantly vigilant about not going too deeply into sense for fear that “self” might be lost. But this is the point, the senses are the innate reality, they are the border between the world of the mad dualism of “myself” and all the problems “I” have with finding out who “I” am and what “my” purpose in life is, so “my” direction comes from all that imagination. This is so limited in the light of the breadth of natural reality which is devoid of “self” and therefore requires nothing other than senses to find a direction - if it's too cold I go to where it's hot, if it's too dry I find dampness, too damp I find

dryness. If I am hungry I eat, or if thirsty I drink or at least seek for this. If I am tired I fall asleep, if I want to connect to people I do, if I don't want to I don't. This may all sound very "selfish" but is in fact what is going on behind the scenes of every person all the time, it is actually very self-less but the morals and ideals of society have no notion of the propulsive force of nature, they only see the human as a moral being. The adult self-image essentially blocks many of humans' natural sensory functions humans from actually expressing themselves in the world. We live behind a screen, as children imprisoned in the ideology or armouring about the importance of "being something". But when this loosens off the sense are revived, as letting go occurs, so there is a deepening of sense and eventually a total immersion into them so in fact there is no room for anything else. Then "sense of direction" has no meaning, as all there is is the automatic movement from one thing to another, which has nothing to do with "me doing it", but is the functioning of the natural human animal being. There is a giving up of the struggle to "know it" from the observer's view in the "self", and a realization that nothing can be known through this narrow angle.

The direction of your life *is* you, the child "you". While life itself has no intrinsic purpose or goal attached, the nature of life lives through you, you are not in control of this and so the spontaneity, even in micro-moments of decision-making and ideas and senses of wanting to explore, needs to and always does come from the senses. There needs to be some sense that leads you to the next thing. "Feeling your way" or "following your nose" or even "following your feet" (the original meaning of the Chinese character "Tao") will always bring about a direction which you never knew existed but whilst not being "right or "wrong" is *righteous* in its expression. The truly keenest of senses will find that deep simplicity is key, there is no notion of setting up a company and making altruistic or self-serving monopolies, it all becomes about going on very simple natural senses, the way a child of three might engage in the world. One need not "work out" the world, the world is already within you and in this way "true north" is whichever direction nature cares to tread.

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