

Can I help you? : The actuality of what “help” means behind the false fronts of “teachers”, “experience”, “health gurus”, “gurus” and other misnomers.

“Can I help?” is a good question...it perhaps should be the first one we actually look into deeply before embarking upon any route that will lead us to become a health practitioner or in fact a practitioner of anything in particular that will involve teaching or relaying any form of direction to someone else. However questioning this is a huge rarity. The majority of the time the teacher or practitioner in whatever field will have a very large and cumbersome egoic presence that will intertwine with their natural expression. It is for the so-called “student” or even “patient” to unpick this knot of energy and glean something truly universally relevant and this can be a confusing and difficult task.

This article is not so much about identifying the myriad traps of the egoic presence of a teacher or practitioner whom we are enticed to move towards, this inevitably will speak for itself. Those who enter into relationships with people to define themselves as teachers and believe they have the “righteous” direction will soon come to find themselves associated with students who need “direction” and want to hold onto someone. Also, just as inevitably, there will be the dissolution and fall of both teacher and student as neither can be what they believe themselves to be - the teacher cannot direct and has no real power, and the student cannot be subservient to a false god, nor can they be blind to their own true nature for long. In a perverse way and through great suffering for both, they realize their limits, so as the hierarchical relationship falls...what is left? What was actually “helpful” if one might call it that, about this relationship or those similar to it? What actually “helps? This is what this article is focused on.

Life doesn't have to be so difficult. We can of course believe it to be so and therefore find people who too agree with this and put us through the mill of “being good” or “being bad”, but actually life doesn't have to involve this kind of duality. Nature doesn't require this kind of process. If we look out at anything other than human society we can see plants and animals expressing themselves without rules, without ideologies of hierarchy, those are only human assumptions. Neither is there a teacher, no student, no right and wrong, no good or bad. And so due to its incredibly narrow perspective, human society channels all its natural energy through a very small opening, through the eye of a needle in fact. This is what makes life feel difficult... it is suffering.

However when we get to a point in our life when these things have dropped out for a moment and there is a little breath of air, as though we have been underwater and struggling and briefly, completely out of the blue there is an instance of easy breath, the senses are alive...those moments are when the body is truly free and there is none of the psychological human ideology, this is a taste of the natural reality of the human being. However within the strait-jacket of our political social structures, of teacher and student, good and bad, right and wrong, all we get is frictional energy. This frictional energy is absolutely natural, as is the life-energy meeting an illusionary situation and so building up energy behind it until it busts open. This is revolution, the energy of change, the energy that allows life to be the truly law-less and yet perfectly ordered expression that it is, without the need for human interventions.

So what does “help”...is it really possible for one human to “help” another...It *seems* as though this happens all the time, it *seems* like we are always helping each other with great intention to “do what’s right” and to “sacrifice” oneself for a cause and show “respect, strength and loyalty” etc, etc. but all this stuff just feeds the same old machine that has been churning away for thousands of years of human history and is all based on an idea of oneself as “good” or conversely of being a “lazy layabout, good for nothing” as being “bad”....but surely nature isn’t like this? There seem to be no rules out there, only within the internal process of the human mind.

The truth of the matter is that actually there is a kind of help that is “within the box” of the human mind...this means doing things on an altruistic basis, such as making sure you do what your teacher says even if it goes against your own instinct, or following instructions of a practitioner even if it feels awful for the body, or buying into a political system that is benefiting the poor, or helping the environment, all the things that are about altruism or “mind over matter”, i.e. the idea comes before the physical experiential senses that you’re experiencing now. All these ideas fortunately are rejected by the body and so also by nature and fall flat, they all inevitably break down like castles made of sand...because that's essentially what they are, ideologies that are about egoic expression of one kind or another.

One might call this *human-mind-help* as “romantic love”, it is totally conditional...it requires condition. If you don't play the master’s game, then you can’t be a student, if you don't play the practitioner’s game he or she will no longer treat you (this very often being about money, power or a combination of the two). The point is that you have to play the game, as with so many relationships that function off hidden contracts that are to do with “*I will stay with you if you don't do X, Y and Z and if you do continue to do A, B and C*”. This is all contractual, it is a business deal, either of out-and-out capitalism, or the growing field of spiritual-capitalism which has its roots in many traditional cultural activities and now has widespread commercial enterprises attached to it. All of this is the same thing, just with different book-jackets, it doesn't matter if something has an old or new book jacket attached if the content of the book is the same old theory of mad human-society.

So outside of this kind of “conditional help” what is there? IS there a possibility of unconditional help? Basically this is associated with all those moments of healing or clarity that very often occur despite what a teacher or practitioner or whoever might say.. But is there something that comes close to this? Something where humans can truly help one another?

The closest thing might be the questions posed by a young child.... “do you like this mummy?” “Why do you like this?”... “What is this for?” “Do you like working, daddy?” etc. It is interesting that when an innocent question is asked, it comes from sheer power unmatched by that of any “experienced adult”. The nature of these kind of questions, which can be posed either verbally or by non-verbal gestures such as touching the back of someone’s tight neck or stroking the face or hand of a person who is upset, a hug when someone is in hysterics.... these things are all questions...they are all asking “What do you feel?”/ “Why this tension?” etc....they are asking “What do you feel right now?” taking a person momentarily from the psychological mindset into the sensory process of the body and the truth which is that above all nature IS the body and the body’s wisdom is the only way we

truly heal, without the requirement to attach ourselves to psychological relationships of “condition” in order to be well.

The nature of true help is therefore very subtle. It isn't a situation of direction or command from one person to another....of course if this does occur it may lead eventually to disillusionment which will resolve things but this was not the intention. The point is that it isn't about “engendering awareness in someone” as this would assume that one person is aware and the other is not....hierarchy again. Hence all that can be asked is a question at the same level...a situation of speaking to someone and asking them in true and innocent terms what they actually feel deep within themselves right this moment....

This is such a powerful question that it has the potential to completely unearth the reality of instinct over and above what human society says. It has the potential to break down all laws and to return a person to their natural state and to begin to rely on the nature through them rather than them attempting to control nature. It is fundamental relief and as a result it is true healing, a gateway to the unconditional.

There is no expectation of an answer; it can even be followed by guesses...”Do you feel hot? Do you feel cold?” but it is always without an end point, it is an open-question. I can trigger a person to sense again, perhaps they don't know initially, but soon the senses return without any wilful process. It is not so much the answer that is needed but simply that there is a conversation, an interest in the way a child might be interested, an innocent engagement and a feeling that it comes from a sense of timeless union.

As one sees hierarchy come and go and teachers gain strength and then fall, and students becoming teachers and then following the same patterns as those who went before, it all becomes a tiresome whirl of move and counter-move based fundamentally on fear, which in turn is based on the sense that “I” and “you” are two things and that these things are unquestionably separate. However this body of energy is doomed to release its contraction and eventually this happens on small scales and large.

As life moves towards a passing away of this dis-eased yang state and a movement back to the yin-female quality there is also a general feeling of expansion due to the fact that borders have been broken and absolute divides between things no longer exist. Then a new way of “helping” can be explored and in this process there is no longer identification of people who dole out “help”, but actually it is recognized that as we return to the natural child-state the innocent questions we once had become the most relevant. There is recognition that health and healing is not external to the body but is found differently in each individual body while being universally inseparable from the whole. Of course lip service can be paid to this and teachers born of it, but this misses the actual reality of it. In treatment and in the actuality of unconditional help there is a situation where a person is freed by the question, where this is no condition on help such as “you need to pay me”, or “you need to respect me” or “you need anything...” It is similar to the situation of a child's view, where they ask questions that actually make their parents uncomfortable because each one hits the mark and uncovers so accurately the human condition.

If we all followed our children's questions where would we be? The world might be a very different place, similar to that expressed in the hilarious and brilliant film "La Belle Verte" (see the whole film here:

<http://www.youtube.com/watch?v=pYM6YOczIU>) ...

this is not our goal because as we move back to a state of Unknowing, a state where hierarchy and ideologies have no meaning, then there is a freeing of our sense and a realization that nature knows and it's fine if we don't. In fact when there is a loosening of the egoic intellectual "knowing" and resistance to nature drops by itself, then there is a Knowing that is universal and deeply satisfying as it is immediate, instinctive and complete, out of time and free. This too is an impossible goal to "get to" but as there is a dissolving back into the true sense of things then all those situations of our lives where conflicts arose and friction was formed as a result of the human madness, then all is seen as part and parcel of a picture that could never have been any different and was always utterly complete as it is.

The deep dissatisfaction with "help" we receive in the conditional format is propelling society towards its insides, it is moving people to recognize that those who say they can help very often cannot, and those who say they can teach very often are doing this due to their own psychological needs and the followers for theirs. But eventually when there is the uncovering of the truth of healing and help that it is only governed by nature and when our questions return to those of children constantly returning ourselves to our instinctual senses, this will truly be a returning Home.

Following a child's questions takes us into what we really feel and from here to what our instincts are, beyond the psychological, beyond the "trained" or "imprinted" because *there was never anything to improve on*. When we let go of the styles of our teachers and rely on our own senses, when we give up on "respect and reverence" for individuals and instead realize our unity with all things, as we return to being human-animals rather than humans pretending to be anxious gods, peace will return. As time goes on these things will come to light and as they do so the planet will return to bountiful Eden.

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