

Control freak: The nature of “self” expressed as the contraction of control.

Who isn't a control freak?...

The nature of control is part of every aspect of our lives from the moment we wake, be it dealing with the demands of bosses or family or in relationships. We are very often controlling/adapting ourselves to suit what's going on in the world, or we are anxious and concerned and attempting to pretend we are powerful and strong in the face of adversity. All of this is a form of control...a form of holding internally.

So how does this control manifest? Generally it does so in either emotional or physical outbursts. We can have symptoms of control that occur in the expression of anger and intolerance after holding-back the tide of “patience” which is another form of control. Or there can simply be a total bypassing of emotion, it's just not going to come out because we've put a lock on it, so it erupts via the skin in rashes or in breathing difficulties or in areas of the body where there is tension. Numerous therapists will speak about how there has been an “energy transference” of “someone else's stuff onto you” to explain away the nature of the contraction of “myself” and there is sometimes a release of this tension, but sure enough it will come back again in a different form. It's always the “other person” who is the “control freak”, the one who needs to be blamed for being “too....” but actually the nature of control is the very nature of the human condition and almost every one of us is very deeply controlled, whether they know it or not.

Control is contraction and contraction is the “I”. The nature of “self” or “I” is the delusion that there is truly a separate thing called “me” and another separate thing called “you” and that there is an interior and an exterior to life. This formation that humans have, forms the launching pad for control of our basic instinctive expressions and our ways of expressing. It forms a society that is rigid with language and methods of forming and strengthening the idea of “me” and of belittling the idea of Oneness wherein there is no possibility of the dualism of “me” and “you”.

As we hold on and hold on energy builds up within, it eventually reaches a boiling point and then somehow it exits the body. It does so in a flash of anger or a passionate outburst or for some in physical bodily reactions like getting sick, getting a cold or having a fever. If there is no expression for years and years it can come out in all manner of very aggressive physical illnesses and internal dis-ease which are the result. In the end the barriers of what we have held down push up to the surface as the energy finds a natural way to exit the body. The amount of control is in direct proportion to the extent of the counter-balance of energy expressed outwards, or in other words the energy that the “self” holds onto has to at some time be released.

In medicine there is a massive focus, especially in the West, on “catharsis” where one releases the energy out of the body in some way. Because of the nature of the modern westerner's constitution there is a tendency for a massive amount of power to be stored up and so the release of this energy becomes necessary, in particular in the West, that is why so many procedures and surgical methods have been the focus. Elsewhere, such as in the East, this is less of a problem but for humans as a whole catharsis of the tension of control is really the relief that medicine can sometimes provide a person.

When there is a great deal of control and a stifling of the energy, then there is a requirement for release. In modern culture there are many ways people have come up with to provide this, even if it is short-term and inevitably destructive. Drugs, sex and rock and roll (music) to some extent all allow the body to expand and release from tension and so one “forgets oneself” for a while. This kind of expression is very much part of modern culture and has been “normalized” and control has been seen as part of what is required for a peaceful society. But is society peaceful? It seems ridiculous that controlled society is basically externally “OK” when in fact it is seething within. This kind of situation is rife throughout the modern world and has been the foundation of “conforming” to the status quo in society.

If we look at children there is no process of control involved. Children express naturally and completely without holding anything back and as a result they only get into trouble with adults; other children are in total acceptance of each other even if they are very upset by what each other may do at any given moment this is quickly forgotten and it passes with the tears. This is not the same for adults, there is a holding back that takes place and a “shouldn't” or “mustn't” comes into it.

The explosions of rage, violent and aggressive acts, situations of total fury and the expressions of what seems like total anarchy are actually simply the release of energy that has been pent up for long periods of time and at last have an expression, when this happens to whole countries they go to war. There is nothing to “do” here, this is a description of the energetics of control and so the inevitability of the situations of release that occur which bring about energetic balance. Just as energy builds up, climaxes and then falls down again, so the nature of all things is the same, including the pathological state of the enforcement of self-control by the self being in control!

The most pious of people and the most diligent of monks also have emotions and tensions of “self”. It's control which eventually can warp and internalize the energy so strongly it is no wonder that situations such as found in the Church of warped sexuality and aggressive behaviour towards children can manifest in so many situations. It is obvious and clear that society forms these explosions as part of the back-log of repression that is held within the culture which is denied as being someone else's problem but actually is something that is a shared phenomenon affecting everyone.

The more the “self” tries to control itself in meditative practice or in the attempt to find enlightenment or peace or whatever, one can be sure that this will simply reinforce the idea of who and what “I am” and the idea that I can do something about myself which perpetuates the control pattern. This is like you're trying to hunt down the hunter ...yourself!

The hidden contraction of “self” is false and so the expression or explosion of emotion and tension release is actually a more open expression of what's going on inside, “a showing of ones true colours” so to speak, but of course it doesn't change anything. The “self” soon accumulates more stuff about a very similar next issue and the same thing happens over and over again. However the energy of the “self” to control starts to become loosened in the process. Every time and with every moment there is a gradual natural loosening of this tension we call “self”. Naturally its grip

loosens and it starts to break down, either because it just runs out of energy and at the point of death it just dies out, or before this there is a breaking down of the “self” and it falls by the wayside and all that is left is the natural expression or the child state that lies underneath the controlling adult “self”. The child state is always underneath and always expressing through the pattern of control on top of it, no matter what form this self-controlled state looks like. It could be a “self” that pretends it is a kind, good and genuine expression and someone that gets on with people but actually internally doesn’t like many of the people they are involved with and naturally likes digging in the garden. Or it can be a person that spends a lot of time alone and within themselves not saying what they feel, while actually wanting to express and dance for no reason at all. The point is that whatever the façade, when it falls away all that is left is what always was underneath it. Actually, very often the façade is quite similar to what was underneath it, just a bit more restricted or a bit showier, (another form of control based on the fear of being too boring), than they actually are.

Control = “self” = fear = restriction. The cure of relief of not needing to be anything other than what is, is something that naturally comes when the “you” least expects it.

David Nassim
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