

Descriptive not prescriptive: when words trigger relief

In a recent interview Tony Parsons (see <http://www.theopensecret.com>) explained that talking about the nature of the energy of life is something that is purely descriptive. In fact essentially the nature of healing is the very same thing. Healing is truly descriptive, which means that by nature it expresses or reveals the true picture of something, a resonance, and thereby calls into question the nature of the believed “reality”. It does this through the merest of expressions that can trigger a chain reaction of relief. Simply seeing something as it is, rather than through the often narrowed angle of the “me” or “self” which is the sense of being a separate “individual”, is all that is needed. This is not about becoming cognitively clear, but is actually penetrating to a deeper level of resonance in that the “self” no longer feels broken-away-from.

The idea of “being real” is often associated with being financially solvent! However outside of the hijacking of “reality” by science, economy or industry, reality is to be found in this moment only, simply it is *this* without addition. Of course “reality” is not the wild fantasies of the fairy stories or the books of imagination that are viewed with such romanticism, these are only metaphorical pointers as reality in itself holds all that is required within it. The difficulty is that the dis-eased masculine process moves easily into the man-made reality of detachment and industrial “toughness”. The warped female expression moves into the personal altruism and the fantasy of “life might/ could be like that”, which again is nothing to do with natural reality. Reality is naturally utterly complete as it is, without anyone observing it, it *is*, that's all.

Hence in the process of healing the true expression is when what seems like two people or a “twoness” is somewhat challenged and a larger arena is understood, where “I” connects to the whole of reality. In this process it can be said that the “I” is seen and realized to be untrue or unreal in so much as it is a solid thing. Then there is a possible opening into a decaying process of the “I” where it gradually falls away and lets go. The process of this happening is simply when there is a descriptive quality that doesn't come from the “me” of the practitioner. Description is really the situation of seeing things as they are energetically, without judgment. This is something that no-one can refute, because it is not coming from any one individual but from a bigger perspective. When description occurs, like a natural expression or gesture, a painting or a spontaneous musical expression, this is direct description, the patient can feel resonance with this that is beyond other cognitive processes and is simply the realization of Oneness.

Twoness is a perception, caused by a process of prescription. This means a situation where “I” tell a “you” what's what. This has no resonance associated with it, it's merely the expression of hierarchical power which can come in many forms even those that tell you about Oneness! The point is that the descriptive is simply an expression of that which is without rhyme or reason. It is art for art's sake. Prescriptive by nature is fundamentally dualistic and encourages the process of dualism.

Words are often seen to be the problem, in that they can be the barrier to understanding and that all would be okay without them. But actually words simply

express the voice of whatever is truly going on. “I” can be expressed with a sense of solid defensive “I am” behind it, or “I” can be expressed with a realization of its total meaninglessness. It’s really about how the message is expressed or the message behind the verbalization that is the resonance. Hence words do have a quality of energy which when expressed from a non-direction or non-intended source have the power of pure-description. They therefore can trigger the subtle opening out of an illusion or imagined state of separation, much as a hug can do physically, opening to the possibility of Oneness from the perceived ideology of separateness can occur in this way. Of course there is no specific situation wherein healing occurs, it is a total fallacy that healing be associated within the medical arena only. The whole of life has the possibility of openness already in it. The major role of any true healing is to trigger the end of the ideology that “I am broken and need to be fixed”, allowing the realization that health is when seeking for it ends, a realization of there not really being a thing called “myself” so no fixing is required.

The nature of pure-description without prescription is the potential trigger that drops away the nature of “I” and leaves the “self” open to possibility.

David Nassim
18/3/ 2012