

Feel the Fear: a description of the root core of the mental-emotional “self”.

Fear is so often spoken about yet little is truly understood about it. What do we mean when we say “I am afraid of...” , or “I am terrified of...” this is when we have to start to differentiate what might be called a mental-emotional dis-ease from the natural expression of energy, so let’s look into this:

When we speak about “emotion”, in its original root language Latin this means, “a disturbance”. “Emotion” is essentially an expression of a dis-ease state or a state of dissonance within the harmony of nature. It has two components, the head and the body, which are actually of course one. The mental dis-ease of wild and complex thought patterns/images is coupled with the physical experience of bodily discomfort, of visceral contraction of the body tissues - emotion. Together there is a complete expression of a mental-emotional state of dis-ease or *sufferance*, in shorthand we can describe this whole thing as “emotion”.

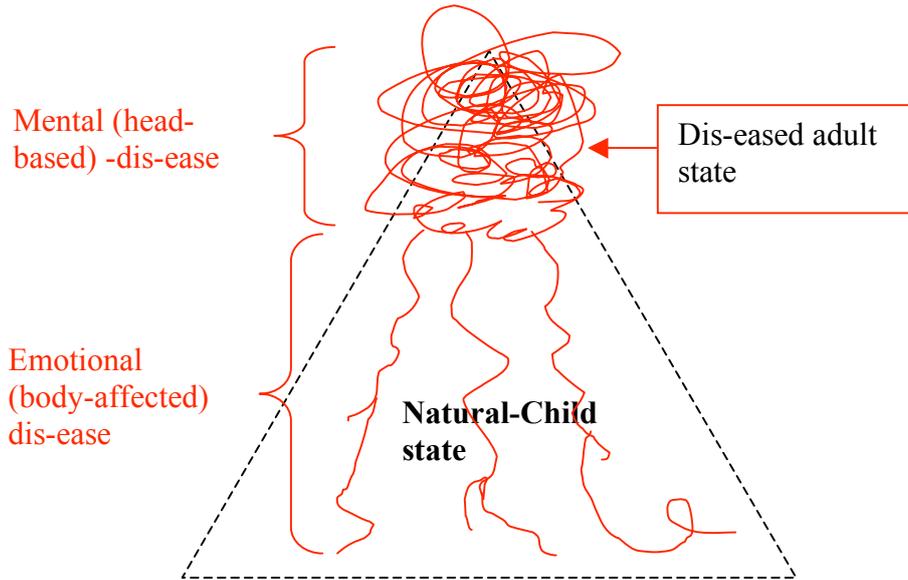
Hence the human emotional state is one of a contraction of the energy. It is a blameless state of contraction where the mind is activated into an owned past or past-projected-future image and this is experienced in the body as physical discomfort and contraction. This state is the dis-ease of the human being, the human condition. There can be several forms of the mental-emotional state but the core foundation of all of this is fearfulness. But why?

The nature of the “me” or “self” is founded on the idea that “I” am separate from “you” and also separate from everything else, this by its very nature is a fearful state. Everything is about forming protection for a seemingly vulnerable “self”, be it through an actual retraction and a moving away, or an aggressive outburst of anger, both these states are actually the same fear expressed differently. There can be a victimized-fear state in which things seem threatening and so there is a hiding away, or a seemingly dominant fear state where everything is judged, ruled, attacked or rebuffed. These are the same fear state, expressed differently through disparate people’s personalities. The more yang personality, when covered by a dis-ease state, forms the dominant external expression to hide the fear of separation, the yin personality when covered by a dis-ease state simply hides away from the fear and tries to find “safety”. Neither of course finds what they believe they require, because both “coverings” are illusory.

So fear has many faces, that of anxiety, depression, grief, sadness, intolerance, anger, even a hyper-excitement, all of these are one thing happening but just with a different face, all based on the idea that “I am” a separate being. Within this state there is a process of trying to make “myself” look more powerful and the other “self” look weaker, or there is a running away from the seeming danger. One of course can trigger the other, a person’s state of panic can trigger another’s state of anger and intolerance or vice-versa.

But what is actually going on? In fact two thing, simultaneously. There is constantly at the background/foundation of all humans the un-dis-eased state or what we might call the child nature or natural personality. This is a totally spontaneous energy that is emotional-less. This doesn't mean there is no feeling but it does mean there is no “self” and so no attachment to these feelings, nothing that holds on and owns these

feelings. Over the top of this natural-state is the covering of the adult dis-ease expression of mental-emotional turmoil:-



There are several differences to the adult expression. While that natural-child expression is without time and in a purely sense and expression-oriented world, the adult expression is in a time-oriented world of either pre-emptive defence or retaliation, based on predicted outcomes based on past-events, or it is simply wallowing within these past events. The predictive and future based-on-past is predominantly an anxiety state and the past-orientated retrospection is mainly depressive. Hence there can be the add-on adult state which expresses as four broad categories: an anxious-dominant-predetermined dreamer (yang within yang), or an anxious-victimized-predetermined defender (yin within yang), or can be depressed and held back in an angry and irritated state (yang within yin), or depressed and held in a victimized state (yin within yin).

These 4 qualities depict the specific “fear-selves” that are the add-on to the natural state of expression, or what we have called the child-nature. Very often the natural expression or tendency of the natural-child state is warped by the “self” into its similar dis-ease state. There are 4 natural qualities and 4 resonant dis-ease qualities:-

Natural-child state	Dis-ease: fear-based adult-state (“self”-type)
yin within yin or yin-female	yin within yin or depressed-victim
yin within yang or yin-male	yin within yang or victimized-defender
yang within yin or yang-female	yang within yin or irritated-depressive
yang within yang or yang-male	yang within yang or dominant-aggressor

While it can be that one finds a yang within yang natural state with a yin within yin dis-ease state, this is uncommon. There is however a mix and the dis-ease state can fluctuate with different life situations, although the natural-state doesn’t not alter. Interestingly when people say “you’ve changed”, very often it is about the “self”

changing format from one form of dis-ease to another, however underneath the natural-expression remains the same. While it is rare, it can occur that the natural state is revealed from under the dis-ease, which is discussed below.

The point of expressing all of this is to see the various forms of the single illness of separation, *meaning fear*. While the natural state is constantly present the adult state is not constant, for example in deep sleep it no longer exists. Although it is illusory and a very narrow view of reality, it forms a very large percentage of the world that most people are living through moment to moment. While the child state simply responds and is emotionless but full of feeling, the adult state is full of mental-emotional turmoil but is actually numb and without full-feeling. This is why relationships are fraught with turmoil. In a way relationships today between two people are actually about 4 people. There are two natural states who are in total Oneness/unconditional-love which was there before and after meeting and cannot be destroyed or created and will be always present. However in the foreground of this is the conditional-love of the adult, which is a dis-ease or bartering... “if you do this for me, I’ll do that for you” and so on, it’s based on the assumption that “I” am separate from “you” and so every action is taken personally. If there is a movement towards or away it is seen as acceptance or rejection and praised or punished accordingly. Unfortunately this kind of “love” is fundamentally an illusion and is doomed into a trap of misunderstanding and misinterpretation. The nature of unconditional connection is without fear and so without judgment, it is therefore both intimate and impersonal at the same time and there are no rules to the relation.

Very often we hear of people who are “fearless” or people who show “cowardice” and one is considered “better” and the other “worse” but in fact both are about fear. To override one’s instinctive senses of “not moving towards” is just as fear-full an act as the person who runs from the slightest of issues. The reason being that when something comes from an intention to “do” something based on the dis-ease state of “me”, be that “feel the fear and do it anyway” or “run whenever there is anything that could possibly be dangerous” both are actually acts based on an attempt to uphold and strengthen or hide and protect the sense of “I am”.

The child is without fear because there is no “self”. It isn’t without fear because it has the idea that it “wants to live life” or “must engage in the world”, it actually has no other option other than to *be* and express without fear. Fear only occurs with the “me”, in fact the very “me” *is* “the seeker” and *is* fear, so to live without fear is to live without “myself”. While many may be pretenders to the reality of being “carefree and alive” actually when it comes down to the bottom line very few actually express this except for the 3-year-old and below age group who are constantly within this state.

So the above is a description of fear = “self”. However I cannot provide an answer to end it, for fear or “self” is actually the nature of reality that is occurring in this moment, as it is. There is both a child expression covered by the adult expression, both a natural state and a state of contraction that too is natural but is of a quality that is a radical from the rest of nature. Inevitably the fear state falls away, either because it simply runs out of energy and so breaks down by itself, often just before physical death, or it can and does drop away before this in what people describe as “liberation” when the contracted state of energy naturally has become ripened and dies away and the energy becomes harmonious, as in a child.

The greatest fiction is that one can “do” something to “fix” this and so there are all kinds of judgments and pretension about “getting better” and “moving on” from this. Unfortunately none of these processes of trying to “get there” achieve the desired result because they are all based once again on the fearful direction of the “self” at work. This might be called the “tension of intention”, the situation of re-enforcing the “me” by *trying* to get rid of it! As Tony Parsons points out “you can’t creep up on Oneness”, he explains “life seemingly hides from the seeker by already being everything!” (please see <http://www.theopensecret.com>). This “key” eludes us, it is discovered to be what we least expect, when we least expect it. In a sense it is only when there is a natural relaxation into the “bosom of life”, a “getting lost in the moment” so to speak, or a falling within the senses of the child state, that of the reality of sight, touch, smell, taste and hearing...when these becomes the fundamental interest, for no reason other than that this is what is, then all there is, is *this*, and it is *without fear*. For the child’s full-feeling state, which we all know innately as it lives within us always, is the passionate exploration of the senses without any ownership and little if any focus in past or future memories. Infants seem to express “emotions” but this is an adult description of what the adult views these expressions to be, in fact these are not emotions but immediate expressions of tension and relaxation that go through the body. What an adult would call “fear” in a child in response to a situation of seeming danger will be a feeling of heat, the body will immediately heat up and express movement. It is a natural response that has no “fear” but is actually a physiological function or movement. Animals and plants all respond in this way too. *There is physiological response but no psychological process.*

To many this seems an inhuman state, in fact it is anything but; the dis-ease of the human has become synonymous with what a human is in the adult world-view, but essentially is quite the reverse. The most human expression of all is that of the child. As we grow up and the adult “cloak” covers over the child-state, layer upon layer of emotional-tension covers the natural expression and then this is deemed by the adult world to be “mature”. In fact it is a hiding of the light of humanity. When it comes to intimate relationships, it is not so much that we are afraid of the true nature of each other but it is that we fear each other’s “selves” and the fact that we can’t easily find a way to be children and play together freely within nature.

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