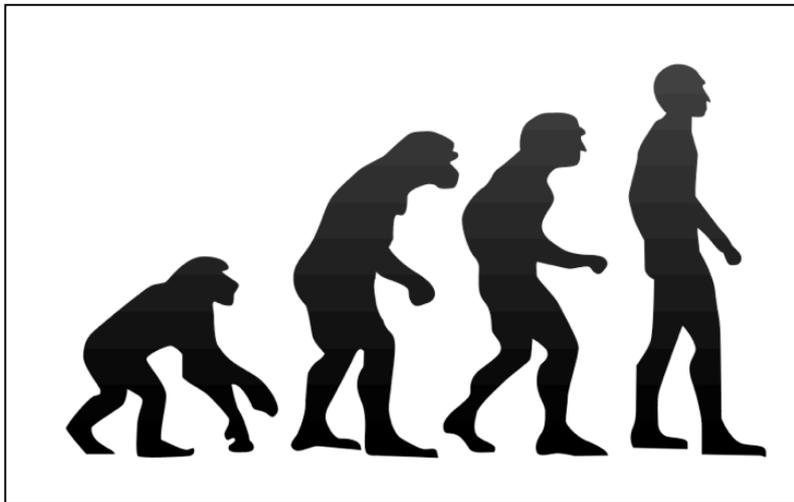


Images of “self”: Images of the energetic contraction in the energy-field of the human being.

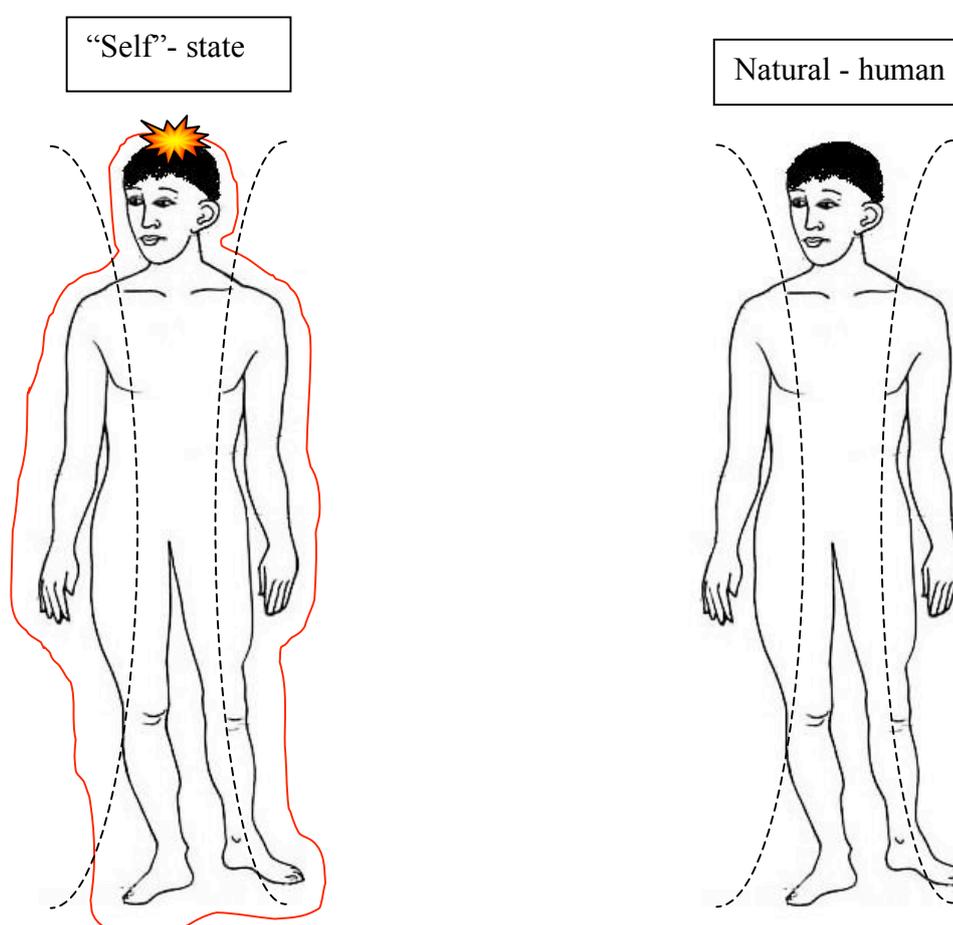
The formation of the “self” I believe has a significant amount to do with our bi-pedal standing. As the human changed with evolutionary environmental demands, so more and more of our time was spent standing. Very simply, heat rises, and with the human the body heat rises and accumulates in the cranial region and so our brain development had the greatest expansion of any other animal on the planet. The human’s bi-pedal standing status affords us the least body surface that is in contact with or relation to the ground of any other animal. Even a flying bird has more connection with the ground as it is facing the ground when flying. It also provided a column-like body which, like a mushroom grows upwards, gets to the top and spreads out to form the “mushroom-cloud” of the brain. This energetic perspective illustrates that because heat rises it is harder for the human to keep their feet warm as heat tends to travel up to the head. This upward-rush of blood increases brain development but is also very tiring, requiring the body to shut down half the time (i.e. to sleep) in order to function fully. Also the encouragement of blood up to the facial senses eventually causes a short-circuiting, as complexity reaches a maximal point for the structure. This we might call the human condition of “myself”, it is when the neo-cortex, which is the very top area of the brain, basically forms the abstract “hall of mirrors” construct of “me” creating a contraction in the energy of the whole body around this. This “me” forms because there is considerable heat in the upper body and very little below. So humans are like fire, we burn upwards and eventually lose the root connection with the earth. As such it is very easy for the human to become head-orientated and so form a “me” that is separate from earth as it isn’t in connection with the earth’s magnetic-field, unlike absolutely all other animals. So the human is the most root-less and ruthless of animals.



The expression above is a possible theory about how the “self” blamelessly developed and is part and parcel of human experience simply because of our physiology. Many animals come and go on this planet and humans have been around for only a very short space of time. At the rate of our expansion beyond the realms even of this planet, always onwards and outwards, following the heat in our heads, it won’t be long before the humans die out, just as fire is snuffed out when it runs out of fuel!

Unless humans goes back down to their feet/earth there is little hope of humanity continuing. Not that this can be striven for, as nature brings things to points of change, not the belief in the “self”, although the “self” is also a phenomena of nature and as such is also always let go by nature. As said by the Mayans and numerous other cultures, this time of 2012 is to be the turning point in human civilization, a time where things are brought to a climax of tension before release. This climax of tension is the expression of “me” which has come to the point where either nature will change so drastically that the human has to re-adapt or they will die out, and/or it is a time where the illusion of “self” simply lets go more easily and there is a natural falling away of this energy due to a much larger perspective of earthly-universal shifts, all of which of course profoundly affect the human being. In any case there is a change coming and this change is the end of the contraction of “me” into another situation.

If we look at what the nature of this contraction might energetically/diagrammatically look like we can try to represent the two states of the human, in natural state and with the contraction of “me” or “self”:



The contraction of the formation of “self” in the head forms the illusion of being within a skin or a bubble. The world is going on “out-there” and “I’m in here”. The contraction “caps” the energy at the top of the body and so forms this energetic bubble from which there seems no escape. The mind activity is fundamentally that of an alert state of fear which has become stuck. The contractive state is basically a feeling of being separate and alone so there is tremendous fear, but the fear is not an

actual thing but in this case simply the function of the human-mechanism which forms a kind of short-circuit-fear response due to the over-weighted cranium and its highly complex expression. The head will form masses of thick and complex thought processes and ideologies, whereas the body feels these as emotions, which are essentially disturbances of the highly sensitive natural human being. The bubble around the body represents the emotion, and the sense of separateness and the explosion at the top of the head is the root of the dis-ease but also the place of mental-focusing. This “self” state could also be called the “adult” state or the dis-ease state.

The Natural-human model on the left, which could also be called the child-expression, shows an expression where there is no contractive process going on so the energy flows through the body unimpeded. There is no inside or outside and no centre to “me” so it is empty in the core. The natural body has thoughts that come and go but there is no-one to hold onto them or claim them as “my-own” so there is no power of contraction here. The natural expression is also emotion-less and so is very sensitive and feels everything acutely. Emotions are actually internalized, a feeling based in a sense of separation, energy that isn’t expanded out of the body and so they are disturbances. When someone is in an emotional or highly mental state they actually cannot truly be sensitive and feeling because they are stuck in a swamp of suffering.

Suffering is the situation of feeling one is broken away, but as you can see from the above diagrams actually the “self” state is just a situation with the addition of the energy contraction of “me”, otherwise it’s entirely the same open expression as the natural state. One is within a kind of bubble, the other isn’t. This bubble is an actual energy expression but its fearful response is founded on a misperception that is quite ancient in human terms, which is that “I” truly “am”. When this falls away then so does the contraction and the suffering associated with being a “me”. This of course doesn’t end pain, in fact pain is without the buffering of separateness so it is in fact felt more acutely. However, because the pain belongs to no-one it is no-one’s pain, so then it is far less potent and powerful and it is just what’s happening. It is only when pain is owned that we can call it “sufferance” because then pain is “your own” and “you have to deal with it”, as “I” is a separate object. This in itself makes the pain a hundred times more excruciating than it actually is, “self” magnifies pain to the point of death.

David Nassim
27/11/2012