

## **Inflated ego: The state of “self” as inflammation.**

Why is it that, of all animals, humans have this sense of “me”? We seem to be the only ones, but what actually is it? Can we at least identify the nature of this dis-ease in order to be able to understand it? Quite simply in the ancient way of thinking, the world is one energetic continuum and so the nature of all kinds of phenomena, including everything that we consider to be dis-ease, is actually a form of energy. Energy is described in types of relative qualities of yin, that is the phenomenon of energy in a cool and condensed state, and the quality of yang, the phenomenon of energy in a heated and expanded state. However, when we look at the nature of “self” or the human condition we can identify its place of origin... the head... Furthermore we can identify that it is most likely to occur at the top of the head in a place now known as the “neo-cortex” of the brain, the very apex of the brain in fact, and the energetic quality of “self” is a *contraction of heat*, or the quality of heat that has been held inwards and is in a contracted state. As we know the brain affects the whole body so this inflammation in the head gives one a sense of contraction or literally a feeling of separation from everything, like you are “in here” and the world is “out-there”.

How does that come to be? Well, humans stood up. For some reason, most probably brought about by environmental changes that then influenced food sources or affected landscape/predators, humans stood up and there was then a hot-blooded column of energy in which heat could rise to the top of the body. It is likely that it gradually encouraged the formation of the neo-cortex and the so-called “higher-order” functions of the human. Therefore the whole “problem” for the human is really a blameless situation of heat rising and so the head being full of heat! This seems too simplistic, perhaps even banal, but the fact is that the head consumes massive amounts of energy to draw and power upwards and so little downwards, especially in the so-called “higher order functions” which involve analysis and abstract thinking and also language. This is a huge energy drain, and it’s what makes the human highly inefficient in relation to all other animals.

This head-inflammation (or big hot headedness!) is the cause of a huge number of problems, it is essentially the root of all forms of dis-ease which aren’t caused by environmental conditions. So apart from ice-storms, floods, heat and dryness etc. i.e. those weather conditions and the natural environment that the human body has to cope with, including lack of food resulting in malnutrition, everything else including addictions are what we might call internally-generated illnesses. These are the main ones formed in the modern world such as cancers, disorders associated with not eating food that instinctually works for the body but eating food that is opposite to what one needs...all this originates from a distortion of the senses based on this inflammatory process going on in the head. Dualism forms as a result of this breaking down of the senses and there is a kind of separation of everything.

This is the hallucination or mania of the “fruit of the tree of knowledge” as described in the bible, it is also the expression of the meaning of “Devil” which is in original translation meaning the “separator” or “divider”, everything in the hallucination of the senses is split. So too is the description of hell within the inflammatory process of the head, both a place of burning fire and also a sense of separation from everything which in biblical terms is a separation from “God” which goes along with fear, described in the book of Revelations as “the gnashing of teeth”. These processes are

all occurring because somehow the senses are short-circuited by the inflammatory “self” state causing a multitude of difficulties for the natural-animal-human body to cope with the environment. The human is a mad animal, believing in things that are not there, running around the world in a process of trying to find something that seems to be lost, the buzzing of the inflammatory head-state keeping on and on like a fly that won’t stop. We get illusionary ideas of self-reflection and begin to feel “my” body, when in fact there is no ownership and the body in health has no sense of itself.

This isn’t an epidemic illness because that would suggest that there are many individuals when actually there aren’t, this is part all of the hallucination, there is really one energy of humanity and a total Oneness of everything in the universe. It is a resonant field with which all humans’ energy is at one, “self” is an energy pattern occurring through all of us, and so through the whole universe.

So if it’s all about heat why don’t we cool the head down? It would seem natural and many cultures have tried, from the very origins of ancient humans who actually would make holes in the skull to let out the “evil spirits” in a process we now call trepanning, to the meditations of monks and the movement towards “enlightenment” or a “liberated” state. But the problem is that all these things are an attempt to “do” something, they come from the very centre of the contraction in the head and as a result all we may sometimes get is temporary relief. The above methodologies as well as the uses of drugs that affect and naturally loosen the “self” such as ayahuasca from the south American Indian tradition and other hallucinogens that attempt to counter the dis-ease hallucinogen, all come from the process of “self”. Seeking a resolution to “me” is really something that is so heavily embedded in us that it is very difficult to break it down. There are all sorts of practices that attempt this, such as stretching in yoga where the energy runs easily through the body and it loosens the contraction of “self”, doing qi gong and tai chi which send the energy down to the feet and away from the head. Then there are the more cathartic methods such as body shaking which break open the energy of contraction around the head and neck and allow the energy to sink downwards towards the feet and away from the head, many, many ancient processes, herbs and all kinds of methods attempt to do this same thing.

These do definitely provide temporary relief from the symptoms of “self” in that they allow the energy to be distributed more easily and are not attempting the impossible of a psychological transformation, which is like the self trying to strategize itself out of existence, an impossibility. Mantras and koans are possibly the way to end western psycho-babble and these in the end are about sound, not about psychology. However no matter what the origin the situation remains, because there is still the “self” seeking for something, it is still in a contraction attempting to find a solution. Inevitably nature created the contraction and it is nature that eventually allows it to pass (please see my other article entitled “Not Ripe Yet”), ***it is all we can do to allow the body a process of loosening a little or exhausting the energy so the body cools down***. In the West there are many people to do strenuous exercise in order to sweat and in this way release a lot of the heat. The saunas and steam baths of the ancient Greeks emulated by today’s spas are also methods by which the body can release itself. Healing is essentially always a form of natural or even unnatural (meaning prescribed chemical drugs) processes that cool the body down, anti-histamines and anti-inflammatory drugs both cool this head as well as the rest of the body, or the targeted area of tension.

If it were as easy as taking a pill then herbs would long ago have delivered the human from this contraction, but it isn't something that can be done by human means and this is the greatest block to its resolution. While some of these practices can help alleviate the tension if they are done with a child-like explorative openness and a lack of judgment, neither good nor bad, then yes, sometimes there can be an opening effect. However, very often these practices are tainted by the very contraction of energy that they are attempting to resolve: stricture, tension, hierarchy, power and control. Before the neo-cortex is fully formed, up until the age of about 3, i.e. the pre-“self” state, there is no such contraction and movement is natural, this is the origins of the various ancient exercises like tai chi and yoga. After this stage of development however it all becomes about the adult's inflamed energy of “getting it right” and “going towards a goal”.

Originally many of the practices that were done in the ancient world to draw the tension from the head and to get back into the body (and particularly the feet, i.e. furthest away from the head) were playful and exuberant expressions. Some were about stillness and calmness, others about expression and release, both however were about allowing the upper body contraction to calm down and be less intense. The formative expressions that have now become known as meditation, yoga and tai chi, qi gong and others were much more akin to a spontaneous dance of sorts which had different rhythms or expressions for different moods. They were about an allowing and nothing to do with a formalization. However in today's world there is very little of this innocent quality and more of the formalized ideology that is really a pollution of the inflammatory response into these expressions. The 0-3 year-old has no problems, the formation of the inflamed head occurs after standing has gone on for quite a while and the head and brain have developed to a point where there can be a formation of this contractive energy, then it begins to form a distinct “me”.

Many of the illnesses we have today, such as heart disease, cancer, arthritis, and many, many more are based in the nature of the contractive inflammation in the head and the processes that ensue from this, which include dualistic judgmental thought, a loss of feeling so that instinctive behaviours such as choosing food which is suitable for the body at any given time, or responding to the body's need to sleep or to move, these are all bypassed and everything is attempted to be ordered and categorized/structured by the warped logic of the contractive “self”. Disorders like tinnitus are deeply entrenched patterns, with the heat and pressure rising into the head and affecting the hearing with a variance of different noises but often high pitched, tinnitus in a sense is hearing the sound of tension.

Sleep is vitally important, as it is the time that the “self” has a chance to die away for a few minutes. In the natural-state U.G Krishnamurti points out that actual physical death almost occurs in cycles many times during a day, given the opportunity the body naturally shuts down and goes into a hibernation state at intervals during the day. This is something most other mammals do, but we have lost touch with this, although we do still get this at least once a day in deep sleep which is vital for the body. However, when the inflammation of “self” is strong it prevents sleep and this forms depression and many psychological patterns. Emotions are the physical manifestation of “Self” in the body, they are felt sensations of contraction, whereas

the mental contraction is a state of dualistic thinking. Together they form mental-emotional dis-ease which is the foundation of all illnesses.

We can say that the nature of the contractive “self” is a dis-ease of the yang. The head is more yang relative to the feet and the heat is more yang relative to cold so it is a dis-ease of the yang, and it is that natural expansive yang has been caught and held in. This heat and pressure, which is when yang is held within rather than expanding out in what we might call “pure-yang”, is inevitably a friction, it is like a situation of metamorphosis, similar to that of the structure of the earth when one rock transforms into another one under heat and pressure. Pure yang is not like this, it is expansive and opening, while yin is always the cooling and calming principle. As a result one can either cool and calm the head by means of drawing the heat downwards and “cooling down” or one can expand it outwards, opening out the contraction. The down and in or sinking of the energy is generally considered to be more about a relaxation and is tonifying. It is most suited to those who have weakened bodies and who are exhausted in many ways. The more exuberant expression to expand it open is for those who have the energy to do this and it is cathartic, it is an explosion and an opening outwards, it this comes with movement that shakes this contraction loose and pores open to allow out sweat and heat, it is a form of catharsis. Basically the yang energy needs two things: unwinding and opening out and cooling down. Usually the cooling down is the easier part and is quite superficial but the unwinding or unbinding of the contracted state of the yang is very difficult, in exactly the same way dis-eases like cancer adhere so strongly.

As a general rule those who find meditation and the slower more calming processes better for them generally have low energy in their system, so actually their structure of “self” has less energy, as does the whole body. The contraction is there but they need to conserve energy, as they will be open to the environmental damage from the climate, especially extreme cold. However, the more robust body with considerable heat and strength often needs to lose some of it in order to feel relief from this tension. This is why in ancient medicine there are two forms of expression, which of course is a spectrum. On one side of the cycle are the more inwards and drawing inward expressions associated with slow and gentle movements and a drawing of the inflammation away through distributing the energy downwards and allowing the energy to sink downwards - this is a yin-type expression. The other is the expansion that cools the head through pushing out extra energy and radiating it out (e.g through sweating), so this also ends in *cooling the head* but through a yang method, therefore this is more yang in style.

The cooling of this tight contraction is no art form and no ideal state, it is simply like washing teeth or skin, or scratching, or warming cold feet, or doing anything that is about the natural desire to allow the body to feel okay. It is nothing other than this, simply the natural animal doesn't like the sensation of a full, over-heated and top-heavy feeling in the upper body and the associated mental-emotional symptoms which manifest physically and this is why these techniques have formed. They help the body move out of strong dis-ease patterns for short periods of time and they constantly need to be re-applied as they are only patches that allow the body to calm itself. Many of the natural methods of the ancient way that understand the whole of the universe as One energetic flow follow these processes in medicine too, something that new-science and so-called “quantum-medicine” have yet to really see in full clarity due to

their still deeply contracted view through modern ideology, which is a painstakingly slow opening outwards of the egoic state towards the full picture the ancients already sensed instinctively. The ancient view encompasses everything that “quantum science” is beginning to reveal and all the parts in-between, but this is yet to be seen by those who are interested.

While medicine is not the end of the rainbow and nor are the “self-help” methods or re-sensing our bodies again and getting out of the head, none of them totally allow for a total drop-out of the “self”, they do however often help prevent and/or help manage serious illness. In all medicine of these kinds the attitude of free-play has to be the centre of them, it is to become a child-again, as this can alleviate the madness of being a human, for a little while at least.

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