

Innate Meditation: Sensing the place the breath goes, allowing the body to heal itself.

If you have ever looked for a meditation class or a yoga practice or a Tai Chi form or anything that is to do with learning a skill associated with “natural health” you will be astounded by the amount which are out there. It is amazing how many types of meditation there are, from doing it upside-down, to seated, to standing, the ways are infinite. However the reason there are so many forms is that the body moves into many different positions, we are all so different and therefore so are our experiences.

Originally there was never one prescribed form of anything in any of the ancient cultures. The shaman or guide of the group or tribe would sometimes suggest how people could help themselves return closer to their Natural state, but these would be specific for each individual. The diagnosis was very important, it was all about helping to clarify a person’s natural instinctual sense and relaying this back to them, thereby facilitating a recovery, sometimes also with supportive treatments to this end, as a kick-start so to speak. All recommendations were particular to each individual, they were associated with the specific difficulties or problems of a particular person, so there was no “form”. As such most of the “forms” of practice people do are fine as a methodology of wanting to move the body and as a form of exercise, but it only truly becomes healing when they are in alignment with the natural instinct of the body. This is the animal nature of the body.

So do animals meditate? Well no, because there is no intention to do so. But in a way they are constantly in a “meditative state” or a “trance” because in fact this “trance” is *reality*, whereas the human has mistaken the trance of duality to be “reality”. We are constantly going in and out of our natural trance state and the more often we are out of it the worse life feels to us.

It is very easy to identify the main problem area in a person’s energy field, this diagnosis is the most important one we make. The main problem area for a person will be that which is most blocked in the energetic field. The area of greatest blockage will be the area that the person is most focused on. In Chinese medicine this is called the “full” or “excessive” area and the treatment approach to this area is to help it unblock or to clear it. This can be done in any way one likes, from psychic surgery to physical surgery, from the waving of shamanic feathers and the use of certain smokes or sprays that are scented with essential oils, or simply massage, acupuncture needles, the use of moxibustion. Some forms of energy healing and reiki will use different methods to “clear the energy”, all of these can help and there are thousands of different methods by which to do this.

This main area of tension is usually the key block in the flow, usually from deep-seated mental-emotional illness holding the area that is stuck. There will always be one area in the body where this is most focused along the main centre-line of the body structure, moving off from here to the sides. This is the blocked area one can help to shift using these more “cathartic” methods. The other areas of the body will often be weakened by the state of tension of the blocked area and in fact the weakest area of the body will be the main place that the blocked area is drawing energy from, it will also likely be the place of the most “empty” feeling. In Chinese medicine it is called “deficiency”.

The way we deal with these areas in treatments is to help the body draw energy to these places, again there are millions of methods of doing this, but the main point is to help bring energy to places of tiredness and weakness. The blocks are essentially “self” and the weaker areas are the areas which are actually healthy but are depleted. No matter what, the areas of depletion need to be the focus of the treatment so that the body can feel supported. The tension of the area of blockage will loosen if this area is focused on primarily. The second area, the blocked area, needs to be the focus of dealing with the “self” state and as a result this is the key area that the body automatically focuses on to heal.

The body has innate ways of being able to remove blockage from the body. One way is by sneezing and yawning, other ways can be shivering and shaking, emotional outbursts with tears. Sometimes it can come out through vomiting or belching, diarrhea, sweating or other purgative expression, sometimes through screaming. All of these are ways the energy can release itself. Another aspect is by breathing...the breath is one of the most powerful ways the body has to remove blockage and it does this naturally.

For most people in this society the head is profoundly blocked, second to this or perhaps equal is blockage around the chest and heart region, sometimes the throat. As we come down the body for many people the solar plexus is also tight. Everyone holds tension slightly differently. For some it is the lower body that holds the tension. The more associated with the head it is the more mental the problems will be. The more in the lower body, the more physical the emotional the problems will be. This is mental-emotional dis-ease and they will always be elements of mental distortion with emotional difficulty but we are talking about the balance of these things in individuals.

No matter what the body's natural response is to this problem region it is vital to breathe into it. If a person can recognize that this is what the body wants to do naturally this can become their “meditation”. It isn't really meditation, just the body wanting to help itself clear, but we might call it meditation. When a person finds the area of their body that is tightly blocked and starts to meditate, what they are actually doing is simply listening to what the body wants to do. As a result they can clear blockage and feel more peaceful within themselves.

The Chakra system of Indian medicine is a commonly known expression where each layer represents a different kind of emotional expression that is stuck. Wherever this occurs there will be discomfort in this region and it will require breath to resolve and move the energy. Focusing on the weakest area in meditation does not really work as effectively because the main area requiring attention will not be focused on and this will cause problems. The body needs to clear and meditation is really a process of cathartic response. The strengthening of the weakened areas will result from clearing the blockage, however in the meantime nourishing the body properly and eating well is key. Meditation and exercise were always used with dietary recommendations in order to support the process of catharsis. If the inputs of food do not always balance the outputs then there are difficulties as there then isn't sufficient energy to help the body breathe and recover from the catharsis.

All forms of exercises and energy exercises such yoga, tai chi and qi gong should also be tailor-made to help the specific person. This stops these things becoming forms and methods of “being health” and instead helps people focus on their actual issue in order to help allow the body to go through its process of resolution. This is why when a person finally uses methods focused on their specific problem and it clears, they actually then come into their own instinctual sense and at the same time they heal. This is a profound expression as they understand and have become their true nature in the process.

Therefore innate and spontaneous approaches to healing are often the key. The practitioner is really simply helping facilitate a person in being able to recognize the areas of blockage and help them move on, while still responding to the energy requirements of weaker area that needs support. There will always be one greatest block and one greatest weakness and these are the two that need to be balanced most profoundly in the body. The blockage only clears if the person has enough energy, so sometimes it is best not to use too much catharsis and strengthen more before you do catharsis.

Listening to the body we can find our greatest blocks and within them our greatest fears, all of which are about being separate or what some might call “being separate from god/ love”, whatever one calls it it is the process of return to the Oneness of all things, it is about the unblocking of the keystone of tension which for most people is in the head or heart. Very often the breathing into these two areas, be it the “third eye” or the centre of the chest, is about the closing-off of the heart from the hyper-tension of the mind. As these two dis-ease patterns are key in society today, these two are therefore the most commonly seen expression. The human body often knows to breathe into these places and open them up, but we are often unable to feel this or see this until it is pointed out, or until we are forced to see it through shock or accident. In any case these are the key in the modern world.

My reason for writing this is to point out that a) natural “meditation” is already there, it is just about responding to what we innately sense and b) it is to call for the end of “form” and a movement towards a more clearly focused approach to help people understand the innate sense of this individually so they can see that tailor-made understanding of each person as it was originally done. This is still the way to approach all things, from diet, to exercise to meditation, everything needs to be accurately aligned with the individual for people to make sense of it. Luckily our instinct will also tell us if things don't work or are only partially helpful and it is through sifting through this, even without support, that one can eventually come to find the things that do help. This trust of what's truly right for you is the most important way of discarding all forms of healing and all forms of treatment and eventually “forms” altogether.

Innate meditation is from the body sense, it is the feeling that the body has of wanting to be still. If the “idea” for stillness comes from the mind, then this is no longer innate meditation this is an act of force, of imposing will on the body. For most of us, most of the day there are moments of stillness. If you look at animals or children there are times of stillness that naturally come, like breathing in and breathing out, there are still points and this is life, but the breath is moving inbetween the two still points at the top of the breath and at the base of the breath. The point is that if life is like the

breath then much of our time needs to be spent moving and the body is activated, the rest is about quite sitting or standing. If we attempt to control this process we will be disturbing the natural flow rather than maintaining it. Meditators who spend hours a day meditating are very often damaging the natural energetic flow of the body, it is a force of the egoic state which does this and essentially this process re-enforces this egoism. Innate meditation, just like innate anything, is of the body not of the mind. There is a place that is not movement and is not sleep, this is meditational quality. Mindfulness comes close to the foundational essence of meditation in that it is a *constant* “awareness” of the body and its process. However this focusing in itself is about the observation of the mind and feeling it isn’t about being within the innate experience of the body, as a result it causes another dualism, just a more internalized one which is commonly found in Zen practices. Basically, the mere fact of “practice” is imbedded into the process or there would be nothing called Zen, so being part of such a tradition, even if that tradition believes itself to be different from all the others, is still using a “form” and as a result it will be the form that becomes the egoic position until it is let go of.

Some people say that you need a form in order to let go of it. You need a structure to begin to return to the body senses before you can let go...however this is to say one needs to *use* the “self” and its mental forms in order to overcome it. There is no validity to this kind of statement, it comes from the idea of improvement and “getting better” no matter how cleverly laced the “way” looks like. It also doesn't recognize that we need to use a different format other than the one we know in order to be free of “self” state, to paraphrase Einstein. If there is a form involved it means a lack of trust in nature that it has evolved from, and as a result this distrust is just magnifies in the process of interacting with it. One must understand that everything that you are right now is enough, there isn’t anything more one needs to get. Therefore all that is left to do in the world is to follow what it is that draws you, and to listen to what the body needs and wants. It seems extremely “selfish” but this kind of “selfish” isn’t coming from the head telling the body what to do, it's the body informing the mind, this is opposite and extremely different. What the body loves is what nature is. Living life without the force of “intent” is giving up the greatest addiction of the human race.

Innate meditation often comes with a want for the spine to be straight to allow the breath to open as much as possible, so seated against a flat surface or with the spine straight when seated or lying down can be good positions to follow where your body wants to focus its attention on. Then wherever it is, breathe through this area like you had nostrils there. This is all the body requires to clear itself of tension, which is its way of helping to dislodge “self”.

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