

## **“Letting yourself go” without “keeping up appearances”: A guide to the subtitles of some social clichés**

How often do we hear: “Oh, she’s really let herself go!” or “Be careful you don’t let yourself go”. This statement has derogatory connotations, whereby someone is perceived to have fallen from the perceived “height” of social acceptance into the abysmal depths of the untouchable “class” of those “unable to cope” or who “under-achieve”, or are “incapable” implying a lack of discipline and a loss of pride in your-“self”. Basically it is an expression of pure judgment, based upon what we believe to be “normal” and how someone compares to this ideal, which is one of the capitalist-materialist-nuclear-family-member, simply the robotic arm of madness.

The yardstick of “normalcy” by which people measure themselves is really about a process of “keeping up appearances”. If it were possible to “let yourself go” in the manner suggested, then the implication of this is that people are “keeping themselves up”, which is the illusionary perception upon which the “daily slog” or “work ethic” are based. The moralism associated with keeping up appearances, of “working hard”, of “being just”, of being “up” rather than “down”, and of it all somehow being “your responsibility” is complete hogwash. There is no actual sensory basis for any of these comments that has anything to do with the natural sensation of what it is to be a human.

When a person is deemed by society to have “let themselves go” (even though the “self” doesn’t actually exist!), it is usually discomfort or sufferance beyond measure that has led them to one or more of the addictive outlets available in today’s world in an attempt to albeit briefly appease the tension. Or it is simply a case of getting sick constantly, as the body can no longer “keep up appearances” and the façade starts to peel away.

The ridiculous problem is that of idealism, the ideal of the “normal human”. This is a mechanistic impossibility but one that is seen to be real by those of us viewing life through an indoctrinated “individualism”. So a comparison is made between naturally sensed life-*as is* through the senses versus “what life should be” which for everyone is impossible to recognize as reality at a deep level. This is of course the indoctrinated Matrix founded on the fundamental illusion that “you” and “I” are separate.

The situation of people finding life difficult to cope with is something that can be seen as a revolution rather than as a “bad” situation. In fact when people cease to believe in the “norms” and “values” of society is the start of things falling away, such as illusions of what society holds dear, these expressions are gradually seen through and realized to be false idols. When things fall away and seemingly absolute beliefs die, this allows the clarity to realise what remains beneath. This is what happens when people “drop out”. Far from that being something that is “bad” and a “drain on society”, that the person has “no strength of character”, or no “moral fibre/backbone”, what is in fact happening is actually at last simply nature coming through. It’s similar to the situation of what is happening at this time in Chernobyl (see <http://uk.news.yahoo.com/wildlife-thriving-after-chernobyl's-nuclear-disaster---study.html>), where after decades without human involvement/intervention in the area around the disaster site, nature is flourishing. Thus when the anarchy of nature

returns, so there is change. When human ideals degrade and fall away, infinitely underpinning all of this is nature.

There is a fear that our depression relating to not being able to “fit in” and the resultant anger and anguish of that somehow creates higher crime rates, violent behaviour and an ideology of “survival of the toughest”, which is inevitably seen in every major city of the world. However, the symptoms and the root of the problem lie in the ideology of human “norm” and people’s belief in separation. This is the fundamental basis upon which these kind of inner-city madneses form, whether at the so-called “top” or so-called “base” of society, which are in fact two sides of the same coin. Those who are at the base can’t see a way to the top and as a result they can sometimes see that it’s a totally useless, fictional process to force one’s way “up”. Similarly the person who “has it all” can see that the process is completely useless, that he/she is impoverished at a deep level yet in a luxurious environment. The ideal of “norms” are the shared illusion, “self” is the shared madness.

The real crux of the matter is that it isn’t “I” that chooses to let go or to disbelieve social norms, neither is it “I” that chooses them. Fundamentally what is going on occurs despite the idea that there is a “me” at the centre of any of it. Nature is coming back within, drawing the human back to his/her natural state. It is not the “self” that chooses, it is nature that lives on through the human, however much he/she tries to deny or cover it over. The Colonial nature of the human “self” believes it is separate and so needs to “strive” and keep themselves up, to push and fight and achieve, to “do better” and go “higher”. They even believe this within the nature of so-called “spirituality”, which is all the same expression of capitalism just in a different form. The indigenous quality of the body wanting to simply live and *be*, and to be free, lives on underneath it, but is regarded as the “primitive” underdog. Ironically this underdog is the very ocean of the universe and the colonial is a mere water-droplet that believes for a moment it “rules” until it is swallowed by the sea again.

When letting go occurs and people stop doing what they were “traditionally” doing and begin to open to the simple senses, either for a time or for the rest of their lives, whether they change fully or not, take drugs or whatever they may do which isn’t what society has ordained as “right”, all this is fundamentally nature trying to find its way home, even if it does so in so seemingly warped ways.

This all is about the process of judgment, the belief in a separate “me” and society which creates that belief mirrors this constantly. How can one judge such an expression when in fact no-one is in charge of it! Please see Tony Parsons <http://www.theopensecret.com> . In fact those who find themselves giving up on this are very often the ones for whom, although the suffering is intense, it is more real that the keeping up of appearances. That ideology has now been seen through as no longer having any importance or usefulness. It is true that appearances can be deceptive but actually it is that we are deceived by appearance, by the belief which is lodged in the head or surface of the human, rather than the sense in the full bodyspirit or bodysoul, the feeling in our veins that something is really skewed. If one is living within a central city environment and not feeling depressed, anxious or irritated by the nature of the energy of the place, this shows a lack of sensitivity blunted by the environment, as nature itself cannot live on concrete. Therefore why does the human believe he/she is able to be apart from nature?

It is as if the human upper body is trying to get away from its feet and legs, which are in touch with the earth. The head wants to go up into the sky and the legs and feet are considered “useless”. “Appearance” is the upper body, the face and the head the outer surfaces that form the exterior. However, the naked body, the lower body, the legs and the feet are the place where there is life happening without anyone doing anything about it. Here there is no morality, no theory, just life and senses happening for no reason and the realization that love is not “this” or “that”, but is absolutely everything, which is what makes it unconditional, and only unconditional.

In fact the process of letting herself or himself go is really about the falling away of the illusion, it is the healing “crisis” which in fact is not a crisis but a revolution, a passing away of something, a cocoon, or a chrysalis stage, the state of Chaos before things can return to a natural state again. We live in interesting times, times of the shift, but the shift is not what the appearances might tell us, there is nothing “I” or “you” need to “do”, it’s all happening automatically - despite us! Nature is doing it, and so inevitably the process of change starts with the end of beliefs. Life existed before judgment and after judgment there too is life.

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