

Natural limit, Natural order: The myth of “chaos” and the end of fear.

“Every Snowflake falls in its perfect place”

- Zen saying

What looks like chaos to us really and truly isn't. This might sound like a belief system but essentially it is really the only possibility. Nature has its own order... if we let go the idea of control what is left but natural order? Basically for most of their existence the human being is within a state of feeling as though they are behind bars, imprisoned in a society which doesn't allow them to express the true nature of the body-being that they are. The idea of “civilization” is all about upholding the misconception that without rules humans would “descend” into “animal-like behaviour”...which often goes with the phrase “if there were no rules, people would just go around killing each other, it would be chaos!”. This is what we are told, but on every level this is actually untrue.

If we look at the behaviour of animals they are far more “civilized”, without any rules but simply living at-one with natural cycles and being completely ordered in their expression but with no ruler nor imposer of those rules. For the animal, and interestingly for the infant child too, there is no God out there dictating commands nor is there a “self” within that has a “moral compass”, there is simply a responsive, instinctive sense which has no separation from everything else in nature.

The idea of needing to order nature is very much to do with the illness of being an adult human, we attempt to order the growth of food but form agriculture that kills the soil, we attempt to treat the dis-ease of the body with our dis-eased ideas, in fact forming more dis-ease, it's a war on the land and a war on the body. Everything that the human attempts to do with the intention of fixing or changing something will be fraught with difficulty, especially as they are fighting with themselves. In the hallucination that “I” exists and is separate from “you”, which we call the human condition, this duality has been something that has upset global natural balance for the short while we have been around in our present state as upright human. We have forgotten the unity with nature which is what we inherently are and so our process has become about seeking for something that never went away yet seems to have gone so *far* away. Instinct is just a word that has some ideas attached to it, usually of the “lowly animal needs of the body” but somehow there is a belief that we are “more than that”, that the expression of being an animal is so “low and bad”. It is the belief of the human as a “spiritual being having a human experience” that is one of the huge ignorances of the new-age movement.

*"Without a heart the animal
is very very kind
so kind it wouldn't like a soul
and couldn't use a mind"*

- E.E. Cummings

The nature of animal and plant life without the dis-ease of separation is deeply tranquil and beautifully normal. The drama of the human anxiety-based patterns of

running from themselves, idealizing and attempting to fix and to order everything from within the limitation of the mind is so awkward and ridiculous as far as nature is concerned, it's like trying to suck the sea up through a straw. The human tries to order diet and so creates an eating disorder, it tries to order sleep and creates insomnia. Ordering emotional expression causes internalization of energy and eventually disease, ordering sexuality causes internalization and dis-ease also. Being "free of rules" is deemed to equate to "chaos", or a situation where one is lawless and some kind of villain. Those who invite "chaos" are the expressions of machine-gun anarchism such as Al Capone or the various cowboy gunslingers of Hollywood films. But this "chaos" is actually a situation of people rejecting a whole raft of rules and making up their own. Those who seem to be living outside of the law are living inside their own prisons which they themselves have created.

So to most people "chaos" means something that is outside of societal rules. However there is no "chaos" outside of both societal-rules and lawless-rules, "chaos" does not exist because the outermost "law" is that of natural-law which has no master. This too is ordered but not ordered by a person, it is ordered by the whole of the universe as one.

Very often the human being has to reach the limit of their tolerance for the rules of society in order to eventually see them for what they are. Some will attempt to go it alone and be law-less, forming their own rules, but again these are prisons within prisons they are not breaking the mould. When we get to the point that there is such a dichotomy between what we actually feel and the rules, whoever set them up, then one is at the point of change. The next part is the most fearsome... the feeling of there not being any rules, made either by me or by society, it is like a feeling of absolute helplessness, a fear of how can I survive living in this society. A feeling of dread and of impending doom or "descent into chaos" can form, but this is all the fear of the unknown. The "self" fears death but all that occurs at the point of death is the realization that "self" is illusory, that all of life is naturally ordered by no-one, and the body returns to "automatic-pilot" status!

With addictions a person wants to give up the addiction but at the same time the addiction provides them with a format for their life. Without this it would mean a questioning of the entire nature of how they have lived. For example in eating disorders bingeing is a move towards freedom from the rules or society and the purge is an attempt to fit back in again, the inner child-nature wants to come out, but the jailer wants you back in. It's the dualism of good vs. bad that creates the tension and release pattern, but outside of this is just *the instinct to eat*. For the person with an eating disorder the worst thing one can do is to take away the pattern of the disorder, for although it is a deeply damaging life-line it keeps a person calm and able to cope with anxiety or any feelings. The big hurdle is when that innate nature starts to emerge and no longer want the disorder, there is still a deep feeling of the chaos of not having it there. However again the missing realization is that when one lets go of the attempt to control then nature has its own limits, one falls into alignment with the universal whole, one doesn't just "fall". All addictions of any kind have exactly the same pattern and 99.99% of people are addicts.

Using the eating disorder as an example again, a person can binge but the binge will get to a point of hurting and a person won't be tasting the food they are bingeing on.

The natural limit of the human body is there in the background of this, it may want three biscuits at a time but not thirty. The natural limit is there but the dis-ease of the human overrides this and attempts to “diet”, thus killing the instinct. ***Intention kills instinct***, plain and simple. Instinct is the spontaneous order or law of nature and it is outside all human-made laws or ideals, it cannot be reached with thought or rules or reflection, it is already within the body and so nothing can be done about it, it is just the way it is.

As the human has natural limits so does all of nature, it is naturally ordered, naturally limited. This is not to say that the universe isn't infinite but it is to point out that limitation is not decided upon by anybody, it's just the way it is. It doesn't matter how hard I try, I will never be able to play the guitar like Jimi Hendrix... it's impossible because his expression is his expression, this body expresses what it does and that's it. The limitation is fine but the problem comes about with the human mind's attempt to make things the way we want them to be rather than letting things simply be.

So with the inevitably cheesy words of Paul McCartney, this is how we can see a vital key in our misunderstanding of the nature of the human body and the nature of nature itself. When the human ends their attempt to fix, or to order or to make rules, there is a realization that already in place and behind everything is the natural spontaneous order of nature that requires no creator or controller. It is a sea of energy moving in and out of existence, there being no beginning or end to this, nothing and everything occurring at once, and the paradox is that we have never been apart from this. We will never know what our own face looks like, we will never understand our own expressions, nor know where our voices come from, let alone be the people that control the entire universe. When the words “I don't know” rest easily and there is no urge to attempt to find the answer, then there is a possibility that the myth of “chaos” is over and done with and the myth of fear dies with it. We let go and are in free-fall, and all the time nature is ordering everything. The big job the human took on as “caretakers of the animal kingdom” is really not for them to take on, it is essentially the other way around, we will always be children in Eden, we just have to stop pretending we're adults.

Let it Be
- The Beatles

*When I find myself in times of trouble, Mother Mary comes to me
Speaking words of wisdom, let it be
And in my hour of darkness she is standing right in front of me
Speaking words of wisdom, let it be
Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be*

*And when the broken-hearted people living in the world agree
There will be an answer, let it be
For though they may be parted, there is still a chance that they will see
There will be an answer, let it be
Let it be, let it be, let it be, let it be*

*There will be an answer, let it be
Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be
Let it be, let it be, let it be, let it be
Whisper words of wisdom, let it be*

*And when the night is cloudy there is still a light that shines on me
Shine until tomorrow, let it be
I wake up to the sound of music, Mother Mary comes to me
Speaking words of wisdom, let it be
Let it be, let it be, let it be, yeah, let it be
There will be an answer, let it be
Let it be, let it be, let it be, yeah, let it be
Whisper words of wisdom, let it be*

David Nassim
6/ 4/ 2013