

Part 2 - Life on the edge: The hypersensitive “self”.

This is the second article about how traumatic events beginning with the original sense of being a seeming separate “me”, affect the two poles of the energetic spectrum of human nature. We previously looked at how trauma and the energetic contraction that ensues can create a deeply controlled state found generally with many people who have a naturally yin expression or introverted expression. However for the more naturally extroverted expression this is less often how trauma will express itself. Let’s just draw a chart of what is being expressed in this article compared to the last one:-

Natural-state/ Child-state	Added on pathological state tendency / Adult-add-on
Yin within yin (female) - Introvert	Life in a box
Yin within yang (male) - Introvert	Life in a box
Yang within yin (female) - Extrovert	Life on the Edge
Yang within yang (male) - Extrovert	Life on the Edge

While the relative pathological state above is generally produced by the relative natural state, it can be that a yang within yang expression has a “life in box” expression. In this case the pathological state is very severe because it is almost totally obscuring the natural expression of a person. In a way a yin expression can deal with a yin pathology better than the yang and vice-versa. In fact if a natural yang type has a “life in a box” pattern they are likely to form splits, with disorders such as “multiple personality” in which the energy of their expression forms many different expressions or fragments. There is obviously no divide between mind and body and so between “self” and body, so the energetic contraction does affect the physiological mechanism of the body though not necessarily as one would expect. However in all cases it is an anti-life phenomena which resists the flow of natural energy or exaggerates the flow to stagnate or exhaust the body.

“Extrovert” in this case doesn’t mean a self-publicist, although it can do, the expression here is simply a natural radiant expression rather than a naturally cooler, inner expression. The best way to think of it is like fire and water, the water is calmer and the fire is more radiant and different personalities simply can be basically categories in these two groups. The trauma creates a distortion of this natural expression which is added on top, and once set up affects the free-functioning of the human expression. In the person whose nature is slightly more yang (be it within a male or female body form) the following is how the natural expressive and radiant nature might describe the hyper-sensitive “self” state:

“I’m a bit of a dramatist really, I don’t mean to be but that’s how it always seems to go, things that other people seem to cope with very well in day to day life seem to be a bit too much for me. I’ll either cry and cry when things become or feel dangerous/ irritating or I’ll make a real fuss about it and people always seem to get really angry with me. I get into fights a lot, there’s a lot of expression and sometimes things get heated and angry, I don’t want to be known as an angry person but it just happens like this. I try not to let people affect me but it’s almost impossible. I’m really self-conscious everywhere I go, it

feels like people are staring at me and I feel naked and deeply ashamed all the time...why, what have I done wrong? Have I done something to upset people? It seems by my very presence people get irritated or just seem to irritate me, yes I'll either cry or I'll shout back a response, I feel like my life is on the edge of explosion all the time or on the edge of a panic state. In the end after a long while this makes me so tired and exhausted, the doctors say it's depression but it doesn't feel like I'm numbed out, it just feels like I'm too tired to respond. Sometimes I think it's better like that because then I don't have to feel the intensity of emotion all the time. I feel everything, everything affects me, from loud noise and sound to people pushing me in the train to people not responding to me when I send them messages or when people I know don't let me be what I am but criticize me. I don't want to be what I am but I can't help it...why do I feel so awkward, I just want to be "normal". If I could just feel calm inside or at peace, I always seem to need to be doing something to keep myself occupied otherwise it all seems like the voices inside me take over and I'm in a panic again. Smoking helps sometimes, in fact I think I can get addicted to just about anything, food, sex, drugs, loads of thing that can take my mind off what is upsetting me or what could potentially upset me next. I'd love to be a Zen monk or try meditation but I just don't have the patience for it though it seems like that might help. If I could tune down my feelings, just be numbed out, I'm sure I'd be a whole lot better. I'm not a bad person but relationships are so difficult because I can't not say what I feel and when I do then the response upsets me so much. People just don't get me, I wish I could find someone to accept me even though I've got this difficulty and I know I can go into anxiety, I just want to be calm and to be held. Friends say that I'm a real party person and that I love socializing, which is true, but it's often just so I can feel popular and know I'm wanted, I really need to be wanted and to be seen and liked, I need to be liked and I really want people to like me. I probably am a bit showy and flirty but it's just being what I am and I hate when I feel guilty after expressing what I feel, I just want to hide away. I may live life on the edge but I feel like sometimes it's the edge of madness, it could slip one day and I might not be able to control what happens, I frighten myself!"

While this sounds very flamboyant to some, others will resonate with this expression. It is not only a female expression but also male, it just depends on the nature of the male or female. For men the responses will often involve a lot more aggression and anger as an expression and for women often this becomes an anxiety or panic state. The above is probably more drawn on a female expression, however both male and female can be expressed here, many alpha-male types can have a similar profile to the above expression, it will just be expressed differently and usually with much physical aggression and a hot-headedness propelled fundamentally by anxiety at the root.

For the "life on the edge" person, quite contrary to the "life in a box" person, there is a lot of heated emotion, turmoil and stress. They are constantly exposed or exposing

themselves to the whole world and this is in an effort to find something that will help the panic-state calm down. The panic-state is the response to trauma from the naturally-yang expression. The contraction of “me” then creates the counter-measure of *out-put energy* which is about aggressive defense or running away. It is literally both fight *and* flight. This is totally opposite in the yin state which is like a rabbit in headlights, it just stops moving, so *fright* has to be added to the fight-flight dynamic to produce the whole spectrum of possibilities.

This person seems very much “out in the world”, either dealing with life by using the hyper-sensitivity in places where it’s useful and where they can be recognized, such as bosses of corporations or situations where this expression will be seen as a “diva” quality which is accepted. Or they will often go through life feeling sensitive but at the same time deeply self-conscious and not knowing what to do with this energy as they are weakened and depressed by being this way. It is a daily struggle to stay calm and grounded, and so much tension feels strangulating.

So we can understand that in a way the “self” here is very heated, meaning the pathological state of dis-ease state is an over-hot adrenalin state of affairs. This is nothing to do with the body state but will affect the body, the “self” is like a virus that affects the body in a specific way. In the yin dis-ease of “life in a box” it is a cold-virus, in this disease of “life on the edge” it is a virus which causes an over-heating energy. This can make the body over-heated or it can make it exhausted and so chilled, just as the yin type dis-ease can make the body stagnated and over-hot on the inside and cold on the exterior, or it can actually shut the whole system down and make it depleted. In the end what we are speaking about in this article is the mental or “self” state only, not its symptoms in the physical.

So the “self” state in this case is heated, it is on the run or fighting for “survival” and it is locked in this pattern, pushing and pushing to make its way ahead of the game and using a massive amount of force. While one might relate the melancholy and pain of the blues to the yin-state, even though there is no feeling here so music may not get through, if it does it would be the slow blues, the yang state is not blues but more frantic dance music, powerful and big performances of orchestral music with complex tunes and rhythms tending towards a higher speed. These are just metaphors of what these expressions are like but interestingly they find themselves in these situations because the music is simply a resonance of what is felt, it is the same frequency of vibration. In fact the opposite poles need each other and are balancing to each other and as a result find restoration through each other.

The over-heated “me” needs to be cooled down and interestingly society has many more processes for this issue than they do for the yin-type “me” which is hidden and so not really seen. The yang expressions are seen and connected to. In ancient medicine, in order to cool the body down one works on its surface and cools outside-in. This is opposite to when the body is cold, one needs to heat inside-out. If we now apply this to the state of “self” we are talking about, not the actual physical body, then the approach with this “self” state is actually about cooling and calming the chaotic mind state. The process is to make the fire cooler and to make it ordered and structured much like an ice crystal. This is why for these people very often meditation practices can actually help and can bring great comfort and relaxation. Even better, it doesn't need to be a forced situation but simply being in environments where there is

a calmness and a clarity about the place, not cluttered or full of energy which is similar to their own but calm and earth-based. They often need to move into situations which to begin with are consciously thought-out, i.e. on the clarity of a mental-logic that is superficial but cooling and about drawing to their root. This is something that the yin-type pathologies of the “Life in a box” “people do without effort, they are within and calm, they actually require total chaos and to let-go into this chaos, but for the yang they are already in the chaos and so need to cool their nerves, not burn them out, and to calm themselves and allow the body to relax.

Very often the Yang need to find people who are deeply yin and be around them for long enough and this actually has the effect of calming them down. This interestingly **doesn't work the other way**, the reason being that for the yin to heal from a state of internalized “Life in a box state”, the healing has to come **inside-out**, it has to be an explosion, in a warm and natural way. With the yang-state of “me” it has to be a collapse of tension like a graph with severe peaks and troughs that wear away so the severity of movement is smoothed-out and harmonized.

When the environment changes for the yang-type condition, then they change (cool-down) because literally they can be affected from the exterior-inwards. The “life on the edge” type people have very sensitive exteriors they can feel often much more acutely, even moving into states that are illusory, full of dreams and imaginary events that are actually “real” in the sense that there is something happening, but unreal in the sense that what they believe is happening is untrue. Very often the yang types will personalize and make very things about themselves and it will form “their” issue, they will also be highly paranoid in this, which can lead to more and more tension building up and being expressed as a form of panic. Any form of panic and tension in their environment will exacerbate this but they will often try to shake everything up as much as possible to see if it really is solid, so will push a situation to its limit to see if it really is safe for them to relax. This is why very often relationships for these people can be difficult if not with the right people, who almost need to be numbed more than he or she is, but also able to be steady enough not to hold in anger or difficulty, something that only people with a yin expression can do naturally, sometimes.

So in summary, the two forms of yin and yang natural state in male and in female form two pathological states, making a feeling of “life on the edge” or “life in a box” which is really the spectrum of deep dissociation and autistic expression all the way through to mania and hyper-sensitivity. These are within the “self” state only, but if we understand the nature of how these mechanisms work we can allow for a calmer and clearer environment for the yang-pathologies and a warming up with psychedelic herbal catharsis for the yin types. Thus there can be ways of softening the “self” and of allowing there to be a neutralizing of the power of the “me” over the natural state and this allows for a more open life expression. Of course “self” doesn't drop out just because we want it to, it goes of its own accord but medicine has always and still does allow for an *easing of this*, even for a short while, if the medicine is right for the person.

In understanding and identifying the nature of the type of “self” state we can not only understand each other's suffering but the type of suffering and the way to help, which will not be right for everyone. Also we can hopefully realize that the true essence of a person is, is not their sufferance but behind that a constant state of peace and

childhood behind that adult who is either hidden in a box or living life on the edge of panic.

For all those in a box:

<http://www.youtube.com/watch?v=cAe1IVDbLf0>

...and for all those on the edge:

<http://www.youtube.com/watch?v=MH4metotdRk>

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