

Repeating the pattern: The energetic cycles of behavior that lead to eventual freedom

While people's involvement in the repetition of patterns can be associated with anything habitual, relationships seem to be one of the most common examples, whereby they routinely connect to similar scenarios and types of partner as those that went before. Why does this happen? This is always a very difficult question. The new-age response is usually a two-fold explanation: firstly the suggestion that past-life situations need to be ironed out or "I knew you in a past life" type scenario, or that karmic retribution is occurring in which someone has to "learn the lessons" of the relationship in order to "progress to the next level of consciousness".

As spoken about in previous articles the reasons why the above ideologies are completely out of alignment with nature are manifold, but are fundamentally based around the nature of the so-called "self" or "individual-soul" which fundamentally does not exist and in the ancient world would be a laughable suggestion. In the last thousand years or so, the original non-dual expression of the cycle of life and death and the transformation of energy has formed the tangent called "reincarnation". This has attached an ideology about "personal"-Karmic consequence. All of this needs to be let go in order to really understand the nature of cycles or patterns of behaviour, for fundamentally none of it is or can be based on personal blame, all of nature is utterly blameless and without judgment.

Fundamentally, the corruption of the natural truth is brought about by the warping of the yang within both men and women. The yang quality naturally recognizes the stars in the sky and not the sky itself, it focuses on details and not the overall picture, sees things in narrow focus rather than broad. This is something which then warps into "individualism" due to the human-condition of the sense of separateness. The nature of the yin quality is to sense the background as well as the stars, this therefore is never in dis-ease, as a result it sees both the star and the background, the wave and the ocean together. This is not a negation of the individual BUT it is a contextualization of what one means by "individual" and so renders the idea of "self" into an outer appearance rather than an actuality. Hence to focus on "individual past-life", "individual karma", "individual repetitive patterns of behaviour" is to miss the big picture and as a result not realize what is occurring overall. Also the yang-star point-of-view makes it very difficult to recognize that the yin-sky view is really possible, everything from the yang-star point of view is often about the "self": "self-promotion" or "self-development" or "self-empowerment" and the satisfaction of "self" ("I make my own reality" is a common catchphrase), but this is simply focusing on appearances. Inevitably this has to fall away to enable the realization that there is something larger "living through me" or "expressing through me". Within humans this however usually comes as a huge shock to the more yang-expressions, while the yin expressions naturally let go to this state more easily. The yin is always the mother of the yang, and so always the source that the yang is always trying to pin-down, but can't.

So back to repetitive patterns....

Many people for example have one relationship after another, convinced each time that “this one is different” yet it is in fact very similar to the “one” before. There are many factors in this process but mainly it is due to energetic resonance and opposition. If it is to do with energetic resonance this means a person will resonate with another of a similar nature, either because there is a resonance of a similar dis-ease pattern like anger or intolerance, or there can be a similar natural energetic quality, in which case this is called a “match” as in “match-making”. In either case, this type of relationship forms a stronger or a bolstered expression than one person, it acts as a volume increase when the two join essentially forming a larger sound. This pattern often happens when a person feels weakened or alone or cut off, someone understands them, even if this understanding is met in an angry confrontation. The film “Fight Club” is an expression of this resonance of violence. 99% of the romantic films where two very similar people find each other and discover they are very much alike is about resonance. Resonance is deeply desired within society because it produces a feeling of “strength in numbers” and is a primary creator of division amongst different groups of people because this shows an innate intolerance for difference and a want for similarity. What is similar is seen to be safe and the human-condition sees all life as a potential threat, so to be understood and accepted is an ultimate quality and an oasis in the madness, at least for a while. Resonance is fundamentally very stable and long-term, it has a tendency to stagnate as there is no reason for it to change. Hence everything about it is “safe”, even in its discomfort. This requirement for “safely” is very strong within a world where there is so much that seems threatening, so resonance is the preferred state of a world of “separateness” at its root. But without blending this creates infertility, as the yin and yang qualities fail to mix, or resist it.

Opposition is the second possibility for repetitive cycles. This involves two utterly opposite energetics joining in order to resolve itself. This can be within an expression of dis-ease, for example the bully and the victim, or the aggressor and the dominated. One needs the other and so this is a very hierarchically-based situation, it occurs in many male-female relationships and has been the basis for the female rights movement to protect women. However this doesn't have to be in the dis-ease process, it can also be opposition of natural qualities without the psychology being involved. Here we see the rare relationship where two polar opposite expressions meet and balance each other's quality and as such form opposition, which is also sometimes seen in romantic films, such as “Casablanca”, usually with the outcome of the two not staying together. In music The Lennon-McCartney balance is a clear expression of this, as is the Page-Plant balance in Led Zeppelin. The natures of these people are quite different and so the “child” born from these interactions is often far greater than the sum of its parts. But inevitably within a world such as the one we have currently, there is always a blame-based meltdown of such relationships and a move to more resonant similarity that is less intense and passionate, more calming. However naturally there is always a flux between relationships that are intense and passionate and those that are calm and nourishing.

Patterns occur at both the level of dis-ease and at the level of nature, and these happen together. Patterns occurring at the level of dis-ease we could call “superficial” and “self-based”. With the situation of resonance the dis-ease state forms violence or other perversion of the natural expression. This can be seen in groups, who together express

this tension, such as in war or other man-made conflicts. Groups form identification, which feels supportive as can occur in cults, or communities that try to form a “tribe” separate and “different” from others. This is very habitual and includes the alcohol-drug culture.

Energetic resonance is kin-ship and a reflection. It is realization to no-thingness and the letting go of structures, it is the sense of feeling calm rather than feeling sparked-off or enthused to change or feel like there is impending doom yet a move towards this, such as in opposition. It is a stability and a family or friend-oriented quality. This is the natural tribe or home, the natural origin and is required as part of the picture of life.

Opposition energetics can also be repetitive as evidenced by relationships built around repetitive battering and constant violence, or a student who consistently finds highly dominating and aggressive teachers, or in opposition the predatory expression that attempts to find the innocent and tries to corrupt it. These are the most “destructive” expressions constantly happening in the world, from ethnic cleansing to torture and rape, political and corporate domination of the world. All these roles are about aggressive dominance, which when mis-aligned with natural order and under the illusion of “self”, means that leaders should not be leaders and those who serve should not be in service. There is a reversal of roles which is now the norm.

The true nature of opposition however is greatly beautiful. The male and female body are one expression of this, perfectly suited for each other to form a single unit. This is also found within the nature or seasonality expression, where different qualities connect to each other due to their difference in order to go beyond each other’s limitation. This is a burning up of each other’s “selfhood” in each other and is a true expression of the intimate-impersonal nature of reality. This may happen as a pattern going from a time of calm and resonance with a group of similar quality people, towards that which is opposite and different and energetically balancing. This is how cross-cultural connections are made and how the world creates offspring that has the strength of many expressions within it. It is the adaptive and the new, the revolution and the ultimate change, it is the passionate drive that draws things to death. The male bee who mates with his queen to create the new royal line and dies in the process, this is the quality of the energy. It is powerful and potent and sexual and forms something that creates death for the individuation and true blending of expression. Each time there is an orgasm in nature there is a death and a re-formation, like a breath or a heartbeat, yin and yang realize their constant Oneness.

The movement from natural resonance to natural opposition and then back to resonance in a cyclical pattern which can occur within a relationship during a lifetime, though usually with more than one relationship for most people, is something that is a purely natural expression. This pattern is very much like the seasons of nature, from the passion of the heights of summer to the coldness and stillness of winter. These cycles occur in everything and there is no reason to think they are pathological, even if social norms might suggest them to be, in order to keep hold of the dis-ease of “individualism/self” and the monogamous status quo. (an example of this can be read here, notice how much

judgment and essentially denial/manipulation there is in order to “not hurt”:
<http://theweek.com/article/index/99512/the-last-word-he-said-he-was-leaving-she-ignored-him>)

Very often what is natural is taken to be unnatural, based on highly aggressively defined social norms associated with “what’s right” in a relationship. To have fidelity to nature these have to be let go of. However, the dis-ease cycles need to be pointed out here, the resonance in disease and opposition in dis-ease are both states of stagnation and intolerance respectively and are as such the unravelling cocoon of the dissolution of “self”. These relationships are not about individuals but about the “self” trying desperately to find Oneness again and in so doing lashing out to find it. It often involves some kind of violence internally or externally to try to control and hold onto that which makes one feel a touch closer to Wholeness, yet like grasping at smoke it never happens. The miser believes that if he owns all the world and universe then he will be “okay”, at least everything will be safe. The aggressor believes if he can dominate the whole universe then at last it will come to equilibrium and he can rest. The rapist believes if he overpowers all that is female he finally will not be afraid to die. All these expressions are the same one playing out, there is essentially fear of separation and an attempt to get back to Oneness, however impossible and perverted the methodology. This plays out over and over again till it runs out of power at which point there has to be a situation of acceptance which occurs with everyone, even at last at the moment of death where everything “I am” is vanquished in a split-second and at last there is a return to Stillness. The point is it isn’t because of “you” doing something, or not being this that or the other that relationships keep repeating, it is due to the process of “you” getting to a point where “you” lets go in life or at the point of death and then the repetitive pattern of dis-ease breaks open and all there is, is natural expression. This occurs with a ripeness of nature. When something isn’t realized until after the 3rd or 4th go-round this is not because they haven’t learned, but because nature is unable to unravel in this process until the 3rd or 4th time, there is no one to blame.

The dis-ease process is the *crucible of nature*, it is the process that is in-change, the bud or the fruit as yet unripe. Therefore habitual patterns are the same, from biting nails to self-harming and eating disorders, the process is the same, it’s about repetition of something until the point at which the process loses its value and we can longer find reason to do them. At this point something else can enter, in “losing our religion” we find the true nature of reality just below the surface. There is no “presence of mind” required, this in itself is an oxymoron, for who exactly is it that is present? The mere realization that actually “I” am not “in control” of life is such an incomprehensible issue for most people that they reject it flat out and often associate it with fatalism or being chained to a situation forever. In fact it is ultimate freedom, it means that when there is a let-go that happens naturally, without any teaching, practice, karmic closure or past-life involvement, when there is just a let-go without trying, then it is realized that “I” is something utterly irrelevant and “my” expression can be nothing more or less than a drop of water within the sea.

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