

Resistance Vs. Dissolving: The distinct difference between hold-on and let-go

It is clear that the human being is tied to a “self” perception, which holds it in fearful contraction and blocks the nature of its energy. As a result there is a significant difference between what people say is “accepting” something compared to a situation where there is a natural letting go.

For most people the nature of “acceptance” very often means a situation of repressed tension that is kind of swallowed, expressions such as “swallowing your pride” or “tolerance” or “restraining your anger” or “shoving it under the carpet” or “burying it deep” are often what people say they when are in so-called “acceptance” of something.

The idea of “acceptance” is really therefore about trying to bypass or alter one’s actual feelings of wanting to express something aloud, in order that “decorum” be maintained or because it simply isn’t deemed to be “right” that a person should feel in a particular way at a particular time. Neither infants nor animals have any concept of this, they simply express exactly what they feel when they want to and as they are, there is no “think about it!”, just is a spontaneous expression occurring, without a “me” involved.

Hence when we talk of “acceptance” in society and in the hierarchical ordering of various systems of bosses and subordinates, kings and servants, teachers and students, we have set up a situation of tension and restriction on what it is that is felt. Even if what is felt is very “self” constructed and very much about “me”, this is not the point, to compound this issue with a guilt of expression or with a so-called often altruistically-based “acceptance”, simply impacts further and is about one person decreeing that another should be or behave in a particular way to suit them.

In nature when an animal tries to do something that it cannot, like a dog trying to jump over a wall and falling short,... at about the 20th attempt or when the energy runs out, there will be an immediate change of the dog focusing on the want to jump over the wall, until the energy returns and then the process may or may not start again.

However, there is no thought that “I shouldn't do this” or “I should do this” it is just done because that's what's happening, for no reason, no cause. The dog is not intolerant of the wall, or when without energy “tolerant of it”, it is not at odds with anything, it is one with the wall and it is just that the energy is moving for it to want to expand over the wall. There is no dismay or problem. We often look at animals in cages at the zoo and say look how sad they are, and it's true they don't look their best because they are thousands of miles away from their original habitat, eating bad food and involved in the energetics of humans, which gives anyone an irritant in their system! Yet in fact it is not the animal but the human who is caged and the animal that is free. There can be freedom in a prison and total restriction in the middle of paradise. The falseness of a situation of “tolerance” doesn't occur in the expression of nature, it is simply constantly involved and activated within life, never outside of it wishing it was somewhere else. A hilariously ludicrous example of this is within a student/teacher relationship where the teacher says “I am only tolerating you because I can see your resistance to me is waning” - yes, this actually does

happen. Herein we see the duality of student tolerating and resisting the teacher and the teacher tolerating and resisting the student - fundamentally we have an expression here of the blind leading the blind. Here the teacher believes strongly in themselves being a kind of Christ "me" as in Christ's expression:

John 14:6 *"I am the way and the truth and the life. No one comes to the Father except through me."*

However Christ's understanding of "I am" is very different from an actual belief in "myself". By "I am" it is likely to have originally meant "Nothing being Everything" and "the Father" is meaning "Naturalness". So it could have been written:

"What 'I am' is nothing being everything. No-one comes to Naturalness, it a recognition of 'I am'"

This utterly is obstructed by "I" and "You" type expressions, which if Christ truly expressed a liberated message is unlikely to have said.

Most situations, which include ideas of resistance, are like this, including those focusing on the physical body, "resistance training" says it all, where a person does as much as they can to the point of collapse constantly going beyond the natural limits of the body and trying to push it to failure. This is simply a form of madness, do you know of any animals with a six-pack and muscle-bound body expression? Generally over-tight muscles are a form of stiffness and tightness that stops blood circulation which is essentially an illness, it is not desirable naturally and certainly contracts life. Overall the body simply needs to be comfortable, open and flexible, with tonus, the training one does should be from the everyday movement the body has in order to get food and to hunt and gather. In today's commercial world it needs to be fabricated into exercise, but only what the body can sustain and feels comfortable with, not over-training or under-training, just doing what allows the body to be open and free, to loosen tension and sweat out excess heat.

Resistance and tolerance and tension make for a restricted and heated body condition, they are essentially forms of frustration and anger that can build up in the body. The more they exist within the body, no matter what activity one is doing, the tighter and more constrained the body becomes. People often do exercise to "let off steam" but if one exercises from the position of tension then very often the exercise itself will be tense and tight and injury can often result. Exercise used as a catharsis like this has its limits, it doesn't actually deal with the root of the problem which is the healing or the dissolving of "self" into Love.

When this energy is unleashed there is an explosion of energy. Very often if there has been a lifetime of tension it can release in all sorts of noxious dis-eases and expressions. If there is an *intolerant* attitude and a constant outpouring of expression generally these people are considered angry and aggressive, they are commonly "self"-orientated and

have very little time for anything or anyone else so they are like a raging bull, or hardened fighter. However, by expressing and letting off steam cathartically all the time they do tend to keep the restriction off the inside of their body, although again the root remains unhealed. For the more “tolerant” and people able to move into a passive-aggressive “acceptance” or “resistance” the energy goes inwards and it damages the internal organs.

With the intolerant person there is basically an external pollution, with the accepting-resisting person there is internal pollution and in both cases there is resistance at the root. For the intolerant person the resistance is to anything which is not done “my way”, it is the tantrum-adult or narcissistic person. For the acceptance-resistance expression it is the “tolerant” stance of being able to cope till a breaking point where it then goes inwards. The first is the yang dominator, the second is the more yin victim state - both are under the illusion that “self” exists and both are needed in order for each other to continue.

Then outside of this is the dog attempting to jump over the wall. For him there is no resistance, he is simply expressing the expansion of energy to jump over the wall, even though his attempt is thwarted he doesn't try to be “tolerant” about it, he just continues until there is no more energy. There is also no intolerance, there is infinity/no-time. The reason for this is that there is no-self associated with the dog-expression, it's not coming from “me” and as result there is no situation of blockage/contraction of energy, there is no irritation expressed at not getting “my way”, neither is there a non-expression and internalizing of irritation at NOT being able to express what one would wish.

Wild-Nature is an utterly uncompromising expression, but also uncompromisingly *without* “self”. For humans “self” is the primary characteristic which prevents them from being authentically free and when this does occur there is nothing neither intolerance nor tolerance. Nor is there violence, there may be an expression of energy or natural-conflict but this is not violence of “self” this is simply energy expressing like a raging river or a thunderbolt, it is impersonal and intimate. For humans “self” always dissolves at the point of death, if not before. Dissolving literally means a running out of energy into a process of contraction of “self”. This cannot be made to occur, it cannot be talked to or coaxed out, it does not “happen” under human influence/intention, nor because of what humans “want to happen” but because nature, through the human, is ripe for it. As a result there is a return to the state of the child-infant and of the animal, at which point expression is for no reason, it does not have a “self” involved and so is totally free and unrestricted. There is fundamentally no tolerance or intolerance because there is no-person to hold-onto, either the extrovert or introvert state. The personality is then utterly natural and unrestricted, it doesn't have to be anything other than what it is.

Instead of moralizing on the “spiritual benefits” of being “accepting and tolerant”, of “trying to accept” or “trying to let go”, and the “badness” of being “intolerant and demanding”, we really need to forget it all, for it's nothing to do with “me”, it's out of our hands. Basically it would be more sense-able to focus on going towards that which you like, whatever this may be, going towards it, engaging fully and naturally with it, without force, simply because “I love it”, without requirement of a “reward”. This has

more clarity than the hard slog of “trying” to force oneself through a narrow window, the point being it may be the window is too narrow for you, or it might be that you are too narrow for the window. In both cases “self” is always the resistor of flow and neither the tolerant nor the intolerant can “accept” this for they cannot truly give way as this would be to kill them-“selves”. This is something the “self” cannot “do”, no matter how hard it may try, dissolving occurs as a result of the natural-whole, just as the human-condition and expression of contraction is also an expression of the whole. Again at the end of the line there is no choice, no “self” and No-one in the driver’s seat of Life.

From within the cocoon of tolerance, intolerance, acceptance or non-acceptance these states will always be seen to be “my” or “your” fault, but once there is a dissolving and a letting-go the realization of Oneness will be the only flavour left.

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2/2/12