

The Personal vs. the Detached: the problems of relating

There are fundamentally two human traits in relationship which are part of a spectrum of dis-ease. One of these is closer and more common in the male, the other being closer and more common to the female. The yin dis-ease process could be called the “personal” and the yang dis-ease could be called the “detached”. Of course neither process is specifically exclusive to female or male, but as a general rule the dis-ease process of the female very much stems from the problems of the joining of the personal and the intimate, the nature of intimacy is warped into the personal in this particular form of dis-ease. Secondly the natural quality of understanding the sense of the impersonal or the infinite, is warped in the male into detachment or the state of not being completely involved, remaining outside the experience.

Essentially these two situations arise out of the idea of separation. So for the female the nature of separation is such that it creates a feeling of intimacy being associated with personal choice, this creates an addictive neediness and desire for exclusivity. This is because in the female the “self” is associated with a high sensitivity and a feeling of nakedness which means the entire world can feel threatening. Everything is felt, experienced and sensed as being very traumatic. The trauma and anxiety of being in the world creates a state where the natural expression of intimacy, which is the nature of the female, is turned into the problem of it being personal, and there is an attempt to gain and hold onto personal experience.

The “self” in the male also feels separated-off, but for him this is a different process, there is no feeling of involvement in the way he perceives and experiences the world, either through a position of aloofness or authority he sees phenomena changing, events happening, yet there’s no spontaneous response to these things, there’s a protective surface which dulls or numbs the senses and causes an internalization. This outer shell affords him detachment, the nature of his persona is hidden behind knowledge, ideas, power, fame, he is separated by any of these processes. Tony Parsons of www.theopensecret.com explains that for this person it feels as though every aspect of the world is wrapped in cellophane, the world is seen to be out there but you can’t really touch or feel it. This is a hell state for the male because he wants to connect but finds it almost impossible to do so because the cold, defensive shield on the surface which forms the detached state is essentially blocking that connection. Naturally this would be the impersonal, the infinite, the nature of there being a no-thingness, whereas the intimate quality of the natural female is the everythingness. This is the fundamental expression of non-duality, of *nothing being everything*.

The problem is that these dis-ease states of the male and female each trigger the other. Typically the very personal female quality will want to engage very deeply and intimately within the connection but at the same time will want to “own” that connection, to personalize it and make it exclusive. The male will want the situation to be kept at a distance in order to feel safe and for there to be detachment and only partial engagement, due to the fact that he has this separate “self” that wants to protect it “self”. The female’s separate “self” wants there to be a closeness because without it she feels very vulnerable. What commonly happens is that although the female wants that closeness of engagement, initially she will go along with the masculine detachment because she’s unsure, but when she becomes sure of the connection inevitably she will then come on more strongly, wanting to adhere to the masculine, at

which point this triggers his fears and a reaction to push her away and to escape. Of course this can occur in reverse, whereby there can be a much more expressive, often quite charismatic masculine expression whose process is to make things incredibly personal, and the situation where the female may want more detachment and separation. Either way, each triggers the other.

In the natural expression if we look at the underbelly of this process, the female represents the intimate or fire, and the male represents the infinite or the impersonal, which is represented as water. Fire and water of course blend to form life itself, they are the expression of yin and yang, so in nature they never exist in isolation, they're always One. The intimate-impersonal is really one word, nothing-everything is one word. With the dis-ease state, because of the additional layer of the existence of the "self" on top of the male or female expressions this causes a warping of their intrinsic nature, the sense of there being a separate "self" immediately causes a ricocheting which essentially attempts or seems to fragment the process of yin and yang, and that in fact that process is already done because of this sense of separation between people. The nature of separateness is quite simply that of non-relating, therefore the world is comprised mostly of people all believing they're separate from one another and who are therefore unable to relate.

In many ways the word "relationship" only has meaning within the separate state, and when the separate state no longer exists then relationship has no significance, because there is no-thing relating to anything else, it's simply one thing. In order for there to be that one thing, there has to be a breaking-down of the separation state, but until that happens humans constantly search for and idealism of Mr or Mrs "Right", the "right" relationship or situation, where there can be a feeling of fully letting-go, where the masculine is allowing the situation of being engulfed by the intimate, and for the female's eventual feeling of safety with no feeling of anxiety.

For the personal female dis-ease process, in a certain sense her ideal is a male who is her constant, her grounding, her strength and calmness, her anchor. Interestingly a lot of those are quite yin qualities, but they are actually an anchoring to the fire quality. In the male dis-ease process, his ideal is a female with whom he feels sufficiently safe to let go of his defences, to actually burn up in that process. The actual blending of the female losing her anxiety and the male losing his sense of detachment are both essentially the situation of the "self" dying. So in a sense it is impossible to have a true relating unless the "self" is no longer in the picture. That said, there is a realisation that the "self" is only on the surface, so everything is relating in this way, it just seems as though it isn't, and this is what in fact drives people nuts and propels them to constantly seek the ultimate circumstance which will send them both "home". Of course that situation already exists, it just looks as though it doesn't.

This article is attempting to point out that relating in the modern world is actually very difficult and the nature of the triggering of the personal process within the female and the detached process within the male occurs all the time, especially in situations associated with partnership and relationship. This is not a proscriptive but rather a descriptive process, simply looking at what's going on and trying to understand why, and in doing so realising that inevitably there is a point of ripeness where naturally the male, whether in the situation of a partner or not, opens to allow a realisation that unconditional love is all that there is and that there's been a resistance to this up to

this point. There is no necessity for him to “do” anything about it. For the female it’s the realisation that there’s nothing to fear about the impersonal as it embraces all of life and therefore it is everything as well as being nothing. This recognition allows the anxiety and tension of feeling by-oneself, separate and alone, to simply let go and fall back into the abyss.

David Nassim
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