

The guilt of Innocence: How the seeming power of the conditioned “me” covers over the instinctual nature.

The superficial world of society, money, politics and power is based on the principle of guilt. In George Orwell’s “Nineteen Eighty-Four” he depicts a time when one’s whole life is being watched and scrutinized by a power that is political totalitarianism, something which today has become almost an accepted norm. However this feeling of “being watched” or being “seen as guilty until proven innocent” has existed in the human consciousness for thousands upon thousands of years, doing something “wrong” or contrary to the way that is seen to be “right” has been part of the human-condition that we call “self” or “me” for millenia.

However now this whole notion is starting to be questioned. In agriculture the permaculture movement, instead of trying to “do” something, looks to the actual simplicity of realizing that nature *is* the answer, in that it is already doing what it needs to and is able to do, therefore nothing is really required of human intervention. Instead of trying to “get somewhere” and the idea that there are “rules” of engagement, in fact life is living through the human and it is out of “my” control. Permaculture remains one of the most anarchic and truly radical expressions, its radicalness being that it’s one of the only things that’s connected to the natural world. “Radical” in its true sense is actually the whole notion of attempting to control nature and it is only the human that does this. The rest of the universe is the majority innocent expression within which reside the human guilt-ridden control patterns, like a drop of water thinking it can control the ocean if it just gets the paperwork done and makes sure the insurance is up-to-date.

Guilt is based on not following the rules and then feeling that perhaps one should be. Shame is similar, it is a feeling of someone saying you shouldn't have done what you did and as a result you're disliked or ex-communicated. None of the politics of guilt and shame have a real, natural function, no animal in the wild has ever felt guilt or shame, of course there is expansion or withdrawal of the energy but nothing is like guilt. Guilt and shame are totally contracted states of energy that remain so for very long periods of time. They are the natural withdrawal of energy that is stuck and has been compacted and made concrete and is attached to a central seemingly “real” thing called “me”.

Fundamentally however there is a total discrepancy in the nature of instinct and the ideas and concepts that express around the feelings of guilt. Guilt goes along with the notions of injustice, of altruism, of totalitarianism, fascism and any other “ism”, all of these are a person saying “things should be like this”, it doesn't really matter how one thinks things “should be”, but whatever it is it’s an imposition of an ideal or an intention to make something the way “I” want it to be. All of this is the process of judgment and is utterly surreal. For instance, a mother dives into a river to save her child who is drowning, before she dives under the water the mother will believe, “I will do anything to save my child, even give my own life”. But when it comes to it, the natural instinct to get to air and to the surface may well impede her to reach him and pull him out. Her natural bodily function kicks in and she can’t override this. This issue can later make the mother full of guilt that she didn't “do enough to save her child”, which will/ may continue for the rest of her life, but in fact this is a psychosis. There is no-one involved here, the mother and the child are one, there wasn't an actual

decision to save the child whatever the believe was before the event, it was all instinctive/ spontaneous and the mother's feeling of needing air was also an instinctive response, so there is no blame, no-one at fault, because there is no-one actually involved, the idea of "I" and "you" is complete fiction in nature.

In the world of the human-condition of "self" there is a hell of a lot of blame going on: "you should have", "you could have", "why didn't you" etc... all these become the main focus and guilt is ultimately bound into this process, the feeling of "letting the side down" or "not being enough", of feeling you "could have done something but didn't"... all of these things are associated with guilt. Therefore guilt over centuries has been used as a powerful mind-controller for those in power, of course many will say that guilt and shame are vitally important, even the ridiculous comments of David Cameron in his "name and shame" policy over fathers who don't provide for their offspring reinforces the "you should" ideology. Law-makers would have us believe that it is only by rule and regulation that society functions and that without these society would fall into complete anarchy - of the machine-gun kind. However the true meaning of anarchy is that which has no legalistic head, no moral ruler, but is in fact free as the wind and, like the wind and all the other elements of nature, there is a total order that is very inherent in its nature. If "followed" which means the "me" goes into retirement, this leads simply to simply-living away from the "will to power" or any intention to stake a claim.

When there is a point of let-go or ultimate decay or ripeness in the process of the "self" then something gives up the fight and nature then flows through unhampered, although of course it was flowing all the time, just impeded. The point is that always deep within "me" is the infant expression, this is really *innocence*, it is the instinctive and the indigenous expression of the human-animal. It is not intelligent in the way of the human-adult, the adult being on the surface of this infant expression, capping off its natural essence. The capping of the infant expression leads simply to warpedness and pathology, it is this that is suffered by almost every human being on the planet.

Guilt is the frame-work of the human-adult, it is the structure that keeps nature's infant caged. The guilt is the prison for the innocent and they are one, so in fact the innocent expression has guilt applied to its surface, it is the guilt of the innocent. This is the key problem, when we look at the story of Eden in the Old Testament it is assumed that as soon as the fruit of the "tree of knowledge" was eaten then this changed something. In fact it didn't change anything, it acted as an add-on, a hallucinogen that affected the senses. Without it Eden is still there and always was, but with it there is a completely mad expression of feeling like a separate individual and the first emotion to arise is a feeling of vulnerability and then of being ashamed. It was ashamedness and then quickly guilt for having "done the deed" that was the situation Adam and Eve ultimately found themselves in, in fact they couldn't see Oneness but the eyes now saw twoness or duality, this meant a sense of separation and so intense suffering.

The human-condition, and so guilt, doesn't pare away just because we want it to, because the "we" is still the separate human-adult, it falls apart through nature in its own way. Hence as with all the other expressions of the contraction of emotion of the underlying human innocence, guilt will also dissolve away. The nature of fundamental shame is based in a kind of vulnerability, it's the feeling of being

watched by adults, being naked and feeling vulnerable, being scrutinized and seen as “bad” or “wrong” by adults. This situation is fearful and it is mad. It’s like scrutinizing a body part and labeling it as being “bad”, or death as being “taboo”, all of this comes from the same blueprint. Nature has no blueprint.

In healing the subject of guilt comes up all the time, there is guilt at not doing what other people wanted you to at work, or letting the family down in order to do what “I” love, or loving a person that people told you “you shouldn’t”, or bodily expressions that people are ashamed of like passing wind, scratching in the “wrong” places or sexual contact that is seen as “promiscuous” or the like. There are many other expressions of guilt that are associated with “crimes”, like feeling “bad” because you did this that or the other, or the presumed “feeling ashamed” that occurs when people are sent to prison for the “good of society”. However the point is that each so-called “wrong-doing” is charged with guilt and this is a loaded gun. Indigenous peoples deal with issues differently, in some situations in ancient cultures and still today when someone does something that’s an act of being an “individual” or cut-off from the tribe, instead of reprimanding and punishing, the tribe gathers around this person, holds or touches them or makes contact to somehow re-align the connection. It is known that something is awry because there is an energy contraction in the nature of this person’s responses, which is about separateness and this is a dis-ease, it’s not a danger, this person is feeling vulnerable. This is not meant as a model for society, but it is a totally different approach and one that might be seen as more fundamental and ultimately healing.

There are two layers to a “self”, there is a front which is a hard contracted shell of whatever image “I” want to portray, or “keeping up the appearance”, and under this is the state of naked vulnerability, the feeling of a sense of shame connected with the very first sense of this which we would have experienced at some time in childhood, usually in relation to an adult as we grow up. This is a passed-on dis-ease process and the vulnerability or angst/fear or just plain trepidation due to a sense of separation is the root core belief-warped-sense that is covered up by the frontage. There is a saying in Chinese medicine “the bigger the front the bigger the back” meaning the bigger the front of the portrayal of something, the more power it is using and the deeper the feeling of angst at the back is driving it. However at the core of this under these layers is the purely natural infant energy, which *is* naked but also unaware of a sense of nakedness. It is unashamed and as a result it is ultimately totally uncompromising in its expression, as is the infant. The state of the vulnerable inner layer is associated with deep feeling, so guilt or shame and the armouring on top are a cover, like covering up with fig-leaves in the garden of Eden. However, the “fig leaves” have seemingly become much tougher in today’s world, much more rigid and bullet proof and in fact life-proof.

So guilt is a learned response, a learning about the world of the adult and how to be “liked” or “loved” or “admired”, of learning “right” from “wrong”, but in actual fact any kind of moral compass can always be turned on its head. Is it “right” to imprison and blame and hate a mass-murderer who is an expression of a tormented world? Is it “true” to provide charity to companies who encourage ideals and education of Western capitalism on a population who is impoverished through being engaged with such a dis-ease? These questions are best left unanswered because who can truly answer them with absolute clarity? Who can really know the answer of when it’s

“right” to do something or when it isn’t? Surely before government, before the process of power and control, before the ideal of “right” and “wrong” and therefore before the feeling of guilt we have at being these sexual, flatulent, expressive, energetic animals that we are, before this there was something else, something more than ideas or rules that was underpinning everything. And of course we don’t have to look to far to find this, the heart beating in our chest, the breath in the lungs, the 5 senses, our infant offspring, our pets and the simple movement of the seasons and weather, all functioning without the need for “me”, or of doctrine or education, all without an intelligence that is learned, a guilt-free spectrum of light.



The yinyang symbol represents a situation of the seemingly dual within a circle of Oneness. This symbol represents the impossibility of the reality of such an idea as guilt. While books like the I Ching and even Tao Te Ching have been corrupted for centuries and indoctrinated by Confucian-legalistic ideals, the nature of the symbol represents the whole thing. It is really an image of acceptance of everything as it is, a realization of the flux of energy and of non-separateness. From this perspective there is no such thing as blame and so no such thing as guilt. Energy is just expanding and drawing in.

Those who are involved in/ interested in hierarchy, politics and legalistic ideologies are trying to order that which needs no actual order, they are fiddling with things in the same way a geneticist fiddles with nature in order to “solve” the problem but in fact nothing is broken. If society is based in guilt it is bound to fall eventually because guilt is a total tyranny that has to be let go of before there is a realization that it was all total illusion and Eden has always been constantly accessible the whole time. Slowly as guilt dies and the notion of “right” and “wrong” dies, so too will die the nature of wanting to take power and control, or expressions of held-in aggression that explode onto the scene every so often like pressure valves of society exploding outwards as murderers and child predators etc. These expressions are not disconnected from “you” they *are* “you” just as much as anything else. One can’t stand outside of humanity and be an “individually-responsible” human, we are cells of the same body and the body has a dis-ease. To simply remove the tumour doesn't solve the problem, for the problem is in our very nature, we are all the tumour and are all attached to it. The “solution” to the problem is far more deep-seated and occurs at the fundamental level.

Guilt is functional as everyday “stress”, from the way we engage in relationships, to raising our children and our ways of conducting our “self” in the world. However, underneath this superficiality there is simply the situation of children wanting to play with each other, a large kindergarten that no-one recognizes because they are all wearing their “serious” mask of “adult-reality”. Even though at the end of this thirty, forty or fifty year-old masked-ball the infant is tired of the game and wants to let go of the mask and simply be free again, it is very often only its death that's ends the guilt. The phrase “rest in peace” is very real for very many people because after the torment of the guilt-ridden mind or a mind that was constantly trying to “avoid

contact” with the raw infant-state of natural response and connection in a way that would be considered “sins of the flesh” or “sins of the thought” or whatever, death was and is a blessing, or a freeing.

“Rest in Peace” is not reserved for the dead, when there is a letting go of “what I think I should be”, a cessation of living from the outside in, a 3rd person perspective of a “me”, and instead a natural instinct to connect to exactly what is happening right this moment without beliefs, politics, rules or education, just now as it is from the 1st person of a “headless” state as Douglas Harding puts it (<http://www.headless.org>), when this is all there is, the whole world no longer has rules that are lived by, indeed “living” just occurs. “Me” is the prison and guilt are its bars.

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16/ 4/ 2012