

The instinct-to-move versus “making things better”: The differentiation between the foundational senses of reality and the superficial processes of “self”

Very often we find ourselves faced with the dilemma of how to make a decision...is it with the “heart or the head”, with the “mind or the guts”, seemingly there is a clear differentiation that we somehow know is being made. Instinctively we know there is a difference between a body-based sense and an analytical or thought/head-based idea about a particular situation.

Herein lies a key issue: the nature of the human being is very much on 2 layers energetically. The foundational energy layer is the natural reality of the child, this is always with us throughout life and is the foundational energy of the whole universe, it is everythingness. However part of this energy forms a seemingly secondary layer, only in the human being, this layer is superficial and illusory and it might be called the “self”. This “Self” is formed from the base-layer, it is born of the base layer but believes, from within itself, that it is separate from everything.

The “Self” layer is generally associated with the “adult-self”, head and upper body more than the spontaneous-child like nature of the legs feet and lower body. Basically it is a layer which insinuates itself between the body-senses and the world. It is like an energetic armouring. The base layer can never be “broken” nor can be anything other than Everythingness or Oneness inclusive of the secondary “self” layer, but from this “self”-perspective reality seems utterly fragmented into parts. This creates complex analytic thinking in the ways we go about trying to “fix” things to make things better for “our-self” in the world. The “self” feels it is broken from everything so it goes about wanting to fix this and is in a constantly dissatisfied state trying to find its missing part. It tries to go towards things in a pathological or obsessive manner, trying to obtain from something way beyond what its actuality is. For example eating olives, not because they taste good but because they have a good “omega 6 value and will make me live longer”, therefore one eats a surfeit of olives which then makes one sick. Likewise addictions to drugs, sex, alcohol or to anything that is an energy-release from the tension state of feeling broken, separate (which is unrelated to whether one is around other people or not) and needing to be fixed.

However in the background of all of this fantasy and past-based projections into the future about things, deriving from people attempting or intending to “take control”, there is a natural energy which is actually completely in the driving seat of everything. It is the heart beating, the breathing, the senses...all of this is happening in the background to the “self’s” seeking and searching for its other-half, erroneously in fact, because the “self” (and everything else) IS the very thing it is seeking... “it hides from the seeker by already being everything” as Tony Parsons puts it (see <http://www.theopensecret.com>).

The nature of this base-layer reality is that it is going on and expressing itself automatically in the natural expressions of the energetic-body, it is in no requirement of a controlling “self”, it is completely one with everything and there is no separation at all between this and the rest of the energy of the universe. Yet somehow floating above this is an observational and personal “self” which believes it is required for the running of the whole expression, which is simply a distorted view from above to below rather from below to above.

A person can be very sure that in fact they are not in control but that the universal base layer is, but this still is a stuck-ness in an observational situation of looking at the world, still a “self” trying to be in control in a passive way. It isn’t real until the “me” or “self” drops out and there is just the base-layer without any augmentation.

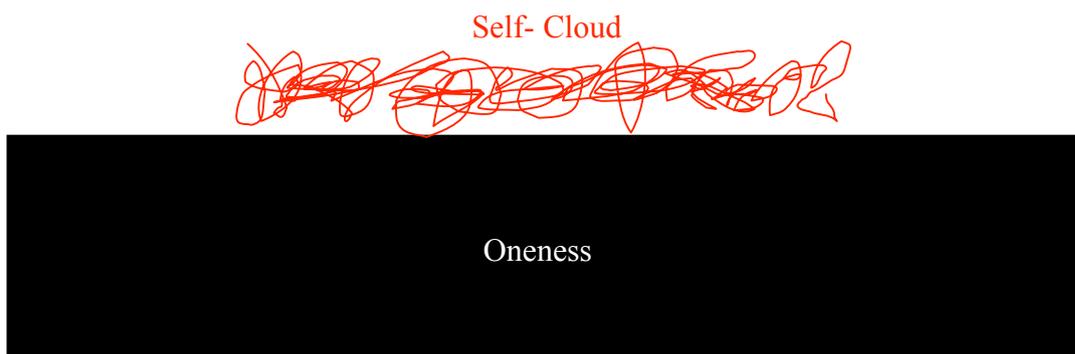
In the process of healing and in medicine there is often a presentation of what’s going on in the body for the patient, they get a sense of their body and their senses again. This can re-ignite the realization that “I” is not in control. The key is always a situation of unveiling that occurs despite any intended action of the healer or the patient in treatment, in fact the actual healing takes place despite not because of the intention of these two roles, as perfectly described by Voltaire:

“The art of medicine consists in amusing the patient while nature effects the cure”

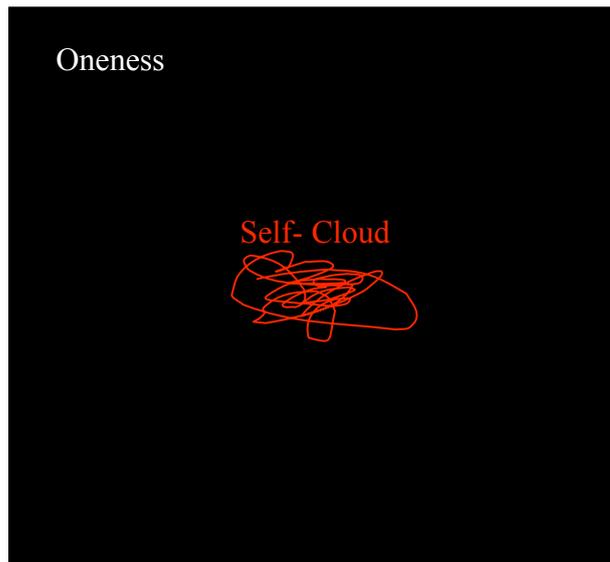
This has within it such clarity in its ridiculing of medicine as a belief system that feels it knows best. This is all about the “self” of the doctor and their belief that the “patient” is not only below him/her but also separate from him/her. So even in healing there are two “messages” - there is the message of dualism at the superficial level of the head/mind within the roles of healer vs. patient and so the felt sense of being separate; also there is a deeper *non*-message of total Oneness that is in total freedom and is expressing naturally for no reason or cause, and so the realization that healing is a constantly available thing literally meaning a situation where there is a realization the “I can’t be broken because I doesn’t exist!”.

We can express this in two ways diagrammatically:-

Side view ☺ :-



or, Bird's eye!



The point is that “self” is born of Oneness, it isn’t outside of it but founded upon it. However, it is impossible from within itself to picture the world as anything other than dualistic. Whereas the view from Oneness is all-inclusive, the view from the dualistic state always feels broken off and separated. Here there is always a doubt in the mind, a feeling of being outside of “faith”, although liberation is not to do with any belief so it isn’t really “faith”. But one could say that liberation is the only “faithless state”, is the realization of the perpetual Oneness, everything else is about trying to be faithful to something, or of becoming faithful or staying faithful, all of which is about trying to get somewhere and so is about seeking. (Please hear the brilliant Chris Thile with Nickel Creek in their pointed expression of the suffering of the state of faithfully doubting, Doubting Thomas: http://www.youtube.com/watch?v=E3c_8hYK0eo)

There have been many ways people have tried to dip into the base layer natural-reality while still desperately holding onto the “self”. Meditations and mantras have been used for thousands of years as an attempt by the “self” to “let go” back into a clarity of Oneness. Monasticism all over the world is about this very process. However, the question is: how is it possible for the “self” to end itself? This is the ultimate point, there is always an intention behind the act of “doing” meditation or “doing” tai chi or qi gong or whatever, always involving an idea of “doing” and in this there is total fallacy about the nature of it moving “me” towards clarity. As Tony Parsons points out it further confirms and reinforces the belief that “I” am the controller of “my” ship and if “I” want to “get better” it’s about the “work” put in. This is utter nonsense, as there is no “me”, so the original premise of the “work” is ridiculous. Similarly with healing, it doesn’t matter what you do or don’t do, it is all blissfully within Oneness. Nothing can escape it at any time, as it already *is* everything. We are seeking something that is already everything, frantically looking for a needle in a haystack of needles!

There are other methods of understanding life from a grander perspective, the I Ching and Tarot cards have been used for many thousands of years in differing ways and

forms of divination. Essential to these methods is the idea that the pictures or descriptions formed by the spontaneously-derived readings of these methods can allow us a glimpse at a perspective which is beyond the narrowness of the “self”. But however accurate the description of a situation via the I Ching or Tarot, the interpretation of this is via the “self” and so again it skews the true non-message of Oneness. Astrology and other descriptions of the person within a bigger picture can also depict the “self” as impersonal and energetic rather than absolute, but of course the “self” will take claim easily to any description.

Any method or attempt to find or seek will always end in abstraction via the dualism of “me”, so in a way there is no point doing anything. But then, as everything is within Oneness there is no reason for doing or not doing something. This gives one the feeling of despair that there is nothing one can do, that in effect everything one does is to no avail. While this is true, it is key to realize that striving does not help because at the instinctual level, *everything is already being taken care of*. In a way the image of “the whole world in his hands”, while filled with ridiculous religious connotations actually has a point in that everything is inclusive, or all that the “self” does, attempts and strives for is all perfectly an expression of Oneness. In a way it is about retiring into this sense that actually *everything is complete*, one might call it a “trusting of mother nature” or a “letting go”, which is not about striving for or achieving something, but is essentially like letting go of an item one doesn't need and letting it drop, simply because in that moment it's what happens.

The nature of non-achievement or non-ambition is that of the small child. When a child picks up a toy it does so for a moment then lets go and is onto the next thing, yes, even if you just bought it for him! It is about being within the wonder of the senses, nothing is owned as there is no-one to own it. Nothing is achieved because there is no-one to achieve it, nothing is claimed because there is no-one to claim it. The draw towards something and/or away from other things is like a magnet for the small child, it is like a pull in and then a push out, there is no personal-ness about it, it is all impersonal yet deeply intimate. It is all nature functioning without a “me”. There is no need for a focus on what “I can do”, because what “I can do” is not really the question, more accurately the question is what *is* the “I” that wants to “do”? This has no answer, it is only about what is happening right at this moment, what do the senses *feel*? This is all there is, there is no need for a “me” to claim these senses, it is just sense.

It is untrue that the majority of the time we are outside of instinct, despite the fact that the “me” believes “I am stuck in the human condition” and is seeking the end of this, a way out. In fact we are completely moving on instinct and only a small proportion is believing otherwise. 99.9% (the body) of the whole of the being is in total rapture of Oneness and 0.01% (perhaps a short-circuit of the neo-cortex of the brain - the very top of the head) is in an awkward belief system that ridiculously attempts to go against this flow. It is like a match-stick trying to stand strong in a tidal wave. The issue is not so much that nature is weak, fragile and subtle and can't be felt easily, it is actually that such a small aspect of the human is stuck in the hallucination of dualism, it is amazing what such a small contraction in the flow can create, it has formed all of the suffering in human existence for the last hundred thousand years.

Fundamentally what we are dealing with is “making a mountain out of a mole-hill”, we are focusing all our attention on attempting to do something which is impossible and which actually is of no consequence in relation to the whole picture. This isn’t a suggestion to “try” and look from the bigger perspective, because as we know all attempts are flawed by their nature, but is the realization that there is nothing for “me” to do. There is also the realization that even though there is nothing for the “me” to decide upon and to do, still the heart beats on and the breathing occurs, there is a preference for moving towards the sunnier or shadier side of the road or there is following a “whim” or a “gut sense” or “intuition” which leads one to another situation, not better or worse but different; there is no attempt to make it better or worse, there is just the realization that we are “being lived through” rather than living on our own charge, so to speak. There is no need for “me”, the “self” is in the context of the larger reality.

The investigation into intuition and trying to unearth it, again is trying to fix something that isn’t broken, it’s trying to “bring consciousness” (which means “self” in different words), into a situation where there cannot be any “self”. This is the base level of simplicity and natural expression that is the child’s nature, this is constantly is the strongest expression in our body, or as Tony puts it *“the loudest thing in the room that no-one can hear”*. The contraction of this very small aspect of the human-energy field, “self”, has a ricochet effect on the physiology of the body causing the myriad manifestations/symptoms of dis-ease, hence when this drops out so too does the energetic resistance and with it the formation of further damage to the physiology.

As we lie-back and relax into deep sleep so there is a death of the “self”. Just as when there is a sip of coffee, and in that sip there is the wholeness of life and yet it remains just a sip of coffee, so there too the “self” dies. The “self” is not static, it comes in and out of its state as a day and night processes.

Hence there is nowhere to go, no-thing to achieve or do something about, or to make better, for there is nothing to find as it is already complete. So just like slipping into a warm bath, or relaxing after an arduous journey, the “self” goes into retirement, then when there is an instinct-to-move, life acts, “you” don’t have to. In the end there is a moment for everyone where the 99.9% majority of what has been going on behind the scenes sees through the deeply enticing hallucination or the 0.01% foreground mist called “myself”.

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6/11/12