

## **The nature of vulnerability: From armouring to the infant state.**

In today's world when people consider the situation of vulnerability they usually view it as a highly undesirable state, the situation of vulnerability is considered as being "in-requirement-of", or requiring protection or some kind of barricade against possible damage.

However the state of vulnerability is actually the most authentic expression of the true nature of a human being at the ripeness of a letting-go of the believed sense of "separateness" of "me". Most of the time humans go about their daily lives with an armouring of "myself" which we might equate to a medieval suit of armour. Just as it took human thousands of years to dig into the earth, colonize it and refine the metals in order to create a suit of armour, in exactly the same way the ideology of a separate "me" became ingrained in the cultural ideology forming the perception of an actual requirement for a suit of armour. So the suit has many seeming advantages, it suggests that it "protects me" inside from "them outside". It also is heavy and dense so it is strong. However the heaviness of the suit slows one down, meaning one can't touch, feel, smell or taste anything, it's a barrier created by the occupier. Also, to move around in it requires massive amounts of energy. This is the metaphor for "self".

From a very young age a child has the bodily sense of "being separate", then moving on into adulthood adds onto this suit of armour all kinds of badges and "coats of arms" to delineate its expression as different from someone else's. But in the end the armour is essentially the thing that hampers the body energy, its separation prevents natural air getting to wounds so they fester, if no-one can get in this presents difficulties because it is impossible for the human to be separated for long from the environment it is One with.

So the "self" acts like armour, the "me" seems to build itself up like a shield and keeps one enclosed. This is more true for men than women, as they have a tendency to be detached and the armouring enables this. However when the armour starts to loosen off, or rather it ripens and falls off, then something interesting happens. It is seen that there is an infant within and this natural infant expression feels suddenly very exposed without the armour upon which they have relied for so long, and this feeling of vulnerability increases. There can be an immediate response to try to put the armour back on but it's hard to do this because once this process has started the armour can't easily be put on again, it doesn't feel right any more, it's simply too heavy to carry any longer.

This metaphor illustrates the situation we humans are in, the transition point at which the armour is loosened which causes this feeling of acute vulnerability, of nakedness. This point can be called many things but fundamentally it is the point of openness. In the original metaphor of the garden of Eden, after the fruit of the Tree of Knowledge (meaning the sense or separateness or "self") is eaten, there is primarily the sense of "ashamedness" and a feeling of nakedness such that Adam and Eve hide in the garden and find some fig leaves! But the point is that the fundamental original situation or first emotion (meaning disturbance) is of vulnerability which is the foundational spring-board, and then Eden is hidden from Adam and Eve's view as they start to form the separate "me" and their lives become about "me" suffering. Childbirth is a

prime example of this, for in Eden childbirth is not a problem, it is natural, easy and instinctual. However “under the influence” of the fruit of the tree of knowledge or “self” it is an ordeal and all about “me” suffering.

So the “self” tries to form an invulnerable shell or armouring from the Eden point of the infant, or primal human-animal quality, but of course this shell is not invulnerable though it may appear to be. So the medieval version of fig leaves is armour, and perhaps in the modern world would be the smart-phone or other type of electronic barrier between “me” and “you”. This fake “invulnerability” prevents nourishment getting in, blocks out the sun, prevents contact, is obviously a major contraceptive and is generally cumbersome in every way. Therefore it has to die, to ripen or “wear itself out” before it can simply be dropped away and discarded like a snake shedding a skin or simply the instinct of coming up for air.

The state of the freedom is *truly* an invulnerable state, nature is totally invulnerable because there is no “self” to lose. Sure, prey runs from a predator but basically this is a magnetic event, it’s not about trying to preserve a “self” as humans believe it to be, it’s simply one magnetic field that is expanding and engulfing another softer magnetic field. Humans simply turn all this into a melodrama, a personal story. But this is nothing to do with nature, nature doesn’t have “raging rivers” there is no rage in a river, it doesn’t have “kindly winds” there is no kindness in the air. These are all projections and anthropomorphism, just the human perspective through the narrowness of “me” and are not what’s truly going on. If “me” is 1% of the human expression, everything human formed around us is created through this tiny window, then 99% of the human energy is pushed through this 1% window to create the world around us and this is therefore a very narrow human perspective. This dis-ease has blocked off 99% of the human sensitivity and left us with 1% through the mask of the armouring process.

So the point of vulnerability is at the ending of this external position or belief that “I’m invulnerable in here” and the realization that “I am not what I think I am”, a waking up from the Matrix if you like, the recognition that vulnerability was and is all that’s under the armour and that in fact life has always been about dealing with the angst of this feeling. While we can live with this open sense, it actually feels very personally harmful, as we find that much of the world of humans has become harsh and insensitive, about a whole world of people using armour. This vulnerability can cause feelings of aloneness and while there is a feeling that without armour one may be more open to potential harm, there is also a sense that being without the armour is somehow more real. Generally women and those who tend towards being anxious rather than detached will feel this more as the armour fades or begins to come off and there is a great feeling of vulnerability. This is the point of opening.

However at the point of natural ripeness there is no longer vulnerability but the completion of a cycle as nature re-connects back at centre. “Home” truly is where the heart is because it has never left, it was always at centre and also this centre is empty, just like the space within a house. Vulnerability is the threshold and this threshold can last a lifetime but at the end of this there is a total collapse and “self” eventually fails just before physical death, if not before. Nature is reliable, in that it always drops the fake “self” out at the point of death because there is simply no more energy to sustain it, this is truly a resting and an ultimate peace. This is not about a looking-forward to

death, it's really a realization of the nature of the states of the human, it is a description of the energy beginning with the infant-Eden in the invulnerable state and then passing to the exponential armouring throughout childhood and adulthood which causes the felt-sense of "separate me" and "individualism" and then at the peak of growth a feeling of "becoming invulnerable". This is fundamentally a cycle of seeking and failing to find, there is a slow transition and a passing away of the armouring towards a letting go which is not about "me" or because of "me" or anything "I" do, but which simply occurs naturally as the armour peels off and the feeling of vulnerability at this point is closely associated with a similar feeling experienced in childhood. Then as this too passes, the point of openness lets-go to the total death of "me" and ultimately to "freedom" or "the invulnerability of the infant" or "boundless natural state". This is a cycle of the human dis-ease state, just like the very cycle of life and dying and death, a continuum of energy.

Of course the suit of armour can sometimes just explode off in a big bang, but for many it gradually transitions off or fades away, because in fact it is an illusion that there ever was a suit of armour in the first place! The point is that although vulnerability and the feeling of it is unbearable for most people, the acute awareness and the feeling of being this, rather than the believed "security" of the armoured state is something that needs to be viewed from a different perception. Many so-called teachers/masters would have you believe that "you" need to let go of the armour to be "under their wing" but this is simply a hierarchical armouring of *themselves*, it is all part of the dis-ease process. Inevitably there is no requirement for any protection, nature is doing it all for "you" so "you" can go into retirement peacefully. Love is unconditional, the nature of "self" is the resistance to it flooding in, ultimately there's nothing for "you" to do.

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