

The “path” of least resistance: how the struggle of modern world living is weakening for the human body and how the ease of nature brings strength.

Usually we think that “what doesn't kill us makes us stronger”... that's the general maxim. However this stems from the idea that “difficulties”, in the sense of life processes that make the body work very hard or extreme situations, are things that somehow “toughen up” the body. This is a hugely mistaken view. If we look to nature we can find a totally different clarity.

The nature of the human body is a subtle animal, an expression, which is both strong but also extremely subtle and sensitive. This combination of strength and sensitivity is the nature of nature. It is not to say that a whale is as specifically sensitive as a snail, but proportionally they are exactly as sensitive. This is important...all of nature is as sensitive as each other's aspects but different qualities of this sensitivity are expressions of different animals.

The difference between this and the human is that the human is actually cut off from his/her body. The state of “myself” or the identification and attachment to “me” as an idea is something that restricts the body's sensation and blocks us from feeling. This leads to a kind of numbness and lack of sense. This is unique to humans, in nature no animal or plant has this kind of difficulty, all of nature is both as strong as it can be and as sensitive as it can be without there being a “self” state getting in the way and blocking this process. So the key thing is that strength and sensitivity grow together, they are of the same quality...i.e. energetic. When it is smooth-flowing energy is both sensitive and strong together.

Modern life derives from the “self” state, all of it comes from the idea of “me” being “separate” from “you” and in fact all of life being “separate” from “me”. This problem is a bit like a fuse being blown or a short-circuiting of the mind which then affects the whole body. It causes blockages in the energy flow and rising of the energy into the upper body which sticks there as a person moves into a state of fear, panic, anger or tension.

This fundamentally weakens the body, all of modern life, all the foods, the processes of trying to make a living, the ideas of being “responsible” for people, things and processes, in fact all ideas we have about anything, all of these block and trap the body and weaken the body's reserves of energy. As a result the body ages faster, we become less active earlier in life, we lose the ability to reproduce more quickly and simply the body breaks down faster.

We seem to be extremely worried about the likelihood of there being a war, or a massive earthquake or asteroid that kills all of life on the planet. All of these things, whether man-made or occurring through nature are acute ideas of how the world is going to end for us. However there is a much more problematic issue: even if there were no asteroids or wars, the way that the human being is going on and our attempts to create cities and live in ways separate from nature are in themselves the biggest chronic killers for the human. Even if nothing disastrous happens in the acute/ short term, this is nothing in comparison to the built-up power of the separation of the human from his or her environment and the day-to-day madness of this...this

weakens the body energy, weakens the ability to reproduce and eventually will destroy the whole of the human body system through time and tide.

Natural ways of the body, such as eating food that the body instinctively wants, following the senses rather than the head, following the requirements of the body to be still and to move when necessary, to sleep when it wants to, express what it needs to, to absorb energy and to feel the natural process of the body without effort as all other animals do...these things are easy for us. We don't need to think about things such as breathing or moving or eating or shitting or peeing or reproducing...we don't need to think about these things because they are innate for us and are easy for the body and as a result they are natural for the body and therefore they don't destroy or weaken the system when appropriate to the moment. The key difficulty is that this ease and flow has been displaced, we left it behind and moved out of the rainforests thousands of years ago and now find ourselves in strange lands with strange ways and foods warped from our natural state.

Somehow the human has to find its way back to the ease of nature, to the things that are not difficult, that don't require stress and tension to build. We are not the "human being" we believe ourselves to be, we are the human animal, and this is the greatest accolade of all. As we let go of the modern world we will be letting go of all of the things we do not need, all of the struggle that is in aid of nothing and all of the tension that is utterly detrimental to our wellbeing. The nature of life is really extremely simple, so simple in fact that we find it hard to connect to it as the brain is not used to it.

The ease of nature is not an ease that is about "collapse". Collapse, or the body simply being in a stuck and stagnated state, is not the expression of health instinct. It is also not that of tension and threat. Both of these states are psychologically-based states either of the victimized "me" or the dominating "me" or both being the "frightened me" ...all of these are about separation. The natural state is both in-between these polarities and also is the background context of all forms of duality. It is the middle and the background...the natural state is neither collapsed nor tense, neither too far in nor too far out, this is where the energy flows most easily, and it is also how the body can absorb and gain the energy that can become dense and strong, and also how the energy can discharge most slowly till the point of transformation which in modern terms we might call "death".

The easy flow of the body is with a tonus, where the body is in a place which is not taught and not closed down but open and allowing the energy to flow. This is emulated by yoga and tai chi and other modalities but it is only emulated. In fact the true expression of this in the human is seen in baby's bodies and the nature of the infant expression: utterly free and spontaneous.

If we can notice that the modern world and its ways cause an uphill struggle or tension and collapsed states then gradually we can see that there is another older and much more simple way to live. We know this, all of us, it is nothing we need training for, it is already in us, our instincts constantly drive us to the sense of freedom that we always have been, we just have forgotten it.

“Ease” or the path of least resistance, isn’t about a non-engagement or a collapse state, it is about an intensely aware quality, a sensitivity which means nature follows the direction that is simplest and easiest to shift. It is more likely that the apple falls off the tree and descends to earth rather than it rising up to the clouds, of course it can rise, but the general direction of all the energy on earth is for it to drop downwards. This is why you don’t see dogs try to levitate, or trying to perform “great works” like healing or mastery over some skill or poring over literary works. The nature of nature sees all these things, in fact all human interventions, such as attempting to make apples fly upwards.

If we could really commune with nature it would not be at the level of the head or language, it is a pre-linguistic expression, it is an inner and a sensory quality that has no words which acknowledges the innate unity of all of life. As Masanobu Fukuoka, the farmer, points out so brilliantly: “the human being will never understand nature”. This is key. We cannot know our pets and wild nature in the way we think we do, we cannot understand why they do the things they do, we cannot project our own world-view onto them.

Our pets have been domesticated and as such have been augmented by the human world. Their bodies have been modified to fit with the fashion of the modern world, usually with a big head and upper torso and small thin legs and hind-quarters, exactly cloning the upper body strength and lower body weakness with over-emphasis on the head and the yang aspect of the body that occurs in gyms all around the world and the top-heavy effect of extreme upper body exercises which are supposed to be the “tough male body” image. The process of pets undergoing this modification is that they live for a shorter period and with inbred problems that at the end of their lives cause extreme levels of pain. The nature of a wolf however is that it lives out its days and has little pain until the end, it is within the flow of nature and has not been touched by the human mind. Whatever we touch and attempt to manipulate has our mark of madness upon it and so the suffering we experience is expressed like this. Pets do not suffer but they feel the pain of the body breaking down, it is only the human that is suffering. Seeing the pet in pain they suffer and worry, attempting to “help” when it is the process of humanity that is the cause of the pain and the resistance to the natural flow.

To suffer is to own the pain, to make it “mine”. Pain by itself is just energy, and for all of nature this quality of pain is the only relevance, there is no suffering for there is no “self”. The “self” acts like the resistor for the whole body and draws so much energy that the body itself is weakened all the time. Whatever the human does in manipulating nature, it simply adds more suffering for the human in the end. Nature just accepts and absorbs and re-forms, it has no judgment and is simply the enveloping quality of unconditional love.

The process of engaging with the body in a way that enters into spontaneous movement and stillness that is without form or contraction, is really the return to the human animal body. This is very difficult for us to connect to in the modern era, although we have many forms that can help us **begin** to engage, However they are all forms and as a result only take us so far. The greatest of these is perhaps Qi Gong, which is essentially the body in a state of “gathering energy”, when this is activated it can be that spontaneously we can feel and like the sensation of the energy gathering

into our body and us being revived. There can also be movement which comes from this which might look like or be akin to Tai Chi but it isn't Tai Chi, it is simply natural movement. The natural body pre-dates all forms and as a result it is simple and without ideology.

To return to the strength of the body we have to know the ease of it, we have to end the process of the mind, or of "learning" to connect to nature. Instead we need to simply feel the body sensation, moving away from the upper body senses and into the lower body experience. The return to nature is from the top-down not from the base-up. In this way the body has a chance to strengthen again and for the energy to become dense and full. A chimpanzee baby is very much heavier than that of a human. One of the reason for this is that the energy in the mother and the chimp is denser and more powerful. When we see these animals they are examples of how our energy needs to be in order to live in the world in a deep and connected way. We are too light and top-heavy. If for whatever reason nature changes course for even just a moment, most humans would be wiped out due to our unsteadiness and our lack of energy to adapt. We are like a frail and tired shell, not the powerful energies that we see around us in the wild forms of life. We do not have the physiological energy of adaptation, we just have the brain. This is not physiological adaptation, it is the use of the mind to augment the environment and when the environment became out of the realms of control there is no possibility of adaptation, simply nature will recycle the human energy once and for all.

The use of Shamanic herbs can often bring us to return to the body, in fact it is my feeling that this is their fundamental key use. It is very likely that these were the very connections that formed the ideas of Qi Gong and Tai Chi and even yoga and other similar expressions in the most ancient places in the world originally. Our connection to these plants is a life-line to the reality of existence and the reality of our true nature energetic body expressions.

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