

The permaculture of healing: The absolute unity of true healing and permaculture, and why it doesn't sell well.

Many people have now heard of the word permaculture yet the essence of its expression is very rarely understood, even by those who claim they are “permaculturalists”. The clarity of the true nature of permaculture goes way beyond just food cultivation, it is a universal understanding which is also the way of the ancient basis of healing.

The use of the word “Permaculture” is as recent as the 1920's, however this is simply a modern expression of something that was known long before. In ancient China it was called Feng Shui and in other parts of the world there was no word for it but it was a known Oneness of human and earth. The process of permaculture is simply about observation of nature as it is, then instead of changing nature to suit the human, the human accepts and adjusts to it, ideal, as it is. In a way this is ultimately the most anarchic of all statements, as it is a direct return to the wild and essentially is a suggestion for humans to harvest what nature provides, as traditionally hunter-gathers would have done. However, permaculture has become a transitional situation of interacting with the environment in such a way as to follow what nature wants to do, encouraging the growth of plants and animals that are naturally able to suit the terrain with which one is engaging, rather than trying to desperately force a crop or a way of farming that requires means beyond what is readily available in the local environment.

This simply comes down to the essence that the land and nature *knows*. There is a innate process within the land that knows what it can grow and because of the climate, the nature of the earth and the general quality of the energetics of a particular region, this will express plant an animal life naturally without intervention. The human often invades and rapes this, forcing things to grow in a tunnel vision of monoculture of intolerance to what is going on naturally. As a result of this forced approach there is basically a destruction of the environment and so ultimately of the human. This is fundamentally due to the egoic nature of the human and his/her sense of being separate, something we might call the human-condition of “Self”. This is disease and it is the root of all of the processes involved in the culture of the modern human, including modern agricultural intervention. This is the external expression. However just as macrocosmically agriculture and farming is forceful, directive and uninterested in the nature of life, so too is the nature of microcosm of medicine. They both are reflective of each other, being militaristic, warped-masculine-dominated and aggressive expressions that have no interest in natural process.

Permaculture is a transitional process towards the nature of returning of the land, to Eden or a natural state where food is wild-based and as such the human being is bound-to and born-of nature and is completely its offspring, not its dominator or leader. This has always been the way and the indigenous people of the world have always understood that “nature provides” when allowed to and not coming from an intended for human-purposes situation which completely skews the ecology. Our over-population issues are to do with this very interventionism. Therefore permaculture actually and metaphorically is totally anarchic in its process, it debunks the whole idea of nature vs. human and becoming much more to do with the human re-integrating back into nature.

The permaculturalist is someone who in a true sense is highly sensory, they are observational, having an understanding of what grows naturally, what we can eat, how the seasons move and how the land wants to grow. There is no point trying to grow grain crops in a land that naturally wants to grow trees, you have to allow the forests to return and then they will produce what they can, not what you have an idea that they “should”. If you want to eat grains then one has to go to the area of land where grasses naturally flourish and then grain based-foods are possible, though definitely not in an absolute way where only one kind of grass is produced, for in nature usually many grasses grow together and so many grains will likely grow together and can be harvested at different times.

The point is that nature’s way is nature’s way and it is the only way sustainability can occur completely. This is true of animal nature as well as plants. Rabbits and chickens may be very easily populate one area where one would want cows to, but cows need different land so one has to go to where this land in order to “grow” cows. One can’t force the land to do something that it isn’t doing just because we want it to, that is sheer colonialism. This is essentially a realization of a non-forceful way of listening and responding to what there is, without forceful and aggressive approaches that in the end will yield, for there is no longevity with that. Just as antibiotics yield a short-term “cure” but in the long term encourage virulently aggressive super-bugs, so fertilizers and aggressive invasive farming yield barren soil. Of course those who believe themselves to be “practical” will immediately argue “but you can’t solve the world’s problems based on this model, people will starve”. The point is permaculture has proved time and again that if one processes only what the land can sustain, productivity often exceeds that which is obtained through the process of forcing production of monoculture: a particular food forced into a particular pre-destined arena. Please see this film for more details:-

<http://www.youtube.com/watch?v=vJMgfKqKXwY>

Despite all proof of this, which is constantly undermined and ignored by industry and agriculturists who are all about economy and have little or no actual understanding, there is actually a very visceral and sensory obviousness to this whole thing. It is clear that when we want to grow lettuces and find we grow all kinds of weeds but very little lettuce, or try to grow carrots and get many insects feeding on the miniature carrots, but no actual carrots, it is clear that something is awry. The strength of the plants we want to grow pale in comparison to the power of the weeds which mightily power through every time because they have the strength in their seed and in their natural energy, un-doctored by human intervention and “inbred”, just their wild energy.

This in turn shows us that the monoculture we have become accustomed to has actually leeched much of the power from what we eat so that very little of the energy actually remains which ancient peoples would have considered as being worthwhile. We eat food that has no power and often wonder why we are weakening. Wild food is born directly from nature and as a result food that is *wilder* contains far more potent energetics and we therefore require less of it. This said, permaculture is simply a step towards this and it adds the *wild* back into the crops. It is instinctive, not really run by anyone, it is not difficult to work out or intellectual, but is simply watching and then following nature’s lead.

So how does this relate to medicine? Firstly, and most obviously, as previously mentioned the difference between the so-called alternative medicines versus the modern medical outlook is that modern medicine is basically full-force and very mechanical, so it's considering the body like so many fields of wheat, and food as calories and so on. Treatment is akin to "spraying" in the form of "antibiotics" in order to "kill off weeds". Alternative medicine takes a step towards nature but very often only in a mild way.

In most so-called holistic therapeutic expressions, especially those that have surfaced over the last 50-100 years of the modern West, there is basically a kind of un-rootedness that is the expression of the modern Westerner looking at the bare ground of medicine and thinking, "this isn't the right road" and then attempting to find their way back. It's a realization or gut feeling that's today occurring on an increasingly large scale. As a result these new-age therapies are often a move "homeward" while still incorporating numerous aspects of the modern approach. However the very ancient medicines still have a connection to the roots and herein lies their intrinsic permaculture, or in fact the origin of permaculture which is simply a connection to natural instinctiveness.

The Root medicines are those which have no warped masculine hierarchy, no dominance, but simply a following of nature. Even within those that consider themselves to be "traditional arts" there are very few expressions which truly connect with an unadulterated following of nature as it would have been long ago. Non-interventional medicine is actually a rarity in today's world, just as permaculture is a rarity in its true and unbridled sense. This is mainly because no-one can make "use" of something that is already there: the health instinct. The human being is always trying to fix something because they believe they are broken, however the profound nature of nature is that nothing is broken, it's all an illusion that the process of nature needs to be harnessed. In fact it is all about seeing nature and simply following it.

The true expression of permaculture and the true nature of healing are hand-in-hand, they are one. One seems like inside-out, the other outside-in, but in fact there is no inside or outside, there is just Oneness. Nature simply grows and expresses uncompromisingly and the human is within this. Human beings are 99.9% without dis-ease and 0.1% disease (within the neo-cortex of the brain) as a general rule. It is just that the 0.1% that is influencing the whole lot and is also affecting the natural environment as a result. In this 0.1% world, the nature of communal living, permaculture and non-interventional medicine are very radical ideas, but actually in nature these are the norms, it's the majority vote! Nature consists of the whole universe, inclusive of the very small amount of warped energy within human beings that we might call the "self". This "self" represents the edge of a piece of dust within the universe. Hence if the dis-ease process is so negligible, why is it that humans can't see out of it? Well they are gradually beginning to, but right now nature is taking its course and this is how it expresses itself, the nature of permaculture and non-interventional medicine represent this transition back to natural being.

There are very few expressions today which represent the true nature of healing in clarity that is outside belief systems, hierarchy and dogma, but they do exist. One such expression today is Akinobu Kishi whose work in the context of this article represents the core expression of Classical Chinese Medicine. Please see his book

["Seiki: Life in Resonance"](#) . And within the framework of medicine at the pre-natal and post-natal stage of pregnancy the work of Lillian Lammers is also of this nature: <http://www.paramanadoula.com/> Both these expressions are indicative of a process of healing where the healer is following nature and not leading. There is a total openness, not structural ideas of energetics, it is in fact *instinctual medicine*. These forms and others one might find are connected to the deepest indigenous forms of medicine which are unified and very ancient, as well as being deeply connected to the nature of the female and the infant child. They are foundation points which are key representations of medicine that is not based on anything other than absolute instinctive connection. Permaculture is also representative of this process, as perfectly expressed by the life of Masanobu Fukuoka: <http://www.youtube.com/watch?v=Z22sifrRrPc>

Neither permaculture nor non-interventional healing expressions find a large audience because they are expressions which go against the grain. This is because no-one here is expressing "it's my way or the highway" but rather there is an encouragement to engage with the senses in the moment. Also there are no theories to try and grasp, no concepts to understand, no points to learn, nothing to practise in any way, it's merely about uncovering something which is already there. This is the essence of the healing process itself. This is a rarity and it is the ease of it which makes it so infuriating and irritating to those whose expression is that of the so-called master/ colonial/ agriculturalist/ industrialist. These aren't things that can be "owned" or "done something with". The indigenous peoples of the world, the infant child and the true nature of the female are all constantly overlooked by society. The irony is that these very small, almost intellectually insulting expressions who seemingly have little offer on the surface, in that that there is nothing to "do" but watch and follow, are actually where nature is and they are the transition point of humans letting go of the "self" and nature taking over and returning to how it always was.

For years I have scoured the realms of deepest darkest Classical Chinese Medicine, in numerous places all over the world, spoken to many teachers and written a lot about trying to find the roots of medicine, but when I actually see it, which is rare, it is so very, very simple it is staggering. It's just a warm touch, a hand shake that lingers, a hug, a feeling of warmth that is immeasurable yet at the same time is nothing. These are not found in the sayings of the so-called master, but are mostly sensed in the women and sometimes those men who actually have very little to say. These people simply are as they are, touching and connecting naturally without hierarchy, without student-teacher judgment, just as a child would express, innocent and without direct purpose. While these people are fewer in number, when they become the true heart of medicine then once again the heart of medicine will beat, it cannot function with the warped-masculine mechanical replacement no matter what its guise, whether it be western medicine which is seen to be "integrative" or Classical medicine with its all too common dominating, forthright "I Know" or "I lead" type of approach. Neither is it a kind of spiritual-capitalism which is simply the use of "traditional" medicine or agriculture or anything else in order to gain spiritual hierarchy, it is simply an authenticity of what a human is and what they can express, without the desire for ambition, progress or other such ridiculous modern expressions which are all to do with economic mentalities of fearful power issues, i.e. the expression of the dis-ease of the seeming separate "self".

The subtleties are in fact not that subtle, everything around us is One with us, it is not separated off. When this is clear there is a deep recognition of the absurdity of the argument of a healer and a patient being separate in treatment and one giving to the other. When this falls away there is the realisation, which Wilhelm Reich and Osho also had, that healing occurs at the point of contact or as Akinobu Kishi says “resonance”. Then there is healing without intent, it just happens because there is a natural connection and there is an authenticity of being, without a “me” or “you” involved. This is ultimately where the idea of patient and practitioner is seen to be a joke, just as the farmer and the field is a joke....there is just *One* thing happening in permaculture and medicine.

I will finish with a quote from Akinobu Kishi’s new book “Sei-ki: Life in resonance” which should be the basis for any connection to healing and also a root foundation to all those involved in any form of Classical/Indigenous medicine. Kishi illustrates some of the key points that are simply the truth about what goes on in medicine and which might be called the permaculture of healing:

“In resonance, I do not know whether the patient is treating me or I am treating them. The thing that’s clear, though, is that I receive the cost of the session. I say this like a joke in workshops, and although everyone laughs, it’s a realization.”

And also the brilliant Voltaire:

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

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