

**The remembrance of Oneness: the impossibility of right or wrong, the sufferance that leads to instinct and the instinct that transmutes to suffering.**

Nature is absolutely everything. From all the things we consider “natural” to all the things we consider “unnatural”, all are under the larger picture of “Mother Nature”. It is actually impossible for anything to be outside of nature, even those we believe are not. We can look at a landscape and very easily recognize that the trees and plants are the "natural" aspects and the buildings and skyscrapers and telegraph pylons are all "unnatural" but actually all of this, everything that is born from the human mind and outside of the human mind, all are the Oneness of nature.

Therefore how can we differentiate one part from another? Isn't it impossible to say that organic processes are "right" and human processes are "wrong"? This of course is the stance of the environmentalist or altruist who wants to make a belief system out of nature, however this is still only seeing things through the human mindscape.

Nature has no requirement of ideologies of right and wrong, these are judgments made by humans based on the subjective viewpoint of feeling like a separate organism that is in observation of the world, not one with nature. Of course our whole body and being is totally at One with nature but this is of no consequence to the egoic energetic hallucination of “self” that goes on in the neo-cortex of the brain. This forms the mad picture of the world as utterly separate from the "me", it is an illusion and one that essentially is an acute death-spiral of humanity... it simply forms intense suffering.

So there is a process of suffering going on each time the “self” engages, it increases the feeling of loss, of separateness, of grief and of despair, it forms the emotions (meaning “disturbances” from the Latin) of humans, the anger, the hatred, the anxiety, the depression, all of it. At the same time there is another sense within humans, the instinctual sense which is an animal instinct, which moves away from the human processes of egoic states towards the natural environment, wherein there is no state of tension as is experienced when the human is within the ideology of "self".

These two forces, one towards sufferance and the other towards ease are both within us all the time. Nature has formed these two directions, one towards acute life-death the other towards longevity or easy life-death. There is always death, in fact one might say death and life are synonymous, the point is that the nature of life and death can be a very smooth and easy cycle just like the seasons, like the movements of wild nature which are totally in acceptance of everything, or can be full of sufferance based on the central focus of "me". Even if we take the situation of an animal eating another animal, or death which seems very violent from the human perspective, in fact the cycles of nature and the way of wild nature is very different from human processes. There is a big difference between being killed in a car crash and being eaten by a crocodile. The car and its whole expression, its driver, its metal, the road it's on, are all formed from a panic state of the colonial "self", all born from an energy that believes it has a separateness. Dying in a hospital ward is the same, in fact all of the deaths and lives that occur in so-called civilization are traumatic by nature, they are all about living life as a separate entity, instead of allowing life to direct the movements through the body. The crocodile however is innocent, the death is often fast and painless, and it is also the part of another life process. Natural death is always without malice, without mental agitation, it is without cause and without blame and also without “self” involved.

In the brilliant 2012 film "Beasts of the Southern Wild" (<http://www.imdb.com/title/tt2125435/>) there is a great clarity of expression of the difference between tribal culture and modern society: a man is dying and modern doctors want to treat him, but he refuses treatment as he wishes not to die "connected up to a wall"! This expression is a clear indication of the instinctual sense over the mental sense. Humans have both these two qualities of egoic separate "me" and the instinctual Oneness within them. In the process of living and dying we actually have no choice as to which of these paths we will walk down, it seems as though we have, it seems as if there is a person that is moving along, in fact nature is doing all of this. In a way nature is forming the direction of clearing itself of many humans from the planet and forming new growth, a direction that is not towards civilization but away from it. Basically most humans feel the draw towards wild nature but today many also have the draw towards movements which are about living a life that is separate from it. When the draw is so strong that one would do anything to be close to the trees and in the natural environment then this quality of energy is very instinctive. For many of us the draw is not yet that strong, it is between worlds, transitioning.

So many times we hear that it is a "choice" to move towards the wild natural approach which is expressed by the Buddha or Christ or Lao Tao in different terms. We hear it as the "middle way", or the "narrow path", or the "path of least resistance", all these mean the same thing. But actually there is no choice involved. It is only the human that believes they are making choices as to the outcome of events. Actually nature is always forming cycles of life and death based on instinctual feeling. The ego has to feel the pain of the body before it can reconnect to it and then move closer to natural processes. For some this requires a big disease process or for others a sudden shock or loss, but this is the feeling that triggers movement back into the senses and so back to instinct. No one can choose these events and sometimes they occur in the midst of a deep feeling of love or gratefulness or other expression of energy, there is no way one can identify or instigate an event that is right to draw a person to move away from the addictive state of ego towards the simplicity of wild nature, it simply happens when it is ripe to do so.

Therefore the difficulty we have is in recognizing that we are never in control, never in a situation of doing anything as individuals. The movement towards wild nature is an instinct, not a thought-out process, it is a process of sufferance and difficulty leading us to a peacefulness, it is a movement from chaos to seeming order which may well create another situation of chaos and a return to order again in an unending spiral. As we are part of the ordered aspect as well a part of the chaos we are always connected to each other and the whole cycle of life. There is nothing to do. There is no requirement to go towards wild nature, this occurs naturally when it is time within the human body, there is no attempt to push this to the max, it just occurs when it is needed and it is no "better" to do this than to become an industrialist or warlord. This is the non-judgmental way of nature, it has no right or wrong, no good or bad, no better and stronger, or lesser and weaker. There is no weak or strong in nature there are just transformations of life. If a tree has a billion seeds and many of these die before they grow we consider these to be weaker, but actually they are not, they are material that is re-used by nature in order for the others to grow. This is very important, it is not a process that has hierarchy of power or control, it is just a process of natural change that is all connected, all one and as a whole is utterly perfect, it just looks awful when we see one part in isolation.

The only difference between life as an indigenous person who is based in nature and the city-dwelling person is simply that one group has been affected by nature to form chaos and sufferance and the other group forms peaceful tranquility in both life and death cycles. This is all, it is no one's fault and there is no blame. However, the movement *away* from the processes

of ease and least resistance have gathered huge momentum in recent times and the movement back to tranquility is still in the minority of the human energy field. This is how it is at the moment, but it is bound to change again.

Instead of looking at human energy as a kind of linear evolution process that is “going somewhere”, it is far more accurate to describe it as something that is transforming and changing in cycles, as the universe does. There are no higher plains of existence, no owned lives past or future, no transcended masters who are better or more, no right and no wrong, all of it is one thing happening at once. We have no control over being able to feel or to find the path of least resistance, it simply comes to us. For those who need to follow and express the path of greatest resistance in the form of disease and early death, these processes are actually also nature performing an expression of Oneness. We are not individuals, we are one organism with many cells, some cells die away so that others may live on. In many ways those who die of incurable illnesses of addictions and of suicide, or of the pain and sufferance of the world in which they are caught up, these people die in order to maintain some kind of larger homeostatic balance and often their messages are to return to simple things and they trigger the whole mechanism to forfeit the mind, to let go of the “self” and draw back to the simplicity and tranquility of natural processes, not because it’s better, but simply because chaos transpires to tranquility, or mind goes to body, or yang is transforming to yin, or sufferance moves to instinct.

At the same time there is the urge to form the individual, to go into the state of absolute horror, to be destructive, to completely break open and blast things, to ruin. This is also a natural expression and so that which is tranquil is often drawn into this energy field, this is the egoic quality of the mind and it is most prevalent in the world today. Just like the Hindu god Kali, the destroyer is the energy of chaos and the quality of destruction of all that is at peace. Hence the most difficult thing, which is actually the end of the egoic state, it to be in acceptance of both sides, to see that nature is forming all things, the egoic mind and the tranquility at the same time.

Tony Parsons (<http://www.theopensecret.com>) often points out that everything in the universe is energy, this energy forms different expressions, one of which being the state of “self” and that this expression is particular to humans, the rest of the universal energy doesn’t feel separate from anything else. However the nature of the energy of “self” is a madness, it’s like the boiling point of water when water transforms into a gas. This is why the human being is at a state of transition, some will move back to tranquility, others will die, others still may continue the state of chaos until the fuel is burned out and then it will gradually die away. The point is that all this is no more or less than energy and so there is no choice in any of this, in fact no problem in being any part of this whole expression. Therefore everything “as it is” which is the only truth that can be told about it.

Therefore there are those who need to live now, those who need to die now, those who are the life-givers, those who are the destroyers, those who are clear and those who are muddled, those who are tired and those who are full of life, those who are “mad” and those who are “sane” or “mad” in another way! All these make up the energy of human life, they cannot be separated as it is one organism, they cannot be blamed and no one part is better than another.

This is the big picture, but for the person living life they will simply do whatever they do, they will be transformed in one way or the other, towards the yin or towards the yang, towards the destruction or the total creation. There is no better or worse way, in a sense everything is

authentic, *already* authentic, even “lies” and hidden expressions are all authentic, nothing is wrong with any of it.

I recognize therefore that my work and expression here on this website is very limited to the expression of this one human life that is moving towards an interest in the yin or the tranquility along with many others and away from sufferance and civilization and egoic tension. But I also recognize that this is just one life, and for all the other aspects of this one life there is a connection to total sufferance and a destruction, of which I too am a part but for some reason that doesn't express itself so much through this body. Living longer in tranquility is no better than living shorter in tension, they are both one and constantly moving in and out of each other.

This is my favorite poem which I have quoted before but in this lies the greatest truth that can be known, from the monk Thich Nhat Hanh:

### **Please Call Me By My True Names**

Don't say that I will depart tomorrow --  
even today I am still arriving.

Look deeply: every second I am arriving  
to be a bud on a Spring branch,  
to be a tiny bird, with still-fragile wings,  
learning to sing in my new nest,  
to be a caterpillar in the heart of a flower,  
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,  
to fear and to hope.

The rhythm of my heart is the birth and death  
of all that is alive.

I am the mayfly metamorphosing  
on the surface of the river.  
And I am the bird  
that swoops down to swallow the mayfly.

I am the frog swimming happily  
in the clear water of a pond.  
And I am the grass-snake  
that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones,  
my legs as thin as bamboo sticks.  
And I am the arms merchant,  
selling deadly weapons to Uganda.

I am the twelve-year-old girl

refugee on a small boat,  
who throws herself into the ocean  
after being raped by a sea pirate.  
And I am the pirate,  
my heart not yet capable  
of seeing and loving.

I am a member of the politburo,  
with plenty of power in my hands.  
And I am the man who has to pay  
his "debt of blood" to my people  
dying slowly in a forced-labour camp.

My joy is like Spring, so warm  
it makes flowers bloom all over the Earth.  
My pain is like a river of tears,  
so vast it fills the four oceans.

Please call me by my true names,  
so I can hear all my cries and my laughter at once,  
so I can see that my joy and pain are one.

Please call me by my true names,  
so I can wake up,  
and so the door of my heart  
can be left open,  
the door of compassion.

~Thich Nhat Hanh

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