

The Flourishing of the Wellesst



What Is Wellness?

You may well ask

Here's my take on the subject:-

Wellness is the capacity to live, love and be
loved

In a way that maximises joy

And minimises suffering

For self and others

Where Is Wellness Sourced?

'What's in a well?'

I might ask you

No less than the water of life

That flows and pools

Responsively, receptively and reflectively

In natural circulations and reservoirs

Within and without

All living bodies and systems

Organic in kind

As solvent, support and supplier of all
that's needed

By way of degenerative and regenerative
biochemistry

To receive, retain and pass on

The energy that comes with the light that
makes love

With the dark

In co-creative, responsive-receptive
Naturally inclusive communion



Holding Openness

Light as a
dynamic natural
inclusion of
darkness
continually brings
an endless
diversity of flow-
forms to life



All Falls Into Place-Time

When we acknowledge

The receptive spatial hollowness of our interior

And the responsive energetic surfacing of our
exterior

As the love in our life

The focal point of gravity within our dynamic
situation

As our true self-centre

In natural communion with all

What is Natural Inclusion?

The mutually inclusive, co-creative, receptive-responsive relationship between intangible spatial stillness and energetic motion in the being, becoming and evolutionary diversification of all material bodies, including our own.

Well Now That We Know

Where might we go

And how might we act

To sustain the flow

And not stop it dead in its tract?

Well, the solution's quite clear And nothing to fear -

Both individually and
collectively,
Not one or the other
We unblock the drains
And unclog the brains
Caught up in their own
Self-definition
Behind closed walls
Living as Lords, Ladies and
Thralls

And learn to accept
Our selves as we are
Not necessarily selfish
And necessarily not altruistic
But living creatures
Sentient, needful, fallible and
vulnerable
Dwelling in compassionate
Natural companionship
Not denying it

A Question of Space & Boundaries

Abstract static logic

Abstract space and material boundaries are mutually exclusive and so definitively isolate one thing from another

Natural flow logic

Natural space and material boundaries are mutually inclusive.

Space is a continuous receptive attractor, not separator.

Boundaries are responsive energetic distinctions, not isolators

Objective Perception

Instantaneously isolates Observer from Observed



Damaging Misconceptions

"But with regard to the material world, we can at least go so far as this—we can perceive that events are brought about not by insulated interpositions of Divine power, exerted in each particular case, but by the establishment of general laws."

WHEWELL: *Bridgewater Treatise*.

"The only distinct meaning of the word 'natural' is *stated, fixed, or settled*; since what is natural as much requires and presupposes an intelligent agent to render it so, *i.e.* to effect it continually or at stated times, as what is supernatural or miraculous does to effect it for once."

BUTLER: *Analogy of Revealed Religion*.

"To conclude, therefore, let no man out of a weak conceit of sobriety, or an ill-applied moderation, think or maintain, that a man can search too far or be too well studied in the book of God's word, or in the book of God's works; divinity or philosophy; but rather let men endeavour an endless progress or proficience in both."

BACON: *Advancement of Learning*.

Down, Bromley, Kent,
October 1st, 1859. (1st Thousand).

ON
THE ORIGIN OF SPECIES

BY MEANS OF NATURAL SELECTION,

OR THE

PRESERVATION OF FAVOURED RACES IN THE STRUGGLE
FOR LIFE.

By CHARLES DARWIN, M.A.,

FELLOW OF THE ROYAL, GEOLOGICAL, LINNEAN, ETC., SOCIETIES;
AUTHOR OF 'JOURNAL OF RESEARCHES DURING H. M. S. BEAGLE'S VOYAGE
ROUND THE WORLD.'

FIFTH THOUSAND.

LONDON:
JOHN MURRAY, ALBEMARLE STREET.
1860.

The right of Translation is reserved.

Subjective Perception

Includes Observer Within The Observed



Selflessness

D. E. H A R D I N G

ON HAVING NO HEAD

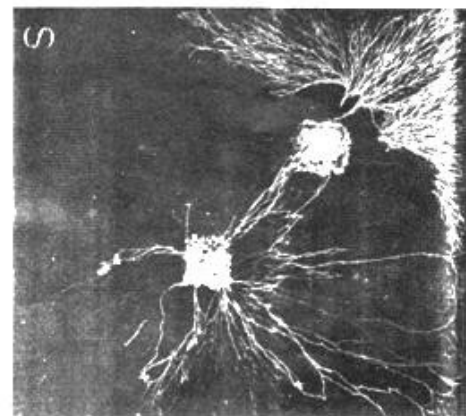
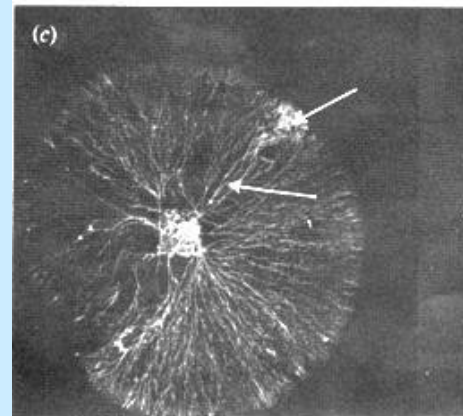
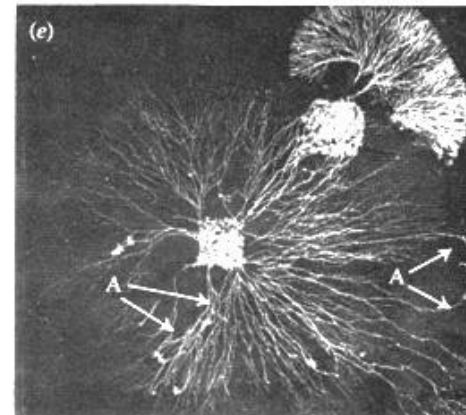
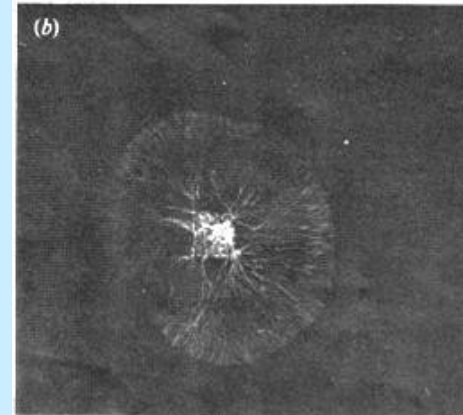
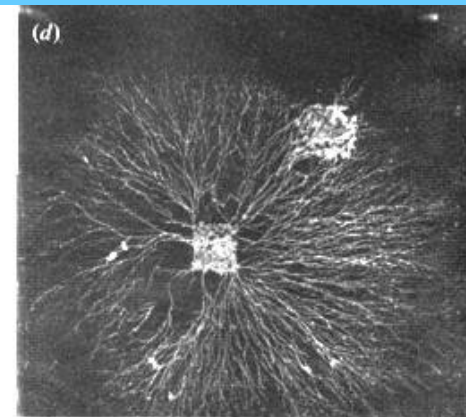
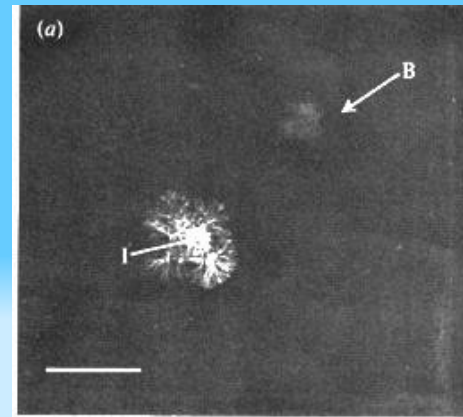
ZEN AND THE REDISCOVERY OF THE OBVIOUS



FOREWORD BY HUSTON SMITH

Comprehensive Perception

*Combines
Directional Focus
With
Circumspection*



False Dichotomy *Causes Ideological Conflict*



Natural Democracy

*Arises from receptive-
responsive
relationship between
inner and outer*

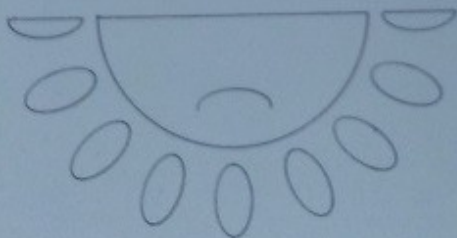


DEMOCRACY

IS FOR ALL



NOT PART

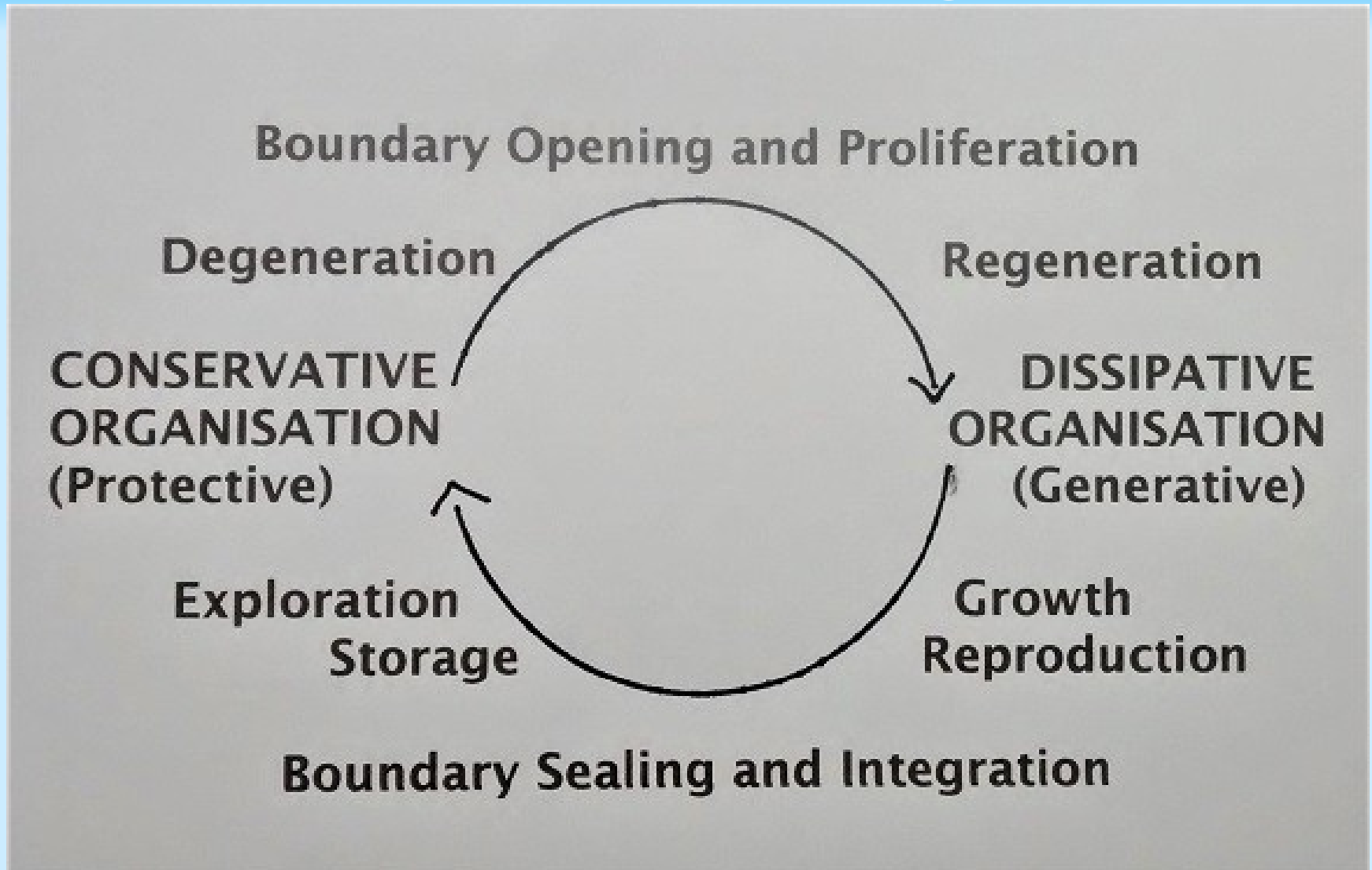


3 Fundamental Tenets

1. Natural bodily boundaries are intrinsically dynamic, not fixed statically in place. i.e. they are dynamically informed and sustained by continuous energy flow and disappear if the latter ceases.
2. Natural void space is a continuous intangible (i.e. frictionless) presence that simultaneously invites energy flow both inwardly (towards and around zero) and outwardly (towards infinity).

Hence:- 3. All material bodies, from sub-atomic to galactic, are mutual inclusions of void space and energetic motion in receptive & responsive relationship.

The Essence of Regenerative Sustainability



Confluence



Greetings from Middle Earth

Life forms in the balance
Between flow and counter-
flow

Into and out from the other

In response to innermost
calling

Amidst infinite expanse

A love triangle in the making
of heartfelt experience

At the seat of all knowing

In the wisdom of not
knowing

The natural inclusion of
being in becoming

The in-breath in out-breath

In common passion



The Signal Failure of Material Science

Has always been
To focus all attention
On what can be seen,
Heard, touched, smelled,
tasted
While disregarding
What's immaterial
As if it doesn't exist
Within, throughout and all
about
Us

As if space and time
Are material things in
themselves

Not their immaterial essences
Which combine in receptive-
responsive relationship
To make our world and
ourselves

As it is and we are
Darkness and light personified
In flowing material form



Packaged on Delivery (Neither Before Nor After)

We are participants in
Not exceptions from
The flow of life
As the flow of light
As the flow of time
Which we receive and pass on
Excitedly
With love, thanks and farewells
Around and between
Our receptive centres
In the dark stillness of space
Within, between and
surrounding
Our material bodies
In myriad hues, shades and
forms
Inspiring and expiring
In the heat of the moment



Ain't No Such Thing

As space
Ain't no such thing
As time

Space isn't material
distance
Time isn't material
duration

Distance is a
manifestation of space

Duration is a
manifestation of time

If we could only
understand that

We'd be fine

Knowing for once

And for all

That each in the other
Makes matter

Not the other way round



That Loving Feeling

That feeling you have
In the midst of your chest
Which makes you want
To embrace someone or
something
Is what everything
Is ultimately made from
The immaterial within,
throughout and all about
The material

The silent, receptive stillness
of omnipresent space
The rush of excitement
Including each other
In swirling form



The Allness of Me

In radiant receptive awareness
That sees both the tangible
In the intangible
And the intangible
In the tangible
The motion in the stillness
And the stillness in the motion
Goes so much wider and
deeper
Than the wholeness of me
Caught in momentary standstill
Excluding what's been
And what's yet to become
As if you and me
Are object and subject
Framed in definitive rigidity
Not beholden to each other
In vibrant life



You Can't Have Half a Hole

But you can have half a whole

Therein resides the difference

Between being alive and dropping dead

Natural inclusionality and abstract rationality

If you seek the murder weapon

Destroying life on Earth

Look no further than Occam's razor

And the Law of the Excluded Middle

Because if you do
I'll just slip through you
As if there's no body there

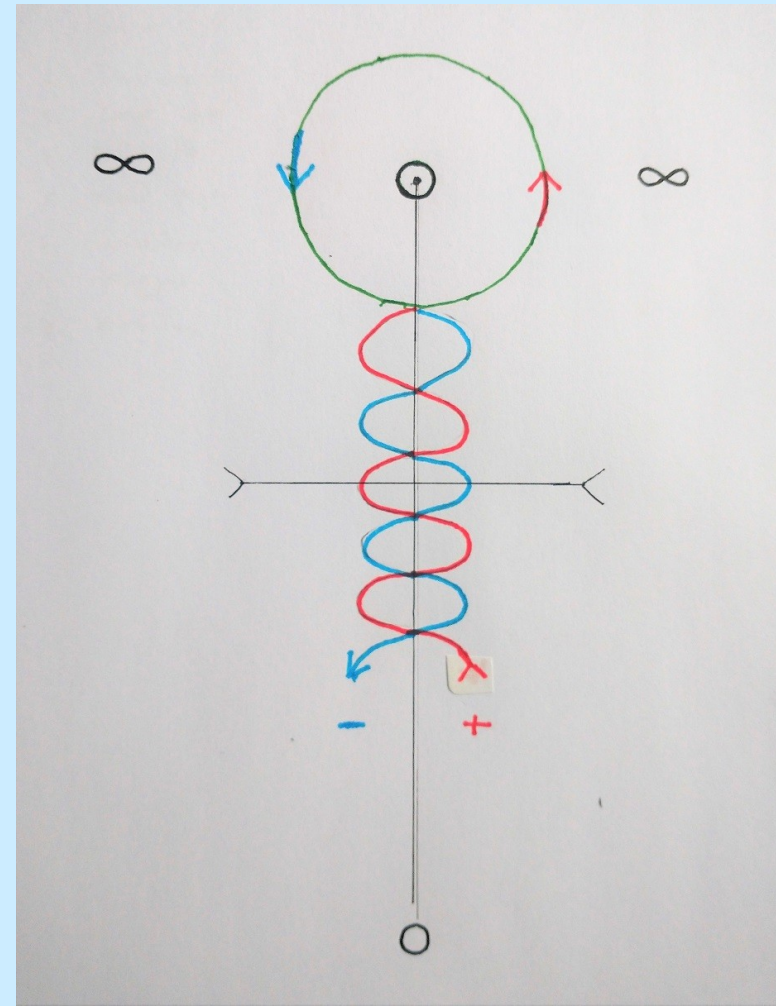
I am here, there and everywhere
Within you, without you and throughout you
Always ready to take my place
As the still, silent centre of your being-in-
becoming
Calling inwards from within
As I do also from without
Your dynamic envelope
Which cannot resist me

And I'll still be here
No matter how much you move about
You'll never shake me off or shake me out
No matter what
I'll never leave you
So long as you are here

And when and if you know this
Full well
You'll find me a comfort
Not a curse

I am Space

So Don't Try To Push Me



Evolving Out of the Box

Through the Space Barrier

It seems I need to keep on saying this
For the sake of generations to come
And those of us now
Who know there's something's terribly
wrong
With the way we've been led to
believe
That life's a struggle for existence

There is no barrier
Separating the space inside
From the space outside
Any body
There is only a dynamic interfacing
Betwixt each and the other
Holding the balance
Between the call from within
And the call form without

So life evolves
In response to receptive invitation
To come into being
Not as a reaction to mechanical action
As if it's a Jack-in-a-box
All coiled up with nowhere to go
Until someone takes the lid off



Imagine What A Difference It Would Make

To human understanding
And the flourishing of Life on Earth
If natural inclusion -
The receptive-responsive relationship
Between Darkness & Light
Space & Energy
Stillness & Excitation
Agape & Eros
In the natural co-creation of all
manifest form
In all its diversity
From subatomic to galactic -
Was widely accepted
As true

I can imagine
I do imagine
Can't you?
.
Honesty
Reasonability
Compassion
Would come to the fore
As great human virtues
Not romantic ideals
In a world that makes sense
In the light of all evidence
Not false fabrication
In pursuit of success at all costs

Gone Would Be Any Belief

That humanity is separate from
Nature

That subjects and objects exist
independently

From one another and their
surroundings

That all is one thing

In external authority

That life is a struggle for existence

That supremacy is success

That strength is good and
weakness is bad

That money is wealth

That space is measurable distance

That time is measurable duration

That space-time is separate from
matter

Either a rigid framework or an
elasticated fabric

That time is money

That unity is better than division

Or division is better than unity

That death is the enemy of life

That war solves anything

That peace is passive

That suffering is failure

Can you imagine? Do you imagine? If so, what's stopping us, and why? And what can we do about it? Both individually and collectively



Fluid Dimensionality

Re-imagining Reality

I wonder what ducks would quack to us
If they knew just how lost
We were and we are
In our insistent fixed framing of reality
Within some non-existent cubical space
That cuts us all apart
From where we belong
In natural continuity
And divides us instead
Into parts and parcels
Or, on the other hand
Unites us all
Into one big mental block

Perhaps they'd think it funny
Perhaps they'd think it sad
Perhaps they'd quack that it's not
runny
Perhaps they'd quack it's mad
I'm sure they'd know it's bad
For us
To put our eggs into boxes
And tie our selves up in knots
For the sake of some ghastly
alternative
To natural flow geometry
That denies us the scope to fly free
Or make a big splash
Imaginatively

