

# 'AUTO-CHANT' or 'AUTO-SPEAK' ~ Shinzen Young

00:00:00 Most people, at least occasionally in their life, have had the experience of just sort  
00:00:14 of starting to flap their lips and magically something self-organized.  
00:00:21 I call that auto-speak.  
00:00:25 So I wondered, is there a way to sort of train people so that that's more likely to happen  
00:00:32 in their daily life?  
00:00:34 So one way to do that is through a process that I call auto-chant.  
00:00:40 You take something that you're very familiar with.  
00:00:43 Some people use mantras or scriptures, but it can be anything that you're thoroughly  
00:00:50 familiar with, and you chant it out loud, and you just sort of let your speech organs  
00:00:55 self-organize.  
00:00:57 So it's the auditory analog of the auto-walk.  
00:01:03 Now we want techniques that we can use in a secular context, say in a clinical medical  
00:01:10 situation or in a school, so we won't encourage people to use things that are explicitly religious  
00:01:18 or from a foreign culture when we go into these mainstream situations.  
00:01:26 But I mean, if you belong to a certain religion or like a certain culture, you can chant things  
00:01:31 like Om Namah Shivaya or Om Mani Padme Hum or Pater Noster, Ave Maria, whatever appeals  
00:01:44 to you.  
00:01:45 But in a secular context, I like to use something simple, so maybe numbers.  
00:01:51 So here's auto-chant by the numbers.  
00:01:55 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.  
00:02:02 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.  
00:02:07 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.  
00:02:11 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.  
00:02:14 And I'm sort of tuning in to the fact that there's just air blowing across my teeth and  
00:02:21 tissues are flapping and they sort of know what to do.  
00:02:25 And it's fun.  
00:02:28 I should say that in some religious traditions, they have what's called

glossolalia.

00:02:35 And by the way, that's not just in charismatic Christian things in North America.

00:02:41 There are analogs of that in other cultures.

00:02:44 I saw it in Japan at Mount Koya, for example.

00:02:49 And something like that happens in subud, which is in an Islamic context in Indonesia.

00:02:58 This is what's called speaking in tongues.

00:03:01 Now what's significant about the glossolalia or speaking in tongues is it's auto.

00:03:09 So actually, they're right.

00:03:10 It is sort of the spirit.

00:03:12 Now sometimes there's a belief that they're actually speaking grammatical human languages

00:03:18 like Aramaic or what have you.

00:03:23 Unfortunately, that is apparently not the case.

00:03:30 So the content may not actually be human speech, but the contour is truly the spirit.

00:03:37 So there's a validity to that, and it can be honored as that.

00:03:43 So that's auto speak.