

'Practicing Noting' Mix #2 (Bloopers & Out-takes #2) ~ Shinzen Young

00:00:00 I

00:00:27 will

00:00:57 Ah yes, now the progeny begins to float.

00:01:04 I don't normally talk like this, Shunzhen, but when I hear you do something like this, I've got to say, you're a fucking genius.

00:01:29 Pardon the French, yes.

00:01:32 There are times when darn just isn't enough.

00:01:46 It's like when you hit your thumb with a hammer, you know, saying, oh darn.

00:01:54 Well, now I've got local global of pleasant self-referential approbation flavors.

00:02:02 I thank you for that.

00:02:04 And I can get the spread. I'm getting I'm zooming in and out.

00:02:08 The primary is here, but it's down there and there too.

00:03:38 Okay, now I'm going to get to use a real, real geek word.

00:03:58 If a single person in this room knows what this word means, I am going to be immensely surprised.

00:04:08 Now you're all listening.

00:04:33 Now, mind you, there are approximately a half million words.

00:04:39 No, no, quarter, quarter, no, about a half.

00:04:43 Yeah, about a half million words.

00:04:58 The word does it did pop up into my talk space.

00:05:03 Lysencephalic, S-I-L-I-S-E-N-C-E-P-H-A-L-I-C.

00:05:20 Our brains got too big for our skulls, so they developed convolutions.

00:05:25 So we have these gyri and sulci.

00:05:31 But if you look at a rat brain, it's flat.

00:05:36 It's smooth. The surface is smooth.

00:05:39 So non-convoluted brain type are called lysencephalic.

00:05:56 So why is this related to anything?

00:06:07 Well, the problem is the convolutions obscure the organization of the brain, especially in a human brain.

00:06:26 So they have what they call exploded brains that a computer can do where it makes it into a giant ball.

00:06:32 So then it makes you see how it's really organized.

00:06:35 It's more intuitive.

00:06:36 But you don't need that with a rat brain. It's already that way.

00:06:39 And if you look at the mapping of the processing areas in a rat's brain,

00:06:46 here's the part that does the body, here's the part that does the auditory,

00:06:51 here's the part that does the visual.

00:07:04 I suggested that we do, as a practice in life, focus on positive during this ten minutes that we've been talking.

00:07:34 Since I suggested doing it, to you folks, that means, of course, I have to do it.

00:08:05 I got this immediate, incredibly subtle hit of fear and sadness.

00:08:27 So if you decide to have a positive social emotion with actual other humans,

00:08:46 don't be surprised if it may resonate with some other emotion.

00:09:04 For no reason whatsoever, other than you suddenly add the temerity to work with feel space in front of a group of people.

00:09:27 Yeah, yeah. From myself, just, oh my god, I'm going to have to be in po...

00:09:34 It's not like I don't do it, okay, but it's like, no, I have to do it, and they're going to do it.

00:09:39 And there was like this fear, which I can understand, but why the tear?

00:09:59 And I don't need to know, because I spotted it, and I quantified it.