

The UNVEILING of SHINZEN YOUNG's MANDALA (of what he knows)

00:00:00 Cool, huh?

00:00:07 Wow.

00:00:10 Wow.

00:00:12 Applause.

00:00:17 Wow.

00:00:20 It's pretty, isn't it?

00:00:22 Beautiful.

00:00:23 Now, like I say, you can't see the symbols from where you are, even if you have good vision, but I'm going to pass out something that you can look at.

00:00:35 But here it is. Here is your senses, right? Your conduct, how life treats you, and the answer to the question, what is mindfulness? Concentration, clarity, equanimity.

00:00:56 Why practice mindfulness? Total human happiness.

00:01:02 What's involved? How do you practice mindfulness? Techniques? Daily cycle? Yearly cycle? Daily cycle? Have a good time.

00:01:12 What's the history of mindfulness? Shamanic, prehistoric shamanic origins? Historic meditative traditions? Present research? Possibly dawn of a new age.

00:01:26 This is the basics. What, why, where, when.

00:01:32 Now the details. Details on what.

00:01:36 What is concentration?

00:01:39 Well, I've given all the lectures, I'm not going to go into it, but you know, there's what it is, what it isn't.

00:01:45 Instances, the deep view, and the taste.

00:01:49 And the same information for sensory clarity.

00:01:52 And the same information for equanimity.

00:01:55 Details, notice it lines up one to one.

00:01:58 Details about this you store here.

00:02:02 Details about this, there's the noting board.

00:02:06 There's the focus on positive board, iconographically represented.

00:02:10 Positive affect is smiling, positive behavior is legs.

00:02:15 Positive cognition is a brain.

00:02:18 Ideal or archetype is a holy figure.

00:02:22 Positive situation is a dawn.

00:02:25 Similar to this, but, and then this is other, and you can do it in the visual auditory somatic.

00:02:31 We don't show the do nothing board because it's nothing.

00:02:35 And this box tells you the four kinds of information you can extract from these boxes.

00:02:43 There's strategies for formal practice.

00:02:46 There are ways of classifying, cutting up the pie of sensory experience.

00:02:50 There are ways of figuring out applications for certain jobs in the world.

00:02:57 How can I deal with this? How can I deal with that?

00:03:00 You can formulate your strategies, that's your tool kit.

00:03:03 And also it gives you a detailed view of the history.

00:03:08 That's a sundial.

00:03:12 You remember that we went through this whole thing and we outlined the whole history of world contemplation based on these categories.

00:03:19 So these are the four types of information you can extract from the game boards.

00:03:24 So details about this, details about this.

00:03:31 What up here? Details about Mr. Happy Head.

00:03:35 Okay. What's surface happiness?

00:03:39 Avoiding pain, getting pleasure, avoiding pain.

00:03:44 What's deep happiness?

00:03:46 Experiencing pleasure times mindfulness.

00:03:50 And what's, instead of avoiding pain, you can experience pain divided by mindfulness, reducing suffering.

00:03:59 What does the mind want?

00:04:02 It wants to shine its light on all these different problems.

00:04:06 But what does it really want? To shine its light on the socket that it's connected to.

00:04:13 What you think you want is to avoid don't-know-mind.

00:04:18 But what you really want is to be able to experience don't-know-mind as an empowerment.

00:04:23 What you think you want, which is valid, is good situations.

00:04:27 Sunny weather, not bad weather.

00:04:30 But what you really want, because it leads to these things, is positive behavior.

00:04:37 So if you get this for yourself, you're going to be very happy.

00:04:42 You ask me what's the definition of enlightenment.

00:04:45 So this is a figure with a smiley face, but the outline is very diffuse.

00:04:50 There's no separation between inside and outside.

00:04:53 No thinness to separate.

00:04:56 And a consequence of that is that you want to serve.

00:05:00 You want to serve materially.

00:05:02 You want to serve by, this is a mouth teaching mindfulness, mouth it, okay?

00:05:08 You give dana, you support those that serve materially, and you support those who teach.

00:05:15 So this gives you more information about this.

00:05:19 Now, let's go deep.

00:05:23 This is deep, this is basics.

00:05:26 Detail, detail, detail.

00:05:28 This is just for decoration.

00:05:32 But it's sort of cool, because this reminds us that our sensory experience is a yin-yang thing.

00:05:38 And we see that in detail over here.

00:05:43 This reminds us that our path, our techniques, at a deep level arise through an interplay,

00:05:51 maybe not exactly yin-yang, but there's a little expansive contractive.

00:05:55 So this reminds us of the deep view over here.

00:06:00 This is practice, this is the deep view of practice.

00:06:03 The interplay of active versus passive.

00:06:06 Work with the parts, work with the whole.

00:06:08 Make discriminations, break discriminations.

00:06:11 Manifest a self, go into the no self.

00:06:16 So this is the sort of the yin-yang, the inner game of practice is here.

00:06:24 And the sort of yin-yang of sensory experience, the basic molding forces,

00:06:30 the tug of subjective versus objective activation,

00:06:34 the surface manifestations of expansion and contraction,

00:06:39 the deep manifestations of expansion and contraction,

00:06:42 and the effortless activity of time itself, rising and passing simultaneously.

00:06:49 These are the forces, superficial and deep, that mold sensory experience.

00:06:55 So this is the doorway to the deep view on this.

00:07:02 This is the doorway to the deep view on this.

00:07:06 And this is the doorway to the deep view on the universe, displayed here.

00:07:15 The title of the universe is Omega, which is related to the cosmological constant.

00:07:28 It's the interplay of expansion and contraction that molds the universe as a whole.

00:07:35 And the universe is at the finest scale, the smallest spatial scale, is the Planck.

00:07:44 And then this thing with the dot, this circumpunk,

00:07:48 represents all the structures that arise in between the universe as a whole

00:07:54 and the Planck scale, the cosmic space scale and the Planck spatial scale.

00:08:02 There's all these structures that sort of seem to reflect a contractive core

00:08:07 and an expansive cloud or something along those lines.

00:08:13 And what are they? Galaxies, supermassive black hole.

00:08:17 In the center, effusive cloud of stars.

00:08:20 Suns, we talked about it, born in between the expansion of thermal photon pressure

00:08:25 and the contraction of self-gravity.

00:08:29 Planets, core-mantle atmosphere interactions,

00:08:37 cause the in and out of the core and mantle, cause the surface continents to flow.

00:08:46 The rising and falling of thermal currents cause the weather to flow.

00:08:55 The human being, anatomically, it's got nerves at input,

00:09:02 there's process in the brain, motor goes out.

00:09:07 The heart and the capillaries, it's an expansive contraction thing.

00:09:13 We have a similar kind of structure.

00:09:16 And in our complicated, of all creatures, we are the ones that are most aware

00:09:21 of the input-output in terms of cause and effect.

00:09:27 And so we live very much in that world also.

00:09:31 The cell, I gave a whole talk about how the cell is formed by a lipid bilayer,

00:09:40 with polar ends sticking out into the watery environment on the outside

00:09:48 and the watery environment on the inside, creating an inside-outside situation.

00:09:56 Then macromolecules like proteins with nonpolar core

00:10:04 and surrounded by polar radicals.

00:10:10 And so what do those polar radicals do?

00:10:14 Well, they can migrate into this membrane

00:10:19 and start to create very complex interactions that are input-output of energy

00:10:28 and matter and information into the cell.

00:10:32 But same sort of deal.

00:10:35 Contractive core surrounded by this halo and then atoms,

00:10:40 but very much in some ways like galaxies.

00:10:43 And at the base of it is the mathematics.

00:10:47 The operations of mathematics, which all have the same basic structure,

00:10:54 just different flavor.

00:10:56 It's an intertwining of three kinds of polarizing and canceling activities.

00:11:07 You have step forward, step back, don't move.

00:11:19 You have stretch out, pull in, don't move.

00:11:25 You have whirl this way, whirl that way, don't move.

00:11:29 All the movements of the dancer are represented by the mathematics

00:11:36 and therefore the fact that the mathematics seems to have this polarization,

00:11:49 cancellation type of situation shouldn't surprise us

00:11:58 because we've discovered it in our own sensory experience.

00:12:02 And it seems to be something very fundamental about the way that,

00:12:09 so it's sort of at the base of what models all of this.

00:12:15 There was a famous biomathematician named Haldane, H-A-L-D-A-N-E,

00:12:23 he was an Englishman.

00:12:26 This was back in I guess the Victorian or Edwardian period,

00:12:32 maybe not quite that old, but back there, early 19th century, he was active.

00:12:39 Someone once asked him, based on his study of mathematics and biology,

00:12:47 had he been able to discern any characteristics of the creator?

00:12:54 Could he say anything about God's personality based on his development of this field of biomathematics?

00:13:03 And he said, yes, as far as I can see, the main characteristic of God is

00:13:11 that he has an inordinate fondness for beetles.

00:13:16 But actually, I would paraphrase Haldane.

00:13:23 I think God has an inordinate fondness for contrast and cancellation.

00:13:34 That seems to be the pattern that we see very broadly.

00:13:40 And that is everything important that I know.

00:13:45 Thank you.