

# 'AUTO-EVERYTHING' ~ Shinzen Young

00:00:00 So, taken together, I have four standard techniques for training people into what I sometimes

00:00:17 jokingly call the Zen bounce or spontaneity or cultivating flow within your motor circuits.

00:00:30 So one technique is auto move, and an easy way to do that I demonstrated, sort of the

00:00:36 auto walk thing.

00:00:38 Another technique is auto speak, and an easy way to do that is like auto chant.

00:00:46 The way to cultivate spontaneity and thought is the auto think technique.

00:00:54 I described that briefly.

00:00:55 There's actually some more details, but the good news on that is I have a very complete

00:01:01 blog in my blog spot where I talk in total detail about how to do the auto thinking technique.

00:01:10 So that's a third technique.

00:01:12 Often, I'll use a strategy of having people work with individual elements and then having

00:01:19 people work with the whole system.

00:01:21 So if you want to get crazy, you can auto everything.

00:01:26 It means you try to taste your body moving while you sort of do some sort of chant, and

00:01:32 you're covering your mind space and aware of a global unfixed state there.

00:01:38 You're doing that all together.

00:01:40 So that would look something like this.

00:01:46 1, 2,3, 4, 5,6, 7, 8, 9, 10.

00:01:54 1, 2,3,4, 5, 6, 7, 8, 9, 10.

00:01:57 1, 2 ...

00:01:58 Thank you.