

How Meditation Can Bring an Enlightened Perspective to the 6 O'Clock News ~ Shinzen Young

00:00:00 How can meditation help you love deeply?

00:00:10 Meditation can help you love deeply.

00:00:14 And in fact, without it, it's probably going to be very difficult to love deeply,

00:00:21 in the sense that I'm using the term.

00:00:24 Meditation can also help you act effectively,

00:00:27 and there's a lot more to acting effectively than just what meditation can bring.

00:00:34 There's many, many, many specifics.

00:00:38 But the one thing that meditation does help, in terms of acting effectively,

00:00:43 is it helps our actions to be motivated and directed by our emotions,

00:00:55 as opposed to being driven and distorted.

00:01:01 When I look out at the world and I see stuff that upsets me,

00:01:10 that causes rage, terror, grief, shame, a sense of helplessness,

00:01:18 which is pretty much the 6 o'clock news every night,

00:01:26 what I try to remember is, in the end, in the deepest analysis, why is this happening?

00:01:38 There's surface analysis, and that's important,

00:01:42 but for me as an individual, in that moment,

00:01:48 the most important thing is to not forget, because it's really easy to forget,

00:01:54 not forget deeply why this doo-doo is occurring.

00:02:00 And deeply why this doo-doo is occurring,

00:02:04 that this doo-doo can be any one of the gazillion things that is the litany of horrors of the 6 o'clock news.

00:02:15 Deeply, it's not because human beings get together and try to create bad stuff.

00:02:23 That doesn't happen very often.

00:02:26 Human beings get together and try to solve stuff,

00:02:31 but the solutions are typically driven and distorted by suffering.

00:02:39 And so, they're suboptimal.

00:02:42 Now, sometimes that's okay, because one's suboptimal in this way,

00:02:47 and the other's suboptimal in this way, and they sort of cancel out,

00:02:50 and we sort of muddle through.

00:02:53 So, sometimes that's okay, but sometimes,

00:02:57 a whole bunch of people will be suboptimal in exactly the same way,

00:03:02 and then it reinforces and turns into something horrible.

00:03:08 So, I try to remember, okay,

00:03:12 how many millions of people for how many decades or centuries

00:03:19 experienced rage, grief, shame, terror,

00:03:25 and such, just like I'm experiencing right now,

00:03:29 and they did not remember to experience it fully.

00:03:38 So, it caused a drivenness, a distortedness in their solution-seeking,
00:03:45 and the effect of those bad decisions,
00:03:50 a lot of times they just cancel out, it's okay,
00:03:52 but if they don't cancel out, they all line up,
00:03:56 and we get horrible, horrible things.
00:04:01 So, I try to remember in that moment, okay,
00:04:06 it may seem like less than a drop in the bucket,
00:04:09 but I want to make sure that I'm doing my part at the deepest level
00:04:16 to improve the human condition at the deepest level.
00:04:27 That doesn't preclude taking action at other levels,
00:04:31 but for that moment, when it hits me,
00:04:35 I want to be able to have, I want to,
00:04:41 metaphor, it's a little maybe humorous or it might sound even cavalier,
00:04:47 but I think the secret is the opposite of the James Bond martini.
00:04:55 You follow? It's the opposite of the James Bond martini.
00:04:59 You want to be stirred, not shaken.
00:05:05 So, I try to be stirred and not shaken,
00:05:09 and I use the focus in technique, that's in senior field.
00:05:14 So, that helps with acting effectively,
00:05:20 but I'm not for a moment claiming that that's the totality of acting effectively,
00:05:26 but if that component isn't there,
00:05:30 then in some subtle way, and you might say,
00:05:33 well, it's so subtle it doesn't matter,
00:05:35 but I think it matters because it's qualitative,
00:05:38 it may not be quantitative, but in some subtle way,
00:05:41 I'm just part of the problem.
00:05:45 I'm part of what made this.
00:05:50 So, the love deeply part of doing something about the world,
00:06:00 this practice is very relevant to that.
00:06:03 And the act effectively part, it's relevant also,
00:06:08 but it's not the whole picture by any means.