

# Natural Sensory Space Combinations ~ Shinzen Young

00:00:00 One of the natural ones is 2 plus 2 plus 2 equals 6.  
00:00:26 So 2 for the body, 2 for the mind, 2 for world.  
00:00:30 So if you want to go body, mind, world, first of all,  
00:00:33 you're clumping them that way.  
00:00:35 And secondly, you're choosing not  
00:00:37 to make certain distinctions, perfectly legitimate.  
00:00:41 This path is about making distinctions  
00:00:43 and destroying distinctions.  
00:00:45 I think I say that every day.  
00:00:48 The trick is to skillfully make distinctions  
00:00:50 and to skillfully destroy distinctions.  
00:00:53 So if you want to go, well, let's keep things simple,  
00:00:58 body, mind, world.  
00:01:00 Fine.  
00:01:09 Another natural parcellation is 3 plus 3 equals 6.  
00:01:17 Field-image talk functions as a system.  
00:01:21 You've got the subjective.  
00:01:23 And then that system is a system because it  
00:01:29 reacts as a system in combos to touch-site sound.  
00:01:37 And it also proacts to spin memory-planned fantasy.  
00:01:41 So because it's a system, it makes sense  
00:01:44 that the thing it reacts to is also a system.  
00:01:47 So you have the subjective triad versus the objective triad.  
00:01:52 So you can have 3 plus 3 equals 6.  
00:02:04 Another natural partition is another 2 plus 2 plus 2  
00:02:11 equals 6.  
00:02:11 But instead of body, mind, world, it's body, visual,  
00:02:18 auditory.  
00:02:20 Now, a case could be made that, in fact, that's  
00:02:23 the most natural parcellation because that  
00:02:27 cuts to the most fundamental circuitry  
00:02:31 organization of the brain.  
00:02:33 So another way to cut off the pie  
00:02:35 is somatic-visual-auditory.  
00:02:39 And you are absolutely at, you know,  
00:02:41 so that's touch-field-image, site-image, and talk-sound.

00:02:48 So you're completely free to do it however you want.

00:02:52 And so long answer to a short report, it worked.

00:02:58 And that's my definition of the right way to meditate.