

# Shinzen's Contributions

00:00:00 What is unique and important?

00:00:07 When I look at the different kinds of things that I like to teach,

00:00:13 I'll sometimes ask myself, what is unique and important?

00:00:20 Are there some things I've come up with that no one came up with

00:00:24 and that may be important historically?

00:00:31 I think there are.

00:00:35 One is the notion that

00:00:42 three attentional skills, concentration, clarity, equanimity, as I've defined them,

00:00:48 give you everything that you need with no extra baggage

00:00:55 to completely analyze any form of contemplative-based psychospiritual growth

00:01:03 and also to compare all historical traditions

00:01:14 of contemplative-based psychospiritual growth.

00:01:19 You can analyze every single path in terms of the extent to which

00:01:25 and the way in which, if at all, it talks about each one of these skills.

00:01:33 That is like a three-dimensional analysis that can be used

00:01:37 both for the practical of an individual's meditation practice

00:01:45 but also as a framework for a systematic theory of world mysticism.

00:01:55 I think that's probably important and it's unique, I think.

00:02:05 Another thing is what I just mentioned,

00:02:12 realizing that mental image, mental talk, and body emotion work together as a system.

00:02:21 What I essentially have done is take the early Buddhist idea,

00:02:27 something that goes back either to the Buddha or to just a few centuries after the Buddha,

00:02:32 something very associated with Theravada,

00:02:36 which is the notion that if you untangle the strands of self, you get free.

00:02:43 Well, I'm going to claim that inner Sikhir feel represents

00:02:51 the most tangible and simplest way to implement that divide and conquer

00:02:58 or untangle and be free.

00:02:59 Furthermore, that it probably maps onto functional neuroanatomy

00:03:05 and therefore could be the basis, once again,

00:03:09 for a biophysical theory of enlightenment sometime in the future.

00:03:15 So that's important.

00:03:18 There's one other thing, which is if you want to look for a biological basis for enlightenment,

00:03:34 I'm going to make a guess. This is just a guess.

00:03:39 I might whistle another tune in a year or two,

00:03:44 but I'm going to, for the record, say,

00:03:49 look at the basal ganglia.

00:03:54 Okay, so that could be the single most important thing I ever said in my life.

00:04:03 Or not. We'll see.