'AUTO-THINK' ~ Shinzen Young

00:00:00 There's also a technique that I call auto-think, which is a way of training a person to think

00:00:17 without thinking.

00:00:18 Now you might say, well, how in the world do you train someone into that?

00:00:23 How do you train the muse to talk to you?

00:00:30 How do you train intuition and creativity?

00:00:36 Well, it's actually a fairly involved procedure, but I can give you just a brief description.

00:00:48 It starts with something that anyone can do.

00:00:51 You track mental activity in terms of four possibilities.

00:00:58 See, hear, see-hear, and rest.

00:01:05 So see means you're having a mental image, hear means you're having mental talk.

00:01:10 See-hear means you're having mental image and mental talk at the same time.

00:01:15 But rest means that the system is not active, your mental screen is blank and your head

00:01:22 is quiet at the same time.

00:01:27 Or in the most extreme case, it means that both image space and talk space have vanished,

00:01:34 mind space has collapsed to a dimensionless point.

00:01:38 But even if that doesn't happen, you can still be aware of rest or absence of activity, which

00:01:45 I describe as the mental screen is blank and the head is quiet.

00:01:49 So that's a relative rest, and you can also have absolute rest in your mind.

00:01:55 Otherwise, your mind is active, and that can only happen in one of three ways, image, talk,

00:02:02 or both at the same time.

00:02:03 So you track that, and then you get some momentum, and then you can move to a more challenging

00:02:11 procedure, which is to cover mind space.

00:02:15 Place some attention in image space, some attention in talk space.

00:02:19 Mind space sort of has a front and a back.

00:02:23 Images tend, it's a little more complex than this, but they tend to center sort of in front.

00:02:30 Mental talk tends to be in the head at the ear.

00:02:33 So just like the body has a front and a back, your mind, roughly speaking, has an anterior

00:02:40 and posterior space.

00:02:43 And so you cover mind space, and you just sort of, Freud would have maybe called it

00:02:50 evenly hovering.

00:02:52 Is that a phrase that he used?

00:02:54 So what he used, talking about the outside, we're talking about evenly hovering on the

00:02:58 inside.

00:02:59 So you cover mind space, and that's actually not as easy for most people as noting the

00:03:07 mind states, meaning tracking image talk, both or none.

00:03:13 But if you're able to cover mind space, that could be very useful.

00:03:18 And then a certain window of opportunity might present itself.

00:03:22 There might be a global, unfixated state.

00:03:26 Either it's all rest all the time, or it's active, but it's just a subtle vibration of

00:03:33 activity, or there are surface thoughts, but they immediately go away.

00:03:38 So you're never carried away.

00:03:41 That's a global, unfixated state.

00:03:45 Now, if you maintain a global, unfixated state, it may evolve into a situation where you're

00:03:56 actually thinking again, but the thoughts are just self-organizing.

00:04:04 They're just happening on their own, and they're creative, and they're insightful.

00:04:13 And now you're into a state of auto-think.

00:04:18 You've actually trained yourself to do that.

00:04:21 Now that's a window of opportunity.

00:04:23 If that opens, you use it, but if it doesn't, and you have difficulty covering the mind

00:04:29 space, then fine, you just go back to noting the mind states.

00:04:33 So it's a kind of algorithm that loops and branches, and then with time will tend to

00:04:40 induce in a person the ability to think without thinking, or to have thoughts without a thinker,

00:04:47 that sort of self-organize and carry an energy of creativity and or insight.