

Peter Marks on the Origins of Body-Image-Talk (BIT) ~ Shinzen Young

00:00:00 This paradigm that I give you where we can divide the mind into the image piece and the
00:00:12 talk piece, and then that interacts with the body, the touch, feel, whatever. I didn't
00:00:20 come up with this, this idea. But the person who did come up with it is in this room, so
00:00:28 I'm going to make his feel image talk space activate. Where's Peter? If it's the first
00:00:37 time or so, you may not know who this man is. This is Peter Marks, the inventor of body
00:00:43 image talk, and essentially the person responsible for this approach to meditation that I teach
00:00:56 being available consistently in Canada. The fact that I kind of stumbled onto one day
00:01:09 saying, I noticed that there's these pictures and these, I mean, that he kind of is far
00:01:15 too generous in what I've contributed to this. I mean, believe me, it's like, it's like kind
00:01:21 of, I came to know with three boards, but he did the arc himself. Well, here's what
00:01:28 happened. He was giving me a guided, okay? This part I know about because I journaled
00:01:34 this part. He was giving me a guided, and I was just telling him what I was experiencing,
00:01:41 and he said, what did you say? That's how, that's it. I didn't come to him and say, coach,
00:01:48 I've got a really great idea. If he hadn't have picked it up, I might not even have known
00:01:53 I said it. I mean, that's the honest truth because I thought that's what everybody saw,
00:01:57 you know? But there is. What did I say? Oh, I was just, I was out loud. I said, oh, I
00:02:04 see. Well, he was having me look at what we now call active states, right, of image and
00:02:10 talk, okay, or of just thinking. We just, just thinking. I mean, if you read a lot of

00:02:17 the stuff, it's just thinking. They don't talk about breaking it down the way he has,

00:02:20 right? So I just, I just basically, he said, what are you experiencing? And so I just,

00:02:25 I just said, you know, talk, talk. We didn't have any of the restful stuff at that time.

00:02:29 Well, remember, Joe? I mean, we didn't have restful stuff. Rest is within five, six years,

00:02:33 isn't it, I would say? Four. Four years, is that right? Yeah, yeah. So, yeah, yeah, yeah.

00:02:38 And so, and so I was just saying, you know, thinking and talk and talk and then said picture,

00:02:47 picture. And that's what I call it. I call it a picture. And he said, what did you say?

00:02:53 I said picture. Now, you see, it's hard to believe with his mind that he hadn't experienced

00:02:58 that. But I suspect that he had experienced it, but he just goes so deep that he just

00:03:04 misses some of that surface stuff. I mean, I have no idea. But for each of you, you likely

00:03:09 know the first time you did this, you had a predominant way. This is what I think my

00:03:12 students, there's a predominant image or talk that they come up with, right? And then once

00:03:18 you introduce them and give them a little bit of a heads up, then they'll say, oh, yeah,

00:03:21 I am. And now that you're doing it, you know that at every minute you're having ten hits

00:03:25 of image, ten hits of thought, and also the rest states all at once, right? The more you

00:03:29 start to really look at this stuff, you see it's all over the place all the time, right?

00:03:33 I mean, it's just layered, scaffold upon scaffold, right? So that's why it's just so fascinating

00:03:40 to see the way he's, I mean, this divide and conquer piece, you know, it's just, that's

00:03:44 the other thing about him, this, these unique ways of just summarizing it. Yeah, we've come

00:03:51 up with a lot of things. I was either blessed or cursed to have some of the early days of

00:03:55 him kind of feeling his way on some of these things, you know, and some of the, you know,

00:04:01 sweat work we did and that, it just, things just kind of evolved, I think.
But more important
00:04:07 to your second point, I mean, it's just, it's just so great to see what, I
mean, he literally
00:04:12 has, you know, rounded this thing out to 99 plus 9% of what it is, you know,
I mean, and
00:04:17 just, and just really, as I say in the acknowledgement of this book slash
manual that I've written,
00:04:23 just such a great acknowledgement that he is just, you know, relieving
suffering on
00:04:27 this planet with this stuff just in such incredible ways. There's something
else that I've had
00:04:34 to really restrain myself today because in my own lingo, in my own time, all
the time,
00:04:38 I teach to bit, excuse me, be fit, body sensations, feeling, image, and talk.
So that's be fit,
00:04:45 okay? And that's, that's about 10 years ago, that's what we were. We were
body sensations,
00:04:51 feeling, image, and talk. And there's several of us oldies that still have
not really bought
00:04:56 into the idea of, of, should I, should I, should I, yeah, yeah. I don't know
where to
00:05:03 go with this because it's, you know, it's public and all that, but, but hey,
the big
00:05:06 guys heard me tell them a dozen times and we have some very, very animated
discussions
00:05:11 over, you know, and I basically say, you know, I think you're being dead
right on this one,
00:05:16 Shinzen. I think you're absolutely right in separating, you know, kind of
touch and feel,
00:05:23 and I'm sure that it's, you know, the feel is maybe all in the body. I mean,
you know,
00:05:27 so therefore you can legitimately fit spaces, body, and image. However, I
think for the
00:05:32 average person learning it, they relate to a body sensation like the pain in
my knee
00:05:36 and they relate to a pain in my heart different. So that's why I've continued
to teach just
00:05:41 be fit. So I just say this because stay open to this. And if he was here,
he'd say the
00:05:45 same thing. Don't just buy what I tell you. Like make it your own. He's
always saying

00:05:48 make it your own. So some of us have just not chosen to kind of come on board with some

00:05:52 of the current stuff, but for the most part we are.