

*“Meditation” as
“Automatic Clearout Process”*

The number of
“not-perfectly-familiar-so-as-to-be-invisible”
sensory impressions
falling on the individual per second,
determines how much unresolved experience
will be created by a culture.

Subtract out that culture’s propensity for meditation
(“putting the biocomputer on ‘automatic clearout’”)
which is the fastest process
for resolving unresolved experiences,

and what is left
is the weight of residual unresolved experiences.

In our culture,
the high sensory glut
and low incidence of meditation
creates such a backlog
of unresolved activity in the brain,
that these electronic “tensions held”
become a distracting screen,
and we go into a kind of hypnotic trance.

We handle the trivial moment-to-moment stuff,
and lose sight
of the highest long-range possibilities
of our lives.

Meditation Is the Assimilation of Information

It does to sensory food
what the liver does to physical food.

Unassimilated food turns gangrenous.
So do unassimilated experiences.

In meditation, the mind unclutches;

super-efficiently,
experience is assimilated;
patterns are recognized;
action implications become clear.

The resulting clarity eliminates the tension
of unassimilated experiences
which caused the mind to clutch up
in the first place.

*Humans Exist by
Processing Information*

That information is our own inner and outer
sensory experience,

including words we are told.

*All of this tends to program us,
if we don't process the information
in a certain way nature intended.*

*If we do process it the natural way,
we program ourselves.*

The natural way of processing
assumes a reasonable ratio of
input volume : meditation time.

In today's reality,
this ratio has become highly *unreasonable*:

