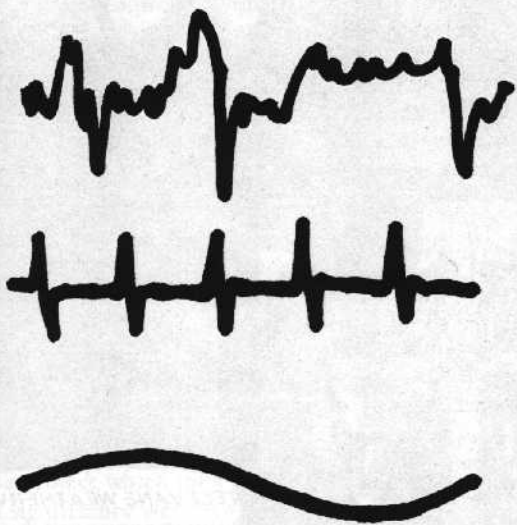


# MEDIA MEDITATIONS



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1. Stop for a moment, keep your eye on the page and just step back into yourself and watch yourself looking. If you can do that, then quite possibly there is nothing else to do or say.

2. Somehow, I feel strongly that this medium won't lie, it won't cover for me — I'm really naked before you. You are receiving, unconsciously perhaps, a faithful "impression" of where I'm at, an imprint of my consciousness. They say in computer circles "garbage in, garbage out". If I were only interested in information, in data and in mere facts, then I would not be concerned with this GIGO effect. It seems, rather, that I am more and more concerned with consciousness, with love and with turning people on. Consciousness and love are things that are rather contagious unlike mere informational knowledge. It seems that in order to turn you on, I myself have to be turned on — in order to awaken love in you I have to love. That puts the whole weight of this Movement Media business back into my lap, back upon my own being rather than upon any outer or technical matter such as communications networks, distribution set-ups, or hardware innovations. It seems that all of those things take care of themselves when I myself am really working on getting myself straight. This is my experience, these things have simply come to me the more I have concentrated on getting it together in the immediate sphere of my own life. If you are really into those things as self-expressive art-tools, if networks and machines really turn you on, go to it. But the province of software, especially a truly radical software, for me begins here and now with my own state of being — let me work on that and get that together first.

3. The attitude that I have to know everything about something before I can really deal with it is perhaps one of the most basic cultural hang-ups I have. I had to know all about RS III before I could say anything of value for RS IV; doctors have me believe that they alone know enough about the body to make real health possible; many feel that I have to know in detail how these media effect our lives before I dare use them; as if I have to have a theory of Life before I can live. Don Juan clinched that one for me: he says to Carlos, "Your problem is that you want to understand everything, and that is not possible. If you insist on understanding you're not considering your entire lot as a human being. Your stumbling block is intact. Therefore you have done almost nothing in all these years." This was my anxiety — I was straining to find a way to take Reality and squeeze it thru my fingers and present it to you in these words.

This strained feeling signals danger for me, so I kept trying to detach myself from specific content crystallizations. Really what I wanted to say involved the immensity — the beauty of this thing that is going down — not just another personal or social image or myth of the Transformation. At the same time, this turned my attention back in on the very process of what I was doing, here writing this article — a most critical way in which nature renews herself and in which she lays the groundwork for a new creative expansion; call it the Fall Season Gathering In. For me, this has been facilitated by a kind of meditation that I have evolved, a personal style as only it can be, that consists mainly of variations of a sort of prayerful attitude — "May I be an instrument for that Higher Consciousness that is Smart Enough to deal with this Boggle I'm in". The key to this seems to be the unspoken attitude behind it, an attitude that I call instrumental — the notion that there is some consciousness, some force, some being or some light that is trying to express itself thru the medium of this bundle of mind and body that I usually call me. That makes this me the ultimate Medium, ME Deum. Thou art God, TE Deum.

And being asked by the Pharisees when the Kingdom of God cometh, he answered them and said: The Kingdom of God cometh not with observation, neither shall they say, Lo, here, or there, for lo, the Kingdom of God is within you. Luke 17:20-21

Each of our primary tools is ourselves... our intuition, brain, nervous system, body, emotional makeup... unconscious feedback... start appears to be with self... see what I can understand about existing things and the reality of the moment.

Video Community at Westbeth

Have you ever read a thing that made you stop, made your heart turn over, made you look out of your window and for an instant merge with the country or the city out there with all the thousands of pain-ridden, worry-minded and physically decrepit people that make up our world? If I could write something that would do that for you, would give you that experience, that would communicate to your heart and not just your mind, then that is what I would call being instrumental. What I call me is just another pretty confused cat, really just a puppet of circumstances. In my heart someplace, there seems to be something much more real, much more warm and luminous — the feeling that I can kiss the sky... or you. Why can't we live heart to heart? All of us here together, why all this push and dark bustle and dirty things of city and poor town?

4. This openness, of heart and of mind, cannot interfere with my functioning in the world, rather it motivates it and inspires it, transforms it and sets it right. I can play with these machines to express myself and know myself. I can use these powerful amplification properties of media with the faith that it's all cool since there is nothing to be done, or if there is that it really gets done by Forces beyond this small individual me. Then what can I "do" in the meantime? That instrumental doesn't come overnight. Well, what I have found to do I call Yoga, honoring the source I am learning it from. Yoga, what Sri Aurobindo called "the higher science and art of life". Integral Yoga seeks to develop all the faculties of an individual by getting into that instrumental and really riding it for all that it is worth, which is the total perfection of humanity.

You may have heard the saying that comes from the Indian folk culture, "When the disciple is ready, the guru appears". Immediately you can see that there is a thing that the aspiring student can do, prepare himself for the guru. Put into other terms: if I am going to be an instrument for a higher consciousness (the Guru) then I can prepare that instrument so that it will be a good clear channel. That is called "purification" in the jargon and comes in all sorts and intensities to suit your own temperament. The idea that struck me however is this: In the course of evolution, there have been a number of radical transitions, the transitions from cosmological astrophysical evolution to planetary solar system evolution, from geological to biological, from living to sensate, from sensate to conscious, from conscious to self-conscious. Each of these transitions can be thought of as the interplay of two forces, one the ascending complexification of evolutionary forms, and the other the descending manifestations of ever more varied capacities of consciousness. This is, I think, the deeper meaning of that Indian aphorism. In these terms it says, "When the evolutionary vehicle is ready, the consciousness will manifest thru it".

This has some interesting consequences for the present situation. It is not hard to see that the peoples of the globe are becoming integrated by electronic technology at a level never before seen on earth. This amounts to a radical change in the interconnectedness of the Body Politic — perhaps comparable to that which occurred in the primate brain that allowed the manifestation of the higher powers of reason that man has been so proud of. Where to next? A global superconsciousness with a sort of life of its own? Each of us as kinds of cells in that body, servants of that higher consciousness? A manifestation unlike any in history, no doubt, not just another prophet, or another religion, but a whole new phenomenon never before seen. How am I going to relate to that? What about my precious "individuality"? It's no wonder my parents freak when I talk like this to them.

5. As the central nervous system of the Global Body Politic, media constitute the central coordinating structure. How can we work towards that? What kinds of practical here and now things can I suggest? Perhaps simply asking a few questions that will suggest their own answers to you is the best way. How can the media facilitate consciousness? I want to avoid laying trips and I dig the idea of Raundance that I should use video to process my own life, but how do I do that? If video is as powerful as LSD, then what happened with LSD? Where are all the acid freaks? How do I relate to the growing number of highly conscious beings around that seem to be crawling out of centuries of seclusion? What are other people doing with media that seems consciousness facilitating? If buying a porta-pack is like buying a friend, then can you buy a lover, or a guru? What would Jesus do with a porta-pack? Seeing all the accelerating evolution of media forms, is there perhaps some ultimate medium? Can I get into that? If energy flowing thru a system organizes that system, and if attention is energy, then where should I put my attention, where should I use my medium, what do I want to organize?

Shakti, will, Power, is the driver of the worlds and whether it be a Knowledge-Force or Love Force or Life-Force or Action Force or Body Force, is always spiritual in its origin and divine in its character. It is the use made of it in ignorance by the brute, man or Titan that has to be cast aside and replaced by its greater natural — even if to us supernatural — action led by an inner consciousness which is in tune with the Infinite and the Eternal. The Integral Yoga can not reject the works of Life and be satisfied with an inward experience only; it has to go inward in order to change the outward.

Sri Aurobindo

Avataric periods are like the spring tide of creation. They bring a new release of power, a new awakening of consciousness, a new experience of life not merely for a few, but for all. Qualities of energy and awareness, which had been used and enjoyed by only a few advanced souls, are made available for all humanity. Life as a whole is stepped up to a higher level of consciousness, is geared to a new rate of energy. The transition from sensation of reason was one such step; the transition from reason to intuition will be another.

Meher Baba

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