

## Video Viewing

comment by a viewer

One is faced with the problem, when participating in video as a viewer, of how to react to it. Actually one is faced with that problem constantly in life, for life itself is an endless series of challenges and response to challenge - the cyclic energy of action and reaction. What happens in the case of video is that we are brought face to face with this reality. I see it happening thus:

According to our conditioning we compulsively react by doing. Video participants however asks of us that we do not respond according to this habitual pattern. There is no room for doing anything. We may not intellectualize because one cannot intellectualize and see simultaneously. Nor are we allowed to escape. Being entertained is the form of escape to which we are most accustomed. Video does not

entertain. - It demands participation -  
participation not of doing but of being.  
To really see, one must see with  
the totality of one's being. This  
requires sensitivity. It requires that  
one become the image on the screen.

What happens then is this. When one  
finds oneself removed from the walls  
one's conditioning, one becomes suddenly  
for a moment, aware. One sees oneself.  
The video screen is the mirror through  
which one watches oneself watching. And  
the mind becomes silent, giving way to  
the total flow of what is taking place.  
This is meditation. Meditation is  
nothing more than awareness and the  
expanded consciousness that comes with it.

But it all must be done without effort.  
The means is there. Bring only an  
openness - a willingness to receive. And  
the voyages will unfold within you.