Actuality and Reality from the Perspective of Zen Priest

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Rock-Paper-Scissors

- Find your partner.
- Person A play the game normally.
- Person B throw the hand a second after Person A throw his/her hand.
- Person B purposely has to lose the game.
- Try this 5 times and switch the role.
Judgement & Reasoning
Judgement & Reasoning

Intuition

Reasoning
Judgement & Reasoning

Intuition → Reasoning → Belief
Judgement & Reasoning

Intuition → Reasoning → Belief

Judgement & Reasoning flowchart diagram.
Gut Feeling

"They're making a mistake because I have a gut and my gut tells me more sometimes than anybody else's brain can ever tell me."
Biases
Biases

• 11,000,000 pieces of information per second in the adaptive unconscious
Biases

- 11,000,000 pieces of information per second in the adaptive unconscious
- 40 pieces of information per second in the conscious mind
Muller-Lyer Illusion
Muller-Lyer Illusion
Muller-Lyer Illusion
Muller-Lyer Illusion
Cognitive Limitation
Cognitive Limitation

126 bits/second - Mihaly Csikzentmihalyi

60 bits/second - Moscoso del Prado Martín from the Université de Provence
Elephant & Blinds
Elephant & Blinds
Judgement & Reasoning

Intuition → Reasoning → Belief

Intuition and reasoning lead to belief.
Zen (Jhana)

- Contemplation
  - Samatha: Calmness
  - Samadhi: Sustaining Attention
- Insight
- Responding – Not Reacting
Thank You

Shunkoin Temple
http://www.shunkoin.com

Shunkoin Temple’s Typhoon Jebi Recovery Fund
http://fnd.us/d1PaC1?ref=sh_97bqg1