

Actuality and Reality

from the Perspective of Zen Priest

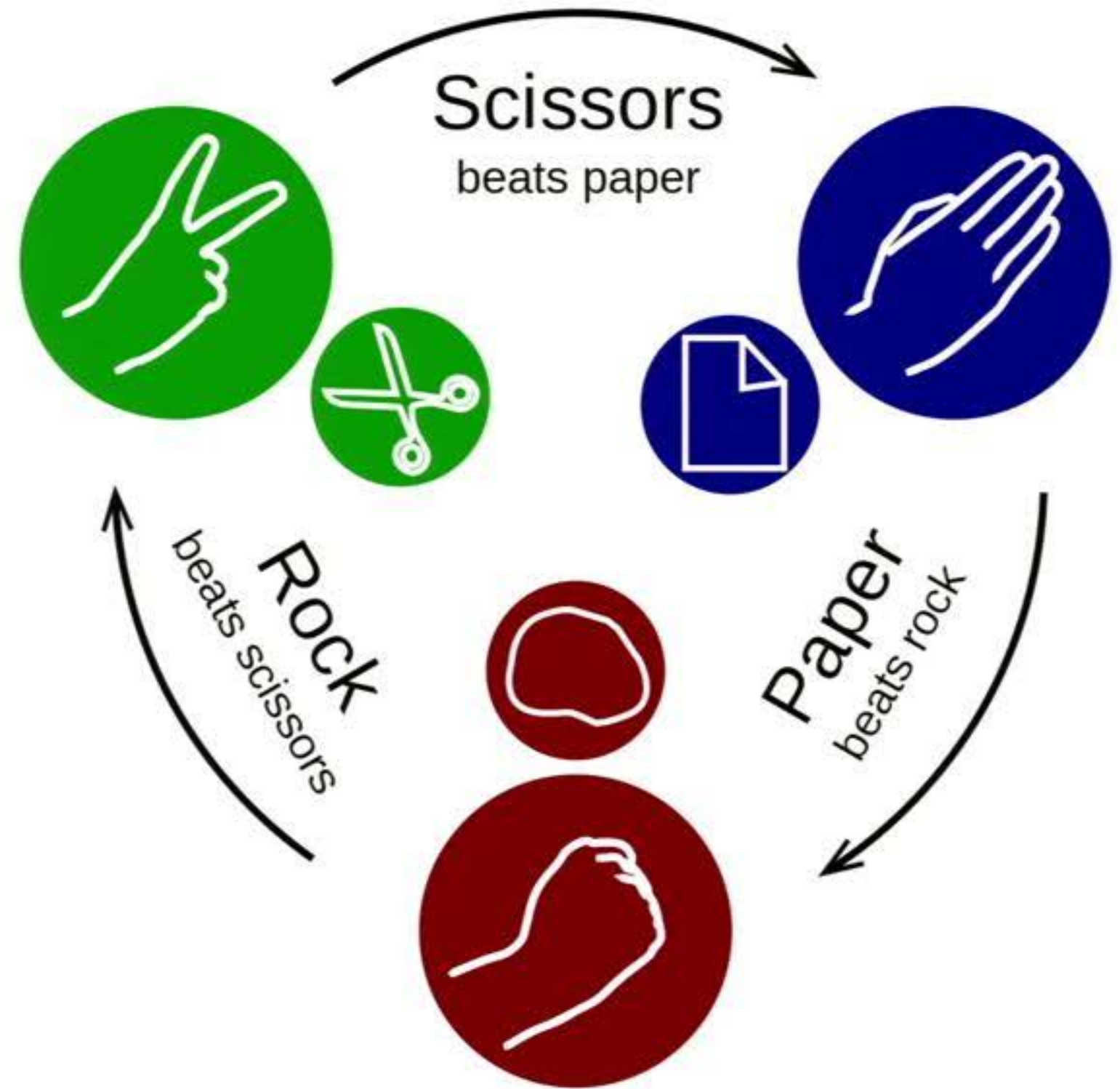
Rev. Takafumi Kawakami

Shunkoin Temple



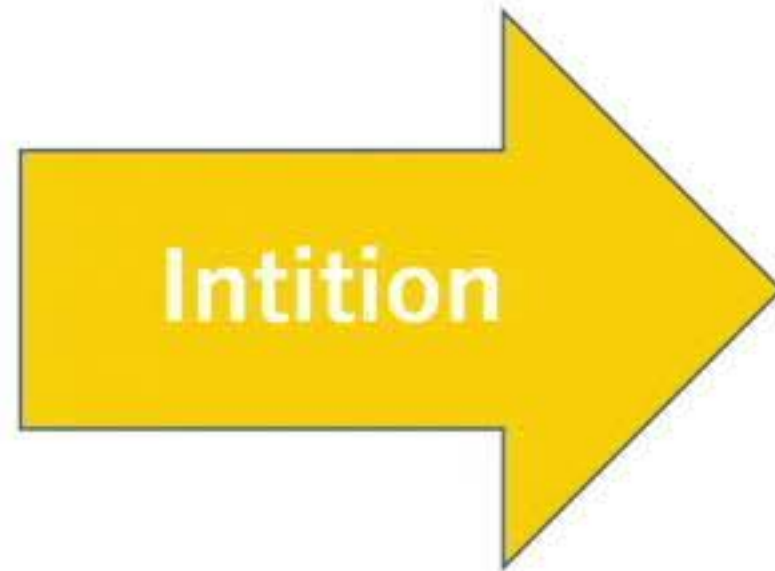
Rock-Paper-Scissors

- 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 porously has to lose the game.
- Try this 5 times and switch the role.

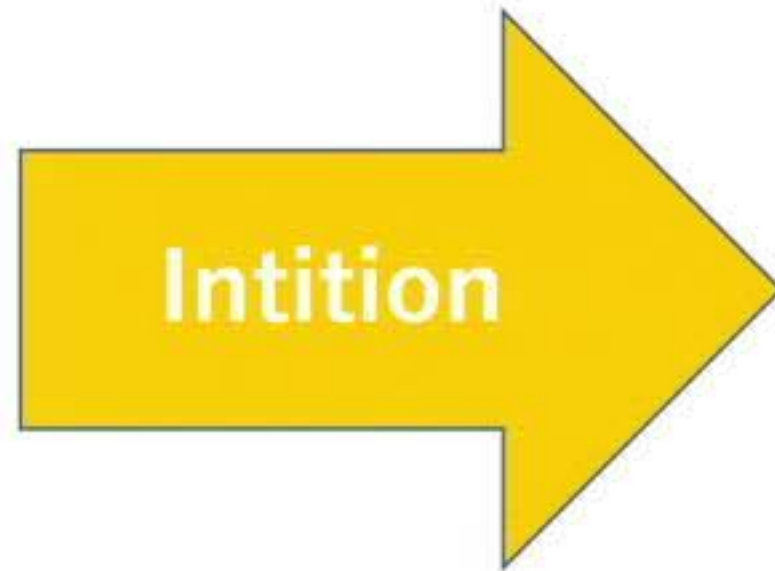


Judgement & Reasoning

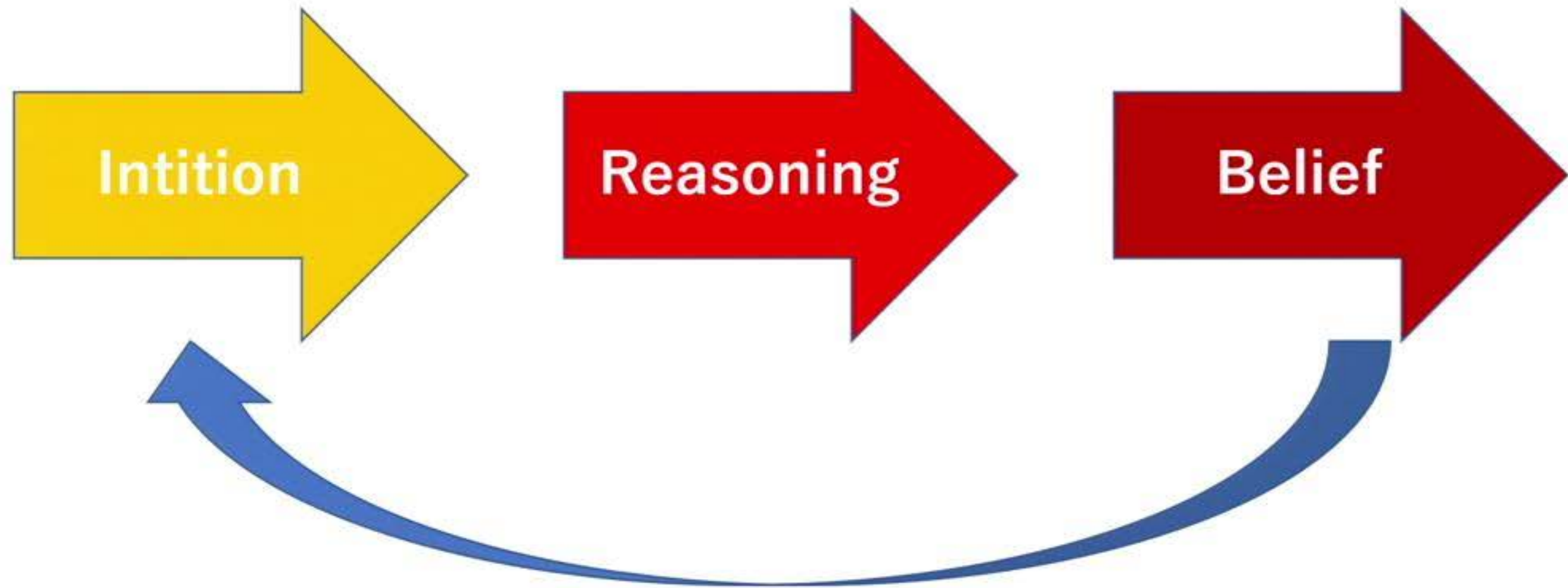
Judgement & Reasoning



Judgement & Reasoning

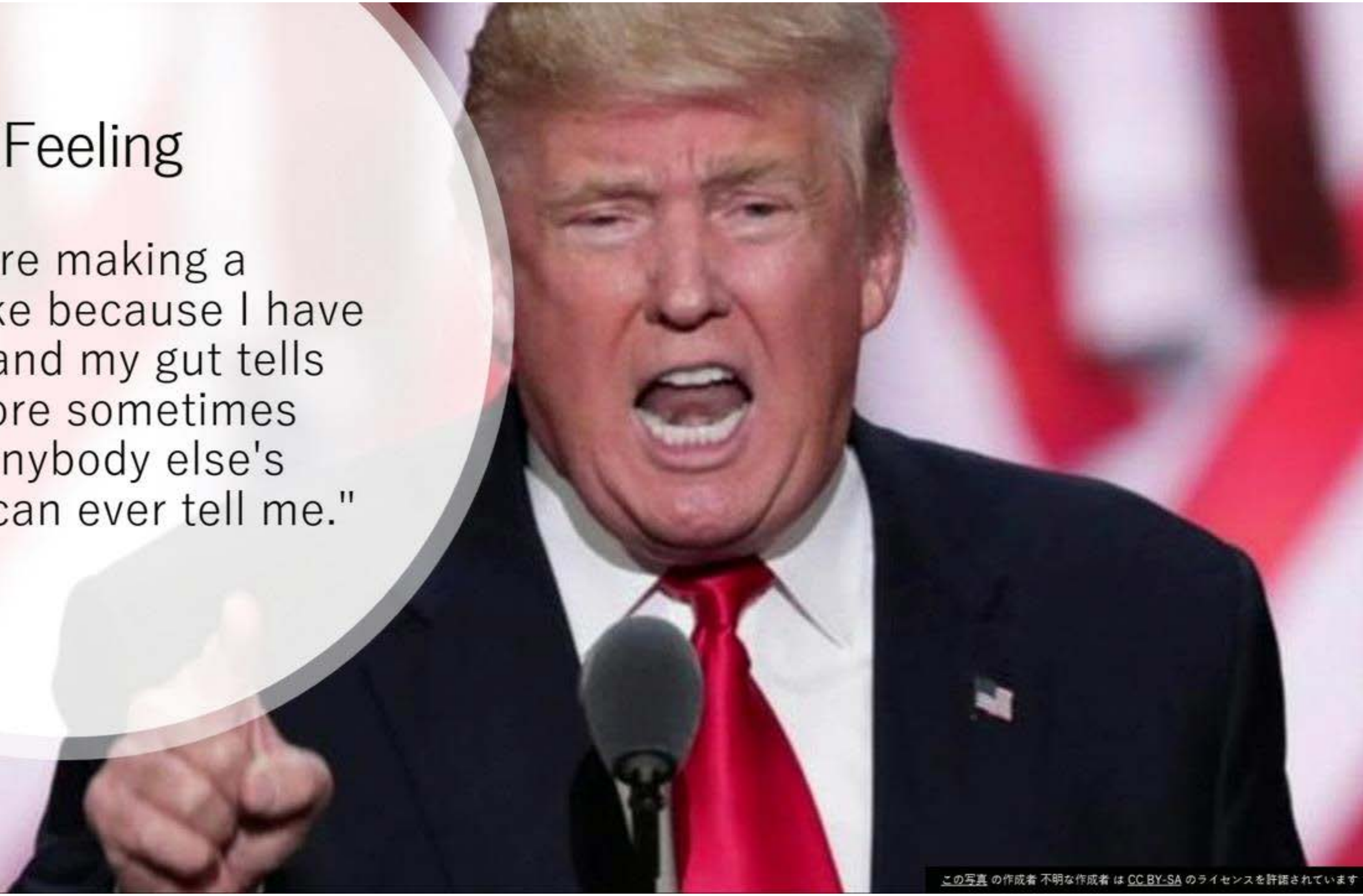


Judgement & Reasoning



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."

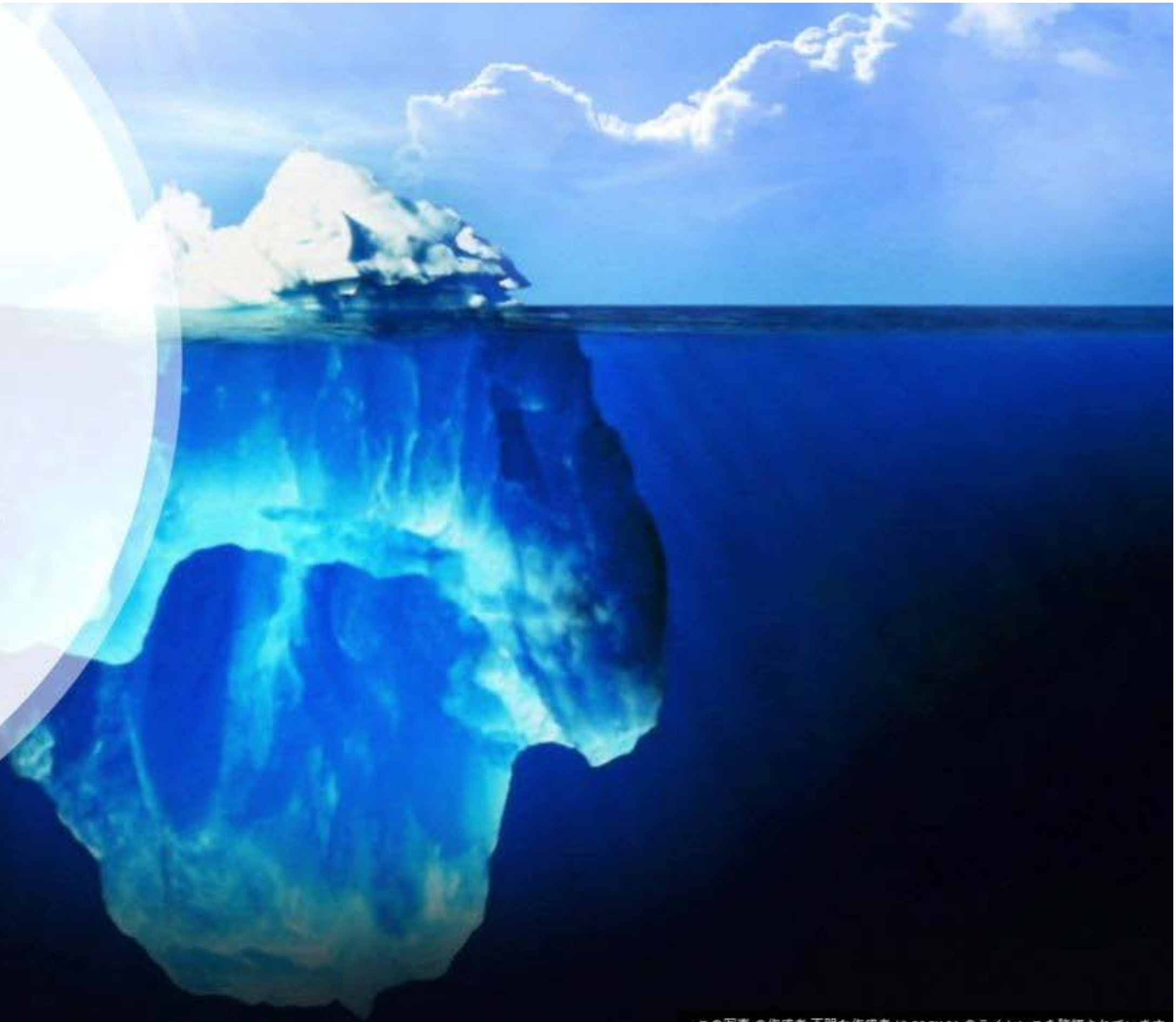


Biases



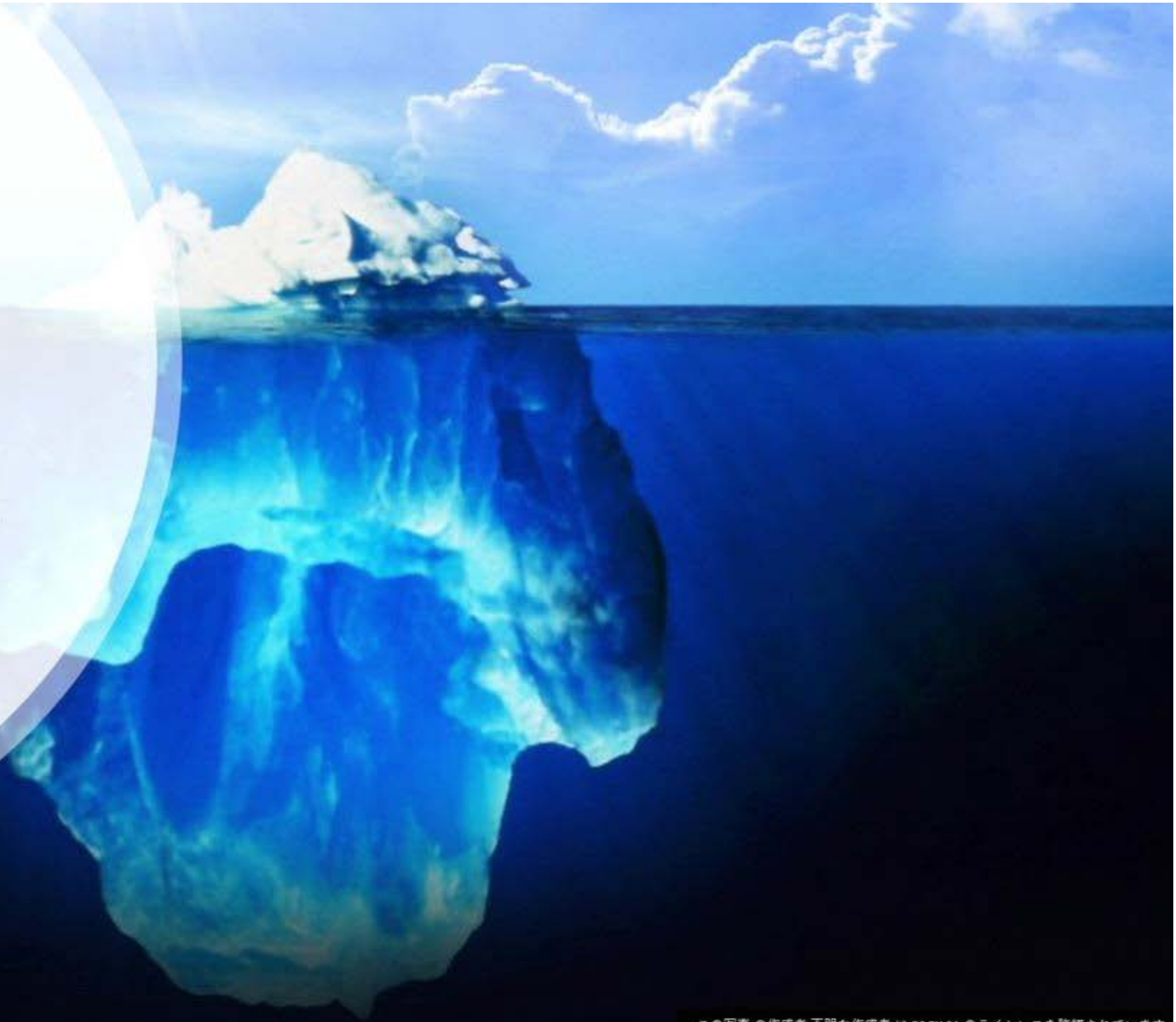
Biases

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



Biases

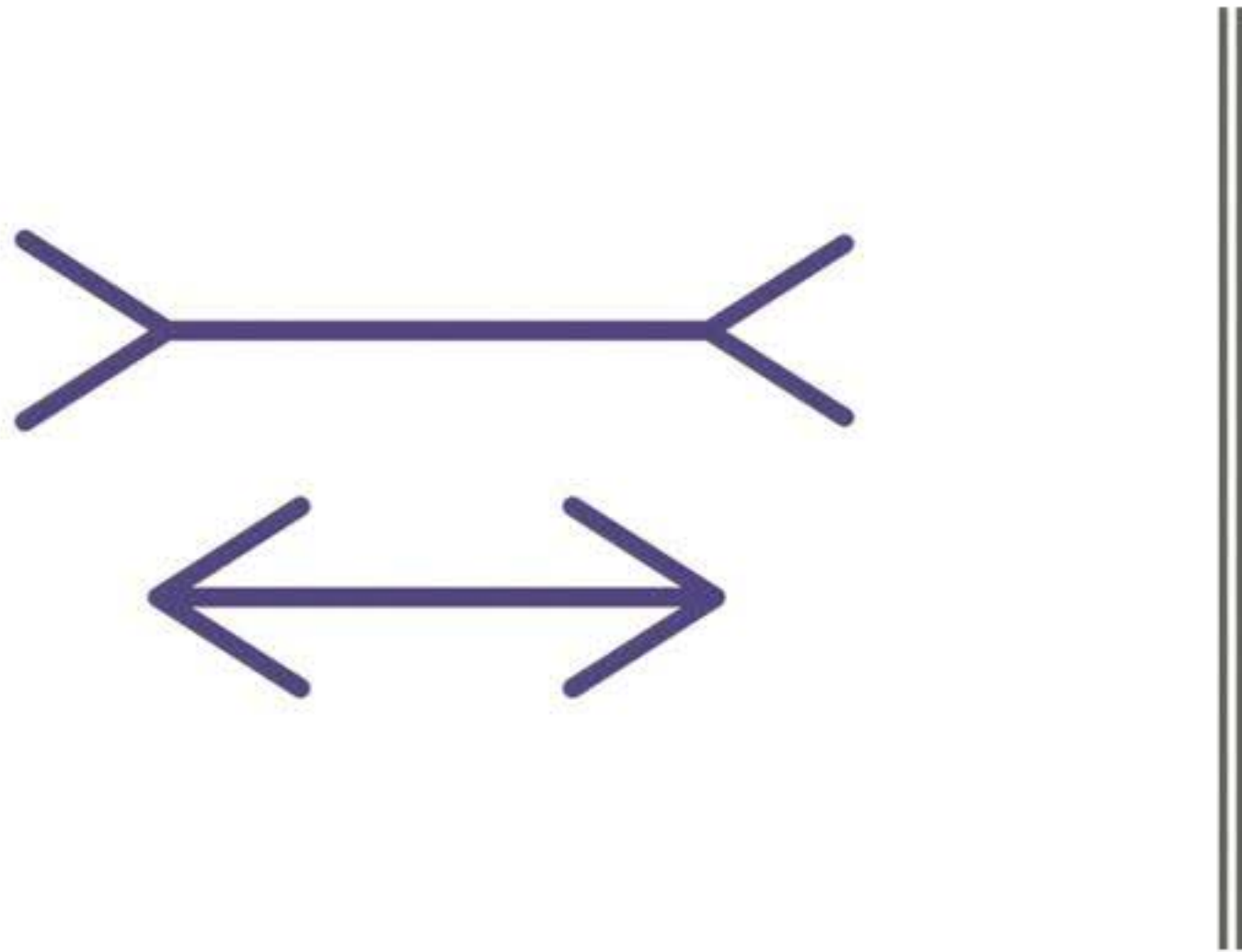
- 11,000,000 pieces of information per second in the adaptive unconscious
- 40 pieces of information per second in the conscious mind



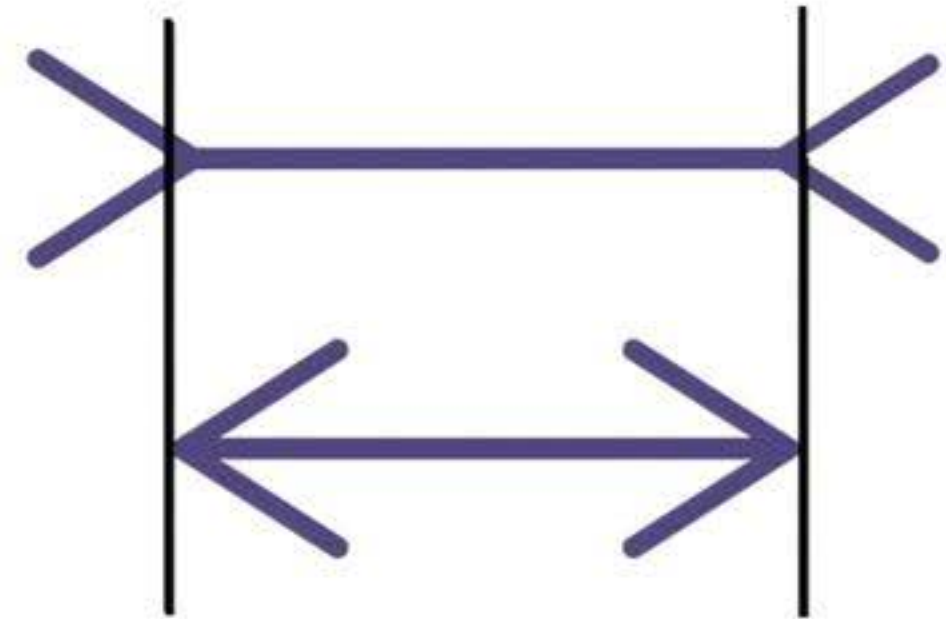
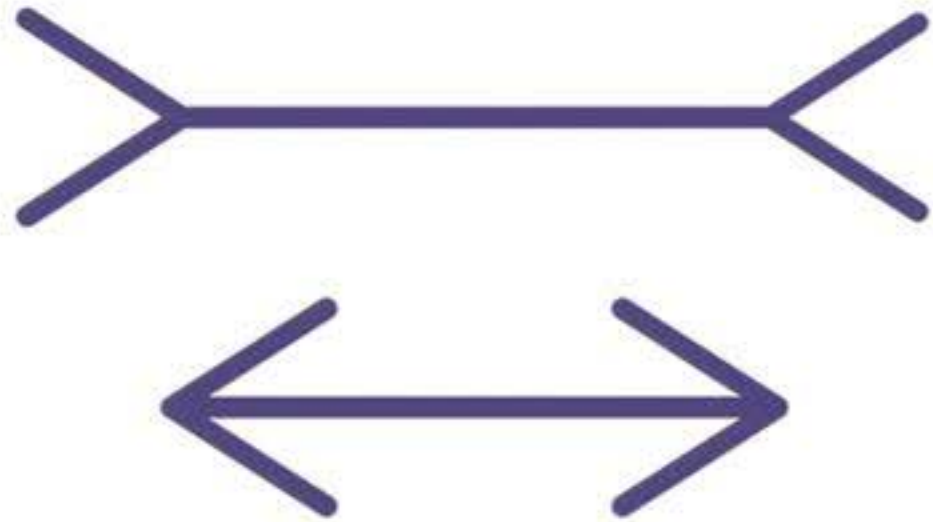
Muller-Lyer Illusion



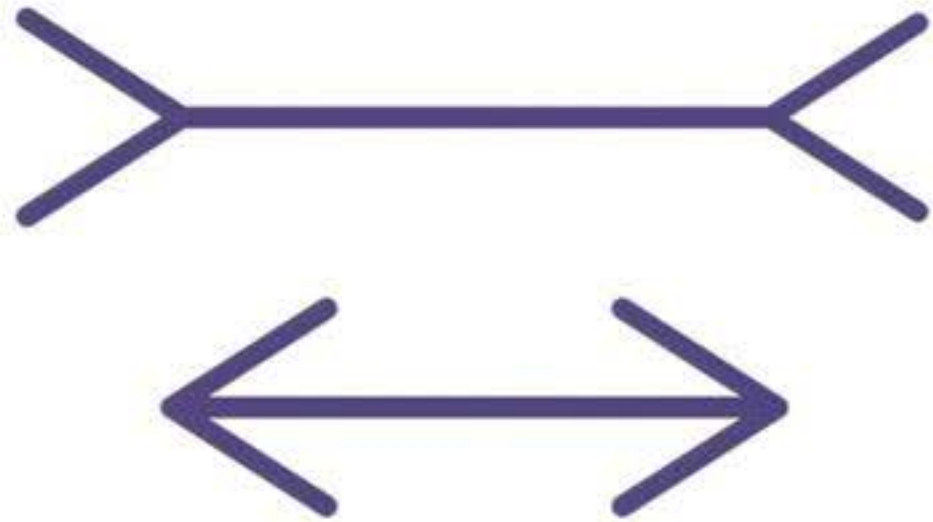
Muller-Lyer Illusion

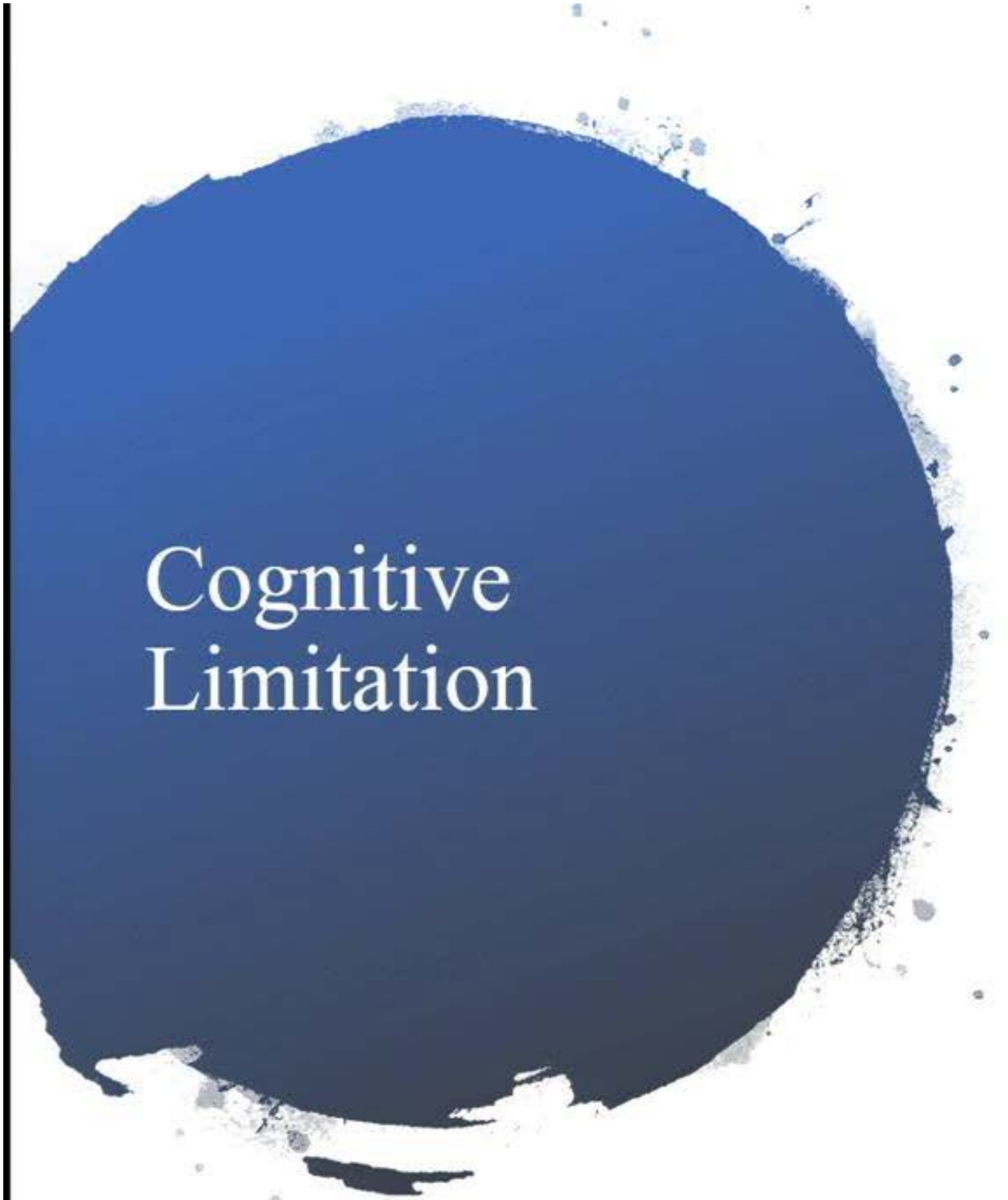


Muller-Lyer Illusion



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

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Elephant & Blinds



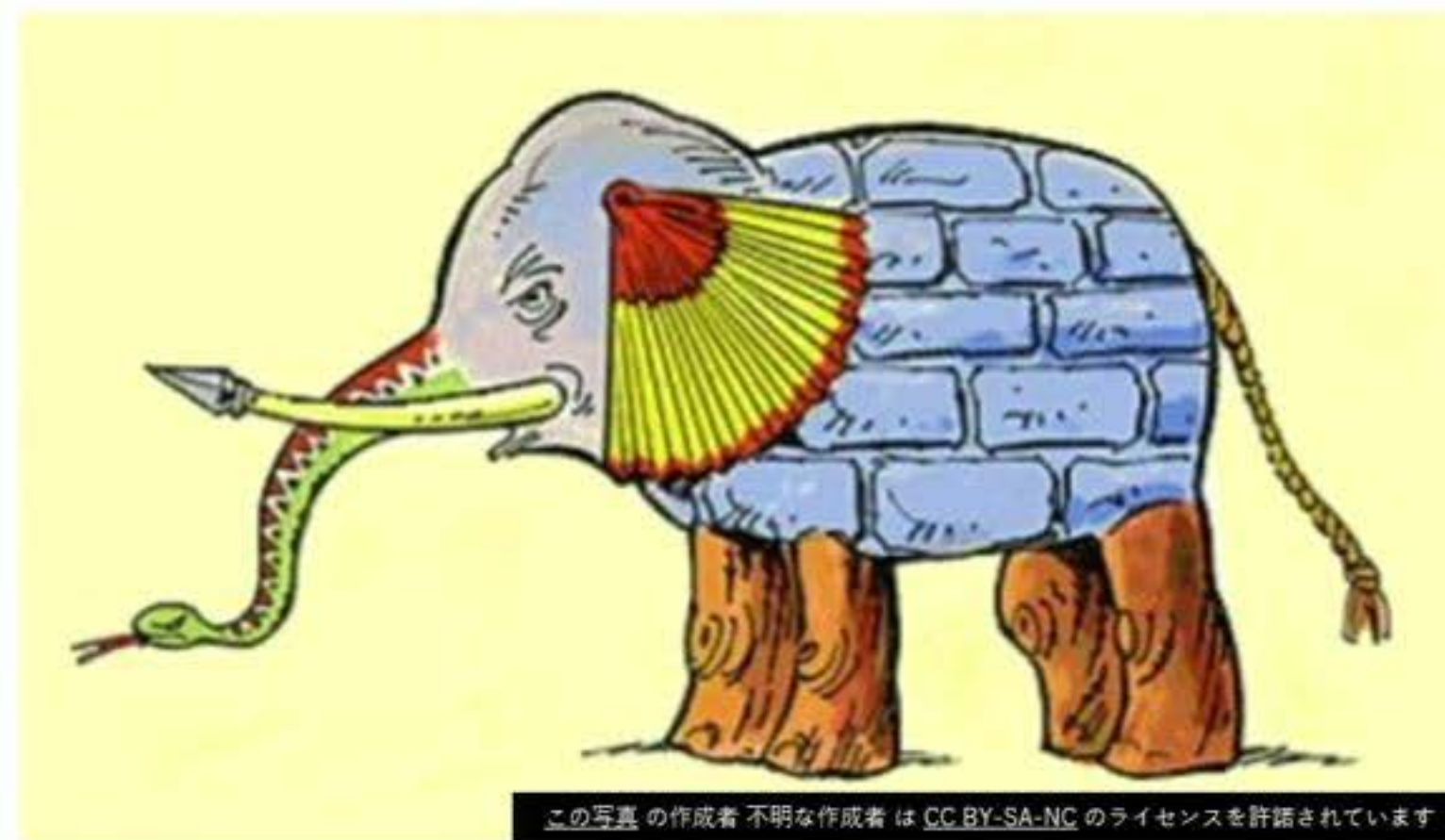
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Elephant & Blinds

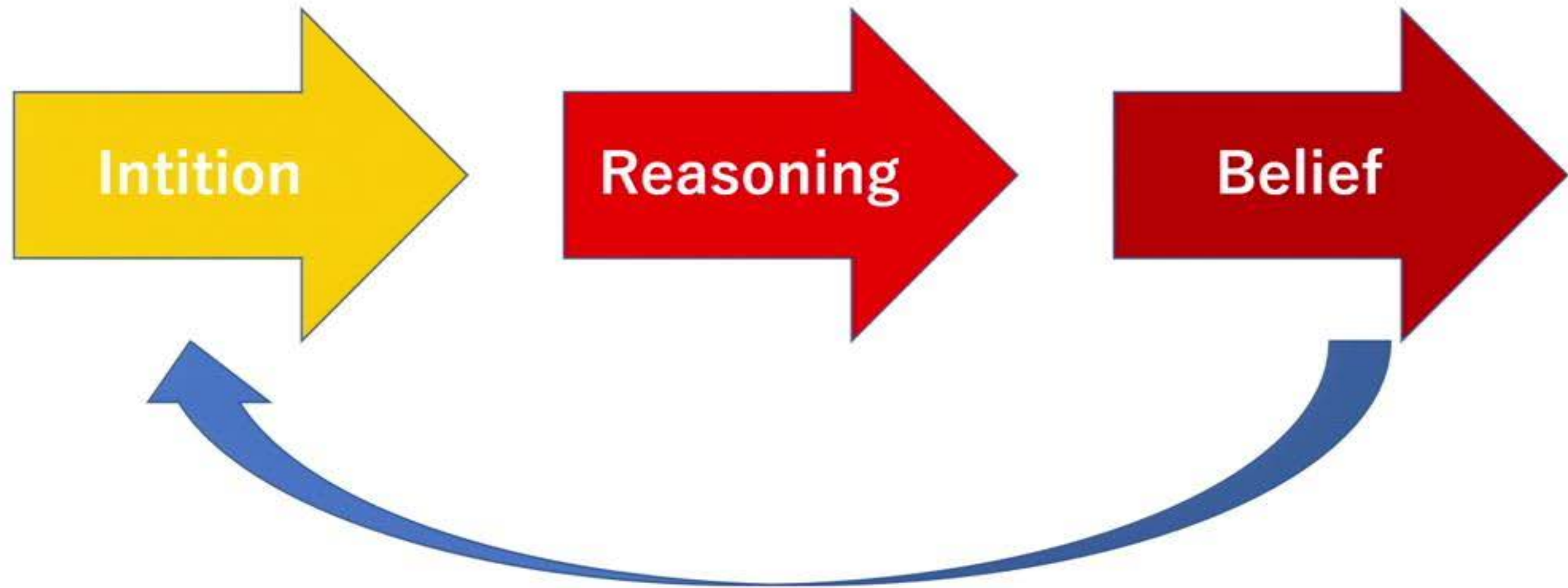


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Judgement & Reasoning



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

