

Addendum to Orientation for Week 5

One of you wrote in asking for a little more guidance on the Walkabout, which I'm happy to provide:

Here is what I wrote:

Look for the dynamic of the field communiqué within appearance. Put differently, envision substance as a message communicated forward by the mind in ongoing acts of naming. In doing this walkabout, give 'substance' an expansive definition. It includes anything we consider to be real, and thus includes our own thoughts and emotions and those of others.

And here are a few reflections.

Let's start with a very quick review of what the 'field communiqué.' As Soudi pointed out a couple of weeks ago, it's possible to compare the field communiqué with the current notion of information theory, and especially the idea that bits of information are the fundamental basis of reality. (Looking around on the web, the best source I could find quickly was this set of notes on a book called Decoding Reality: <http://bit.ly/1C3YrDs>).

But of course, that's only a rough analogy. Understanding what appears in terms of the field communiqué means recognizing that everything that appears shares the quality of being communicated as belonging to a field. So that's what the first sense of the walkabout asks us to do: see everything as given by the field communiqué, and do so in a way that recognizes that the communication is ongoing and dynamic.

The next sentence makes this more specific. We think of the world as made of things, things that have substance. But within the field communiqué outlook, substance needs to be understood differently. A thing takes on the quality of being substantial when we name it. That is really our understanding of what it means to give something a name. So it follows naturally that the naming is more basic than the claim of substance put forward by the thing.

So the practice is just that: make the 'field communiqué' way of seeing things active in your experience. Try it out. It goes completely against our usual way of seeing things, but try it out anyway.

The last two sentences are just a reminder that the kinds of 'things' to which we assign substance go beyond the physical realm. They include our thoughts and emotions and judgments.

I hope that helps.