

"To do that is to be non-mechanical and is to be spiritual" – Eugene Halliday

"If in fact you find yourself in any position
- no matter what it is, pleasant or unpleasant -
if you then look backwards into your experiences
and look for similars, and then on the basis of
your previous pleasures or pains
you select from the present a given response
... insofar as you do that you are acting exactly as if
you were a machine and you might as well be one.
[52:29]

"But, if you say,
"When I look at my past experiences I can see
the inevitability of them developing in that way
because I was looking backwards.
So that I can see that at thirty I acted just like that
because at twenty I had an ambition
which I hoped to realise by twenty-one,
and it took till twenty-two, twenty-three, twenty-nine,
and at thirty it wasn't realised, but the inertia
of the twenty year old decision carried on.
And I felt impelled, foolishly, to justify myself
-- that is, to equilibrate myself --
by actually fulfilling this most comical, youthful
and foolhardy plan that I had fabricated
in the dawn of my awakening mind."

"If this pattern of behaviour
that is seen at an early stage is willed into,
and one then becomes egotistically
determined to establish it so that one can witness oneself
... one is actually behaving like a machine.

"But, if, on reaching a certain level,
where it is seen that to act in the present
in the light of the past is to be entirely mechanical,
and that the only way to escape mechanics
is to wipe out the whole of the past,
including every relation you've ever had
with any other being, no matter how personal, how intimate,
if it is past, it is past time, and therefore to be utterly transcended
and one's life to be lived *now*, in the immediate moment.

"To do that is to be non-mechanical and is to be spiritual."

Eugene Halliday from a talk on Stress
