

# Perspectives On My Activities, 1998-2019

By Kevin A. Sensenig

Draft 1.01

2019 March 9

Study, Meditation, Content, Reflection, Contemplation, And Action

Non-linear thought.

Linear thought.

K-lines (both wake-state and traversal).

Trans-frames.

Energy states.

Philosophical thought.

Observational thought.

Logic.

Reason.

The social-relational.

Statements.

Acting, in my own apartment (acting, not confined to a stage).

Projection.

Representation.

Perception.

The mind.

The body.

The architecture.

The philosophy and spirituality.

## Biographical Notes

1998-2000 were active participation, routine life.

2000-2002 was Minsky, Zen, Nabokov, some sparks, routine work life.

2003-2017 was psych units and different types of experience in between.

2003-2010, in the context of psych units, was bleak, desultory, devoid of meaning. That's what psych units offer, aside from meds – and for me the meds provided no meaning, only a bleak, desultory landscape devoid of activity, contemplation, and meaning.

2010, in the context of psych units, I wake-stated a study and practice of Zen, through to 2017. This, along with more philosophical and engaged approaches, was dynamic, meaningful, orienting, and helpful.

2017 was study, zazen, and enlightenment; through to Nagarjuna 'action', another psych unit, and ensuing observations from that etched experience, which I needed for its logic and dynamicism, and study of family, the state, and psychiatry. Then, also, a continued experience with Zen Buddhism, and deepening contemplation, participation, and realization, through to realization of non-discriminating mind and the nondual. My papers ('MVO: 2019 Thesis') are a direct result of all of this, and were a delight to write, design, edit, publish, and share. My efforts are dedication, realism, and compassion.