

Society Of More And Mental Space

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I have this idea 'mental space' which I think is very enjoyable and useful. I have written before on the subject, considering it a noumenon, or 'thing of reason', to itself. [.link to article.] Here I'd like to consider it in relation to 'more', with reflections on what less, the same, and more mean.

Some time ago this researcher, I think it was Jean Piaget, did some interesting experiments with children, something like this. He would show them a short wide container of water, then say, "Now tell me, when I pour this into this other container, is it less water, the same water, or more water?" He would then pour the water into a tall thin container, and the child would respond, "It's more water!" This happened repeatedly. But it was the same water! So the child may have been reporting on the vertical extent of the water, not the amount (volume) of water. This shows either that the child may have not developed yet a sense of "equal" in "volume", and "constraint", or that there are more ways to look at a problem than at first glance, according to our "trained" minds!

(The AI researcher and very interesting person Marvin Minsky talked about this in his book "The Society Of Mind", with diagrams and discussion that were interconnected and fascinating. He called the agencies in the mind — the hierarchies of interdependent 'concepts' — that would work out how to deal with such a situation as "less", "same", and "more" as the 'society of more', his term.)

So I have this reflection: in considering 'mental space', would you want the space to be "more", to be "the size of the room you're in", or "wide open as the sky"? When you think of mental space, do you think of "less", or "the same", or "more"? When you're outside, do you imagine your mental space to be the size of a room, the space before you in your immediate surroundings, the space as reflected by architecture around you, or the space of the sky above and around you?

What about mental space being 'just present', suitable to its surroundings, or (in a sense, always) virtual, working with 'awareness'?

In placing things in mental space, it can be quite nice to work with 'concept' and 'narrative', in a very dimensional way that interconnects things you may have already established, or are investigating anew. The reality and stories we tell others and ourselves are very important, and I think this should be investigated more in psychiatry. If you've been through the system, perhaps there's a way for you to pick up this idea of noting things in a space, that you then inter-relate. This can be done in a calm or in a focused manner. The right concentration, focus, or attention matters; but you can experiment with this, and see how it plays out in effect, memory, and the things you say and write down. Then it becomes natural.

Action, thought, and speech may all be involved, in the results; but much of this 'awareness and calm activity within mental space' may be more reflective, contemplative, or silent. Yet, it may at times be helpful to work out some of this reflection with friends. Be sure to establish a sure footing, or to venture to new domains that then prove themselves.

Mental space is something that may be talked about in psychology, I don't know. But mindfulness may be one parallel 'awareness' means to "within" and "at the present moment" recognize the benefit allowed

by mental space. It's really quite nice, strong, dynamic — and may be available, in mind, form, and being!

[.ink to article.]: <http://www.mhalancaster.org/2016/08/22/mental-space-thoughts-questions-keeping-engaged-life-world-around-kevin-sensenig/>