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investigates psychological matters and has been a contributing editor for Psychology Today since 1968. He wrote the award-winning film Faces of the Enemy. (By phone.)

When people ask "how has your mind changed?" what they are usually asking is how have your ideas changed. I'm more interested in how you can change your mind. How do you change the fundamental way in which your mind functions? The way to make a mind more creative is to slow it down. The essence of paranoid thought is always that there's all noise, all signal, and no silence.

In a marvelous book called *The World of Silence*, Max Picard once said, primitive languages go from silence to the word and back to silence again, while modern language, like modern thought, mostly goes from word to word to word to word. I notice that the more paranoid a mind is, the more it allows no silences in which anything strange could emerge. What meditative disciplines do, is merely to watch the way in which thought is produced. Eventually you slow it down enough to catch the rhythm and the art of your own thought.

I would say that the primary thing that's happened to me in the last ten years is that my mind has slowed down. That's both blessed and frightening. I'm not as clever as I used to be. I don't pun so much. I don't do all those things which I see now were defense mechanisms against not having answers and explanations. Since my mind has slowed down, it now has more strangeness and novelty in it. I'm less argumentative. I'm less certain. Basically, I think my mind is less the monarch of my life, as it was in my earlier years, and more a companion. It's become a servant of my experience.

Strangely enough, that's turned me outward. I spent the '60s and '70s very much involved in the interior life and psychology. At the same time that my mind has become silenced, more quiet, it has looked at the outer world more and more lovingly.

I finally found the *place* out of which my thought emerges best. I always suspected it, but I never knew that a man's mind needed a place. Thinking out of a place changes one's

sense of what's important. On land that's very silent, ideas come more out of experience. I tend to look more and think less. I am convinced that there is no sanity without place. A society that does not relate to land and to place can't be sane. You can't create sanity out of the mind itself, nor out of an economic system that's built merely on data.

There's something that you can't learn through computers, no matter how clever the program. The computer revolution is essentially telling us that the further away we get from the material world into the abstract world, the more dignity, more power, more knowledge we have. So the person with the highest status is now the person who touches nothing material. We point out with pride that in our country now 2% of the population produces the food for 98 percent. Nobody has to get dirty. Well, I think that's the wrong direction. The message of an incarnate spirituality is: Find out what your gifts are, then Get Down and Get Dirty. ■



**SPECIAL INAUGURAL REPRINT ISSUE: INFORMATION ENVIRONMENT TOOLS
AND IDEAS Whole Earth Review Dedicated to the Incoming Administration 20 January
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