

## **Meditations**

This is a game about meditation, encapsulating what I know about meditation, that furthermore causes you to perform a kind of meditation when you play it.

There are parallels between video games and meditation. Both require concentration for success; neither rewards success with resolution. Success in either gives emotional rewards, but emotions impede success. Practitioners of either can improve, developing skills whose only utility is enactment.

The central conflict and metaphor of the work is the practitioner's struggle to move from the distracting branching of associative thought into isolation and silence. Calling meditation "Deep" implies a surface; the game is about moving down. The stream of consciousness flows; it's a creek! The stream describes a free-associating habit of mind that directly opposes meditation. When meditating, one works not to associate.

The barriers to successful meditation can be grouped into thoughts, emotions and bodily sensations. Itches and pains are abrupt and less interesting than emotions. Emotions are mechanical, inevitable, massive, and hollow. Thoughts are not obstacles so much as the context of practice, and as for focusing one's thoughts, well, all I can do is choose one thought or the other.

So: try to move down. Your breath is below; it helps you, by pulling you down. Your thoughts come from your breath in streams, like bubbles, but only one of the three is able to move you. Sensations can knock you out of your stream. Emotions obscure and block the way.

One goes down or comes up; then one has the rest of the day.

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