

In the Hands of the Cosmic Pizza Chef ~ Shinzen Young

00:00:00 So what did you say?

00:00:12 You said that there's like this thing that it only wants one thing.

00:00:23 It's like monotonic.

00:00:26 It knows nothing, it's a force, and it's a command, and it's one command only, and it's

00:00:35 be everything.

00:00:38 And it doesn't respect any normal distinctions that we make, either normal ones that humans

00:00:46 make or the ones that we make when we construct the techniques.

00:00:51 Like, okay, we're going to distinguish visual, auditory, semantic, inner and outer, active,

00:00:57 restful.

00:00:58 This doesn't respect any boundaries.

00:01:03 All it says is, you could say it a million ways, live, get big, be everything is not

00:01:12 bad.

00:01:15 And there is its complement, it's exactly the same, except it says exactly the opposite.

00:01:23 It says die, it says get small, it says be nothing.

00:01:29 And no sooner is one present than the other is present.

00:01:36 That's what you...

00:01:38 You made a certain spatial metaphor of like, okay, you know, you're pushing from this side,

00:01:45 it's pulling out from the other side.

00:01:47 That particular physics metaphor might not be the right metaphor, but it's the right

00:01:54 general idea.

00:01:57 They generate each other.

00:02:06 A man feels more masculine in the presence of a woman and conversely, they sort of generate

00:02:13 their own contrast, right?

00:02:16 So you're absolutely correct.

00:02:25 We represent complementary flavors of nutrition and we're like babies.

00:02:36 And we want to be...

00:02:40 Sometimes we want to be held by daddy, sometimes we want to be held by mommy, sometimes we

00:02:44 want to be held by both, sometimes we want to just crawl off on our own.

00:02:49 But as long as we can know that we can have all of those on demand, then all of our needs

00:02:58 are satisfied.

00:02:59 So this is the adult version of perfect parenting, I guess we'd have to say.

00:03:15 The adult is now the infant, right?

00:03:21 Mommy and daddy are perfect parents from their perspective.

00:03:25 Now from the baby's perspective, well, that's another story.

00:03:31 Because most of the babies aren't even aware that they've never lost their cosmic mommy

00:03:40 or daddy.

00:03:41 So you get the sense that they kind of want to tear you apart.

00:03:45 Like a kid who doesn't understand, like, why do I need to eat?

00:03:49 I'm crying, I'm suffering, why are you trying to feed me?

00:03:52 It's sort of like, strange.

00:03:54 Well, it is absolutely the case that expansion and contraction will tear you apart.

00:04:05 It's like being in the hands of a cosmic pizza chef, just being stretched and pounded.

00:04:14 And in the process, the lumps get worked out.

00:04:18 And it does feel like you're being torn apart.

00:04:30 But then as you get used to it, it feels like the paradigm shifts from the forces of life

00:04:39 and death are tearing me apart to I am giving myself back to what I'm giving back what I

00:04:55 got from father.

00:04:57 I'm giving that back to father.

00:04:59 I'm giving back what I got from mother to mother.

00:05:08 So it's Donna, but it's what you originally got from them.

00:05:14 Everything inside of you that says yes joins the cosmic yes.

00:05:22 And everything inside of you that says no joins the cosmic no.

00:05:27 And that's the yes and the no that's big enough to mold this or any conceivable universe.

00:05:38 And then you become that.

00:05:41 You become that for a moment or a longer duration depending on practice, et cetera, et cetera.

00:05:50 So at first you think that the forces are tearing you apart.

00:05:58 I guess we could say there are two basic phobias, claustrophobia and agoraphobia.

00:06:06 It's too small and it's too big for humankind to bear.

00:06:15 But then when we get over that phobia, the paradigm shifts from father and mother are

00:06:21 tearing me apart to I'm giving myself back to father and mother to I am participating

00:06:28 in the activity of father and mother and have everything I could possibly need forever.

00:06:36 And we are done.