

Catching a Free Ride ~ Shinzen Young and Stephanie Nash

00:00:00 Yes.
00:00:04 In terms of simultaneous expansion and contraction,
00:00:09 something that I realized just in the last day or two,
00:00:13 I kind of noted, how much I was appreciating
00:00:19 something that used to be disturbing,
00:00:22 was as soon as something arises it has begun to pass away.
00:00:27 And I was appreciating that,
00:00:29 and I was appreciating the space it creates,
00:00:35 and how holding on to something doesn't even occur
00:00:42 when you're working with that.
00:00:45 And then I switched to the teacher mind and thought,
00:00:49 okay, what's a fun game that I can create
00:00:53 to help people just kind of touch in on that?
00:00:57 And I remembered noting gone with quick sounds,
00:01:07 like the peacocks or the woman with the high heels
00:01:09 or the clock ticking.
00:01:11 And I had mentioned before how it reminded me of
00:01:16 when I was in high school and had a Ford Pinto
00:01:18 and lived 1,500 miles away from home,
00:01:20 and I had to drive long distances and had no money,
00:01:23 and I learned to get behind trucks.
00:01:25 There was this little parking lot.
00:01:26 And what is it, draft?
00:01:28 And I could go forever without using any gas.
00:01:31 There was this magic space behind trucks.
00:01:34 They don't like that, by the way.
00:01:36 Well, it's not because it's dangerous.
00:01:38 You shouldn't be doing it.
00:01:39 But it was a long time ago and I did it.
00:01:41 And because, you know, it was like, oh wow, this is so cool.
00:01:44 And it was like there was this magic space
00:01:47 behind the trucks where you got a free ride.
00:01:51 And I started thinking of every little ...
00:01:54 Because usually when an arising happens
00:01:56 we turn and look at it and then it's gone
00:01:58 before we jump to the arising and we miss the gone

00:02:02 and then the next one comes.
00:02:03 And I got to where I was thinking of arisings
00:02:06 as each having this magic space behind them
00:02:09 where you get a free ride.
00:02:11 Oh, cool. That's a great metaphor.
00:02:12 You know, and so every time something arose
00:02:15 I'd go, free ride, free ride.
00:02:17 And it helped me not solidify on the arising.
00:02:22 And I was just thinking of that as we ...
00:02:25 Today as we were doing this and as I was ...
00:02:27 I did that as our middle thing.
00:02:30 And I thought, oh, that might be a fun game
00:02:33 to help people just get a taste of not attaching
00:02:39 to the solidity of the arising.
00:02:43 As we say in the industry ...
00:02:46 Can I use that?
00:02:51 Eddie, no.
00:02:52 No, he didn't come back.
00:02:54 That was for him.
00:02:59 Oh, that's great. Free ride. Okay.
00:03:03 Life may not be a free lunch, but it is a free ride.
00:03:06 It is a free ride.