

Hear-In to Mental Talk Space, Feel Flow in Body Space ~ Shinzen Young Interactive – 4 of 4

00:00:00 Did there continue to be flow in image space?

00:00:19 Yes.

00:00:20 As you focused on it, did it have any soothing qualities or not particularly?

00:00:26 It was more neutral, I think.

00:00:29 Okay, not particularly soothing.

00:00:31 But you could detect the movement there.

00:00:34 Mm-hmm.

00:00:35 Now I'd like you to move your attention back into your head where you might hear internal conversations,

00:00:42 which we'll call talk space.

00:00:45 And are things pretty quiet right now, or is there chatter present?

00:00:51 A little. There's a little chatter, but it's pretty quiet.

00:00:56 Sometimes when things are quiet in talk space, there can be a sense of a kind of undercurrent of energy,

00:01:03 a kind of rumbling or whispering deep down below the conscious talk.

00:01:12 You've experienced that in the past.

00:01:14 You know what I'm talking about.

00:01:16 I'd like you to scope out and see if anything like that is present right now.

00:01:22 It may or may not be. If it's not there, that's fine.

00:01:26 It's not like an assignment to find it.

00:01:29 But we're going to just see if there's any of that subtle vibratory flow, that pre-conscious talk thing.

00:01:49 Anything like that at this time, or are things just pretty still and quiet?

00:01:54 I had some. Then I had a tune visit me for a while, and then there was some talk.

00:02:02 Explicit talk.

00:02:03 So there's not a lot of that vibratory, subtle flow at this time.

00:02:07 No.

00:02:07 Is that correct?

00:02:08 That's right.

00:02:09 Okay, fine.

00:02:10 Bring your attention back to the body, and see if the flow is still there

with regards to the body.

00:02:21 Yes.

00:02:22 Good. Excellent.

00:02:25 So, any questions about what we did so far?

00:02:29 No.

00:02:30 Okay, good.

00:02:31 Now we're going to go through the same exercise, see if you can keep contact with the flow with your eyes open.

00:02:57 Yes.

00:02:58 Excellent. Now we're going to go to the next challenge level.

00:03:03 See if you can keep contact with the flow and make eye contact with me.

00:03:09 So it's more like an ordinary type situation.

00:03:13 That's a lot. Yeah, you can do it. Excellent.

00:03:16 So, this is pretty cool, huh?

00:03:23 Any final questions or comments?

00:03:27 No.

00:03:29 Any time in your life in the future, if you have physical discomfort, you can remember that you can do things like this.

00:03:36 And what I was doing is, I was doing exploratory work.

00:03:40 I was like asking you questions, seeing what was going on, and then based on that I would like change the guidance and suggest certain things.

00:03:51 First we checked out some local flow and then we found that it tended to spread through your body.

00:03:58 So I was looking. I know that that's a tendency. It doesn't always happen.

00:04:02 But if it does happen, it's significant because then the person can get this sort of whole body massage thing.

00:04:08 Then I took a look to see if there was any fluidity in your mental experience.

00:04:15 At this time there wasn't any. There wasn't any significance and there doesn't need to be.

00:04:21 But sometimes a mind space will also flow.

00:04:25 If that had been the case, I would have had you broaden your focus to zoom out and cover the whole mind and body as a single flow field.

00:04:37 But that wasn't the case and we didn't need to do that.

00:04:40 Are you still experiencing it now in the body?

00:04:43 You've got your money's worth, right?

00:04:46 The huge smile indicates the taste of purification and freedom from suffering.

00:04:55 That's excellent work.

00:04:57 So that's how it goes. Any final questions or comments?

00:05:02 No.

00:05:03 Okay. Well, we're done.

00:05:04 Thank you.