

# When the 'Passive Night' Grabs You ~ Shinzen Young with Stephanie Nash

00:00:00 There's a way of resting in the source that, like I say, yeah, it's going to take a lot

00:00:16 of work, but I see how that softens into a big smile based on what's happening during

00:00:30 the sits now.

00:00:33 You know, when I'm sitting here and I'm seeing my physiology like really, really slowing

00:00:40 down and say, oh, OK, this is getting close to a petit mort, little death.

00:00:53 Something like that.

00:00:54 OK, thank you.

00:00:55 Thank you.

00:00:56 Hard to put into words.

00:00:59 It's like that line from Casablanca, you know, Louis, just like any other man, only more

00:01:04 so.

00:01:05 All right.

00:01:06 We have just enough time, Stephanie.

00:01:10 You want more details on your own and as Lama?

00:01:14 No, I don't.

00:01:18 But thank you.

00:01:20 Although what I'm asking may relate to what you just said.

00:01:25 This is a question.

00:01:27 It's a report of an experience and a hypothesis I have about it.

00:01:32 But I'd like your feedback.

00:01:33 It's about processing emotions and possibly different flavors of equanimity.

00:01:40 Not sure the practice I've been doing a lot on this retreat.

00:01:45 I've been doing a lot of practices, but one is turning back, coming from the perspective

00:01:50 of awareness.

00:01:52 And I find myself saying this phrase like, oh, seeing is happening.

00:01:57 Hearing is happening.

00:01:58 You know, and I'm not saying the phrase to get it.

00:02:01 That just kind of comes out when I kind of shift there.

00:02:05 And then I've noticed a change of strategy for emotions.

00:02:09 Then normally when emotions happen, my MO is to turn towards them and surrender and

00:02:15 let it all flow.

00:02:16 And if it's really intense, I do expansion, contraction, because it's like a slingshot

00:02:20 to sensation.

00:02:21 You know, and I think of that like, well, I'll save that.

00:02:33 But now what happens when I'm coming from the place of awareness into the emotion, as

00:02:40 opposed to me participating and opening and allowing and having this clarity, it's almost

00:02:48 like I'm coming from this place of a calmness, a stillness, a kind of silent vastness.

00:02:55 And it's like, I'm just waiting for this thought or feeling to reveal its emptiness.

00:03:06 Or I was doing that, and then I thought, oh, let me just watch expansion and contraction

00:03:11 in it and let it dissolve.

00:03:13 And I think those might be the same thing.

00:03:15 And the word that keeps coming out of my head when I'm doing this is, oh, it's not real.

00:03:20 Oh, it's not real.

00:03:21 It's all empty.

00:03:22 It's all empty.

00:03:23 And so I was wondering, as I'm doing this and feeling the stickiness be less sticky,

00:03:32 is this, is that a different flavor of equanimity?

00:03:35 Am I dissolving the craving at a deeper level?

00:03:40 I do believe both involve a kind of radical equanimity, but the first one feels like it

00:03:46 has more of my participation in it.

00:03:49 And the second one is almost identifying there's not a problem in the first place.

00:03:54 So I just wanted to know if you could talk about that a little bit.

00:04:00 Actually this is going to be one of those questions that has a pretty short and I hope

00:04:05 actually a spot on answer.

00:04:10 Maybe I can do it in one.

00:04:15 One finger's in.

00:04:16 All right.

00:04:17 Yes, Choshin's trying to pass her koan.

00:04:28 Okay, so the general vibe I get from your report, the overall report, what pops into

00:04:41 my head is figure ground reversal that you hear me talk about.

00:04:49 That at some point you go from God is a fantasy inside a material world to the material world

00:05:06 is a fantasy inside God.

00:05:09 That's a figure ground reversal.

00:05:12 And it sounds to me like you're being taken down that path, which is very good.

00:05:20 It's taking ...

00:05:23 Well, it's taking you.

00:05:30 You're moving into what the Catholics used to call the passive night as opposed to the

00:05:39 active night, the dark two sides.

00:05:43 This is the passive night.

00:05:45 It's taking you more and more.

00:05:49 And the deeper it takes you, the more effortlessly animated you become when it gives back space

00:06:05 time for your existence.

00:06:10 So that's what I heard.

00:06:15 You're moving towards that shift, and that's an important shift.

00:06:23 That's the authentic person without a fixated center, right?

00:06:31 Yeah.

00:06:33 Okay.

00:06:35 Thank you for that clear but short answer.

00:06:38 Well, thank all of you for the wonderful work and the wonderful interactions.

00:06:45 It's a mihaya, as we say in the language of my people.

00:06:50 That means a joy that gives you chai, it gives you life.

00:06:56 So I think we're good.

00:06:59 And see you, I guess, in the Zendo next.