

# The Science of Enlightenment Audio Series and Book ~ Shinzen Young

00:00:00 Sounds True Studios likes to have a style with their presentations that is exemplified  
00:00:14 by the name of the studio, Sounds True.  
00:00:18 In other words, they don't like their authors to read materials.  
00:00:26 That doesn't sound true.  
00:00:28 They want the author to extemporize the material.  
00:00:32 So that's how we made the Science of Enlightenment.  
00:00:34 It was really cool.  
00:00:36 We did it in Colorado, where their studios are located.  
00:00:42 And what they did is they got about a dozen or so of my students to come every day for,  
00:00:56 gee, I think about a week, actually, and just listen to me talk all day.  
00:01:02 In other words, we sent out a mailing to my students in Colorado who would like to do  
00:01:08 this.  
00:01:09 You've got to come to the studio every day, and there'll be chairs, and I'm going to talk  
00:01:16 to you and just give you a brain dump of my understanding of the meditative path so that  
00:01:24 it will have that quality of being spontaneous and spoken.  
00:01:31 So that's how we did it.  
00:01:34 I did have a general outline of what I was going to talk about on cards, but nothing  
00:01:43 specific, certainly not any text or anything.  
00:01:46 But it's like, okay, there's this topic, this topic, this topic.  
00:01:50 So I had those cards, and I had the audience, and I just blabbered all day into the microphone  
00:02:01 for about a week.  
00:02:02 And they came every single day, the same people came, and they listened to it so that there  
00:02:06 was that sense of presence that I was really talking to somebody.  
00:02:12 So it had that sound of truth to it that Tammy, who created Sounds True, so much values in  
00:02:22 her products.  
00:02:25 So that's how we did it.  
00:02:29 In the end, we had twice the length of material that appeared in the actual end product.  
00:02:39 So that had to be edited, and it took months for Michael Taft, who is this very, very sharp,  
00:02:48 intelligent guy, to edit it down, to cut it in half of what we had dumped.  
00:02:55 And that became that classic that so many people have found useful.  
00:03:00 I should say that Michael and I are now working on a text version of it.  
00:03:05 Tammy hired him to do that.  
00:03:10 We thought we would just transcribe it and do a little touch-up, vetting and whatever,  
00:03:19 but it turns out we're going to need a radical makeover.  
00:03:24 So it's taken a lot more time than any of us thought.

00:03:30 But there will be a book based on the science of enlightenment that should come out sometime  
00:03:37 in the next Kalpa.