

FROM SUFFERING to BLISS (whole session) ~ Shinzen Young guides Stephanie Nash

00:00:00 Okay, so you mentioned you wanted to work on some specific issues.

00:00:27 Anything you'd like to just tell me briefly about those issues before we start to work

00:00:32 in terms of what it is and what your goals would be in working on it?

00:00:40 Yeah, what I'm working with now is a strong feel component that has, you might call it

00:00:54 touch, I sometimes call it secondary feel, but that tension that comes around the feel

00:00:59 can lock into quite a dramatic degree.

00:01:04 When it first arose, it seemed triggered by external event, but what I, it's a response,

00:01:11 an emotional response to an event, but I think it became clear that as I processed it, that

00:01:19 it kind of worked as a magnet to draw years, who knows what other stuff up with it that

00:01:26 matched that emotional frequency.

00:01:32 And then for a while now, several days, I've been working with it.

00:01:39 I let go of there having to be any talk image component.

00:01:43 And it's just a huge amount of feel which I have techniques and ability to process,

00:01:49 but it's quite a significant event.

00:01:54 And I thought, ah, time to call in the big guns.

00:01:58 And I thought you could help me with this and maybe someone could benefit from that

00:02:03 help.

00:02:04 Let me ask some questions so I can make sure I understand the situation.

00:02:10 You're having a lot of emotional type body sensation, what I call feel.

00:02:15 But I think that you're saying that you have a muscle tension reaction to that feel when

00:02:25 it arises.

00:02:26 When, I think there's a very, very strong feel and because it is so nonstop and intense

00:02:34 that the body just starts to tighten around it in a way that I'm working not only with

00:02:40 the feel, but I have to kind of work with the tightening that comes around it.

00:02:45 And so I might work with one, then work with the other, but there's no question the core,

00:02:52 it's feel.

00:02:53 And everything else is just because it's been so intense for so long, the body's just starting

00:02:57 to, and I'm literally now experiencing physiological things in the body just simply from that tightening

00:03:06 around the feel.

00:03:07 Does that make sense?

00:03:08 Yes.

00:03:09 And so you want to work with this sensory phenomenon, the underlying emotional sensations

00:03:15 or feel as we would put it in the technical vocabulary, body sensation that seems emotional.

00:03:22 And then there's a kind of physical response in the form of muscle tension.

00:03:28 And that muscle tension, some people consider that to be a purely physical sensation.

00:03:36 But because it's so linked with the emotion, some people consider it to be in and of itself

00:03:42 an emotional sensation.

00:03:44 We can parse it either way depending on what's natural for that person.

00:03:49 I have a few other questions to ask you.

00:03:52 It sounds to me like you've already been working with it in the way that I would consider optimal.

00:03:59 By that I mean that you're sometimes focusing on the tension reaction, sometimes focusing

00:04:07 on the underlying feel itself, which is the general strategy of divine and conquer.

00:04:16 And I've been using a lot of, you know, flow is probably where my natural strength is.

00:04:24 And so, and I can work with flow and almost immediately have some kind of response to

00:04:31 that of going into it.

00:04:32 But then it re-arises and re-congeals so I thought, okay, I've got to maybe work more

00:04:39 deeply or maybe you can just help me.

00:04:43 Probably, the strategies that you are using are already optimal.

00:04:52 That's my guess.

00:04:54 It's simply a matter of continuing with them.

00:04:58 But let's just do some interactive stuff and we'll see what comes up.

00:05:01 I'm not sure that there's actually anything new to add content-wise.

00:05:10 It may just be a numbers game of continuing what you're now doing.

00:05:15 But like I say, let's see what happens.

00:05:18 I do have a couple more questions.

00:05:22 Does the tension reaction that you're referring to, does that tend to come up in a pronounced

00:05:32 pattern in real time or is it more of an ongoing sort of situation?

00:05:42 By that I mean, is there a clear sense of there'll be an eruption of feel and then there's

00:05:47 a tension, eruption of feel, then there's tension?

00:05:51 Or is it that the tension is sort of there in a fairly ongoing way?

00:06:00 Or does it tend to fluctuate moment by moment with the fluctuations in the feel?

00:06:09 A little bit of the second, a little bit of the third.

00:06:12 The feel is pretty continuous, pretty intense, but there is a rising and falling depending

00:06:18 on if I'm able to give it, if I'm able to stop and go into it, sometimes it might multiply

00:06:25 in effect times 10 and become quite more than what you wanted to deal with, but I'm assuming

00:06:34 that's a part of the process.

00:06:37 Sometimes my work with it will help it flow.

00:06:42 The tension does not correspond directly to the feel and what I'm calling the tension

00:06:49 is just from the feel having been so consistent, there's a kind of a not breathing and a tensing

00:06:56 in that's creating stuff in the back.

00:06:59 So it's not really a moment by moment physical muscle tensing around emotional body sensation.

00:07:08 It's more the result that the emotional body sensations have been ongoing for so long that

00:07:13 you're getting this secondary sensation.

00:07:16 Okay, now let me ask some other questions.

00:07:22 You talk about the feel breaking up into flow and I'm assuming that happens with some consistency?

00:07:31 You know, whenever I focus in on it, yes.

00:07:34 How about the tension reaction?

00:07:36 Does it break up into flow?

00:07:39 If I'm focusing towards that, yes.

00:07:43 That can break up into flow as well.

00:07:45 They all do kind of like a rubber band snap back into place a lot.

00:07:52 It just feels like there's just been a momentum of...

00:07:54 Okay, they break up into flow but then they can re-solidify.

00:07:58 So you can actually have the tension and the feel both turn into flow with your practice.

00:08:08 Have you attempted to do that during practice in motion like walking practice and so forth?

00:08:15 Pretty much, yes.

00:08:17 I have to, otherwise I wouldn't be able to function.

00:08:21 I wouldn't be doing this today if I wasn't.

00:08:24 So you can already get them both to dissolve into flow which is pretty amazing.

00:08:29 But when I'm doing an action, in other words if I'm stopping and all of my awareness is

00:08:35 going into that, I can go total flow.

00:08:38 But when I have to also do this activity or talk to this person or do something like that,

00:08:45 all of my attention isn't on it.

00:08:47 So there's some congealing.

00:08:50 I can do enough flow to function but I'm not floating on clouds all the way through.

00:09:01 I do have periods where something like there's certain activities that help the flow.

00:09:08 So when I'm doing a laughing meditation or when I'm facilitating somebody, I literally

00:09:16 don't, it pretty much all goes flow during certain activities.

00:09:22 But the rest of the time it's having to kind of keep some awareness there and some awareness

00:09:28 here just to kind of function.

00:09:30 A couple more questions, which is the source of the greatest distress?

00:09:42 Is it the feel or the tension reaction?

00:09:45 The feel, absolutely.

00:09:47 So you're not so concerned with dealing with the tension reaction?

00:09:50 Oh that'll go when the feel...

00:09:53 So the core issue is intensity of activation of emotional body sensation.

00:09:59 Absolutely.

00:10:00 And I think that helps me hone in a little bit more on what our target should be.

00:10:07 Have you attempted, well I should say as you know, a basic principle in mindfulness is

00:10:14 divide and conquer.

00:10:16 Case in point, you have divided this experience into, okay there's the emotional body sensations,

00:10:23 that's one component, then there's the muscle reactions to those, that's the second component.

00:10:28 So that's already a divide and conquer and that has already given you some relief that

00:10:34 the average person wouldn't experience under comparable circumstances.

00:10:41 As you remember, a second axiom is if divide and conquer doesn't work, remember what I

00:10:49 always say, subdivide until you do conquer.

00:10:52 In this case, have you attempted to break the feel into specific flavors, anger, fear,

00:10:59 sadness, in other words, have you applied the...

00:11:05 Noting feeling flavors.

00:11:06 Noting feeling flavor technique to this intense arising.

00:11:10 Yes, I have.

00:11:12 What I have found to be more helpful is the investigating where exactly I'm feeling what.

00:11:25 Okay, it's a clenching here, what are the boundaries, is there more pressure in, is

00:11:30 it pushing out, you know, am I coming down.

00:11:34 The more I'm kind of investigating it without necessarily putting a label of the quality,

00:11:40 that's been a little more successful in helping me go through it.

00:11:45 But I can tell you the quality.

00:11:47 The subdivide principle can be applied with regards to either the quality, which is the

00:11:55 noting feel flavors, so that gives you the spectrum, anger, fear, sadness, interest,

00:11:59 what have you.

00:12:01 But the subdivide principle can also be applied to the spatial aspect of things.

00:12:08 So then that would be like...

00:12:10 You want to stop for one second?

00:12:11 No, let's just let it go.

00:12:12 Okay.

00:12:13 It could happen during a real session.

00:12:18 So you can subdivide into flavors, but you can also subdivide into locations.

00:12:26 So it's an application of the same principle.

00:12:29 So you're saying that subdividing it by individual body locations has turned out to be more productive.

00:12:37 Yeah, location and quality of sensation.

00:12:42 You mean, so it's a little of both?

00:12:45 Yes.

00:12:46 Flavor and location, you're getting specific about those.

00:12:50 So you've already made the major thing that I would first try, okay, because you've internalized

00:12:59 the algorithm so well, and you say that that does help.

00:13:03 Do you note the location, like with the location word, face?

00:13:07 No, I haven't been doing that out loud.

00:13:09 But you've been tracking the location, and then it sounds like you're staying up for

00:13:14 a little while in a location.

00:13:17 And moving my awareness around inside of it.

00:13:21 Inventory, and see what it's like.

00:13:23 When I'm inside of it, it's so much easier than when I'm outside of it, for me.

00:13:29 So that, once again, sounds like a pretty optimal strategy.

00:13:35 Tell me, what are the range of flavors involved?

00:13:38 It's primarily a fear flavor, primarily to an almost terror panic.

00:13:47 Intense fear?

00:13:48 Intense fear, and there's absolutely sadness.

00:13:51 There's absolutely...

00:13:52 Fear and sadness.

00:13:53 Yeah.

00:13:54 Is there a reason for it, or is it just erupting in the body?

00:14:01 Like I said, I think there was an event or two that triggered it on the outside, but

00:14:06 this was out of proportion to that, and I saw that.

00:14:09 And as I worked with it, I found that the particular story, the surface story...

00:14:18 I even knew, it was silly.

00:14:21 But as I let go of there needing to be a story, I kind of just went into this huge feel.

00:14:28 And as I've gone down in layers, I'm seeing kind of flickers of like, oh, fear of annihilation,

00:14:36 that I'll be killed in any moment.

00:14:37 There's not a logical thing to this.

00:14:39 Yeah, right.

00:14:40 In other words, it's not really coming from the object of external or...

00:14:44 I think it tapped, I think whatever this was on the outside...

00:14:48 The pool of fear.

00:14:49 It tapped everything like a magnet, I think it drew everything up that resonated at that

00:14:54 frequency, and it's just kind of really thrown me at how huge it is.

00:15:00 And they say in Ohio, huge, you're supposed to say huge.

00:15:04 But really, it's taken all my technique or skill to be functioning.

00:15:13 Okay.

00:15:14 So we're having a huge upwelling of fear potential and it sounds like sadness.

00:15:23 Yeah, there's sadness.

00:15:24 And are they equally strong, the fear and the sadness?

00:15:29 I'd say the fear is probably, it's probably like the fear is the cake and the sadness

00:15:36 is icing that's also going down through the cake.

00:15:38 I get it.

00:15:39 To use a food analogy.

00:15:41 Actually, that's probably a pretty accurate description because that's what happens, they

00:15:46 tangle and interact.

00:15:51 And you say very little mental image or internal talk accompanying this.

00:15:56 At first there was a lot, but as I go down...

00:15:59 It's almost pure body.

00:16:01 How about very subtle image or talk activation, subliminal, a hint of something?

00:16:07 The subliminal stuff is where that annihilation came up.

00:16:11 Okay, that is starting to suggest some strategies.

00:16:16 Let me ask you further.

00:16:20 I say annihilation, but the thing that comes up would be killed, like anybody at any moment

00:16:26 could kill me.

00:16:27 Yeah, yeah.

00:16:28 It's phobic.

00:16:29 It's fear.

00:16:30 And this is good.

00:16:32 You've heard me a million times talk about how before we break through these things,

00:16:39 they need to become, my phrase is, continuous and ubiquitous.

00:16:44 Continuous means unbroken in time, ubiquitous means everywhere in the body.

00:16:49 We're going towards that.

00:16:51 If that's happening, then a process of permanent purification is happening.

00:17:00 People, of course, are averse to the notion of letting something like fear or sadness

00:17:09 become continuous through time and omnidirectional in the body, ubiquitous through the body.

00:17:17 But that's penny wise and pound foolish, because being unwilling to pass through that temporarily

00:17:23 keeps them always with the sort of Damocles of fear hanging over their head, and likewise

00:17:31 with the other negatives like sadness, anger, and so forth.

00:17:34 So you have to reach a point where it's completely irrational, completely over the top intense,

00:17:42 doesn't stop in time, and is in every cubic centimeter of your body, if not of the known

00:17:49 universe, in other words, perceived as larger than the body.

00:17:58 And say, okay, I would allow this to go on forever.

00:18:03 It's at that point that you're getting optimal catharsis, in the sense of cleaning out.

00:18:10 So it's taking a while, but I'm getting a clearer picture of what's going on.

00:18:14 Just hearing you say that makes me feel better.

00:18:16 You know, I mean, I still want to work, but it's kind of just helpful to have somebody

00:18:23 say, because I've just been working on it by myself without talking to anyone, and it's

00:18:29 very helpful to hear it.

00:18:30 It's just helpful to hear that, you know.

00:18:33 Yeah, I would say that this is the stage before people become free.

00:18:40 It's interesting too, because when I had a physical issue a year ago, where I had excruciating

00:18:49 pain in my body, what happened was it felt like my skin all over my body was burned,

00:18:55 was singeing, very hot.

00:18:57 And the neurologist and everybody said it was probably in response to the pain.

00:19:01 They said it's just your body's into an alarm alert mode.

00:19:04 That's getting activated by this fear.

00:19:07 So like I have that in addition, so you're talking about hot, you know.

00:19:13 I've got that on the outside, this kind of singeing, and that will definitely, that directly

00:19:20 corresponds with the intensity of the feeling.

00:19:24 So that's enough, isn't it?

00:19:28 It's a lot to work with, but actually I need a little more information.

00:19:35 Do you think that it's interacting with subtle levels of talk or image?

00:19:45 Very very subtle, subliminal.

00:19:46 What do you mean, interacting?

00:19:48 By that I mean that the fear and sadness might be intensified by subtle subliminal activations

00:20:02 of visual or auditory thinking.

00:20:06 What I think is happening, and this is just having been working with it now for a while,

00:20:12 I think it's like if there's a deck of cards that's all the images and thoughts that we

00:20:17 have in a pool, that one hit something and it went down, and if there were like little

00:20:23 shavings of metal, I'm sorry, I went back away from deck of cards, little shavings,

00:20:27 all of those came up, and each one of those is an image or it could be image or talk stuff,

00:20:33 but it's just like, and so you might get little flicks like of popcorn, but it might not be

00:20:38 enough to go, oh yes, that's when I was fired.

00:20:42 That's exactly what I mean by that.

00:20:43 And when that comes up, it can poke, it can, it can, it can kind of like add a little bit
00:20:50 of a wood shaving to the fire, but it's like the feel called that up and then that might
00:20:58 poke in the feel a little bit, but if I stay with the feel, they just kind of hang out.
00:21:04 So the answer to the question is yes, there is interaction with subtle image, which is
00:21:12 significant and also characteristic of catharsis, although it may primarily come up as body
00:21:20 feel flavors, subliminal auditory and visual thinking often enters into the gestalt, especially
00:21:30 the visual, because people don't usually hear hell, they usually see hell, although in theory
00:21:39 you can hear it too, but image space is where the monsters are that might be linked to all
00:21:47 of this, so that gives me some of the more information that I need.
00:21:53 Okay now, believe it or not, yet more questions, okay, because well, because we got to see
00:21:58 what's really going on and I don't...
00:22:01 You're doing your house.
00:22:02 Yeah, well, you interviewed me.
00:22:03 You're doing your house, MD.
00:22:04 This is called differential diagnosis, baby.
00:22:09 These are my huge diagnostic skills.
00:22:15 Okay, so let's see here.
00:22:24 Have you ever had the experience of having strong fear that was pervasive through the
00:22:31 body so dissolved into flow that it no longer caused you suffering?
00:22:39 Yes.
00:22:40 How about sadness?
00:22:43 Have you ever done that?
00:22:45 So then you've already done what we're going to be working towards.
00:22:48 We're going to be working towards that experience yet again, because it's a matter of, I mean
00:22:57 basically, what, let's see, one, two, three, four, maybe there's four kinds of human beings.
00:23:07 I mean there's a lot of ways to classify humans, right?
00:23:12 But maybe one way to classify all human beings is there's most human beings who have never
00:23:20 had the experience of physical pain flowing so completely that it turned into a flavor
00:23:28 of catharsis rather than a flavor of suffering.
00:23:31 Most humans have never had that experience, okay?
00:23:34 So that's most humans.
00:23:36 Then there are the humans that have at least had that experience once, okay?
00:23:45 Then there are the humans that have had that same experience but with regards to rage,
00:23:53 terror, or grief.
00:23:55 That's a whole other thing than physical pain in terms of what it's like when that breaks
00:24:01 up.
00:24:02 So we've determined that-
00:24:03 And I think harder.
00:24:05 Incomparably harder.
00:24:07 Because pain is just pain.
00:24:10 The emotional sensations have been honed by evolution to grip us and control us and distort
00:24:17 us.

00:24:18 They've been honed by evolution for that task.

00:24:22 That's what hell is.

00:24:23 Hell is rage, terror, grief, shame flavors that have become so activated that they're

00:24:36 able to convince you that not only will this be all you ever experience from now on, they're

00:24:43 actually able to convince you that you never experienced anything else.

00:24:47 They have that much distorting power so that it seems like eternal in both directions.

00:24:54 That would be hell.

00:24:59 Purgatory is when you've experienced those sensations enough that they can't cause that

00:25:06 illusion anymore but they're still there and you're working with them.

00:25:14 The threshold between purgatory and heaven is when it turns into flow that we've been

00:25:24 talking about.

00:25:25 So believe it or not, one other question.

00:25:27 Besides fear and sadness, are there hints of any other flavors in there?

00:25:33 Like anger or shame specifically.

00:25:36 I actually look specifically for them.

00:25:39 I think the shame flavor can, like if something happens in the extra world that embarrasses

00:25:49 me, I feel that shame and that can trigger all this.

00:25:53 You know, it's irrational.

00:25:54 Is it part of the present gestalt, the shame flavor, or is it pretty much we're dealing

00:26:00 with sad and had?

00:26:05 If we call fear had.

00:26:06 Just for alliteration, I couldn't resist.

00:26:10 I know, I didn't go for it.

00:26:14 Because there's mad, sad, glad and had.

00:26:17 You're changing my feel favors here.

00:26:20 Don't worry, we'll get back to hell soon.

00:26:25 Here's what's interesting.

00:26:28 You know that heat I talked about in the body?

00:26:31 It shares territory with shame and embarrassment in terms of the flesh.

00:26:37 And so it can trigger it.

00:26:41 So they all kind of interlinked in that way.

00:26:45 It's all information that I need to do the guidance.

00:26:50 Let's do it.

00:26:51 Okay.

00:26:52 Okay.

00:26:53 So take a moment to stretch up and settle in and focus for just a second on physical

00:26:59 relaxation into the posture.

00:27:09 Okay, we're going to start by working in the fierce sad system.

00:27:27 So at any given instant, there'll be exactly one of four states.

00:27:37 Just fear, just sad, both or neither.

00:27:41 We're going to ignore everything else.

00:27:43 We're just going to penetrate that one system of affective somesthesia.

00:27:50 My way of talking make sense?

00:27:51 Well, until the last two words.

00:27:53 I know what you meant.

00:27:54 I know.

00:27:55 That's Greco-Roman for emotional type body sensation.

00:28:02 Thank you.

00:28:03 I love it though.

00:28:04 I know.

00:28:05 So I'd like you to note fear, sad, fear and sad, or none.

00:28:16 One of those four.

00:28:17 You want fear and sad or both?

00:28:19 Let's use fear and sad with a Boolean and operation.

00:28:25 So we'll get the four logically possible states of the fierce sadness system.

00:28:34 Any questions about that?

00:28:36 Okay, good.

00:28:38 Out loud?

00:28:39 Yeah, for starters.

00:28:43 Fear and sad.

00:28:47 Fear and sad.

00:28:52 Fear and sad.

00:28:57 Fear and sad.

00:29:03 Fear and sad.

00:29:04 Okay, good.

00:29:05 Now go to mental labels.

00:29:08 Thinking the labels rather than speaking them.

00:29:17 Okay.

00:29:43 Is it still mostly both at the same time?

00:29:46 Yes.

00:29:47 Okay, good.

00:29:48 Now we're going to work just with the fear.

00:29:57 I'm assuming that there is one or more areas of local intensity for the fear.

00:30:03 Is that correct?

00:30:04 Yes.

00:30:05 Is it one or are there several disconnected?

00:30:09 There's probably one primary one that spreads out and has little branches to it.

00:30:15 And then there's a little bit of a journey to a secondary one for the most part.

00:30:21 Okay.

00:30:22 So the primary one spreads branches.

00:30:26 How broadly?

00:30:27 The primary one is right at the center of my chest, like right in between my rib cage.

00:30:33 How broadly are the branches spread through the body?

00:30:40 It kind of comes down around to the side and in there, but it kind of spreads out a bit

00:30:47 like the core, the center is kind of there in a kind of big odd shape.

00:30:54 And then there are ways in which I think it kind of reaches subtly, like subtle veins

00:31:00 kind of going out around to the middle of my back.

00:31:05 Okay.

00:31:06 Excellent detection skill.

00:31:08 I'm assuming that the subtler ramifications are of less intensity?

00:31:14 Absolutely.

00:31:15 Here's what we're going to do.

00:31:19 We're going to just work with fear.

00:31:20 Each time you note sad, I would like you to zoom out to the subtle ramifications, focus

00:31:27 on them only.

00:31:28 Every time I note sad?

00:31:30 I'm sorry, every time you note fear.

00:31:32 Go out to the subtle ramifications and work towards perfect equanimity with those subtle

00:31:38 sensations because they're subtle, it may be possible to have complete openness with

00:31:43 them even though you can't do so with the local intensities that are at the epicenter

00:31:49 of it.

00:31:50 So we're going to use the zoom out option on the noting.

00:31:54 You're going to zoom out to cover the subtle spread and work towards perfect equanimity

00:32:03 with that.

00:32:04 And don't concern yourself with the local splash at the center at all.

00:32:09 Just with the global ripple in a rhythm with the mental labels of fear.

00:32:14 The word fear.

00:32:18 Any questions about that?

00:32:20 No.

00:32:21 You want me...

00:32:22 I'll just repeat it back.

00:32:24 I'm zooming out.

00:32:25 I'm going to keep noting fear with mental labels, but I'm going to, when I note fear,

00:32:30 zoom out to the subtler tributaries, so to speak, of the experience of fear in my body,

00:32:41 not tuning into the big main Grand Central Station part of it.

00:32:48 That's perfect.

00:32:49 Okay.

00:32:50 And yes, and by mental label I mean think to word fear to indicate that that's the flavor.

00:32:57 And then you zoom out.

00:32:59 And then I'm just going to have you do that on your own for a few minutes.

00:33:02 Okay.

00:33:03 And then I'm going to have you do that on your own for a few minutes.

00:33:28 Able to do that pretty good?

00:33:48 Yeah.

00:33:50 Is there any hint of flow in the global spread of the fear?

00:33:57 Oh, yeah.

00:33:58 It's pretty fluid?

00:33:59 Yeah, it flows.

00:34:00 It's interesting.

00:34:01 I tend to be flowy in general, but when I worked with this, it would...

00:34:10 At first I got little hits of nausea.

00:34:13 Like I started to feel a little nausea.

00:34:14 Other flavors.

00:34:15 Yeah.

00:34:16 And then a little ticklish, but if I just kind of kept with it, those would just...

00:34:23 You know, if I just kind of just stayed with them.

00:34:25 Yes, they dissipate.

00:34:26 So you're able to get the global component in the fear flavor to flow.

00:34:32 Yeah.

00:34:33 Okay.

00:34:34 Can that flow spread into the local intensity so that you get a local global flow with the

00:34:42 fear?

00:34:43 You know, I think I started to naturally start to do that, and I think that's when the nausea

00:34:47 started to...

00:34:48 I think my body...

00:34:49 Okay, let's go for local global flow now.

00:34:52 So that means you'll remember that there's, in my standard formulation of the noting technique,

00:34:57 you remember zoom in, zoom out, zoom both ways.

00:35:01 So we're going to zoom both ways, out to the perimeter, to the weak sensations there, and

00:35:07 ride the momentum of the flow that's there, and simultaneously zoom into the core intensity

00:35:14 and see if you can get them to get that local splash, global ripple.

00:35:21 While keeping the zooming, so simultaneously...

00:35:24 Yeah, you're zooming in and out, into the core, out to the perimeter, and you're doing

00:35:29 that precisely to facilitate the spread of the global flow into the local intensity.

00:35:41 So the awareness is moving in and out.

00:35:44 In and out at the same time.

00:35:47 You have a phrase that you came up with.

00:35:49 Sliding.

00:35:50 You're going to slide in both ways.

00:35:51 You're going to slide out with your awareness and let it facilitate a global circulation

00:35:58 of fear, and you're going to slide in and let that facilitate a local circulation of

00:36:05 fear.

00:36:06 So you get both the intense areas and the peripheral areas as a single fear flow.

00:36:26 Able to get a little sense of that?

00:36:41 Oh yeah.

00:36:43 So that's a catharsis, a releasing of fear.

00:36:48 It creates this kind of center of this, it's kind of a deep joy that kind of comes up the

00:36:56 center, but then I get really hot.

00:36:59 Yeah, let the joy be there, let the heat be there.

00:37:02 These are all reactions to the catharsis.

00:37:07 And if the heat produces more fear, then just dissipate that in the fear.

00:37:13 Except that we're going to let go of the fear now and go to the sadness.

00:37:18 Have to be a rocket scientist to figure out what we're going to do.

00:37:21 Same procedure, start with the periphery of the sadness flavor.

00:37:27 Work with that.

00:37:29 See if it's amenable through a zoom out process to an experience of a global flow in the sadness.

00:37:40 If that's feasible, do that, and then go in and look for the local flow in the epicenter,

00:37:48 and you're going to get a local global flow in the sadness, if indeed that's sort of doable

00:37:54 at this time.

00:37:55 I'd like you to explore the doability of that with regards to sadness.

00:38:01 Just give it some time.

00:38:23 Ever able to get a little hint of that?

00:38:27 Yeah.

00:38:29 Since the sadness doesn't have the same vein network of spread, I just kind of instead

00:38:35 of, since I didn't quite have the subtle area, I just went around the boundaries of it.

00:38:41 That's exactly correct.

00:38:42 That corresponds to the subtle.

00:38:44 It's just less widespread.

00:38:46 That was a good move.

00:38:47 I just made the boundaries soft and then treated that like...

00:38:50 That's right.

00:38:51 That's what I would have had you do.

00:38:52 So you're able to get a little sense of that.

00:38:54 Yeah.

00:38:55 Okay, good.

00:38:56 Now, I'm going to have you do a fairly intricate concentration, where you're going to attempt

00:39:11 to experience simultaneously a kind of river of fear and a kind of river of sad that flow

00:39:25 through each other, interpenetrating without interfering.

00:39:32 So it's almost like...

00:39:33 Could you say that again?

00:39:34 Oh yeah.

00:39:35 Right.

00:39:36 There's the sadness flavor and it's a sort of like giant liquid drop that's sort of expanding

00:39:44 and contracting, right?

00:39:45 Right.

00:39:46 And there's the fear flavor and it's a giant liquid drop doing the same essential dance.

00:39:51 Right.

00:39:52 Now, you know how in a ghost movie, you see that the ghost can walk through the wall,

00:40:03 right?

00:40:04 Right.

00:40:05 The ghost passes through the wall, the wall gives no resistance.

00:40:08 Right.

00:40:09 Now, imagine you didn't have a ghost and a wall, but you had two ghosts and they were

00:40:15 both doing their own thing, but they could pass through each other without disturbing

00:40:23 each other.

00:40:24 Right.

00:40:25 When they occupied the same place at the same time.

00:40:30 So you're going to have these two ghostly waves, one flavored fear, the other flavor

00:40:35 sad.

00:40:36 And they're sort of dancing, except unlike physical dancers, parts of them, even all

00:40:42 of them can occupy the same place.

00:40:48 So they're constantly waving and the waves pass through each other without disturbing

00:40:55 each other, without developing pressure areas where they would clash.

00:41:00 Does this metaphor make sense?

00:41:03 Yeah.

00:41:04 Have you attempted to do this with the fear and sad?

00:41:08 Not in this, not this round.

00:41:10 This may be the part of the missing piece because you could get them individually to

00:41:17 flow, but then the next step is collectively to flow.

00:41:21 Because if they both flow at the same time, interpenetrating wherever they need to without

00:41:26 interfering, then they won't multiply together into overwhelm.

00:41:35 And so the ability to have more than one flavor and to separate the flavors, have all the

00:41:43 flavors flow, and then have the flow fields interpenetrate without interference is a sequence

00:41:49 that I take people through when they're going through big challenges that are polychromatic

00:42:02 body distress, meaning a lot of different colors in the body.

00:42:07 Then we need to train the colors to flow through each other.

00:42:10 Through each other.

00:42:11 It's an interesting.

00:42:12 In this ghostly dance.

00:42:13 It's an interesting intimacy between them.

00:42:18 Yeah.

00:42:19 It's like they're dancing through each other as well as with each other.

00:42:24 And to the extent that they're both flowing, you'll get an even more powerful flavor of

00:42:31 purification and hopefully a significantly deeper sense of relief.

00:43:31 Okay, good.

00:43:42 How's that coming?

00:43:45 Good.

00:43:46 Good.

00:43:47 Good in what sense?

00:43:52 When I can allow them both to share the same space and I'm recognizing how I've been keeping

00:44:03 them separate and keeping that line between them and when I allow them to just kind of

00:44:09 do that, the kind of joy I talked about before with the fear, it's a very intense version

00:44:17 of that and then it kind of seems to ignite this PT-like energy up the body and it gets
00:44:23 very hot.
00:44:24 So you're getting hot and rapturous with fear and sadness.
00:44:30 Yes, I am.
00:44:31 Which most people would say is rather counterintuitive, but your facial expression proves it.
00:44:39 Yeah.
00:44:40 Okay, good.
00:44:41 It's really interesting though because as it does, I find myself wanting to comment
00:44:45 on it and I'll go off and talk and then it loses it a little bit.
00:44:52 Yeah, and you have to come back.
00:44:53 It's got to be done purely in the budget.
00:44:55 It's because the comments and then, you know...
00:44:59 It does trigger some little topics to go, this is all about it.
00:45:03 That's right, but your use of practice allows you to stop that and not sort of go down in
00:45:08 that.
00:45:09 Yeah, well plus there's motivation to kind of stay with this.
00:45:14 It's intrinsically rewarding.
00:45:16 Now next step, see if you can have the fear and the sadness dancing with and through each
00:45:23 other with your eyes open.
00:45:26 And you may find defocusing the eyes initially helpful.
00:45:35 So we can maintain it somewhat into a more ordinary experience.
00:45:42 It's interesting when I am, as I kind of go in and out here as I do it, and I'm going
00:45:54 to talk while keeping my eyes open, but I'm getting to where I'm honing in on the one
00:46:02 specific place in the body they both share in a powerful way.
00:46:07 And if I can just kind of keep track of flow there, letting it be, whether it's the red
00:46:12 or blue, you know, it kind of helps me maintain it with my eyes open more.
00:46:20 Good.
00:46:22 Now see if you can keep some contact with that even after we make some eye contact.
00:46:31 It may be a little trickier, but this is what we just did here is probably one of the missing
00:46:42 pieces of the solution to the situation that you described.
00:46:49 I'm not sure it's all of the missing pieces.
00:46:51 I've got a few other ideas besides this.
00:46:57 But I think for this session, one.
00:47:00 One epiphany is worth the price of admission.
00:47:04 A little bit of money on the table.
00:47:12 You haven't done this before, this theme of different flavors.
00:47:17 Interdigitation was a word you used to use.
00:47:20 And what's so interesting is as soon as you guided me on this, I thought, I'll guide somebody
00:47:25 else in this.
00:47:26 But I didn't think of it for me.
00:47:31 I was just too busy.
00:47:32 Oh, you remembered to do this.

00:47:33 You remember to get the flavors to do this.

00:47:35 Oh, I have other people do this.

00:47:37 Right, but you didn't remember that you could do it for yourself.

00:47:40 I was just, all my circuits were just so full, I guess.

00:47:44 Well, you know, that goes to a very general principle in the way I set up my approach

00:47:50 to meditation, which is that the assumption is that when people face real challenges,

00:48:01 even people without a background in practice, if you interactively guide them, will be able

00:48:06 to have pretty dramatic experiences pretty consistently.

00:48:10 Dramatic, positive experiences.

00:48:15 It has also been my experience that people that are quite good at meditation, when they're

00:48:21 faced with real life challenges, can easily forget.

00:48:25 But all you need is somebody to do this.

00:48:27 And it's like, oh yeah, I knew how to do that.

00:48:32 And then now you're set.

00:48:34 This is one session.

00:48:36 We don't need 20 years of therapy here.

00:48:38 It's like, okay, now you sort of know what to do.

00:48:42 So I think that's excellent.

00:48:45 But I will, for subsequent sessions, remind me that I had some other ideas of, well I

00:48:53 can actually just tell you.

00:48:54 Just tell me now and then I can always replay it and go, remember you had this and this.

00:48:58 So the other thing is that, okay, one missing piece was, well, the two flavors have to simultaneously

00:49:05 flow and through each other.

00:49:08 Another possible missing piece is that you're getting significant interaction with subliminal

00:49:17 thinking.

00:49:18 And you might want to look in that direction.

00:49:23 And the way you look in that direction, what I was going to have you work with is a special

00:49:28 exercise that, with all the years we've done, I'm not sure we've ever done this one, but

00:49:34 I'll ask you.

00:49:35 Have we ever done noting feel sources?

00:49:40 What that means is, I have you note if there's no fear, you say no fear.

00:49:45 If there is fear but it's not triggered by anything you're aware of, you say just fear.

00:49:51 And then you specify if the fear has been triggered by fear from image, fear from talk,

00:49:57 fear from sound, fear from sight, or fear from touch.

00:50:01 No, we haven't done that.

00:50:03 We've mentioned fear, I call that noting feel sources.

00:50:06 And feel can be generic or specific.

00:50:11 That was the next thing I had in the hopper to try after this, because what may be happening

00:50:16 is that you're getting significant triggering from other senses that are activating the

00:50:24 fear in real time.

00:50:26 And usually what, you know how I always say, okay, what is science in a nutshell?

00:50:31 How much of what, when, and where, interacting in what ways, and changing at what rates?

00:50:37 Typically I emphasize the what, the where, and the rates of change.

00:50:47 But some of the special techniques are designed to elucidate the interactions, specifically

00:50:54 what's triggering what.

00:50:56 And I find that when people are going through significant intractable fear experiences,

00:51:02 or emotion in general, but especially fear, literally a few minutes of noting what is

00:51:10 triggering that fear in terms of the broad sensory categories.

00:51:16 So we can now detect no fear, fear but not triggered by anything, okay, no fear, fear,

00:51:24 fear from image, fear from talk, and especially subtle image and subtle talk, the subliminal

00:51:30 stuff.

00:51:31 The way you know that's happening is you get a tug towards image space or a tug towards

00:51:36 talk space, no content awareness at all, but the next instant there's a spike in the fear

00:51:42 in the body.

00:51:44 Now you know that the subconscious mind...

00:51:45 I'm quite aware of having that.

00:51:47 Yeah, the subconscious.

00:51:48 Well it turns out if you ask yourself, if you constrain yourself in real time to know

00:51:54 did it come from image, talk, sight, sound, or the physicality of the body, because it's

00:51:59 got to be one of those five, that keeping track of the whole system, somehow that vastly

00:52:09 reduces the overwhelm.