

# Shinzen Young and Soryu ~ Primal Feel and the Zen Keisaku – 2 of 2

00:00:00 What is the difference between a Zen and a Vipassana?

00:00:05 Soryu has decided that he is sick of me perverting the true teachings of Zen by mixing it with Vipassana.

00:00:18 And also my cavalier and arrogant attitude, claiming that there have never been any good meditation teachers,

00:00:30 although there have been and are great ones, needs to be chastised in public.

00:00:36 You didn't expect that, did you?

00:00:54 So we're going to show you how it's done.

00:00:57 And he's good at it.

00:00:59 And he's like a professional, I don't know if you know, but he's like arguably the best tennis player in Vermont.

00:01:07 He's a professional athlete and he's young and he's strong.

00:01:11 He might break it, okay?

00:01:14 Okay, so would you like to say anything?

00:01:21 Why don't you come up here and tell your Keisaku stories?

00:01:29 I actually went through a similar experience, so I don't have very much new to say.

00:01:37 I went into the temple and for the first period of time the Keisaku actually seemed ...

00:01:46 Maybe this isn't the same.

00:01:48 It seemed kind of fun.

00:01:49 I was young and felt very tough, and I was good at meditation and all this.

00:02:00 And I liked it that I was in a tough place with people who'd hit me.

00:02:04 And it was kind of fun.

00:02:07 And there came a point, which I actually talked about earlier today,

00:02:15 when I started to notice how distracted I actually was,

00:02:21 which I'd never noticed because I was too distracted to notice.

00:02:26 TSL, distracted from distraction by distraction.

00:02:29 So I was distracted to the point that I sometimes believed that I'd be thinking I'm pretty good at this

00:02:40 and not noticing that I was distracted from my meditation when I was thinking how good I was at the meditation.

00:02:48 And there came a very horrifying transformation when I noticed that I actually couldn't keep my concentration

00:02:58 in my estimation at that point for even one second.

00:03:02 Couldn't keep my mind on anything for a second.  
00:03:05 And I started to have a great deal of insecurity.  
00:03:06 And it was really at that point when the keisaku turned into something  
horrifying.  
00:03:13 And then the person would carry the keisaku.  
00:03:17 At least for me, the self-talk was all negative about them.  
00:03:21 What's this terrible person doing trying to hurt us and wreck this monastery  
with violence and all of that?  
00:03:29 And it was really quite a while before I managed to work through that.  
00:03:38 In a similar way, though, Harada Roshi actually began to regularly carry it.  
00:03:44 For a long sit, he would carry it very slowly through the zendo.  
00:03:50 And it was that presence that it really felt as he moved it.  
00:03:55 You mentioned that wave. It was like there was just a force of such energy  
penetrating,  
00:04:05 just penetrating my body, penetrating.  
00:04:09 And it particularly would penetrate my legs, which were in extreme pain.  
00:04:13 Early on, I decided I would only sit in full lotus.  
00:04:16 I don't know why I decided that, but I decided to only sit in full lotus.  
00:04:21 And that meant that I was in extreme pain pretty much all the time.  
00:04:28 Definitely the most pain I've ever experienced.  
00:04:32 And as you would walk, this sphere, it's like a sun. It's like a comet.  
00:04:43 It's just like this amazing force of power would move and would start to  
penetrate my body.  
00:04:54 And there was so much resistance to the pain and to the keisaku coming  
00:05:00 that I would resist that power, which made it hurt so much more.  
00:05:05 And it wasn't until I really just freaked out one time as he was about to hit  
me.  
00:05:10 It wasn't until that happened.  
00:05:11 And I was shaking, you understand, just shaking and trying to bow like this.  
00:05:18 It was just unbelievably terrible.  
00:05:23 It wasn't until there was a point there when it's just too much  
00:05:29 and it's just easier to not do that anymore.  
00:05:33 Just easier, not better, not, oh good, I've got a great idea.  
00:05:38 I'll stop resisting. Not like that.  
00:05:39 It was just, I just can't anymore. Just no.  
00:05:44 And so at the moment it penetrates finally.  
00:05:51 Sometimes I say it's sort of like going to the bathroom when you really have  
to.  
00:05:58 You finally just let yourself, you can finally go to the bathroom.  
00:06:02 And it felt kind of like that, but just coming in and flowing through.  
00:06:06 And then it's uplifting.  
00:06:14 It's just uplifting. You feel kind of like you're floating.

00:06:19 So I actually came back also to the US and I was using it.  
00:06:23 I actually haven't really used the Keisaku that much here.  
00:06:27 And I don't think it's a good idea to make it seem as if  
00:06:33 this is sort of like war stories or like this is a heroic device or something.  
00:06:39 It's not. It's just a tool.  
00:06:42 I don't think that a system that uses it has everything going right.  
00:06:48 To not use it is just great.  
00:06:51 But today we'll show you how it's done.  
00:06:54 Sorry. Well, I have to deserve it, right?  
00:07:12 Okay. Game face.  
00:07:42 Okay.  
00:08:07 Okay.  
00:08:37 Oh, yeah.  
00:08:54 So now you know.  
00:08:57 Thanks, Aria.  
00:08:59 So I'm sorry.  
00:09:08 It's a little giddy.  
00:09:11 It's just good.  
00:09:21 You know what's going to happen.  
00:09:23 All right.