

Mindfulness, Cancer & Healing - 3 of 3 ~ Sat Dharam Kaur, N.D. Interviews Shinzen Young

00:00:00 So to describe the unhealthy way?

00:00:17 The unhealthy way is that you don't have precision about what's happening where and you're constantly

00:00:27 fighting with whatever's happening.

00:00:29 So you might be saying, I'm going to get rid of this, I've got to get rid of this, I've

00:00:31 got to get rid of this.

00:00:32 Well, it's like, no, I don't want this, and you tighten around it mentally and emotionally.

00:00:38 So you're fighting with it at many levels of your being, both on the surface and in

00:00:43 the depths, and you're not precise about exactly what's happening where when.

00:00:49 That's an unhealthy turning towards the sensory challenge.

00:00:54 So you're feeding it in a way by doing that.

00:00:56 That's a very good way to put it.

00:00:58 It's feeding the fire.

00:01:01 Now most people think, well, if I focus on it, I will automatically be feeding the fire.

00:01:06 The more I focus on it, the worse it's going to get.

00:01:08 However, that is profoundly not true if you've been trained in systematic techniques.

00:01:15 The systematic techniques will teach you how to untangle the components of the experience

00:01:24 so they don't multiply into overwhelm.

00:01:27 You'll learn how to separate, oh, this part is the physical body, this part is the emotional

00:01:32 body, this part is the visual thought, this part is the auditory, the mental talk.

00:01:41 Let's say that a person comes to you and they say, I'm suffering at level, you say, what's

00:01:49 your suffering?

00:01:50 How much are you suffering right now?

00:01:52 And they say, I'm suffering at the maximum possible.

00:01:55 What's that number?

00:01:56 They say, well, 10,000.

00:02:00 It's 10,000.

00:02:01 It's like totally over the top.

00:02:04 Maximum possible human suffering.

00:02:08 That's because they're turning towards the discomfort in an unskillful way.

00:02:15 If they were to turn their attention towards the discomfort with the disciplined skill

00:02:21 that allows you to separate the components, what they would discover is that that number

00:02:30 10,000 is arising due to 10 times 10 times 10 times 10.

00:02:40 Because all those four channels are onto it?

00:02:43 Not because they're all on, but because they're all on and they're crisscrossing and multiplying

00:02:50 with each other.

00:02:51 How do you separate the channels and go to one at a time?

00:02:54 How would someone do that in meditation?

00:02:56 You use a technique called mindfulness that will teach you in a disciplined way how to

00:03:03 focus on each one individually.

00:03:06 So you tease them out.

00:03:08 And then when they happen collectively, instead of 10 times 10 times 10 times 10, 10 times

00:03:13 10 is 100, another 10 times 10 is another 100, 100 times 100 is 10,000.

00:03:19 So you kind of pull apart the gestalt then.

00:03:21 It's no longer a gestalt.

00:03:23 It's just four things.

00:03:27 And your perception is now exactly what is there.

00:03:32 10 plus 10 plus 10 plus 10.

00:03:36 They're all on.

00:03:37 And one at a time.

00:03:38 Well, you first learn how to have them one at a time, but then you can hold them all

00:03:43 at once.

00:03:44 But it's still just 10 plus 10 plus 10 plus 10 rather than 10 times 10, because now they're

00:03:50 separate, even when they're happening all at the same time.

00:03:53 So do the math.

00:03:54 If we say that without changing your sensory experience at all, but by merely changing

00:04:01 your ability to separate it into its natural atoms, if we were to say to a person, I'm

00:04:09 going to take you from suffering at 10,000 to suffering at 40.

00:04:13 I'm going to take a 10,000 pound weight off your chest, but you will have to carry 40

00:04:19 pounds.

00:04:20 Sounds like a deal, right?

00:04:22 It's a big reduction.

00:04:23 I mean, it goes from hopeless, overwhelmed to, okay, I can handle it.

00:04:32 And how would you suggest they deal with that if, say, they're feeling the feeling?

00:04:38 What do you have them do?

00:04:41 They have to be trained in specific exercises.

00:04:45 In other words, it's not so much I'm going to now describe to you in two minutes and

00:04:48 you're going to be able to do it.

00:04:51 You have to find a teacher or listen to a CD that teaches those techniques, and you

00:04:57 just follow those exercises.

00:05:01 So I guess I would say, well, how do you get strong?

00:05:05 The quick answer is go to the gym and do the Nautilus cycle.

00:05:08 That's not, you have to actually go and have somebody show you how to do the Nautilus

00:05:12 cycle.

00:05:13 So you need a person or an interactive website or a CD to teach you how to do that, but I'm

00:05:18 giving you the theory.

00:05:20 So the theory says divide and conquer.

00:05:23 So there's a way of focusing on it where you first break it up into its components.

00:05:29 Now you've gone from 10,000 to 40, that's pretty good.

00:05:33 That means 10 plus 10 plus 10 plus 10.

00:05:35 Now let's look at each one of those 10.

00:05:38 Is there really 10 there?

00:05:41 Or is there really one there that's being multiplied by 10 because of resistance?

00:05:50 Oh, that's interesting.

00:05:54 And it turns out it's going to be that.

00:05:57 So now we train away the resistance.

00:06:01 Learning to tease out the strands is the part of mindfulness that is sensory clarity.

00:06:07 The training away the resistance is the part of mindfulness that is equanimity.

00:06:12 You also need concentration power so you can focus on one strand at a time in order to

00:06:18 be able to learn about each one.

00:06:21 So we teach you concentration, clarity, and equanimity.

00:06:24 That allows you to separate the strands and then reduce the resistance to each strand.

00:06:30 So now we've gone from 10,000 to 4, which essentially says that for all intents and

00:06:38 purposes we have eliminated your suffering, even though the physical pain, the emotional

00:06:45 sensation, and the thoughts and the mental talk are still there.

00:06:54 They're still there.

00:06:55 They're not in the way.

00:06:56 It's a miracle.

00:06:57 It's hard to believe that this could happen.

00:07:01 We call it the miracle of mindfulness.

00:07:04 That's a healthy way to bring your attention to it.

00:07:09 And it's very fortunate for us human beings that that strategy exists because you may

00:07:15 attempt to turn away onto something restful, positive, grounding, and you may find you

00:07:21 can't do it.

00:07:22 It's just so much in your face.

00:07:24 You just can't do it.

00:07:26 And you've got this other way of working.

00:07:29 Just to recap, get the big picture, if you have a health situation and you would like

00:07:34 to use your focus power to deal with that, be clear.

00:07:41 Am I using it to change the situation objectively?

00:07:45 Or am I cultivating a skill that broadly reduces suffering and may change it, the object of

00:07:51 situation too?

00:07:53 Or am I doing both?

00:07:55 I would suggest that a person can do one, the other, or both.

00:08:02 But I would hope that they not do neither.

00:08:07 And there's one other technique.

00:08:08 Not do either.

00:08:09 There's another technique that I think we haven't mentioned that much, which is focusing

00:08:13 on the positive as a part of what you've just elucidated.

00:08:22 That would come under the category of focus away.

00:08:24 Okay, focus on the positive comes under the category of focus away.

00:08:28 If by positive you mean positive mental images, mental talk, and so forth.

00:08:32 And it reminds me again of Bill Bengston's recommendations to people with cancer was

00:08:37 to focus on seeing themselves well, doing whatever they're doing because they're well.

00:08:43 So there's no focus at all on the cancer or shrieking the cancer, but it's visualizing

00:08:47 themselves doing what they would be doing most happily in their lives because they're

00:08:53 doing it completely well.

00:08:54 Very good.

00:08:55 So I think we've pretty much covered the field.

00:08:58 Thank you so much.

00:08:59 That's very, very helpful.

00:09:00 My pleasure.

00:09:02 And you have a website that people can link to to help with using these techniques?

00:09:06 Learn all this stuff?

00:09:08 Yes.

00:09:09 Yes, they can go to basicmindfulness.org.

00:09:12 It's all there.

00:09:13 Thank you so much for your questions.