

# How has Shinzen's meditation changed your life? ~ Choshin

00:00:00 So tell me about, how long have you been with Shenzhen?

00:00:14 23 years.

00:00:15 My daughter was 3.

00:00:16 That's how I keep track and she's 26 now.

00:00:19 Wow.

00:00:20 So in 23 years, I'm sure you've had a lot of experience with Shenzhen's techniques.

00:00:26 Just off the top of your head, give me an example of how his techniques have changed  
00:00:33 your life.

00:00:34 There might be many, but just pick one.

00:00:38 I have to say that often, things that might have bothered me in the past, barely register  
00:00:46 on the scale now.

00:00:48 So when I talk to people about meditation, I will say it makes my tiny, tiny little things  
00:00:58 very beautiful or passionate or pleasant.

00:01:07 And then things that are huge emotionally, reduce it to something that is very manageable  
00:01:14 or not there at all.

00:01:17 But I can't imagine people living through some catastrophic things.

00:01:23 You know, people have terminal cancer, terminal illness, and I can't imagine my life without  
00:01:29 this practice to sort of even things out and give me a better perspective on the highs  
00:01:36 and the lows.

00:01:37 All right, you wanted to add one other thing?

00:01:41 I wouldn't say the most important, but for me, the understanding of impermanence has  
00:01:53 been a huge support, I guess, in my life.

00:02:02 You know, understanding that things will change, things will go away, you will lose things,  
00:02:10 you will gain things, and then lose them.

00:02:13 That to me has been a really, really helpful thing in my life, not just for losing loved  
00:02:20 ones, but also feeling equanimous with, well, this is the way it is today, but tomorrow,  
00:02:27 who knows?

00:02:29 So that sort of helped me through the...

00:02:31 Through acceptance.

00:02:33 Exactly, yeah.

00:02:34 And I think it rules my life a lot.

00:02:37 I think I probably depend on that a lot.