

A Mindful Birth and Zen Parenting, Part 2 of 2 ~ Shinzen Young

00:00:00 That's Zen birthing, or mindful birthing.

00:00:08 Then there's Zen parenting.

00:00:11 That's your monastery.

00:00:14 So the source blasts you away in birthing and then expects you to function immediately

00:00:21 and big time.

00:00:23 So just function.

00:00:24 You become the ...

00:00:25 It's like Zen, okay?

00:00:26 You get blown away in your San Zen interview and then you have to go do a job.

00:00:32 But there's no you left, so you just do the job.

00:00:35 You become the activity.

00:00:36 You just function.

00:00:37 I mentioned in Zen you have these interviews with the Zen master, right?

00:00:43 Mostly what you go for in an interview, people think they're going to solve these koans,

00:00:49 like what's the sound of one hand clapping and things.

00:00:51 And you are, but mostly you're going to have an experience of merging with the expansion,

00:00:59 contraction, and emptiness of that Zen master.

00:01:03 So it's sort of like some of their dynamic nothingness rubs off on you each time you

00:01:10 do a San Zen interview and then you carry that back to the meditation hall.

00:01:16 That's how that works.

00:01:17 But then, unlike the Shakti part that the Hindus do, where you sort of get zapped and

00:01:23 then you just sort of sit around and sing and worship the guru and have some grub, in

00:01:29 Zen you get the zap and then you got to go bust your ass in the meditation hall and it's

00:01:35 cold and they're beating you and they're yelling at you.

00:01:37 You got to apply it right to this like, you know, you may think you got some energy or

00:01:44 picked up something, well now let's see if you can use it with your aching legs and your

00:01:48 aching psyche in this Zen torture chamber.

00:01:55 Now we'll see, did you really get it?

00:01:57 And of course, why that's so cool is that then you're not a leaky capacitor that just

00:02:02 like gets charged and then loses it.

00:02:04 You develop the strength, you can hold that and you don't become dependent on the teacher

00:02:08 for that energy.

00:02:10 So because you're forced to use it and you're forced to be strong, it's not just, okay,

00:02:14 we're going to let the gurus zap us and then sit around and talk about how great the guru

00:02:20 is.

00:02:21 You have to like apply it to real stuff right away.

00:02:26 So that's why I like the Zen approach to it.

00:02:28 They talk about transferring the consciousness but not in quite explicitly the terms I'm

00:02:33 using with you now.

00:02:35 So you go, you pick up something of the dynamic nothingness of that Roshi and then you carry

00:02:42 it back.

00:02:43 So when I look at Zen parenting, using Zen here in a sort of metaphorical way, is that

00:02:50 your baby is the Zen master.

00:02:55 Because the baby is dynamic nothingness.

00:03:00 It's still linked to the source.

00:03:01 So every time you're interacting with the baby, you are, you're having a Zen interview.

00:03:09 That's your little Roshi, okay?

00:03:12 And you can see the flow of expansion, contraction and zero inside the baby and it rubs off on

00:03:23 you.

00:03:24 So you're getting shaktipat from your own baby through touch, sight, sound.

00:03:30 Then you ride on that and you're able to use it for the challenges of taking care of the

00:03:36 baby.

00:03:42 That's one way to think about the parenting.

00:03:47 So it's pretty cool, huh?

00:03:49 It's very cool, yeah.

00:03:51 Any questions about any of this?

00:03:54 You've talked about, and forgive me if I don't phrase it correctly, but sometimes we will,

00:04:03 like the raw fear will come up and you've said it's like an infant state of fear.

00:04:12 Does that make sense?

00:04:13 I understand what you're talking about.

00:04:15 And I really appreciate you bringing that up because I've had an experience like that

00:04:23 and now it gives me so much compassion when a baby cries or gets upset and we may or may

00:04:32 not know why that is, but by me experiencing that and by you letting me know that that's

00:04:45 the raw feel emotion that an infant feels, I think it will let me have a lot more love

00:04:51 and compassion for that child when they experience something like that.

00:04:58 Let me ask you.

00:05:01 I want to make sure I know what we're talking about.

00:05:05 Is it having the experience of a sort of chaotic activity within feel space inside yourself,

00:05:15 like you dropped into a very primitive level and there was just sort of like a chaotic

00:05:21 feel for no particular reason, just sort of like an amoeba doing a thing deep down there?

00:05:27 Is that what you're alluding to?

00:05:28 Yes, but it was a huge chaotic fear.

00:05:33 Was it just fear or was it other sensations mixed in?

00:05:37 I think it was just fear, but it was really big and then I just went grasping for an image

00:05:45 or something to equate how big that fear was to something that I could identify with and

00:05:54 it was a terrible criminal situation, it was the image that just came in my mind.

00:06:00 That's how big the fear was, but it was just the fear at the beginning.

00:06:05 So you experienced like raw fear in feel space for no reason whatsoever?

00:06:10 No reason, no.

00:06:11 And it was just like a chaotic arising and then you applied the practice to that?

00:06:18 Let me think back, it was a couple retreats ago.

00:06:29 I'm not sure if I applied the practice or not.

00:06:31 I think I was just shocked because it was so strong.

00:06:34 You were shocked at how primitive and irrational feel space can be.

00:06:39 But now you know that when you watch the baby sort of doing its stuff, that's its feel space

00:06:45 expanding and contracting, so this gives you a sense that you have an

experiential sense

00:06:53 of what the baby is going through when it's in its primordial freakout.

00:06:58 Yes, yes.

00:07:00 And instead of going, what's wrong?

00:07:04 It's like all of a sudden there's a huge amount of compassion because of what I experienced.

00:07:11 Well that's excellent.

00:07:13 When time gets closer to that event, I'd probably like to talk to you about it, about the birthing

00:07:19 process.

00:07:20 Sure.

00:07:21 Again, you have left me with a lot of excitement and I was on another retreat with you when

00:07:29 someone went into I think labor on an online and then went to the hospital and she came

00:07:34 back and described it during the talking circle.

00:07:37 I think she was in labor for a huge amount of time and she talked about how the nurses

00:07:42 and doctors were completely shocked at how she was in labor for so long and they were

00:07:48 amazed at how well she did.

00:07:54 It was absolutely amazing.

00:07:57 Well, this is good.

00:08:03 So I think we're good?

00:08:05 Yes, thank you.