

Music Meditation on Cho's iPod

00:00:00 Shenzhen gives an example when he started doing music meditation.
00:00:19 He gave an example, he refers people to your iPod a lot.
00:00:23 Would you just explain a little bit about what's happening on your iPod
00:00:27 and why Shenzhen is referring them to you?
00:00:31 Sure. Music is very, very important in my life.
00:00:36 When my house is empty, I fill it with music.
00:00:41 Not always, but when you have a household of people and they leave,
00:00:45 it's like, I can listen to my own music now.
00:00:48 So I found, I love classical music, and when he teaches the music meditation,
00:00:54 he will use a technique of vanishing or gone.
00:00:58 He uses the rest, and he uses the active states.
00:01:02 I don't know if we're still using that term, but active states.
00:01:06 So what I did is I went through my classical music and I categorized it.
00:01:10 Things that had, for instance, the gone, you know, there's moments when there's no sound.
00:01:17 And so then you can note the gone.
00:01:19 So I have about four or five pieces on my iPod that I've labeled meditation, music, gone.
00:01:26 And then I have four or five pieces that are rest states, and four or five pieces for pure sound.
00:01:33 Now, somebody else might not find those pure sound,
00:01:36 but to me, they fill me so that I can just be the sound.
00:01:42 And I've actually loaned my iPod to many people, and they've taken them off.
00:01:46 So I especially use it when I'm flying.
00:01:51 I was just going to say, how are you using it primarily?
00:01:54 When I'm flying, when I want to relax, when I want pure sound and just be the music,
00:02:02 to take myself out of the marketplace, that's when I use it.