

# From Surface to Source & the Gold Standard for Spiritual Maturity ~ Shinzen Young

00:00:00 The first level of untangling was to sort of separate out the strands.

00:00:15 So first you separate out the field of your stock.

00:00:18 That already gets away from a lot of the sense that there is a limited thing called a self.

00:00:25 So the focus on ordinary applied to the field image stock, that untangles.

00:00:32 So you untangle, that gives you insight into no self.

00:00:36 Sometimes noting ordinary can be sort of harsh and uncomfortable.

00:00:41 You can always go to the restful states and note them and you can have the same sequence

00:00:47 of insights and purifications in a little more pleasant modality.

00:00:57 But then there is a deeper level of untangling where you see that the strands themselves

00:01:03 are all just made of vibrating energy.

00:01:06 They're like vibrating super strings.

00:01:09 Field image stock is all made of vibrations, etc., etc.

00:01:13 That's the focus on flow technique that I gave you.

00:01:17 That was called insight into impermanence.

00:01:24 And then you look a little more deeply.

00:01:27 They're vibrations that they sort of vibrate and then they disappear, vibrate and disappear.

00:01:33 And then watching the vanishings, that sort of takes you back to where the waves come

00:01:38 from, which is the nothing, the divine nothing that all the mystics of the world talk about,

00:01:46 whether they're Buddhist or not.

00:01:48 It's in Christianity, St. John of the Cross, Nada, Meister Eckhart Nihil, and so forth.

00:01:58 It's in Judaism, Ayan, the divine nothingness.

00:02:03 What's distinctive about Buddhism is that it sort of gives this systematic procedure

00:02:10 of how to develop the sensory clarity so that you can go in fairly manageable steps and

00:02:17 actually get to this.

00:02:22 There are two principles in the spiritual path.

00:02:26 One is get over yourself and the world by having a complete sensory experience of yourself

00:02:32 and the world.

00:02:34 And the other is improve yourself in the world and to see that these two endeavors each reinforces

00:02:42 the other I take as the gold standard for spiritual maturity.