

# The ETERNAL FOUNTAIN of YOUTH ~ Shinzen Young

00:00:00 Sometimes people say, hey, Shifton, you've got a label for the moment of vanishing, gone.

00:00:12 What's wrong?

00:00:13 Why don't you have a label for the moment of arising?

00:00:17 I do.

00:00:18 I absolutely have a label for the moment of arising that we use in when we do the expanse

00:00:31 in contraction flow.

00:00:34 The moment of arising at a very deep, deep level of understanding.

00:00:41 The moment of arising is the moment when the space of that experience simultaneously comes

00:00:49 into existence and begins going out of existence.

00:00:53 My label for that is both.

00:00:56 Both expansion and contraction.

00:00:59 They've pulled apart and they are molding the present moment.

00:01:04 Both gone.

00:01:05 Both gone.

00:01:06 Both gone.

00:01:07 Both gone.

00:01:08 You sum up all those boths and gons and you have a giant eternal fountain of youth that

00:01:16 is always simultaneously spreading and collapsing and pervaded with the absolute tranquility

00:01:25 of a trillion vanishings.

00:01:29 To the extent that you have become that, that there's been a figure of ground reversing.

00:01:35 That instead of thinking about that or observing that, you actually participate in that.

00:01:41 Well, that's an eternal fountain of youth.

00:01:44 So to that extent, you become that.

00:01:52 Your personal death is much less of an issue.

00:01:59 Because by personal death you mean the death of a mind and body.

00:02:05 But to the extent that you've re-identified with the flow of the source, that's not going

00:02:12 to go away.

00:02:14 So quote you will never go away.

00:02:18 To that extent.

00:02:19 And to the extent that there's been a figure of ground reversal and instead of observing

00:02:25 it, it's been gone, there's just gone and things come and go from it.

00:02:41 Well to that extent you won't actually notice the difference between being alive and being

00:02:49 dead.

00:02:50 And as strange as that sounds, that means that you won't have to die.

00:02:59 Your body and mind will have to pass away, but you won't have to die.