

WATCHING SUBCONSCIOUS PROCESSING ~ Shinzen Young

00:00:00 But, but, but, there's another possibility.

00:00:12 And this one is yet another subtlety, but it is so cool once you get it.

00:00:20 Okay, and I'm not sure this is what you're talking about, but it's something that I have

00:00:25 to talk about.

00:00:28 Okay, so sometimes I'll be working with a first timer, and they're doing focus in, and

00:00:37 they elect to do it with inclusive noting.

00:00:40 It's just, I give them the option, and it's like, hey, you know, it's going to be sort

00:00:44 of complicated.

00:00:45 No, it's natural.

00:00:46 I want to do it that way.

00:00:49 Right?

00:00:50 So we're doing see in, hear in, feel in, see hear in, see feel in, hear feel in, all in,

00:01:02 gone, or all rest, gone.

00:01:09 And the person reports this.

00:01:17 It's not all rest.

00:01:22 It's not, but I can't tell you whether, what it is.

00:01:31 Okay, I can't say it's see in, hear in, feel in, or what combination, but it's not all

00:01:38 rest.

00:01:39 It's not that there's no image, no talk, no emotion in the body.

00:01:44 It's not all rest, but I can't tell you what's going on.

00:01:51 Sounds like a problem, but actually it's not a problem.

00:01:57 It's the beginning of something really cool.

00:02:04 What's happening, so what you say is, okay, you're not aware of explicit image, talk,

00:02:15 or emotional body, but those spaces are also not in a restful state.

00:02:25 What's going on?

00:02:26 Well, what do you think is going on?

00:02:31 Sub-processing.

00:02:35 Subconscious processing.

00:02:37 So the whole Western psychological tradition is based on Freud's quote, discovery of the

00:02:45 subconscious.

00:02:46 Well, guess what?

00:02:48 People in India knew about the subconscious two, three thousand years before there was

00:02:54 a Freud in Europe.

00:02:59 And they knew how to observe the subconscious in real time.

00:03:05 Now you can't observe the subconscious visual, auditory, and somatic the way you observe

00:03:11 the conscious, because by definition it's subconscious.

00:03:18 However you can be aware when a burst of activity arises in subconscious thought and emotion,

00:03:28 and you can be aware when that burst of activity passes.

00:03:34 How are you aware of that?

00:03:36 Well sometimes you're aware because of a shimmering on the screen that tells you that the Rolodex

00:03:46 is being flipped through deep down, where there's this sort of undercurrent of talk.

00:03:52 It's massively parallel, like listening to a room full of people.

00:03:56 You can't make out any strand of a conversation, but you know stuff's going on down there.

00:04:03 Same for this sort of like idling in your emotional centers.

00:04:09 Nothing's engaged.

00:04:10 You can't say it's anger, fear, sadness, but the emotional centers are sort of on idle.

00:04:18 You can actually see it in a baby.

00:04:20 You can see the amoeba that is the idling of the limbic circuits in a baby.

00:04:30 The baby's not crying.

00:04:32 The baby's not smiling, okay, but the baby's sort of...

00:04:39 That's their body responding to the sub-threshold activations of the limbic system, okay, that's

00:04:50 just expanding and contracting.

00:04:52 Well, it's still there in adults.

00:04:54 So one way that you can know, that you can monitor in real time these systems is by noting

00:05:01 sort of subtle activity, subtle flow within them.

00:05:05 However, this is the part that's really cool and really subtle.

00:05:13 You may not even be aware of that undercurrent of something, but you're aware that image

00:05:21 space is tugging you.

00:05:26 Talk space is tugging you.

00:05:30 Emotional feeling space is tugging you, but there's no awareness of any activity, but

00:05:36 there's an awareness of a tug of space.
00:05:39 That's why it's so important to have a sense of the locations of the spaces.
00:05:47 So when you're doing focus in and it's not all rest, you will notice that the non-rest
00:05:56 is that you're being tugged towards one, two, or all three of those spaces.
00:06:02 That is the cue that there is a very ...
00:06:06 At that instant, the subconscious mind has started to activate in one, two, or all three
00:06:14 of those spaces.
00:06:16 And you note that as seeing, hearing, feeling, even though ...
00:06:20 Okay, so it's not all rest.
00:06:23 There's no explicit activity that you're aware of, not even a vibratory flow, but there is
00:06:29 this tug.
00:06:30 That's why this triangle, okay?
00:06:34 There's a tug here, there's a tug here, there's a tug down here, or all three at once, or
00:06:42 what have you.
00:06:43 That tug, when your emphasis is on detecting interactivity, that counts as the subtlest
00:06:51 level of interactivity.
00:06:53 And you just say yes.
00:06:55 Even though you don't know what you're saying yes to, you say yes to the tug.
00:06:59 And guess what?
00:07:02 At some point, that's all that the subjective system needs.
00:07:07 It just needs you to say yes to its amoeboid subliminal flux.
00:07:14 And you go back to that state of the baby.
00:07:17 And that's the extent to which the ego needs to be a thing for you, which ain't much of
00:07:24 a thing.
00:07:27 This was hugely subtle.
00:07:30 Don't worry.
00:07:31 I'll say it again and again and again.