

# 3 DANCES of SELF & WORLD ~Shinzen Young

00:00:00 So what we have here is a summary of self and world as three dances plus a still point.

00:00:21 There's the dance of our humanity, which is our three jobs.

00:00:27 Create self and world, get over the self and world, improve the self and world.

00:00:34 Our tools for doing those jobs are our attentional skills, concentration, sensory clarity, equanimity.

00:00:44 Those skills are applied to and cultivated within our visual, auditory, and somatic sensory

00:00:53 experience.

00:00:55 Here we have the dance of nature from the expansion, contraction, interplay implied

00:01:06 by Planck's constant at the very small level of things.

00:01:13 This is the Friedman equation of cosmic density, which is the interplay of expansive matter

00:01:28 energy and contracted matter energy that determine the ultimate size and shape of the universe

00:01:34 and so forth.

00:01:36 This stands for numerous structures in between the largest and the smallest that can be looked

00:01:45 upon as having expansive, contractive interplay, like a star is formed by the interplay of

00:01:55 the outwardly directed photon pressure from the heat and the inwardly directed force of

00:02:03 self-gravity.

00:02:04 There are numerous scales.

00:02:07 We see this.

00:02:10 This is the dance of expansion, contraction, contrast within the material world or nature.

00:02:19 That's reflected by mutually cancelling polarities within the mathematics of the complex number

00:02:29 field, which allows for addition.

00:02:37 Scaling, which is multiplication by a real number, and twirling, which is imaginary exponentiation

00:02:49 or phaser.

00:02:51 This is the stretch-squeeze aspect of generalized multiplication.

00:02:56 This is the turn to the right, turn to the left, what's called a phaser, phaser aspect

00:03:03 of multiplication, which is the twirling.

00:03:09 This is like a dancer that moves forward, moves backwards, stretches out, pulls in,

00:03:16 twirls to the right, twirls to the left.

00:03:19 We have this abstract dance of the numbers, and we have the dance of nature itself, time,

00:03:33 space, matter, and energy.

00:03:38 Then we have our senses and our sensory attention skills, which allow us to do the human dance.

00:03:52 This was...

00:03:53 And in the center.

00:03:54 In the center is the still point of the turning world, which is the source of all of it.

00:04:07 This is a way of summarizing, in a modern way, what I would characterize as the Pythagorean

00:04:20 agenda.

00:04:21 Pythagoras had this revolutionary idea.

00:04:25 He lived around the same time that the Buddha did.

00:04:29 I could be off by a century or so, but roughly, 5th, 6th century BC, that kind of thing.

00:04:38 This revolutionary idea that the endeavor of the human soul and the nature of nature

00:04:53 and the nature of number were a single unity.

00:05:02 This is a modern way to think about vindicating the Pythagorean agenda.

00:05:20 Down here, it's three dances.

00:05:27 What's sort of cool is that the Pythagoreans were often represented by the pentagram, the

00:05:38 five-pointed star.

00:05:40 That's where this all comes from.

00:05:48 This is homage to my ancestors, the Israelites.

00:05:56 So we have the Greeks and the Semites.

00:06:05 All these three dances.

00:06:08 Three dances.

00:06:10 At the still point of the turning world, neither movement from nor towards, at the still point,

00:06:22 there the dance is.

00:06:24 But do not call it fixity, where past and future are gathered.

00:06:31 If not for the point, the still point, there would be no dance, and there is only the dance.