

Retreat Welcome, April 2009 ~ Shinzen Young

00:00:00 Once again, welcome.

00:00:08 As I always say, it is well that you have come.

00:00:11 You've come a long way to come to this practice.

00:00:18 And we'll be talking about this practice.

00:00:21 We'll be talking about the concepts that you need for this practice.

00:00:25 And we'll be giving you a chance to do the techniques that will develop the core skills

00:00:32 of this practice.

00:00:35 You already know the big picture.

00:00:37 We do this for ourself, and we do this for others.

00:00:41 People go through a certain education process in school.

00:00:45 And usually at the end of school, it's like, OK, I've sort of done the education piece.

00:00:52 So life is sort of a school for people.

00:00:56 And at some point, most people reach a point where they have the perception, well, I've

00:01:05 grown as much as I need to grow.

00:01:08 I'm an adult.

00:01:09 I'm established.

00:01:10 I've got this or that.

00:01:12 I don't need a radical new something.

00:01:16 I've completed my education.

00:01:19 But some people mature to the point where they realize that there's one more level of

00:01:28 learning as a human that is available if you want to.

00:01:33 That's what each and every one of you has reached.

00:01:37 You've reached that point of maturity where you're ready for sort of the last lesson for

00:01:45 the human.

00:01:46 You have to go through a lot of different lessons.

00:01:49 But the last lesson is the one that is designed to bring you to total happiness, happiness

00:02:02 that is dependent on conditions, but also to a happiness that is independent of conditions

00:02:14 for yourself and for others.

00:02:16 This might be called total happiness.

00:02:19 So this is the continuing education that we came here to get.

00:02:27 And I want to congratulate each and every one of you for being that old, that adult,

00:02:36 that you've reached the point where you're ready to do what few people are actually ready

00:02:40 to do at this point in human history.

00:02:44 Things were different in the past and things will probably be different in the future,

00:02:49 but recently, the last many thousands of years is recently, rather few humans have reached

00:02:58 this point.

00:02:59 But you have.

00:03:00 And that's extraordinary.

00:03:01 It will be my privilege, my joy to facilitate this process for you, and I am totally jazzed,

00:03:18 stoked, ready to go.

00:03:22 We're going to have a great week.

00:03:23 Thank you.

00:03:24 LE toppings on my plate.