

Turn Towards Difficult Emotion and Challenging Feel-Image-Talk Eruptions - 2 of 2 ~ Shinzen Young

00:00:00 I find that I typically don't have just one flavor of challenging feel.

00:00:14 I may say to myself, I'm angry, and like I say, I'm not sure this is true of other people

00:00:20 or whether it's a stage in practice or just idiosyncratic to me, but I may say to myself,

00:00:27 I'm angry, but when I do a flavor analysis of what's going on, it seems to me that it's

00:00:37 like wine.

00:00:40 It's got a full nose and it's got some tannins and there's hints of raspberry and apple with

00:00:54 a long syrupy finish.

00:00:57 They give you this description, it's like, did somebody just make this up?

00:01:03 Does somebody actually experience that when they drink this wine?

00:01:07 If you're not a wine connoisseur, it's like, what are they talking about?

00:01:11 Well, there's all of these nuances in wines if you're into such things.

00:01:19 Well, I guess I'm not much of a wine connoisseur for a number of reasons actually.

00:01:25 Probably that's a good thing.

00:01:28 But I have sort of become an affective somesthesia connoisseur.

00:01:33 Affective is the fancy Latin word meaning related to emotion.

00:01:38 Soma is body, asthesia is sensation.

00:01:42 So affective somesthesia is the long Latin, Greek way of saying feel.

00:01:48 Now I detect all these subtle nuances.

00:01:50 It's like, yeah, it's anger, but there's that hint of sadness there.

00:01:55 And oh yeah, there's this fear up my back.

00:02:01 And subtle is significant.

00:02:03 Subtle flavors that may be very mild relative to the main flavor, if they multiply in, have

00:02:11 a huge effect.

00:02:12 If you've got 10 units of anger, but you've got two units of fear and two units of sadness,

00:02:26 and you don't notice the fear and sadness, they're there, then instead of having 10 plus

00:02:33 2 plus 2, you're going to have 10 times 2 times 2.

00:02:38 They're going to weigh in multiplicatively rather than additively.

00:02:43 That's part of what I mean when I say subtle is significant.

00:02:46 So divide and conquer, that's another way of saying untangle and be free.

00:02:53 So and if that doesn't work, subdivide until you do conquer.

00:02:57 You're noting feel, image, talk.

00:02:58 Okay, well maybe we need to divide the feel into flavors.

00:03:03 And then I'd work just with the anger, and then just with the fear flavor, and just with

00:03:12 the sadness flavor.

00:03:14 Work with them individually until there's clarity, there's a little more equanimity.

00:03:19 Then when I generically note feel, I'm aware of all of them, but they've been individually

00:03:24 clarified and equanimized.

00:03:26 So now as an aggregate, they're clarified and equanimized.

00:03:32 If that doesn't work, subdivide until you do conquer.

00:03:37 After you've broken it into flavors, what's next?

00:03:39 Break the flavors into locations.

00:03:42 I'll work just with the sadness.

00:03:45 And I do what I call radial sweeping.

00:03:48 So okay, so I got the ache in the heart, so go to the core of that.

00:03:53 Now how far does it extend to the right?

00:03:55 I sort of sweep the awareness out like a cone going to the right until I come to the end

00:04:00 of sensation.

00:04:01 Maybe it's in the body, maybe it's at the skin, maybe it's between the skin and the

00:04:05 wall, maybe it's beyond the wall.

00:04:07 I move out here, I get that whole sector.

00:04:10 And it's like, okay, that's just the sadness, just in that sector on the right.

00:04:16 Come back in, now the sector on the left.

00:04:19 Just that flavor, how far does it go?

00:04:21 Now in front, behind, above, below.

00:04:25 So I do flavor by flavor, sector by sector.

00:04:30 Until I get it to manageable pieces.

00:04:35 It's a time-space volume of one flavor of sensation.

00:04:40 And that's untangled enough so that I can penetrate that.

00:04:50 Penetrate means get a sense that my awareness is soaking into it and my being is opening

00:04:55 up to it.

00:04:57 And then you integrate it.

00:04:59 So I work with all the flavors in all the six sectors.

00:05:06 And I worked with the image, and I worked with the talk.

00:05:09 Now let's go back to generic, to broad.

00:05:13 Just note, feel, image, talk.

00:05:14 But now individually, I've sort of worked with them individually, so now collectively

00:05:20 they're clearer and more quantized, getting closer to complete experience.

00:05:28 You have to let go of the agenda to get answers.

00:05:34 And you have to let go of the agenda to get comfortable.

00:05:37 The normal reward is I get answers, I get comfortable.

00:05:42 If you let go of the agenda to get answers and get comfortable, you still get a reward

00:05:49 at some point.

00:05:50 You get the taste of purification.

00:05:53 And even if you don't have answers and you're not comfortable, that's enough of a reward.

00:06:00 Easy place to learn it?

00:06:01 In pain.

00:06:04 Much more challenging place to learn it?

00:06:06 In rage, terror, grief, shame, embarrassment, humiliation.

00:06:12 Is it learnable by me or you or actually any other human being?

00:06:19 Absolutely.

00:06:20 You just have to want it.

00:06:22 You have to want it a lot.

00:06:24 You have to realize it's important.

00:06:27 If you're willing to do that, then you start to see that yes, there's light at the end

00:06:36 of the tunnel.

00:06:38 Sasaki Roshi talks about becoming a human being of complete feeling.

00:06:47 So that's an awesome attainment, to be a human being of complete feeling.

00:06:53 Can you do it?

00:06:54 Yeah.

00:06:55 Yeah.

00:06:56 You can do it.

00:06:57 There's no person in this room that can't do this if they want to and if they take measures.

00:07:04 So the measures are implement the technique, do it on a consistent basis.

00:07:10 Here you have nothing to do but it.

00:07:14 It's wonderful in that sense.

00:07:16 Now of course, because we're dealing with, in a sense, the ultimate evolutionary challenge,

00:07:24 it's the robot trying to gain control of itself, trying to be free.

00:07:35 The robot was designed by evolution to be a robot.

00:07:40 So it's the ultimate challenge, really.

00:07:45 When those sensations come up, they were designed by evolution to give immediate, approximate,

00:07:57 and intense responses for the animal in the veld.

00:08:07 But immediate, approximate, and intense responses are not necessarily called for in human society.

00:08:18 But because they were honed by evolution to do this, instead of motivating and directing,

00:08:25 which they're meant to do, and that's fine, they often end up driving and distorting.

00:08:33 The they is feel, the feel flavors.

00:08:37 Instead of motivating and directing, which they do do many times, and that's fine, we're

00:08:43 not trying, certainly not trying to get rid of feel or deny it in any way whatsoever.

00:08:48 We're trying to love it to death, to completeness.

00:08:53 When you have complete feel, it only motivates and directs.

00:08:57 It does its job.

00:08:59 It loses its power to drive and distort.

00:09:03 But it's a long, long task.

00:09:07 Yes, I just described a tough job, but somebody's got to do it.

00:09:14 And guess who those somebodies are.