

Shinzen Describes His Sleepiness Turning Into Bliss

00:00:00 Actually, I got really sleepy during the afternoon sit today. And, you know, I mean, I've been
00:00:19 doing this for decades and decades and I learned something new every single time. It's amazing.
00:00:31 So what I did is I got really physical with it. It was just like the physical sensations
00:00:38 of sleepiness. And I did the thing that I described in the group process this morning
00:00:44 about zoom in and zoom out. So the primary was there was one primary here and one primary
00:00:52 here. I get this sort of yucky sensation here and then I get this painful, yawny hypoxia
00:00:59 sensation here. So I like zoomed in to the center and then I was able to have this expansive
00:01:07 concentration where I could really feel the whole body at once. I mean, like really in
00:01:13 a lot of detail, but just that one flavor, the sleepiness flavor. So like zoom in and
00:01:21 then cover the whole thing and do the same thing here. And man, about halfway through
00:01:25 the set, it just, it just turned into this like slow lava lamp thing. And it just got
00:01:35 like really integrated and really blissful. It's like, anyway, so, you know, you got to
00:01:45 make a start somewhere and you learn and then you learn more and you learn more and you
00:01:53 grow with it.