

# A.D.D. & the 'Do Nothing' Technique ~ Shinzen Young

00:00:00 I would say in theory, yes, it is okay, and yes, you can do just it for the rest of your  
00:00:17 life.  
00:00:18 However, I would put a little addendum onto that.  
00:00:25 You want to make sure that you're doing it in an optimal way.  
00:00:34 The way to make sure you're doing it in an optimal way is, at least occasionally, touch  
00:00:39 base with someone who's competent in guiding you with that technique.  
00:00:46 In other words, as far as just using that technique, hey, that's a classic path that  
00:00:53 will take you all the way to classic enlightenment.  
00:00:57 All around the world, what I call the do-nothing approach has been discovered and rediscovered,  
00:01:04 and therefore it's known by various names.  
00:01:07 Dzogchen, rikpa, gomé, the path of non-meditation, those are some of the Tibetan names.  
00:01:18 Some interpretations of Zen, just sitting, shikantaza, are that.  
00:01:24 Papaji calls it, call off the search.  
00:01:28 Krishnamurti called it choiceless awareness.  
00:01:31 So yeah, it's a powerful form of practice, but I think you run a real danger if you try  
00:01:42 to practice it just on your own without occasionally having input from someone who's competent  
00:01:50 to guide your progress with that technique.  
00:01:54 So if you have ADD and you find that what I call the do-nothing approach works for you  
00:02:00 and it's the only one that works for you, certainly that in theory is sufficient.  
00:02:05 Go for it.  
00:02:06 But try to get some input from someone familiar with that, once or twice a year at least,  
00:02:14 so that you know that you're on course.  
00:02:17 Also if it works, a sign of that would be that somewhere down the line your ADD will  
00:02:26 have improved to the point where you can implement other more systematic or organized techniques.