

Zero and One - Part 3: Strong Determination Challenges, Benefits, and Tasting Purification ~ Shinzen

00:00:00 Divide and conquer, okay?
00:00:17 Time-honored method, okay?
00:00:19 Work with each one individually.
00:00:21 Go to talk space.
00:00:22 I mean, it's just like going crazy, right?
00:00:24 It's just like, no, no, no, no, no, no, you're crazy.
00:00:27 You know, you're going to hurt yourself.
00:00:29 You don't have to do this, you know?
00:00:32 And so just talk, work with that.
00:00:35 And images, you know, images of stabbing, okay?
00:00:41 Burning, grinding, torture, you know?
00:00:47 It's like really just...
00:00:50 And those are just the rational images.
00:00:55 Because then there's the hell realms, the archetypal images, where you start to look
00:01:01 into the depths of hell and beings, you see beings tortured and tormented all over the
00:01:10 planet and all sorts of archetypal, you know, it's like really weird and like former lives
00:01:17 of having been tortured and, you know, it's just all come...
00:01:22 But it's just image, just image activity.
00:01:27 And then there's fear and rage in feel space and sad poor me.
00:01:34 That's still the hardest one for me to deal with.
00:01:37 I can sort of deal with the fear and the anger stuff.
00:01:40 That sad poor me, that is so primitive.
00:01:44 I remember that.
00:01:45 Boy, that's the first feel I remember as a little baby, like poor me, sad, you know.
00:01:52 So, you get like the fear and the sad and a kind of impatience, like an agitation, don't
00:02:02 want to sit still kind of flavor, like an antsy, one in Yiddish is called spilkas, yes,
00:02:09 that's an spilkas, yes.
00:02:11 Those of you that know the language, it means pins and needles, like kind of thing.
00:02:16 So, you've got like, you know, three, at least three uncomfortable feels and you got this
00:02:24 crazy things going on in image and talk.
00:02:29 And then you've got like the local and global pain, right?
00:02:33 There's the local stab, burn, tear kind of stuff.
00:02:39 And it's like being beaten, like it's being, you get hit, you get like hit a whole bunch
00:02:47 of times, bang, bang, bang, bang, bang.
00:02:49 And then it just like, it ripples through the whole body, bang, bang, bang, bang.
00:02:55 It's like bang, bang, bang, and then it goes bang, bang, bang, bang, local and global,

00:02:59 right?

00:03:00 Bang, bang, bang, and then it goes locally, like propagates through your body space and

00:03:05 subtle is significant.

00:03:07 Those little pings, they're not nearly as intense as the local punches, but actually

00:03:14 that's where the bulk of the suffering is.

00:03:17 So work locally, work globally, okay?

00:03:20 Work with the, in the touches, you know, zoom in, zoom out, sweep through it, just throw

00:03:27 everything I have at it.

00:03:29 And we're only to the three hour point.

00:03:31 There's another hour.

00:03:34 The first time I did it, towards the end of the four hours, things started to break up

00:03:40 a little bit.

00:03:42 That's a long, I know that's like, whoa, that's a long time.

00:03:47 But doing it day after day after day after day, week after week after week after week,

00:03:55 there was learning.

00:03:57 See it's not about how much you can endure.

00:04:01 It's about how much you can learn from what you do endure.

00:04:06 So just to somehow endure something, if you don't learn from it, by learning I mean your

00:04:14 cells don't learn.

00:04:17 If you don't retrain the body, then you just endured it.

00:04:20 So it's better to go through something mild and have a clear learning experience than

00:04:27 it is to somehow, you know, soldier through in a macho vein and somehow, well, I endured

00:04:35 it.

00:04:37 But if you didn't learn very much, what's the point?

00:04:41 If you learn though, it's worth it.

00:04:43 So it's, if I tell this, telling this story, I'm realizing maybe it's not a good idea to

00:04:48 tell stories like this because people will think, well, gee, if that's what you have

00:04:52 to go through, I think I'll, you know, I'll take my enlightenment in a subsequent life.

00:05:03 But the issue is not what, it's not like, okay, you're going to have to go through shit

00:05:12 like this if you want to get anywhere on this path.

00:05:15 That's not what I'm implying.

00:05:19 The issue is what can you learn?

00:05:21 And by the time I was up for four hours sits, I mean, I'd already had 20 years of meditation

00:05:26 practice.

00:05:27 This isn't, well, although actually when they started me in Japan, I had to go through things

00:05:33 comparable, but not for four hours, okay?

00:05:37 Maybe a couple hours.

00:05:39 So I already had a lot of experience and had worked with these phenomena and so forth.

00:05:45 So as I say, the important thing is what you learn.

00:05:50 Something is, some of it is intellectual, but primarily it's retraining your touch,

00:05:56 feel, image, talk circuits so that they learn not to fight with themselves because it's

00:06:01 the fighting with this, it's the fixation around this that causes the suffering, not

00:06:06 the intensity of the touch, feel, image, talk eruption.

00:06:12 So anyway, what started to happen on a pretty regular basis by, you know, a few, after a

00:06:19 few weeks of doing this every single day is that it would sort of reach a certain intensity

00:06:26 at the midpoint and then it would like really dramatically break up.

00:06:30 It didn't just get worse and worse and worse and worse endlessly.

00:06:34 You think it's going to get worse and worse, but it's sort of, it's an inverted parabolic

00:06:40 thing, okay?

00:06:41 It's a, it goes up and then it like goes down.

00:06:45 And what goes down is not the intensity of sensation.

00:06:49 That just goes up.

00:06:51 What goes down is the suffering.

00:06:54 When you have an intensity of sensation and no suffering, you have a taste of purification.

00:07:02 So there's actually a positive in that.

00:07:06 It's not just an absence of the suffering, it's a presence of a kind of taste.

00:07:10 I don't know how else to describe this.

00:07:13 It's an awareness that because of how I'm experiencing this in this moment, every moment

00:07:20 of my life to come will be different, more fulfilling.

00:07:27 And the holdings that I have from the past are being broken up.

00:07:32 It's a kind of knowing, I can't put it into words, it's a kind of knowing that the way

00:07:38 that I'm experiencing this moment is cleaning out the past and creating a brighter future.

00:07:45 I call it the taste of purification.

00:07:48 Once that taste of purification comes on, you actually are getting a reward in this.

00:07:55 And that's, that's, becomes a huge motivation to explore the edges of experience.

00:08:03 So what eventually happened was that I came to know this territory so intimately that

00:08:15 as soon as I would sit down, the pain would start, and at the same time, my thoughts would

00:08:21 start and my emotions would start.

00:08:24 They'd all start at the same time, the talk, image, and feel reacting to the growing touch.

00:08:33 And as soon as they would start, they would just flow together.

00:08:40 They'd flow together into an integrated arabesque of energy.

00:08:47 And as the pain got bigger and bigger, and the thoughts and emotions arose more and more,

00:08:53 it just got more and more and more integrated.

00:08:56 So there was not an I, not so much of, there was still something of a sense of an I experiencing

00:09:07 an it called pain, but not so much.

00:09:09 Not so much as would ordinarily be, anyway, let's put it that way.

00:09:14 There was a oneness between my thoughts and emotions representing the I, and the pain

00:09:22 representing the it.

00:09:25 And they flowed together and gave this taste of purification.