

# How Shinzen Broke Through an Addiction

00:00:00 There's one other experience that was very dramatic. When I did my first retreat in the

00:00:12 U Ba Khin method, which is body sweeping, at that time I'd had a ten year very intense

00:00:20 addiction to marijuana, but they won't let you use substances, which is fine. I obeyed

00:00:28 that. I was sweeping through my body and I noticed this very subtle little discomfort

00:00:34 around my lungs and whatever. No big deal, but I knew it was sort of associated with

00:00:39 maybe all the smoke I was putting in there. But nothing intense, no thoughts about it

00:00:45 or whatever. When I came back from that retreat, apparently the part of my body that was enjoying

00:00:53 the marijuana and the part of my body that was being damaged by the marijuana communicated

00:00:58 below the threshold of awareness because I had sort of clarified the body for the body.

00:01:06 It had nothing to do with my mind whatsoever. But when I went home, that addiction disappeared

00:01:15 spontaneously and never came back. That was very impressive. It's like, wow. I didn't

00:01:24 have to struggle. There was no on the wagon, off the wagon kind of stuff of struggling

00:01:28 with it. It was gone. My body had decided.

00:01:34 Was this before or after the No Boundaries?

00:01:40 After. The No Boundaries doesn't guarantee that your bad habits go away. You spend the

00:01:46 rest of your life refining yourself. So I would say, yeah, those four over a period

00:01:52 of 40 years, that's like one per decade.

00:01:55 Those are good ones though. I take one of those every 10 years.