

Advanced FAQs: Regarding Emptiness ~ Shinzen Young

00:00:00 From advanced students, the most common question is, how do I deal with the pit of emptiness?

00:00:13 How do I deal with the dark night of the soul?

00:00:16 How do I deal with the seeming loss of my humanity and the loss of my edge and my dynamic

00:00:26 motivations that have come about because of experiencing emptiness?

00:00:33 And I've talked at length in other segments about how one deals with that.

00:00:39 Essentially, it's a combination of, if you're freaking out because of emptiness, see that

00:00:45 the freakout is empty.

00:00:47 That's number one.

00:00:48 And number two, balance the emptiness with practices like focus on positive, where you're

00:00:56 intentionally recreating a new self from the emptiness, a new and positive self.

00:01:04 So the combination, if you're, for the advanced student, that frequent question, what do I

00:01:10 do about the seeming negative consequences of the void, is number one, well, if you're

00:01:19 having some sort of fear or other kinds of disorientation or freakout as the result of

00:01:29 the void, then see that that reaction is itself void.

00:01:34 That combined with, okay, well, emptiness is only half the picture, focus on positive,

00:01:42 intentionally creating a new self out of the emptiness, but intentionally by holding, manifesting,

00:01:52 and radiating positive feel-image-talk as a consistent practice.

00:01:58 Those two things, you sort of negate the negative reactions to the void, and then you affirm

00:02:08 a conditioned arising by creating a new self intentionally, a new and better self.

00:02:17 Those two are what I suggest for dealing with the so-called pit of emptiness, which is,

00:02:24 I think, the most frequent question from advanced students.