

Simultaneous Zooming In & Out During Positive & Restful States ~ Shinzen Young

00:00:00 What is the difference between positive and negative?

00:00:05 Very good point. Because normally it's like what I have people to do when they're freaking out in pain and emotions and things.

00:00:14 But if you do it in positive, then it turns into bliss city.

00:00:21 How can I do it with restful?

00:00:51 You just need to notice that physiologically it has to happen or the out-breath won't occur.

00:00:57 So when you breathe out locally in the core of your body, there's automatic relaxation.

00:01:06 As that's happening, if you spread awareness to how the whole body is also settled, the five limbs, the two arms, the two legs and the head,

00:01:18 that's actually an example of zoom in and out on a restful state.

00:01:24 The restfulness from the core spreads and affects the whole body.

00:01:30 So each out-breath just completely inundates you with physical relaxation.

00:01:38 And that's a zoom in out on a restful flavor. That's very natural.