

Shinzen Young – The Science of Enlightenment (Book Trailer)

00:00:00 What if you could approach meditation practice with more ease and less struggle?

00:00:11 What if you could tap into the intellectual joy of understanding the science behind it?

00:00:17 And what if you could use that joy and clarity to work smarter in your practice?

00:00:24 You discover that nature is constantly providing windows to transcendence, and you get even

00:00:30 more mileage out of your practice and its application to your everyday life.

00:00:35 The concept of enlightenment would be within your grasp.

00:00:40 It's often said that the things experienced by advanced meditators cannot be put into

00:00:44 words, but I disagree.

00:00:47 And I've dedicated the last 40 years of my life to the endeavor of creating a precise

00:00:52 and accessible language for describing what happens as the result of deep meditation practice.

00:01:01 By working smarter and knowing how to spot nature's windows of opportunity, more people

00:01:07 will have the tools to benefit from meditation, and more people will flourish in their existing

00:01:13 practice.

00:01:14 Imagine how that could change our world.

00:01:19 In my senior year of college, I studied abroad in Japan.

00:01:24 During that year, I was befriended by some Zen monks.

00:01:29 I sensed that they had a kind of secret sauce, a way to be deeply happy independent of conditions.

00:01:38 Eventually I decided to discover for myself what they were talking about.

00:01:43 I knew I would meditate my whole life and probably eventually get good at it.

00:01:49 But I was also impressed by the power of modern science and technology.

00:01:54 So I decided to train myself in physics and mathematics as well.

00:02:00 I currently divide my time between teaching meditation and designing research related

00:02:06 to it.

00:02:08 I derive great joy from discovering parallels between mathematical structures

and meditative

00:02:14 experiences.

00:02:15 And I like to think of myself as being on a mission to take the mist out of mysticism.

00:02:28 Many people are quite pessimistic regarding the future.

00:02:33 Degradation of the environment, senseless violence, economic chaos, and political extremism

00:02:40 all seem to bode ill for humanity in this century.

00:02:46 Of course, it's impossible to predict the future.

00:02:49 But there's a very real possibility that the marriage of the best of the East and the

00:02:54 West could pull the bacon out of the fire and lead to a dramatic improvement of the

00:03:00 human condition.

00:03:03 This reasonable and reassuring thought fuels my days.

00:03:09 What if informing meditation with the spirit of science ends up creating the zeitgeist

00:03:15 for the next century?

00:03:18 I wrote The Science of Enlightenment to bring that dialogue to a broader audience.

00:03:24 And I invite you to join me and take your meditation practice further than you may have

00:03:30 thought possible.