

expandcontract

Title	Duration	Date
10 Minute Community (Sangha) Sit Chanting Om Mani Padme Hum ~ Shinzen Young	10 min	2009-12-23
10 Minute Sit w. Shinzen "Just Sitting" ~ Shinzen Young	10 min	2009-12-24
6 Buddhist Consciousnesses & the 12 Sensory States ~ Shinzen Young	7 min	2009-12-13
A Deeper Freedom: Experiences of Selflessness ~ Shinzen Young	4 min	2009-11-29
A Mindful Birth and Zen Parenting, Part 1 of 2 ~ Shinzen Young	9 min	2009-05-26
A Mindful Birth and Zen Parenting, Part 2 of 2 ~ Shinzen Young	8 min	2009-05-26
A Mindfulness Path Arising Between Empowering Contrasts ~ Shinzen Young	5 min	2011-01-04
A Psycho-Spiritual Workout Routine ~ Shinzen Young	1 min	2009-12-12
A.D.D. & the "Do Nothing" Technique ~ Shinzen Young	2 min	2010-06-13
Abrupt Flow: Diminishings, Vanishings and Noting Gone ~ Shinzen Young	13 min	2010-08-02
Advanced FAQs: Regarding Emptiness ~ Shinzen Young	2 min	2009-12-09
After enlightenment, what's left, what's the point? ~ Shinzen Young	7 min	2009-05-24
Authority, Opinions and the Buddhist Canon ~ Shinzen Young	6 min	2009-05-24

Title	Duration	Date
Bear Down or Ease Up in Meditation? ~ Shinzen Young	7 min	2009-12-02
Becoming a High-Wattage Broadcaster of Human Positivity ~ Shinzen Young	5 min	2010-07-15
Beginner FAQs: Why Are We Doing This? Why Meditate? ~ Shinzen Young	3 min	2009-11-30
Bodhicitta, Bodhisattva ~ Shinzen Young	6 min	2011-03-02
Born Between Expansion and Contraction: Responding to the Needs of Your Larger Identity ~ Shinzen	28 min	2020-08-15
Classic "Dark Night" or Clinical Issues? ~ Shinzen Young	6 min	2009-12-07
Classical Enlightenment: Healing the World and Screw-ups ~ Shinzen Young	4 min	2011-01-07
Consciously Decoupling, Dropping Out & Eadem Mutata Resurgo ~ Shinzen Young	4 min	2011-01-05
Creating Feel Good in Emotional Body Space - 1 of 2 - Introduction ~ Shinzen Young	6 min	2010-07-15
Creating Feel Good in Emotional Body Space - 2 of 2 - A Guided Meditation ~ Shinzen Young	8 min	2010-07-15
Depth & Breadth of Concentration - Part 1 of 3 ~ Shinzen Young	9 min	2009-08-10
Depth & Breadth of Concentration - Part 2 of 3 ~ Shinzen Young	9 min	2009-08-09
Depth & Breadth of Concentration - Part 3 of 3 ~ Shinzen Young	4 min	2009-08-09
Discrimination and Unification - Part 1 of 4 ~ Shinzen Young	8 min	2009-02-27
Discrimination and Unification - Part 2 of 4 ~ Shinzen Young	7 min	2009-02-27

Title	Duration	Date
Discrimination and Unification – Part 3 of 4 ~ Shinzen Young	9 min	2009-03-25
Discrimination and Unification – Part 4 of 4 ~ Shinzen Young	5 min	2009-02-27
Dissolution (Bhanga), and T.S. Eliot ~ Shinzen Young	9 min	2009-05-22
Do You Think Sex is Dirty? ~ Shinzen Young	9 min	2009-11-30
Don't Know Mind: Not Needing to Have Answers & the Wisdom Function ~ Shinzen Young	7 min	2009-12-06
Dynamic Aspects of the Sensory System ~ Shinzen Young	4 min	2009-12-12
Enlightenment and the Ten Zen Ox Herding Pictures ~ Shinzen Young	26 min	2020-08-15
Enlightenment Maps and Models ~ Shinzen Young	8 min	2009-05-24
Enlightenment "Downsides" ~ Shinzen Young	5 min	2009-12-14
Enlightenment, DP/DR & Falling Into the Pit of the Void ~ Shinzen Young	9 min	2009-12-04
Enlightenment; Simultaneous Expansion & Contraction; Sahej Samadhi; Non-Dual Awareness ~ Shinzen	1 min	2016-10-28
Equanimity and the Taste of Purification – Part 1 of 2 ~ Shinzen Young	8 min	2009-08-10
Equanimity and the Taste of Purification – Part 2 of 2 ~ Shinzen Young	2 min	2009-08-09
Equanimity: Intentional, Noticing Dropping Deeper, and Second-Order Equanimity ~ Shinzen Young	2 min	2010-08-02
Evoking and Working Through Challenging Material ~ Shinzen Young	4 min	2010-10-01
	9 min	2009-03-02

Title	Duration	Date
Expansion and Contraction – Part 1: Kenotic Christianity and Shuniya ~ Shinzen Young		
Expansion and Contraction – Part 2: Zen Metaphors and Three Tastes ~ Shinzen Young	9 min	2009-03-22
Expansion and Contraction – Part 3: Surrendering to Life & Death, Nirvana ~ Shinzen Young	7 min	2009-03-02
Expansion and Contraction – Part 4: Heaven, Hell, Integration & 3 Tastes of Freedom ~ Shinzen Young	7 min	2009-03-03
Expansion, Contraction and the Breath Cycle ~ Shinzen Young	4 min	2010-12-31
Experiences of the Dissolution (Bhanga) Process ~ Shinzen Young Interactive – 1 of 3	9 min	2009-05-29
Experiences of the Dissolution (Bhanga) Process ~ Shinzen Young Interactive – 2 of 3	6 min	2009-05-29
Experiences of the Dissolution (Bhanga) Process ~ Shinzen Young Interactive – 3 of 3	8 min	2009-05-29
Finding Feel Good in Emotional Body Space – Shinzen Young Guides a Student	9 min	2010-07-16
Five Aspects of the Five Ways – 1 of 4 ~ Shinzen Young	9 min	2009-08-09
Five Aspects of the Five Ways – 2 of 4 ~ Shinzen Young	5 min	2009-08-09
Five Aspects of the Five Ways – 3 of 4 ~ Shinzen Young	9 min	2009-08-09
Five Aspects of the Five Ways – 4 of 4 ~ Shinzen Young	7 min	2009-08-09
Five Basic Assumptions in Mindfulness Practice ~ Shinzen Young	4 min	2009-11-27
Five Fold Sila in Pali ~ Shinzen Young	3 min	2009-12-17
Flow ~ Shinzen Young	7 min	2010-10-01

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Flow, Gone & a Figure-Ground Reversal ~ Shinzen Young	3 min	2010-09-07
Focus Methods in Mindfulness: Advantages and Disadvantages ~ Shinzen Young	8 min	2010-10-20
Forcing Spoken Labels ~ Shinzen Young	7 min	2010-09-20
From Surface to Source & the Gold Standard for Spiritual Maturity ~ Shinzen Young	2 min	2009-12-28
Fulfilling the Pythagorean Agenda ~ Shinzen Young	5 min	2009-02-26
Growth and Tastes of Concentration, Sensory Clarity and Equanimity ~ Shinzen Young	10 min	2011-01-03
Hear-In to Mental Talk Space, Feel Flow in Body Space ~ Shinzen Young Interactive - 4 of 4	5 min	2009-05-26
Hold Positive Feel	5 min	2010-06-11
Home and On-Site Retreats with Shinzen Young	8 min	2009-05-25
How do I find a good meditation teacher? ~ Shinzen Young	8 min	2009-05-23
How Shinzen Uses the Term Spaciousness ~ Shinzen Young	12 min	2022-07-05
How the Endeavor of "Improve" Supports "Transcend* ~ Shinzen Young	3 min	2010-10-12
How to do Labeling and Noting During Meditation, 1 of 2 Parts ~ Shinzen Young	10 min	2010-09-07
How to do Labeling and Noting During Meditation, Part 2 of 2, Zooming ~ Shinzen Young	10 min	2010-09-08
Humility to the Vanishing Point: No Self Around the World ~ Shinzen Young	13 min	2011-03-03
Insight, Clarity & the Sensory System ~ Shinzen Young	9 min	2009-12-11

Title	Duration	Date
Intermediate FAQ: Practice In Daily Life? Micro-Hits & Challenge Sequences ~ Shinzen Young	3 min	2009-11-30
Is Buddhist meditation compatible with other religions? ~ Shinzen Young	8 min	2009-05-23
Israel and a Hebrew Blessing ~ Shinzen Young	7 min	2009-12-25
Jewish Mysticism & Mindfulness Meditation ~ Shinzen Young	9 min	2011-03-03
Jhanas and "Focus on Rest" ~ Shinzen Young	8 min	2009-05-24
Kriyas & Complete Experiences ~ Shinzen Young	8 min	2010-06-13
Kriyas & the Cloud of Unknowing ~ Shinzen Young	7 min	2010-06-13
Leonard Cohen's "Love Itself" – Part 2 of 2 ~ Shinzen Young	5 min	2009-02-19
Leonard Cohen, Sasaki Roshi, & "Love Itself" – Part 1 of 2 ~ Shinzen Young	8 min	2009-02-19
Lofty, Homey and Quirky Wisdom Voices ~ Shinzen Young	1 min	2011-01-08
Lucid Dreaming and "Five Ways" Mindfulness Meditation ~ Shinzen Young	5 min	2009-11-29
Maximizing Psycho-Spiritual Growth with an Algorithmic Approach (Windows & Walls) ~ Shinzen Young	9 min	2009-12-19
Meditation Teacher's Qualifications and Liberation Experiences ~ Shinzen Young	7 min	2009-05-23
Mindfulness & Psychotherapy ~ Shinzen Young	9 min	2009-12-03
Mindfulness & the Categories of Sensory Experience ~ Shinzen Young	8 min	2009-12-10
Mindfulness and Behavioural Change ~ Shinzen Young	9 min	2009-12-10

Title	Duration	Date
Mindfulness, Cancer & Healing – 1 of 3 ~ Sat Dharam Kaur, N.D. Interviews Shinzen Young	9 min	2010-07-06
Mindfulness, Cancer & Healing – 2 of 3 ~ Sat Dharam Kaur, N.D. Interviews Shinzen Young	9 min	2010-07-06
Mindfulness, Cancer & Healing – 3 of 3 ~ Sat Dharam Kaur, N.D. Interviews Shinzen Young	9 min	2010-07-06
Mt. Carmel Talk ~ Shinzen Young	10 min	2008-12-04
Natural Sensory Space Combinations ~ Shinzen Young	3 min	2010-08-14
No Place to Stand ~ Shinzen Young	4 min	2010-09-21
Noche Oscura – (The Dark Night) by St. John of the Cross (Spanish Only) ~ Shinzen Young	3 min	2014-02-19
Non-Dual Awareness ~ Shinzen Young	8 min	2009-11-29
Nurturing the Positive: Creating, Holding and Radiating Positive Subjective States ~ Shinzen Young	2 min	2009-12-12
Om Mani Padme Hum: Meaning and Some Mindful Strategies When Chanting ~ Shinzen Young	9 min	2009-12-23
On Rites, Rituals, and Ceremonies ~ Shinzen Young	8 min	2009-05-21
Open Up and Turn Towards Challenging Letting Go States ~ Shinzen Young	5 min	2009-11-28
Ordinary Consciousness is the Way – Part 1: Mindful Awareness & Varieties of Flow ~ Shinzen Young	9 min	2009-02-26
Ordinary Consciousness is the Way – Part 2: Mindful Awareness & Varieties of Flow ~ Shinzen Young	9 min	2009-02-26
Ordinary Consciousness is the Way – Part 3: Mindful Awareness & Varieties of Flow ~ Shinzen Young	8 min	2009-03-04

Title	Duration	Date
Paradigms of Change: Impermanence, Flow, Expansion & Contraction, Arising & Passing ~ Shinzen Young	9 min	2009-08-20
Parts & Wholes, Efforting & Do-Nothing: A Certain Momentum ~ Shinzen Young	2 min	2010-09-21
Peter Marks on the Origins of Body-Image-Talk (BIT) ~ Shinzen Young	6 min	2009-12-22
Purification and Fulfilment: Four Formulas ~ Shinzen Young	8 min	2009-11-27
Reality & Sensory Experience ~ Shinzen Young	4 min	2009-11-26
Recycle the Reaction – Beginner, Intermediate, & Advanced Examples ~ Shinzen Young	8 min	2009-11-25
Reparenting Our Freaked Out Infant – Noting All Vanishings & Gone in Pure Feeling ~ Shinzen Young	9 min	2010-08-02
Retreat Farewell – May 2009 ~ Shinzen Young	6 min	2009-08-20
Retreat Welcome, April 2009 ~ Shinzen Young	3 min	2009-07-25
Sasaki Roshi & Burmo-Japanese Mindfulness Fusion ~ Shinzen Young	9 min	2009-12-02
Sasaki Roshi, the Complex Number System & the Source of Love ~ Shinzen Young	5 min	2009-08-20
Self-Enquiry & Mindfulness Meditation ~ Shinzen Young	6 min	2009-05-22
Sensory Clarity – 1 of 2 – No Self As Thing ~ Shinzen Young	9 min	2009-08-19
Sensory Clarity – 2 of 2 – No Self As Thing ~ Shinzen Young	9 min	2009-08-20
Sensory Clarity: Untangle and Be Free ~ Shinzen Young	6 min	2009-08-09
Shinzen Young – The Science of Enlightenment (Book Trailer)	3 min	2016-08-25

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Shinzen Young and Soryu ~ Primal Feel and the Zen Keisaku - 2 of 2	9 min	2010-07-22
Shinzen Young ~ Guided Compassion and Healing Meditation	3 min	2020-08-05
Shinzen Young ~ My Primary Mission: A Deep, Broad, and Subtle Formulation	1 min	2010-09-07
Shinzen Young ~ Primal Feel and the Zen Keisaku - 1 of 2	10 min	2010-07-22
Shinzen Young's Welcome to New Viewers	9 min	2011-10-02
Shinzen Young's Welcome to New Viewers	9 min	2009-12-09
Sight Space: How Detecting Shifts Can Lead to Flow ~ Shinzen Young	2 min	2010-10-13
Simultaneous Zooming In & Out During Positive & Restful States ~ Shinzen Young	1 min	2010-09-08
Six Common Traps on the Path to Enlightenment ~ Shinzen Young	9 min	2009-05-21
Sleep Interruption & A Good Night's Rest ~ Shinzen Young	7 min	2009-11-27
Spiritual Teachers' Behaviour: Feedback & Ethics ~ Shinzen Young	8 min	2009-12-04
Standard (Relative Rest) and Advanced Focus On Rest (Do Nothing) ~ Shinzen Young	6 min	2009-08-20
Strengthening a Weak Ego Structure Through Mindfulness ~ Shinzen Young	3 min	2009-11-29
Tea, Coffee and Meditation ~ Shinzen Young	4 min	2011-01-05
Teacher's or Student's Issues Impeding Spiritual Progress? ~ Shinzen Young	8 min	2009-12-08

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The Absolute Witness ~ Shinzen Young	8 min	2009-11-29
The Best Path? ~ Shinzen Young	7 min	2009-05-24
The Big Picture as I See It ~ Shinzen Young	6 min	2009-08-11
The Dark Night by St. John of the Cross (recited in Spanish & English) ~ Shinzen Young	9 min	2014-02-19
The Dharma Name "Shinzen" ~ Shinzen Young	8 min	2009-12-20
The Five Ways – A Contemporary Toolkit for Classical Enlightenment ~ Shinzen Young	8 min	2009-05-22
The Happy Wanderer ~ Shinzen Young & Har-Prakash Khalsa	3 min	2016-11-30
The Hockey Stick Metaphor and Exponential Growth on the Spiritual Path ~ Shinzen Young	5 min	2009-11-26
The Native American Sweat Lodge – Part 2 of 2 ~ Shinzen Young	6 min	2009-11-28
The Native American Sweat Lodge Ceremony – Part 1 of 2 ~ Shinzen Young	9 min	2009-11-28
The Reptilean Brain, Skinnerian Training & the Experience of God ~ Shinzen Young	6 min	2009-12-03
The Science of Enlightenment Audio Series and Book ~ Shinzen Young	3 min	2009-11-29
The Theme of Expansive and Contractive Flow ~ Shinzen Young	13 min	2011-01-03
The Three-Dimensional "Shape" of Simultaneous Expansion and Contraction ~ Shinzen Young	3 min	2010-12-31
The Trickle-Down Paradigm of Transformation ~ Shinzen Young	8 min	2009-12-02
The True Beauty of Your "Soul" ~ Shinzen Young	6 min	2009-12-04

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The "Final Stage" and Service ~ Shinzen Young	9 min	2008-12-07
The "Focus on Positive" Theme ~ Shinzen Young	7 min	2010-10-01
The "One True Love" of Touch, Sight, & Sound ~ Shinzen Young	3 min	2009-12-29
The "Secret" of Archetypal Deity Yoga ~ Shinzen Young	5 min	2009-12-19
Three Reasons Why Shinzen Young "is a Lousy Teacher"	3 min	2009-12-09
Three Ways to Set Up Your Basic Mindfulness Session ~ Shinzen Young	4 min	2010-09-30
Total Happiness – 1 of 5 – May Happiness Be ~ Shinzen Young	8 min	2009-08-16
Total Happiness – 2 of 5 – Ordinary & Extraordinary ~ Shinzen Young	9 min	2009-08-16
Total Happiness – 3 of 5 – Don't Know Mind ~ Shinzen Young	7 min	2009-08-17
Total Happiness – 4 of 5 – Self and Others ~ Shinzen Young	9 min	2009-08-16
Total Happiness – 5 of 5 – The Activity of Teaching ~ Shinzen Young	9 min	2009-08-17
Towards a Balanced Enlightenment ~ Shinzen Young	21 min	2020-08-14
Tri-Modal Rest & Flow: Thinning Out into Nirvana ~ Shinzen Young	2 min	2011-01-04
Turn Towards Difficult Emotion and Challenging Feel-Image-Talk Eruptions – 1 of 2 ~ Shinzen Young	9 min	2009-12-20
Turn Towards Difficult Emotion and Challenging Feel-Image-Talk Eruptions – 2 of 2 ~ Shinzen Young	9 min	2009-12-20
Turn Towards Flow (Change) Using the Labeling "Gears" & Options – 2 of 4 ~ Shinzen Young Interactive	9 min	2009-05-26

Title	Duration	Date
Turn Towards Physical Discomfort Sequence & The Taste of Purification ~ Shinzen Young	7 min	2009-12-20
Turn Towards the Soothing Flow of Poison Ivy, See Flow in Rest ~ Shinzen Young Interactive – 3 of 4	8 min	2009-05-26
Turn Towards, Turn Away, Focus on Flow w Physical Discomfort ~ Shinzen Young Interactive – 1 of 4	9 min	2009-05-26
Turn Towards, Turn Away: Working with the Agitation Flavor in Meditation ~ Shinzen Young	7 min	2009-05-24
Untangling Sensory Experience Leads to Flow, Unifications, and Dynamic Doing ~ Shinzen Young	8 min	2009-12-13
Using Turn Away and Background Equanimity w. Sensory Challenges ~ Shinzen Young	9 min	2009-12-20
What are your specialties as a teacher? ~ Shinzen Young	8 min	2009-05-21
What is Enlightenment? ~ Shinzen Young	2 min	2016-08-30
What to Expect and Do After a Mindfulness Retreat ~ Shinzen Young	27 min	2014-04-01
Which teachers have influenced how you teach? ~ Shinzen Young	8 min	2009-05-23
Why Meditate? ~ Shinzen Young	2 min	2016-08-30
Working Through the Primal Feel Strata ~ Shinzen Young	8 min	2010-07-22
Working with Images and Image Space ~ Shinzen Young	9 min	2010-10-01
Zen Ox-Herding Pics – Part 1 of 3 ~ Shinzen Young	8 min	2009-02-15
Zen Ox-Herding Pics – Part 2 of 3 ~ Shinzen Young	8 min	2009-02-21
Zen Ox-Herding Pics – Part 3 of 3 ~ Shinzen Young	9 min	2009-02-22

Title	Duration	Date
Zen, Vipassana, & Becoming Impermanence ~ Shinzen Young	3 min	2009-12-29
Zero and One – Part 1 of 4: Complete Experiences ~ Shinzen Young	9 min	2009-03-04
Zero and One – Part 2 of 4: Complete Experiences Cont'd, Strong Determination Sits ~ Shinzen Young	8 min	2009-03-25
Zero and One – Part 3: Strong Determination Challenges, Benefits, and Tasting Purification ~ Shinzen	9 min	2009-03-05
Zero and One – Part 4 of 4: Complete Experiences, Unifications & Integrations ~ Shinzen Young	7 min	2009-03-05
"Do Nothing" Meditation ~ Shinzen Young	15 min	2011-01-04
"Practicing Noting" Mix #1 (Bloopers & Out-takes #1) ~ Shinzen Young	6 min	2009-12-16
"Practicing Noting" Mix #2 (Bloopers & Out-takes #2) ~ Shinzen Young	10 min	2010-09-09
"Strong Determination" Meditation Sits ~ Shinzen Young	9 min	2009-12-02
"Vipassana" & "Mindfulness" ~ Shinzen Young	8 min	2009-12-04