

BEING KNOWN TO DEATH ~ Shinzen Young

00:00:00 How about if we took everything as our object?

00:00:07 Well, that's actually not that much bigger than mind-body, just sights and sounds.

00:00:15 Sounds are, people usually find pretty easy. Sight, ah, that's a lot more challenging.

00:00:22 But with practice you can start to sort of get a complete experience or something near a complete experience of the sights in front of you.

00:00:35 And that's very rich and also very transparent.

00:00:41 So it sort of seems like there's just this shaft of knowing that goes from your eyes,

00:00:56 I don't know how to describe it, it goes through the back of your head, out through your eyes,

00:01:03 out to the farthest regions of the visual space and it's just like this shaft of clarity that,

00:01:19 like it bores a wormhole from void to void through the somethingness of the surrounding scene.

00:01:27 Each time your eye shifts, here, here, here, here, you're actually sort of seeing the world,

00:01:34 but you're also seeing the source on, like looking in from all sides at once.

00:01:45 So it's very rich and very freeing and empty sort of looking.

00:01:57 It's like, and it's not so much even that you're noting, it's like you're being known by pure consciousness.

00:02:09 The surrounding scene is being known.

00:02:15 Known to death.