

What is Enlightenment? ~ Shinzen Young

00:00:00 Can you tell me what enlightenment is?

00:00:09 So moment by moment, you've probably noticed that you have thoughts, right?

00:00:16 Is that correct?

00:00:18 And moment by moment, you've probably noticed that you have body sensations.

00:00:24 You've also probably noticed that as soon as a thought arises or a body sensation arises,

00:00:30 there's a tendency to say, this thought is me, that this sensation is me.

00:00:36 Is that correct?

00:00:39 Nothing mysterious so far.

00:00:42 The next part, you have to sort of use your imagination.

00:00:46 Imagine that you still had thoughts and you still had body sensations, but they no longer

00:00:55 immediately trapped your identity.

00:00:59 So your identity is free, free to be inside your mind and body like it was before, but

00:01:07 also free to move outside of your mind and body, to inhabit briefly anyone's mind and

00:01:13 body, to merge with them, or to embrace the entire universe, or to abide at the still

00:01:24 point of the turning world beyond time and space, the nothingness that precedes the Big

00:01:31 Bang, so to speak, metaphorically speaking.

00:01:36 So after enlightenment, people's identity becomes elastic and the mind and body is no

00:01:47 longer a place you're locked in.

00:01:52 It's a home you comfortably can abide in, but you can leave anytime you want.

00:02:01 And that's why we also call it liberation, being set free.