

There's No Need to Leave Samadhi ~ Shinzen Young

00:00:00 I was talking about when I first learned how to practice. My first teacher was this like
00:00:17 samurai actually. He was really macho in the way he talked. He was the president of the sumo club.
00:00:34 I mean he wasn't himself built like that but the sumo club are the students at the university that
00:00:41 do sumo and he was the advisor. Usually those kinds of people are sort of quasi militaristic
00:00:49 types you know get into the martial arts and things like that. So what he would do is when
00:00:55 at the end of each set you know ring the bell to end the set. Just before you ring the bell
00:01:01 you'd be sitting there for an hour right. It was Zen you know it was the whole Zen thing. Although
00:01:07 he was a Shingon monk by lineage but he trained in the Zen tradition. Just before he'd hit the
00:01:15 bell he'd deliver like some sort of one-line zinger sound bite and then like hit the bell you
00:01:28 know. It was like really dramatic and it would and because you're in the really deep state you
00:01:33 know it's like it's brainwashing right. You're being indoctrinated because it really hits you
00:01:40 right. So I remember but it's good brainwashing. I'm very grateful that I had that. So I remember
00:01:47 once it was like we're all sitting on this. But what it means is the samadhi that you go into
00:02:15 and come out of is not samadhi. Meaning so took me years to really understand. I thought I understood
00:02:25 what he meant but I didn't really understand what he meant. I thought what he meant is okay
00:02:30 stay in these states all the time which is true. I mean that's part of what he meant. But the deeper
00:02:35 understanding is that when you're in a certain state and it's time to start taking care of
00:02:51 business whatever business is. Go to the washroom or drive to work or you know make breakfast. You're
00:02:59 in this something and now it's time to act. The tendency is to want to in some way go back to the
00:03:11 normal way of being and then okay I'm gonna function. It's like okay well that was that was
00:03:18 great but now let's get back to the real world. And the trick is to just not do that. Whatever
00:03:28 function needs to arise simply happens from that state. You channel whatever doing needs to be done
00:03:38 and if that causes fear or disorientation you equanimize it and you throw caution to the wind
00:03:49 and you just function. And that's one of the ways that that Zen bounce is trained. So I would say
00:03:56 when that happens if you have to transition to some action, fine just you know you don't leave,
00:04:12 you may come out of Samadhi but you don't need to leave Samadhi in order to function. And if you
00:04:21 come out, why do you come out? You come out because the inner system reactivates and if you see where
00:04:34 that reactivation comes from you actually see the self being born from the non-self. Then you're
00:04:46 just fine. There's no difficulties whatsoever in integrating. I don't know if that was what you
00:04:57 were asking about. Okay I think we're good for now.