

A Psycho-Spiritual Workout Routine ~ Shinzen Young

00:00:00 You can start with focus on ordinary and just sort of deal with the ordinary sensory experience.

00:00:12 Then you can shift if you want to a focus on restful states, which is a kind of thinned

00:00:17 out and attenuated version of the focus on the ordinary.

00:00:23 And often after you do that, the dynamic aspect will be present.

00:00:27 Then you can focus on flow, vanishing, and then the vanishing will point you towards

00:00:39 that which is outside of time and space, that which is beyond the human, which could be

00:00:46 called zero or nothingness or the source.

00:00:51 When a human being touches that nothingness, the natural reaction to that nothingness is

00:00:59 joy, love, compassion, and a call to service.

00:01:07 So from the nothingness will arise the positive feel-image-talk in a very natural way.

00:01:15 And that sort of completes the cycle.

00:01:19 It's sort of like a psycho-spiritual nautilus workout.

00:01:27 You know the nautilus equipment, you exercise all the main muscle groups.

00:01:33 Well focus on ordinary, rest, the dynamic, and then the intentionally creating of the

00:01:42 positive.

00:01:43 This sort of hits all the main psycho-spiritual muscle groups, so to speak, and gives a nice

00:01:52 complete workout for your soul.