

# Creating Feel Good in Emotional Body Space - 1 of 2 - Introduction ~ Shinzen Young

00:00:00 How did you discover positive feeling?

00:00:05 We started with having you explore just the spontaneous presence of positive feel in your body,

00:00:13 which you did, and actually you were able to do that to a certain extent.

00:00:17 But then it went away and it didn't come back, which is not uncommon.

00:00:23 Finding positive feel is only one way to go about the technique of working with positive feel.

00:00:34 Another thing that you can do is you can intentionally create positive feel and then focus on it.

00:00:43 One of the easiest ways to create positive feel is to briefly, intentionally make a positive thought

00:00:52 that's likely to make you happy or loving or joyous and so forth.

00:00:57 Thought is something you have control over.

00:01:00 Thought is your mental image and your internal talk or both at the same time.

00:01:04 So you briefly think a thought that's likely to give you a pleasant feel,

00:01:12 and it could be anything of your choice.

00:01:15 Then you sort of drop that and you tune into how that pleasant feel may continue to resonate in your body

00:01:24 even after you've dropped the thought.

00:01:27 Then you focus in on it, the same way we focused in on the pleasant feel that was just there spontaneously.

00:01:33 But in this case, if the sort of resonance of positive feel goes away,

00:01:40 then you think the same thought or a different thought just briefly,

00:01:45 just enough to get the body vibrating again with a momentum of pleasant feel.

00:01:53 I call that triggering the positive feel by a brief intentional thought.

00:01:59 Does that make sense as a concept?

00:02:01 Yes.

00:02:02 You may have to make the intentional thought frequently,

00:02:05 or it may be that your body is emotionally very resonant.

00:02:10 So just like you think a positive thought and maybe for 30 seconds or 3 minutes,

00:02:17 your body continues to resonate, and now you're focusing in on it with concentration and so forth.

00:02:24 The metaphor that I use for that is if we imagine that your emotional body is a bell.

00:02:33 This is your emotional body bell, and it's sort of passive.

00:02:37 It just responds, and this is your thought, which you have control over.

00:02:45 If you briefly think a positive thought, that's going to resonate.

00:02:52 That's like striking the emotional body bell.

00:02:55 Then you can tune into the resonance for as long as it may last, then strike again if need be.

00:03:01 We're going to do it for the fun of it with external sound.

00:03:06 I'm going to strike it, and then I'd like you to listen to it until it's completely—

00:03:10 there's no more resonance anymore.

00:03:13 I'll do the same.

00:03:34 Gone.

00:03:37 But we could strike it again as need be.

00:03:40 Does that make sense?

00:03:42 Very good.

00:03:44 We'll call that triggering positive feel.

00:03:48 But our focus isn't the thought.

00:03:50 Our focus is still pure body.

00:03:53 We're training your emotional circuits to strengthen the positive emotional muscles, so to speak.

00:04:03 It's like physical therapy.

00:04:05 A lot of people, if they don't exercise muscles, they atrophy, and then you have to give them physical therapy,

00:04:14 and then those muscles get strong.

00:04:17 There's sort of like positive emotional circuitry within our brain, but if we don't exercise it, it might atrophy.

00:04:27 People that are depressed, for example, or whatever.

00:04:30 This exercise that I'm showing you is a sort of emotional physiotherapy.

00:04:37 It strengthens the atrophied circuits and gives you a tendency—it imparts to your body a tendency to go to positive emotional experience as opposed to negative.

00:04:52 So should I be trying to aim it at different parts of my body?

00:04:57 As a general principle, when you detect the pleasant feel with this technique, you try to intentionally spread your attention as broadly as you can within it.

00:05:10 In fact, if possible, you try to experience it over your whole body.

00:05:15 If possible, but you can't force that.

00:05:18 So however wide it may be present in your body—right, left, front, back, up, down—you sort of stretch your attention over it.

00:05:26 If it gets really strong, which it will with practice, it will fill your whole body.

00:05:33 Then when it gets really strong, it will seem to be larger than your body, like it's radiating out into all six directions.

00:05:41 You're sort of like this high-wattage transmitter.

00:05:49 Then you start walking through the world like that, and that has an influence.

00:05:56 That's an advanced level of the practice.

00:05:59 Make sense? At least conceptually.

00:06:02 Sounds like a pretty good idea, right?

00:06:04 Yeah.