

# FORGET ABOUT ME ~ Shinzen Young

00:00:00 Shenzhen, thank you so much for giving your time and energy today and always selflessly.

00:00:17 Well, I appreciate being appreciated.

00:00:20 You had a teacher once, you were saying that the way to show, you say this at the end of retreats,

00:00:27 you say the way to show gratitude, what do you usually say?

00:00:32 The best way to show gratitude to you for all you've done.

00:00:37 I would say a couple of things.

00:00:42 One is keep up your practice.

00:00:46 The other is pass it on, as they say.

00:00:54 In some way or another, either at the subtle level of your vibe and your behavior changes,

00:01:01 or at the descriptive level of you can describe your own practice to people,

00:01:07 and even though you're not teaching them in any explicit way, they hear what you do

00:01:13 and you can give a clear description of what you yourself do,

00:01:16 and that's a kind of very important way you can teach people.

00:01:20 Or maybe at the fully explicit level, you pass it on by becoming a teacher yourself

00:01:27 and actually teaching techniques.

00:01:31 So I would say continue your practice, pass it on.

00:01:35 And then the other thing I would say, what I would want from people is that they forget about me.

00:01:48 I would want them to forget about me as a person.

00:01:52 In other words, I know that sounds shocking and confusing,

00:01:56 what I mean is to not link this to a person, an individual teacher.

00:02:05 There's only one teacher, one thousand-armed goddess of compassion

00:02:10 that spans all time and all space,

00:02:13 and every individual teacher is just one hand on that, or one face on that, on her.

00:02:23 And we tend to just, I don't know, we look at the limbs, we don't see the whole goddess.

00:02:33 So I would want them to forget about me as a person

00:02:36 and realize that I'm just one part of this giant activity

00:02:43 that has been propagating since prehistoric times.

00:02:49 So not link it to a particular personality, what you got.

00:02:54 Just forget about me completely.

00:02:59 Well, I'm going to express my gratitude.

00:03:03 I'm going to go out and tell somebody about this and then I'm going to forget all about you.

00:03:08 I'm happy.

00:03:09 Not!

00:03:10 Well, that's on you.

00:03:12 Thanks again.