

Intermediate FAQ: Practice In Daily Life? Micro-Hits & Challenge Sequences ~ Shinzen Young

00:00:00 Intermediate students, one of the very common questions is how can I bring the practice
00:00:12 into more into my daily life?
00:00:16 And the quick answer to that is if you want to achieve that laudable goal, like any other
00:00:24 project you have to take measures.
00:00:27 It's a combination of yes, doing a formal practice, retreat and self-practice so that
00:00:35 there's a carryover into life, that's part of it.
00:00:39 But then there are specific things that a person can do to assure that the practice
00:00:45 is going to influence their day-to-day ordinary life.
00:00:50 One of the things that you can do is you can take short moments in the day, stop on a dime
00:00:58 and begin a mindfulness practice for 30 seconds here or three minutes there, right on the
00:01:06 fly when nothing too demanding is happening.
00:01:10 I call that practice in life.
00:01:12 You can just start sight, sight, feel, talk, image.
00:01:24 Just start like that, the process of noting while I'm giving this talk.
00:01:32 So doing that, peppering your day with that.
00:01:36 And then the other thing is creating a challenge sequence where you take a technique and you
00:01:43 do it seated, eyes closed, seated, eyes open, standing, slow movement, slow movement in
00:01:52 an impactful environment.
00:01:55 Then do the technique while doing a simple task, do the technique while doing more demanding
00:02:00 tasks.
00:02:01 You create challenge sequences and you gradually work your way up until you can maintain the
00:02:09 technique in very, very complicated circumstances.
00:02:13 So the combination of peppering the day at least a half dozen times every day, even if
00:02:20 just for a few seconds, you implement the practice on the fly.
00:02:25 That plus creating challenge sequences which are analogous to adding more and more weights
00:02:31 or doing more and more reps in weight training.
00:02:37 So you may sort of gradually pick up heavier and heavier weights.
00:02:41 You train yourself to maintain the techniques you use in more and more complicated situations
00:02:47 gradually.
00:02:49 So the challenge sequence plus the sort of surgical strikes during the day plus enough
00:02:55 momentum from formal practice, those three taken together will allow for the practice
00:03:03 to begin to inundate your entire life.
00:03:06 So there's a figure ground reversal.
00:03:08 At first meditation is one of the things you do in life.
00:03:13 Eventually you have to reach the point where life is something that takes place inside
00:03:19 meditation.