

Practical Game Plan of Shinzens Techniques & Strategies

~Shinzen Young

00:00:00 Well, now this is really interesting because this, to me, this is the modern upaya.

00:00:17 We're reaching out to people.

00:00:18 Now what I decided to do was, okay, if we're flying under the banner of an attentional

00:00:27 skill set, well, we want them to apply these skills in a way that they're going to dramatically

00:00:41 grow.

00:00:42 So I outlined this in the What is Mindfulness, what this whole strategy is.

00:00:51 So the categories of the basic mindfulness system are designed to produce insights right

00:00:57 off the bat.

00:01:00 So that it's not just that they're going to get a little bit of concentration kind of

00:01:05 thing, but they're explicitly developing concentration, sensory clarity, equanimity, and they're

00:01:11 learning how to parse their sensory experience in such a way that the fundamental insights

00:01:19 can arise without us trying to get them to believe a certain thing.

00:01:26 So we're going to provide you with an attentional skill set, we're going to provide you with

00:01:31 a way of analyzing your sensory experience, which is, it's not any doctrine or belief

00:01:37 system, it's obviously is the case that we see and we hear and we feel.

00:01:44 And then people can hopefully start to have really significant experiences.

00:01:53 So that to me is a modern and incredible opportunity for upaya.