

# A Deeper Freedom: Experiences of Selflessness ~ Shinzen Young

00:00:00 The experience of selflessness comes about in several ways.

00:00:14 One is when you're able to distinguish the sensory components that create that sense

00:00:23 that there is a self inside me.

00:00:27 The model that I like to use, of course it's only one of many possible models, the model

00:00:33 I like to use involves three sensory components.

00:00:40 Visual thinking, auditory thinking, and emotional type body sensation.

00:00:47 I call emotional type body sensation feel, and the visual thinking image, and the auditory

00:00:53 thinking talk.

00:00:55 So when feel, image, talk get tangled together, then that's one of the factors that produces

00:01:04 the conventional sense that there is a self here.

00:01:09 When you're able to untangle them, then something of the somethingness of that self goes away.

00:01:17 A deeper level of the no self comes about when after you've untangled them, you realize that

00:01:27 there are actually waves, the they meaning the feel, image, talk.

00:01:32 They aren't solidified things, they're wave forms.

00:01:39 That creates a fluid sense of self, which is another level of approaching the no self.

00:01:50 There's the no self experience that comes through just purely disentangling.

00:01:55 Then there's the no self experience that comes through decoagulating the elements that you've

00:02:02 disentangled.

00:02:03 Then there's the no self experience that comes about when those flows stop, and there is

00:02:15 zero.

00:02:20 That's a kind of absolute no self experience.

00:02:25 And then I would say that the highest freedom comes about when you can experience from that

00:02:36 zero, the feel, image, talk re-arising.

00:02:41 And you totally allow it to re-arise as an unblocked activity of personality.

00:02:50 Or when they arose, they were a coagulated something called self, or ego in the sense

00:03:01 of ego problem, as opposed to ego in the sense of ego strength, which is a whole other meaning

00:03:07 of ego.

00:03:08 But when we say we have an ego problem, that's self as a coagulated now.

00:03:19 The deeper freedom is when the self re-arises, but we experience it directly coming from

00:03:30 the nothing.

00:03:32 And it re-arises as an uncoagulated verb called a powerful and rich human personality.

00:03:43 Coming from the nothingness and never really fundamentally separate from the nothingness.

00:03:51 Returning to the nothingness in a cycle.

00:03:55 So I would call that a fully expressed self.

00:04:04 And I would say that that would represent a healthy experience of self.