

'MEDITATION BAR' (a comic dharma skit) ~ STEPHANIE NASH

00:00:00 Lazy music playing.

00:00:27 I don't know about you, but after a good retreat, there's nothing I like better than to head

00:00:38 down to my local meditation bar and throw back a few techniques.

00:00:46 Maybe even take home a good procedure or two.

00:00:49 There's a lot of good places around here, Purification Pub, the Hachmad Hetch, Epikey

00:00:58 Attic, Anicca Annex, and the Axis of Ego, which is too noisy for my tastes.

00:01:06 Just doesn't have a good feel to it.

00:01:09 Oh, and there's the Clarification Cafe.

00:01:13 They got booths for eating meditation there.

00:01:17 A mechanical hand comes down and stops your arm right as you lift the food.

00:01:22 Then a voice comes on saying, meditate on that.

00:01:27 Yeah, they got therapists in the next room for when it doesn't work out.

00:01:34 My favorite place is the Vipassana Vortex.

00:01:40 Used to be called Zen It Is when it was owned by this guy named Roshi, but he had a lot

00:01:47 of activity and moved on to another level of consciousness.

00:01:52 The Vipassana Vortex is situated in a way that you can see right through it.

00:01:59 Over the door is a color monitor running Doh in black and white.

00:02:05 And something in Sanskrit or Pali or maybe it's Chinese.

00:02:12 I'm told it translates a part sight, through sight, and insight.

00:02:18 All fit fits welcome.

00:02:22 Cho greets me at the door.

00:02:25 She runs the place.

00:02:27 A great dame with a solid gold heart and a smile to match.

00:02:33 She says, is that a guru in your pocket or are you just happy to be here?

00:02:41 I smile and head over to the bar for a clarity cocktail.

00:02:46 I got some fuzzy aspects.

00:02:49 I could use a good buzz.

00:02:53 The bliss bunnies are circulating and free floating throughout the room giving out labels.

00:03:00 Sometimes they take you upstairs and show you a rising and falling.

00:03:06 There's usually some flow there too.

00:03:11 There's my friend Will.

00:03:12 He's got a horse named Charlie.

00:03:15 Yeah, Will's a lot like Charlie Horse, but he'll never see it.

00:03:24 I see Shinzi over at his usual booth.

00:03:26 He owns the place.

00:03:28 You can tell his booth by the charts and graphs.

00:03:32 Yeah, he's a geek and into Zen mathematics, but don't let the glasses fool you.

00:03:40 He may be able to say Samadhi in a dozen languages, but he can get your sunscapes flowing better

00:03:47 than nasal spray.

00:03:51 He reportedly has a bank account with the big guy with more zeros than you want to know

00:03:58 about.

00:04:01 Upstairs there's also a Gawanka parlor.

00:04:04 They do piercings.

00:04:06 They start with the nose and are sometimes known to pierce through the whole body.

00:04:12 If you're into that kind of thing.

00:04:15 Back when Roshi owned the place, it was a Zen arcade.

00:04:18 A lot of parlor games, learning to clap with one hand, making faces like before you were

00:04:24 born, that kind of thing.

00:04:26 There was a big flower in the corner, and if you could get inside of it and get out

00:04:31 without anybody seeing you, you could get a ride on the complete experience, which is

00:04:39 no ordinary ride.

00:04:42 Supposedly, it is the best thing that ever happens to you, except you can't remember

00:04:49 a thing.

00:04:51 Yeah, the main Zen thing around here these days is the Merge With Us conference call,

00:04:58 and you can practice the program at home.

00:05:01 Yeah, I guess you can now merge at local or long distance rates, but information is always

00:05:08 free.

00:05:11 That noise?

00:05:13 Some deconstruction happening up on the third floor.

00:05:17 The place is in pieces, but I hear they got rid of a lot of unnecessary crap that was

00:05:24 just gumming up the works.

00:05:26 I hear the view's gonna be a lot better now.

00:05:30 Oh, it's almost time for the last show.

00:05:33 It's a good act.

00:05:35 A singer with a dress so tight, all you can see is expansion and contraction and some

00:05:43 undulation.

00:05:44 Lots of good body sensations.

00:05:49 Her name is Melissa Mana.

00:05:52 Yeah, she's a bit self-absorbed, but she sings a good song.

00:05:58 Sometimes the show is solid, sometimes restful, but it always flows, and before you know it,

00:06:05 it is over, gone, kaput.

00:06:08 I chill with the solid, hang with the restful, and go with the flow, and when it's over,

00:06:16 nothing, nada, zero.

00:06:19 But that's how it goes.

00:06:24 Yeah, I'm going back to the bar for a second clarity cocktail before the show.

00:06:30 I wanna get a good seat.

00:06:33 It's been nice chatting with you.

00:06:37 Or have I been some internal talk and mental image taking you away from being here now?

00:06:48 The only way for you to know for sure is to wake up.

00:06:57 Good luck with that.