

1. WORKING with INTENSE EMOTION ~ Shinzen Young guided Stephanie Nash

00:00:00 Okay, so you mentioned you wanted to work on some specific issues.

00:00:17 Anything you'd like to just tell me briefly about those issues before we start to work

00:00:22 in terms of what it is and what your goals would be in working on it?

00:00:30 Yeah, what I'm working with now is a strong feel component that has, you might call it

00:00:44 touch, I sometimes call it secondary feel, but that tension that comes around the feel

00:00:49 can lock into quite a dramatic degree.

00:00:54 When it first arose, it seemed triggered by external event, but what I, it's a response,

00:01:01 an emotional response to an event, but I think it became clear that as I processed it, that

00:01:09 it kind of worked as a magnet to draw years to who knows what other stuff up with it that

00:01:16 matched that emotional frequency.

00:01:22 And then for a while now, several days, I've been working with it.

00:01:28 I let go of there having to be any talk image component.

00:01:33 And it's just a huge amount of feel which I have techniques and ability to process,

00:01:39 but it's quite a significant event and I thought, ah, time to call in the big guns.

00:01:48 And I thought you could help me with this and maybe someone could benefit from that

00:01:53 help.

00:01:54 Let me ask some questions so I can make sure I understand the situation.

00:01:59 You're having a lot of emotional type body sensation, what I call feel, but I think that

00:02:07 you're saying that you have a muscle tension reaction to that feel when it arises.

00:02:17 I think there's a very, very strong feel and because it is so nonstop and intense that

00:02:24 the body just starts to tighten around it in a way that I'm working not only with the

00:02:30 feel, but I have to kind of work with the tightening that comes around it.

00:02:35 And so I might work with one, then work with the other, but there's no question the core

00:02:41 is feel and everything else is just because it's been so intense for so long, the body's

00:02:47 just starting to, and I'm literally now experiencing physiological things in the body just simply

00:02:54 from that tightening around the feel.

00:02:57 Does that make sense?

00:02:58 Yes.

00:02:59 So I have to work with this sensory phenomenon, the underlying emotional sensations or feel

00:03:06 as we would put it in the technical vocabulary, body sensation that seems emotional.

00:03:12 And then there's a kind of physical response in the form of muscle tension.

00:03:18 And that muscle tension, some people consider that to be a purely physical sensation, but

00:03:26 because it's so linked with the emotions, some people consider it to be in and of itself

00:03:32 an emotional sensation.

00:03:34 We can parse it either way depending on what's natural for that person.

00:03:39 I have a few other questions to ask you.

00:03:42 It sounds to me like you've already been working with it in the way that I would consider optimal.

00:03:49 By that I mean that you're sometimes focusing on the tension reaction, sometimes focusing

00:03:57 on the underlying feel itself, which is the general strategy of divine and conquer.

00:04:06 I've been using a lot of, flow is probably where my natural strength is.

00:04:15 And I can work with flow and almost immediately have some kind of response to that of going

00:04:21 into it.

00:04:22 But then it re-arises and re-congeals so I thought, okay, I've got to maybe work more

00:04:29 deeply or maybe you can just help me.

00:04:33 Well, probably the strategies that you are using are already optimal.

00:04:42 That's my guess.

00:04:44 It's simply a matter of continuing with them.

00:04:48 But let's just do some interactive stuff and we'll see what comes up.

00:04:51 I'm not sure that there's actually anything new to add content wise.

00:05:00 It may just be a numbers game of continuing what you're now doing.

00:05:04 But like I said, let's see what happens.

00:05:08 I do have a couple more questions.

00:05:12 Does the tension reaction that you're referring to, does that tend to come up in a pronounced

00:05:22 pattern in real time or is it more of an ongoing sort of situation?

00:05:32 By that I mean, is there a clear sense of there'll be an eruption of feel and then there's

00:05:37 a tension, eruption of feel, then there's tension.

00:05:41 Or is it that the tension is sort of there in a fairly ongoing way?

00:05:50 Or does it tend to fluctuate moment by moment with the fluctuations in the feel?

00:05:59 A little bit of the second, a little bit of the third.

00:06:02 The feel is pretty continuous, pretty intense, but there is a rising and falling depending

00:06:08 on if I'm able to give it, if I'm able to stop and go into it, sometimes it might multiply

00:06:15 and affect times 10 and become quite more than what you wanted to deal with, but I'm

00:06:24 assuming that's a part of the process.

00:06:27 Sometimes my work with it will help it flow.

00:06:32 The tension does not correspond directly to the feel and what I'm calling the tension

00:06:39 is just from the feel having been so consistent, there's a kind of a not breathing and a tensing

00:06:46 in that's creating stuff in the back.

00:06:49 So it's not really a moment by moment physical muscle tensing around emotional body sensation.

00:06:58 It's more the result that the emotional body sensations have been ongoing for so long that

00:07:03 you're getting this secondary sensation.

00:07:05 Yes, and there may be a subtle other, from what I'm describing, the thing that I'm aware

00:07:11 of is, oh, then literally parts of my body start to hurt and I know it's just from the

00:07:18 body just getting tired, the body kind of getting tired from working with the feel.

00:07:23 Okay.

00:07:24 Now, let me ask some other questions.

00:07:29 You talk about the feel breaking up into flow and I'm assuming that happens with some consistency?

00:07:35 Oh, you know, whenever I focus in on it, yes.

00:07:40 How about the tension reaction?

00:07:42 Does it break up into flow?

00:07:46 If I'm focusing towards that, yes.

00:07:49 That can break up into flow as well.

00:07:52 They all do kind of like a rubber band snap back into place a lot.

00:07:58 It just feels like there's just been a momentum of...

00:08:01 Okay, they break up into flow but then they can re-solidify.

00:08:04 So you can actually have the tension and the feel both turn into flow with your practice.

00:08:14 Have you attempted to do that during practice in motion, like walking practice and so forth?

00:08:22 Pretty much, yes.

00:08:24 I have to, otherwise I wouldn't be able to function.

00:08:27 I wouldn't be doing this today if I wasn't.

00:08:31 So you can already get them both to dissolve into flow, which is pretty amazing.

00:08:36 But when I'm doing an action, in other words, if I'm stopping and all of my awareness is

00:08:42 going into that, I can go total flow.

00:08:45 But when I have to also do this activity or talk to this person or do something like that,

00:08:52 all of my attention isn't on it.

00:08:54 So there's some congealing.

00:08:57 I can do enough flow to function, but I'm not floating on clouds all the way through.

00:09:08 I do have periods where something like there's certain activities that help the flow.

00:09:15 So when I'm doing a laughing meditation or when I'm facilitating somebody, I literally

00:09:23 don't, it pretty much all goes flow during certain activities.

00:09:29 But the rest of the time it's having to kind of keep some awareness there and some awareness

00:09:35 here just to kind of function.