

# Shinzen describes all '5 Ways' before Guiding Steph ~ Shinzen Young

00:00:00 OK, now, if I say I am stressed, I'm stressed, I've got my mind is spinning,  
00:00:15 and I would like to be able to use some of your meditation techniques  
00:00:22 to just help me in like 5 or 10 minutes.  
00:00:25 Is there something that I could do to, like, this program sounds wonderful,  
00:00:30 like a great support in the long run, and you talked about this daily  
practice,  
00:00:34 but what's something I can do, like, right now that would just help my stress  
level?  
00:00:41 You mean like literally right now?  
00:00:43 Yes, literally right now, this instant.  
00:00:46 OK.  
00:00:47 Is there something I could do?  
00:00:48 Yes, I will guide you in a practice.  
00:00:52 OK.  
00:00:53 So, for that, I'd like you to ...  
00:00:55 What do I do?  
00:00:56 Well, you sit up.  
00:00:57 OK.  
00:00:58 Does it matter how my hands go?  
00:00:59 No, just comfortable, whatever.  
00:01:02 Lengthen your spine.  
00:01:03 OK.  
00:01:04 Let your whole body settle.  
00:01:05 Close your eyes.  
00:01:08 And I'm going to briefly describe some options as to how we can work,  
00:01:16 and then you can choose which one you want to do, OK?  
00:01:19 OK.  
00:01:20 So, one thing that we can do, I'll go through a brief description of the five  
ways,  
00:01:27 and then I'll let you choose.  
00:01:28 Are my eyes still closed?  
00:01:29 Yeah.  
00:01:30 OK.  
00:01:31 You can keep your eyes closed and just sort of be settling in  
00:01:34 and sort of digest the information I give you,  
00:01:39 and then you can choose which of the focusing methods you want to do.

00:01:43 OK.

00:01:44 So, one of the ways is focus in, and that involves observing your thoughts and emotions

00:01:56 by dividing your subjective experience into feel, image, talk.

00:02:02 So that's emotional body sensation, mental picture, and auditory thoughts, self-talk, that kind of thing.

00:02:10 So one of the methods we can use is to break your emotional and, in general, your subjective experience,

00:02:18 your thoughts, your feelings, your reactions, and such.

00:02:23 We can break them into manageable pieces.

00:02:25 It's sort of like divide and conquer.

00:02:29 So that's focus in, working with your subjective experience.

00:02:33 Alternatively, we can explore the power of now by doing the opposite,

00:02:39 letting go of feel, image, talk, and anchoring yourself in external sights, external sounds,

00:02:47 and physical-type body sensations, touch, sight, sound.

00:02:51 So that's always the present.

00:02:53 Feel, image, talk might be memory, plan, fantasy, but touch, sight, sound are always now.

00:03:00 You've probably heard of the power of now.

00:03:02 So that's one way to experience, in a tangible way, the power of now, is by focusing out on touch, sight, sound.

00:03:10 So that's two possibilities, focus in, feel, image, talk, focus out, touch, sight, sound.

00:03:16 Another possibility we talked about earlier is focus on restful states to sort of cool out.

00:03:21 Another possibility is to focus on how things constantly change, the dynamic side of experience,

00:03:28 how things flow and vanish. We'll call that focus on change.

00:03:33 So you can focus in, focus out, focus on rest, focus on change.

00:03:38 Or the final possibility is that you can intentionally cultivate positive states of thought and emotion.

00:03:47 So instead of just observing feel, image, talk, you can proactively create positive feel, image, or talk,

00:03:55 and then sort of radiate that positivity, sort of the power of positive thinking kind of thing.

00:04:00 We'll call that focus on positives.

00:04:02 So those are the five ways, they're fundamentally contrasting strategies.

00:04:08 And I'd like you to choose if you'd like to focus in, focus out, focus on rest, focus on change, or focus on positives.

00:04:17 And then I'll guide you in that regard.

00:04:20 All of those could be good for working with stress.

00:04:23 Each in a different way.