The Three-Dimensional 'Shape' of Simultaneous Expansion and Contraction ~ Shinzen Young

00:00:00 If we want to say that you're looking for a shape, the shape you're looking for is concentric
00:00:10 spheres spreading out and concentric spheres coming back.
00:00:17 That would be the shape of simultaneous expansion and contraction.
00:00:22 Or a fountain gushing and gathering, but not just upwards, up and down.
00:00:31 It's gushing up and gathering down at the same time and it's doing that this way, this
00:00:39 way, this way, that way, that way, and that way.
00:00:44 So it's like a three-dimensional fountain that gushes from the center and gathers to
00:00:50 the center.
00:00:51 If I had to give a shape to it, it is intriguing to look at the large-scale anatomy of the
00:01:05 human brain.
00:01:08 I'm not sure that this has anything to do with what I'm describing at all, but there
00:01:19 is a general pattern to what your brain does.
00:01:26 Sensory input goes up the back of your spinal cord into something called the corona radiata.
00:01:47 It sort of looks like this, it's right in the center of your brain.
00:01:51 That means the radiating crown.
00:01:56 And then it goes from there, it's processed in the cortex, and then in the sensory cortex,
00:02:06 then it moves over the surface of the brain to the motor cortex.
00:02:11 Then the motor cortex sends messages down, once again, down through the corona radiata
00:02:17 and down the front of the spinal cord and controls the body, roughly speaking.
00:02:25 So roughly speaking, you have movement up and down the spinal cord simultaneously, and
00:02:33 from the center of the brain out and then from the periphery of the brain in, you have
00:02:38 the sensory input and the motor output.
00:02:43 And whether this fountain that I'm describing has anything to do with that or not, I don't
00:02:48 know.
00:02:49 But if you look at a picture of it, it sure looks like a picture of a gushing and gathering
00:02:58 simultaneously.