

# What technique does Shinzen use?

00:00:00 Out of curiosity, what strategy do you generally employ using your technique?

00:00:11 You mean as I'm laughing around in the world?

00:00:13 No, not on the cushion.

00:00:15 Oh, on the cushion?

00:00:17 Yeah.

00:00:18 Mostly both God.

00:00:22 Simultaneous expansion, contraction, and their vanishing.

00:00:26 So flow and ...

00:00:27 Well, both. Both is the label for an awareness that there is simultaneous expansion and contraction.

00:00:35 That's part of the ...

00:00:39 So the quick answer is in terms of what's on the grid is expansion, contraction, flow.

00:00:44 That's what I typically am aware of.

00:00:47 Okay. And then last thing was when I was reading in the manual about that for us,

00:00:55 it was ... because I love flow and so forth,

00:00:58 but I also saw that it was like don't forget to stay in,

00:01:03 you know, see here and feel rest, focus out.

00:01:07 And focus out and focus in just because there's subtle levels that you don't want to ...

00:01:12 you know, that you're still needing to process.

00:01:15 I understand. So it's okay to have sort of a main practice.

00:01:21 But if you're familiar with the whole grid, I encourage people at least occasionally to touch base with other things just to get some balance.

00:01:30 But that's just a light suggestion.

00:01:33 If you're not familiar with the whole grid, obviously you can't do that.

00:01:37 But let's say you're familiar with the whole thing.

00:01:39 I think it's ... a lot of people have a single thing that they do that's their main practice.

00:01:47 And if you are familiar with this other stuff, I think it's useful to touch base at least occasionally with it for rounding purposes.

00:01:56 But if you're not familiar with the whole grid, then you just can have just one practice.

00:02:02 But remember that one of the ways you push the envelope is by ...

00:02:10 if there's a particular approach that you like, you see, well, can you

maintain it in motion and then in daily life, etc.

00:02:22 So maybe you could get a lot of flow when you're sitting, but can you actually get it while you're talking to people and driving the car?

00:02:30 That's a way of pushing the envelope with the practice.