

# Turn Towards the Soothing Flow of Poison Ivy, See Flow in Rest ~ Shinzen Young

## Interactive – 3 of 4

00:00:30 How's that coming, Lorraine?

00:00:37 It really slowed, so it was almost stopped, but then I noticed it was moving again.

00:00:44 When it stopped, was there a deep tranquility within you? Or it just stopped?

00:00:51 Was there a sort of afterglow, or not?

00:00:57 No, it was more like the pulsing, although the pulsing is still a flow, but it was not the gentle flow.

00:01:04 It kind of took over for a bit, and then I was looking for that gentle flow, and then it sort of showed up again.

00:01:13 Excellent. Very clear report.

00:01:16 And you're continuing to be able to experience the flow as a pleasant, kind of soothing thing?

00:01:25 Yes.

00:01:27 So, you're essentially experiencing widespread poison ivy as a soothing flow of energy. Is that true?

00:01:38 I have to say, yes it is.

00:01:41 And yet we did nothing other than focus on just what is. So, that's pretty weird, huh?

00:01:51 Okay. I'm assuming it's mostly in your arms that you've been focusing, is that correct?

00:01:57 Or have you been focusing wherever the poison ivy itches are?

00:02:01 I was focusing on the flow, and I have to say that it sort of went into my abdomen as well.

00:02:09 It sort of involved my torso and my arms.

00:02:12 It tends to spread, in other words. That is a characteristic of the flow experience.

00:02:18 I'd like you to see how widespread within your body you can find phenomena that could come under the category of flow.

00:02:28 It could be tingling or waving in your legs, your arms, your torso, your face, expansion, contraction, inward pressures, outward pressures.

00:02:40 See how widespread through your body you can find things that might come under that category.

00:02:50 Just sort of take an inventory through the body.

00:02:57 Now that I've sort of opened up my search, it is all over.

00:03:02 It's fairly global in the body?

00:03:04 Yes.

00:03:05 I'd like you to zoom out and cover your whole body with awareness and focus in on the flow as encompassing your whole body.

00:03:16 That's excellent. Sometimes this is the way it happens.

00:03:31 It's fun, isn't it?

00:03:34 Who ever knew that severe poison ivy could be so much fun? Who would have ever thunk it?

00:03:44 You're particularly sensitive to poison ivy, is that correct?

00:03:48 It seems I cannot deny that I am very sensitive to it.

00:03:52 You're doing great work.

00:03:57 Are you able to get that sense that your whole body is sort of flowing?

00:04:00 Yes.

00:04:01 Now we're going to up the challenge level considerably.

00:04:06 I'd like you to keep your awareness in the body and if possible on the flow.

00:04:13 But I'd like you to open your eyes, but sort of defocus your eyes.

00:04:17 Try to just sort of soft focus so you're not too drawn into external sights.

00:04:24 And see if it's possible to maintain some contact with that flow with your eyes open.

00:04:33 The opening of the eyes could intensify the flow, it could cause the flow to become less, or it might have no effect at all.

00:04:44 But does this instruction make sense? Good. I'd like you to try that.

00:04:59 Able to maintain some sense of that with your eyes open?

00:05:03 Some sense of it. The pulse kind of asserted itself again.

00:05:08 But there's still a bit of a presence of the flow as well.

00:05:12 Even with your eyes open?

00:05:14 Yes.

00:05:15 That's fantastic.

00:05:18 So this shows you that you can maintain this in life.

00:05:22 It doesn't have to be just when your eyes are closed necessarily.

00:05:26 You could maintain it as you're going about daily life.

00:05:29 You might be able to maintain some sense of an awareness of that flow throughout the day.

00:05:34 Does that make sense? At least as a theoretical possibility.

00:05:39 I'd like you to close your eyes again.

00:05:43 And I'd like you to bring your attention to your mind for a moment.

00:05:51 We're going to go out of the body.

00:05:53 Bring your attention to the area in front of, behind your closed eyes, sort of your mental screen.

00:06:00 Does that make sense?

00:06:04 If we were to ignore mental images and colors that might be there, we'd be

left with dark, bright, or gray.

00:06:13 Is it mostly dark for you, mostly bright, or mostly gray?

00:06:18 Mostly dark.

00:06:20 I'd like you to focus on how the pattern of dark and bright is changing there.

00:06:25 Constantly changing. Does that make sense?

00:06:28 It is moving, right? The dark brightness? Is that correct?

00:06:36 By moving I mean like shifting perhaps in very small ways, or that's not the case?

00:06:43 It's moving in the sense that some of those bright spots are fading and then coming back.

00:06:49 That's what I mean. We'll consider that to be flow inside that blank.

00:06:55 I'd like you to note that as flow.

00:06:58 And if there is any vibration inside the blank, the dark, for example, if there's any light, bubbly or whatever, note that as flow also.

00:07:07 Does that make sense?

00:07:09 Actually, no. Could you say that again?

00:07:11 Well, when you look at the darkness, brightness, behind your closed eyes, it could be perfectly stable or it could be moving in some way.

00:07:21 Would you say it's perfectly stable or there's movement of some sort there?

00:07:27 There's movement of some sort.

00:07:29 We'll call that movement flow. Does that make sense?

00:07:32 And I'd like you to just focus on how the visual phenomena there flow.

00:07:40 And if you happen to have any mental pictures of things, if they move or change or melt or morph, we'll consider that flow also.

00:07:48 So we're going to look at flow inside either your mental blank screen or any mental pictures that might be present.

00:07:56 Now, of course, there might be times when there is no flow. Everything might be perfectly stable.

00:08:02 So only note flow if something changes.

00:08:05 If it doesn't change, then just stay there and let things be stable.