

Equanimity and the Taste of Purification – Part 2 of 2 ~ Shinzen Young

00:00:00 The old concept of asceticism that was present in Buddha's time, probably originally starting
00:00:17 in shamanic ordeals for powers, and then people noticed, well, if I sort of torture myself,
00:00:24 I sort of get better as a person, and then the Buddha's saying, no, it's not the fact
00:00:30 that you're torturing yourself, it's that in these ceremonies, you're experiencing uncomfortable
00:00:36 sensations with equanimity, that's purifying consciousness, but you could do just as well
00:00:41 with pleasure.
00:00:43 And if you look at the classic Buddhist texts with the longer discourses of the Buddha,
00:00:49 he essentially describes going into altered blissful states and having equanimity with
00:00:57 them, and that purifying consciousness through the process of having equanimity with these
00:01:06 absorptions, and then that taking you to something that is beyond bliss, beyond pleasure and
00:01:12 pain, beyond all dualities, which is the absolute rest of nirvana.
00:01:17 So there's an actual description of working with, a lot of descriptions actually, of working
00:01:23 with pleasant experiences, but with an emphasis on equanimity, they purify consciousness,
00:01:30 they deeply fulfill, and if they purify consciousness profoundly enough, the blocks to nirvana are
00:01:38 worked through.
00:01:39 There are what are called the dhutangas, which are, depending on how you want to count them,
00:01:45 12 or 13 uncomfortable practices that the monks were allowed to do but not required
00:01:53 to do, like yasa, for example.
00:01:56 A person could take a vow, I'm not going to, I'm going to sit always at night, not lay
00:02:02 down.
00:02:03 That is a practice, but not for one night, okay?

00:02:07 A person could say, I'm going to do this for the duration, or, you know, for a week or

00:02:12 something like that.

00:02:13 That's one of the dhutangas, that's the term that was for, for allowed uncomfortable practices.

00:02:21 But the Buddha didn't allow uncomfortable practices that would be harmful to your body,

00:02:27 or that would wipe you out so badly that you, you weren't really doing practice anymore,

00:02:34 you were just sort of, you know, out of it.

00:02:38 Beauty is another of the components that constitutes mindful awareness, in the way that I like

00:02:47 to think about mindful awareness.