

Working With Shinzen – Many Options

00:00:00 My name is Stephanie Nash and I am sitting here interviewing Shinzen Yung, who is an
00:00:12 innovative meditation teacher who's come up with his own mathematical and scientific journey
00:00:22 to zero. And we're going to be talking about a lot of things today, but before we do, I
00:00:31 want to make sure everyone knows how to get more of you, how to access video talks of
00:00:39 yours on the website. You have MP3s, you do retreats in person, and you also do phone
00:00:47 based retreats. So let's just go through these and make sure we know which is which. First
00:00:53 for your personal retreats, if someone wants to come and do a residential retreat with
00:00:58 you, they would go to shinzen.org. That's correct. That's also a site with more than
00:01:06 a book's worth of free article content. So that's sort of my personal site and archives
00:01:14 of previous work that I've done. So you go to shinzen.org and look under my schedule
00:01:21 if you want to come to an on-site program with me, or if you want to get like tons of
00:01:29 articles. And you can also order CDs. Yes. You have a whole CD store there. But more
00:01:38 modernly, I have an MP3 site. You are more modern now, aren't you? People would probably
00:01:46 go there, although some people like the CDs. The MP3 site is shinzentalks.com, so you can
00:01:54 download quite a bit there. The really convenient and really cool site is basicmindfulness.org.
00:02:03 That's one-stop shopping for practice. Cool site. What's cool about it is all of the things
00:02:12 that tend to get in the way of people doing this practice, which means it's hard to get
00:02:21 instruction from somebody that you can relate to because they may not live in your area.
00:02:28 You can't travel. You can't leave your family. You don't want to incur

expenses. You don't

00:02:35 want it to take a lot of time. There's a lot of speed bumps that get in the way of having

00:02:40 a regular practice. Basicmindfulness.org is my attempt to get rid of those speed bumps

00:02:49 for the world. It's one-stop shopping for practice, meaning that we run classes and

00:03:00 very, very short micro-retreats that are telephone-based. Now, when I try to describe this to people,

00:03:07 I always get this glazed-over, sort of quizzical look because they can't quite compute, wait,

00:03:15 it's in my home, it's a telephone, how does this all work kind of thing. All I can say

00:03:21 is just try it. You will see it's very intuitive. You get cheap long-distance calling. If you

00:03:30 don't know how to do that, we've got something on the site that tells you how to get it dirt

00:03:35 cheap. You get hands-free operation either with a headset or just a speakerphone. You're

00:03:41 not on the telephone all the time, but you are on for interaction with me and for group

00:03:49 discussion and for group guided. Then you hang up, you work on your own, and then you

00:03:54 come back and you have more discussion. So all the features that would be present in

00:03:59 a residential retreat that might extend for a week, we've economically packed into a four-hour

00:04:08 micro-retreat situation. One thing I can say from having done this, actually, when we're

00:04:15 on the phone, sometimes there's a greater intimacy. Sometimes on a phone when we talk

00:04:21 to people versus in person where you're dealing with that energy. Having your voice coming

00:04:27 in on the phone, also when I'm in my home, it brings the association of the work into

00:04:38 my home, but it also feels quite personalized as opposed to being in a room with a lot of

00:04:45 people. It's kind of like ...

00:04:47 There's many paradoxes. People thought, oh, it's going to destroy the sense of group energy.

00:04:55 Well, it doesn't destroy it. It creates a different group energy, but there's still

00:05:00 a group energy and I can't explain it, but there is. So you got that. People said, oh,

00:05:06 well, it's in my home and in my home is where all my buttons are that I'm going to be distracted

00:05:13 and self-indulgent. I got to go away to a center. Well, what we discovered is counterintuitively,

00:05:21 if you do it, you can do it in your home and when you do it, sacramentalizes the home rather

00:05:27 than polluting the retreat. Doing it in your home sacramentalizes your home and then you

00:05:33 see that you can do it in your home. So there were many very nice counterintuitive results

00:05:39 from this.

00:05:40 So basically the second weekend of every month is home retreat practice weekend. We give

00:05:46 five independent programs, at least one of which every month is an intro program requiring

00:05:53 no previous experience in anything like this whatsoever. Meaning at any given month, anybody

00:06:00 anywhere in the world can get started with the practice and be off and running with a

00:06:06 technique and then next month they can come back, maybe do that same technique or learn

00:06:12 another technique and it's all there. You just have to go to basicmindfulness.org, read

00:06:19 how to get started.

00:06:20 Is there written material?

00:06:22 There's written material that has, like shinzen.org is this vast archive of stuff, but the audios

00:06:31 and the readings at basicmindfulness.org is paired down. That's just what you need in

00:06:37 order to get started with the practice.