

Experiences of the Dissolution (Bhanga) Process ~ Shinzen Young Interactive – 2 of 3

00:00:00 If you think of the spiritual journey as a journey from surface to source, in making

00:00:10 that journey, some people will have blissful dissolution, that they just sort of dissolve

00:00:17 back into the flow and go of the source.

00:00:22 Some people have these horrific dissolutions that if they can stay with it, then become

00:00:28 blissful and eventually just purely blissful.

00:00:33 Some people get a mixture of both, and some are not particularly aware of going through

00:00:37 a dissolution process, so it's not required.

00:00:41 I do talk about these things and other teachers talk about them because we want to give you

00:00:46 the heads up, just in case it happens to you.

00:00:49 Basically, you need to know two things, why is this happening and what am I going to do

00:00:53 about it?

00:00:54 So we do talk about it.

00:00:56 The advantage is that if it does happen, you know why it's happening and what to do about

00:01:00 it.

00:01:01 But the disadvantage is, if we talk about it, some people listening will say, that hasn't

00:01:07 happened to me yet, so I must be the child of a lesser god, I'm not really making progress.

00:01:13 They're not missing that.

00:01:14 Well, it depends.

00:01:16 Not always as rough as you had.

00:01:22 People think, well, I haven't experienced that so I must not be making progress, so

00:01:27 there's that problem.

00:01:29 And then other people think, oh my god, I hope that doesn't happen to me, and there's

00:01:34 that problem.

00:01:35 And then other people are thinking, wow, I wish that would happen to me.
00:01:39 There are problems involved in explicitly talking about these phenomena.
00:01:43 It scares people or it creates craving or comparison mind.
00:01:47 But I think it's still worth talking about.
00:01:49 Definitely.
00:01:50 Get it out there.
00:01:51 Because I think if you wouldn't have been there, I would have gone for psychiatric help.
00:01:58 And that could have had tragic consequences because ...
00:02:01 They may not have understood.
00:02:03 There's actually something called the Spiritual Emergence Network, you know about this, that
00:02:08 was created because they realized people who were having spiritual experiences didn't have
00:02:13 someone to talk to.
00:02:15 They go into the mental health system, while those mental health professionals in prior
00:02:21 times didn't know about this stuff.
00:02:23 And the Spiritual Emergence Network was designed to inform mental health professionals that
00:02:30 hey, just because somebody's reporting the kind of things you're reporting doesn't necessarily
00:02:36 mean they're losing their marbles and that they necessarily need to be put in chemical
00:02:42 restraints.
00:02:43 I can see the importance of that.
00:02:44 You know, there could have been horrific consequences or tragic consequences if you had gotten somebody
00:02:50 that didn't understand the difference between dissolution and insanity.
00:02:55 I would say the single most important thing if a person goes through an experience like
00:03:00 this is you've got to have somebody to talk to who's actually themselves been through
00:03:05 it.
00:03:06 I made it through to the other end.
00:03:08 That's like, that's the cure.
00:03:10 Okay, more than anything it's like, okay, find somebody who's actually experienced this.
00:03:15 Then they'll take you through it.
00:03:17 Isn't that what I said I would do?
00:03:19 And you're more or less through it, aren't you?
00:03:21 I mean, you had a little recurrence today, but ...

00:03:25 It's taken on a different texture.

00:03:29 That initial destabilization is still going on in different areas in my life.

00:03:39 But you've acclimatized.

00:03:40 Well, every time you acclimatize to something or some fixed reference point, that seems

00:03:46 to, the carpet gets pulled out.

00:03:49 Zen master Rinzai talked about finding that true person within you who has no fixed position.

00:03:58 Wu wei zhen ran.

00:04:02 That's what you're being called on to do.

00:04:04 Those are great words, and I've read a hundred spiritual books that thought, wow, I'd like

00:04:10 to be free.

00:04:11 I want to find that true person within me that has no fixed position.

00:04:16 Be careful what you pray for.

00:04:18 Absolutely, because it's not like I have ever imagined.

00:04:21 There is no informed consent to enlightenment.

00:04:26 It's both not as good as, and much better than, you fantasized.

00:04:33 And I realized that for most of my life, my spiritual model was wrong, in that I was a

00:04:41 person, an ego, that was going to have more awareness, that I was going to make a better

00:04:47 me, a new, improved me, with more consciousness.

00:04:50 You were going to polish a brick into a mirror.

00:04:53 I was going to be a better, new, improved version of myself.

00:04:59 But instead you discovered that you're a brick that gets smashed into a trillion pieces and

00:05:04 vaporized.

00:05:06 And what I realized is that it's not that some kind of perfection gets added to me.

00:05:13 I get erased.

00:05:16 I get erased, and the perfection that was always there becomes clear and starts to shine.

00:05:22 That's called a figure-ground reversal.

00:05:25 And that's wisdom that's speaking through you now, to say those words.

00:05:29 That's exactly how it works.

00:05:31 I would never have guessed it from reading the books.

00:05:34 Can you repeat that?

00:05:35 I interrupted you.

00:05:36 That was really good.

00:05:37 No, just what you said.

00:05:40 You thought it was ...

00:05:41 Well, I always thought spirituality was adding something, becoming bigger and bigger.

00:05:44 More consciousness, more power, more clarity, more focus, more success in my life.

00:05:50 And then I realized that what spirituality is about is not having a self that has that

00:05:57 at all.

00:05:58 And that those powerful qualities are just always there in creation all the time when

00:06:03 you step out of the way.

00:06:05 And the price for that is?

00:06:07 Everything.

00:06:08 As T.S.

00:06:09 Eliot said.

00:06:10 Everything you ever believed in, everything you ever thought you were.

00:06:16 It's a very humbling experience.

00:06:22 But I wouldn't give it up for anything at this point.

00:06:26 I want to thank you for kicking me into this place, for jump-starting.

00:06:35 Excellent, yeah.