

Dynamic Aspects of the Sensory System ~ Shinzen Young

00:00:00 These are the 12 basic sensory experiences that I have people work with.

00:00:12 Six restful flavors, relaxation, light, silence, peace, blank, quiet, and six ordinary flavors

00:00:19 that correspond to those, touch, sight, sound, feel, image, talk.

00:00:26 Any of these sensory categories, when it arises, could be completely still and stable.

00:00:35 On the other hand, it might not be perfectly still and stable.

00:00:41 Any of these sensory experiences could flow.

00:00:46 They could change.

00:00:47 They could be wavy, vibratory, undulatory.

00:00:51 There could be spreading or collapsing.

00:00:54 There could be inward or outward forces, expansive forces, contractive forces.

00:01:01 In other words, inside the ordinary experiences of touch, sight, sound, feel, image, talk,

00:01:08 and the restful experiences of relaxation, light, silence, peace, blank, quiet, there

00:01:13 could, on occasion, be a dynamic aspect.

00:01:18 I like the word dynamic because dynamic, if you look it up in the dictionary, is defined

00:01:25 as relating to change or the forces or energies that produce change.

00:01:32 When you're working with these sensory categories, it could happen that you become aware of the

00:01:38 dynamic aspect being present in one or many of them, meaning your awareness is drawn to

00:01:47 the fact that there's change or that there's energy force within it.

00:01:55 Energy is an interesting word because until it was incorporated as a technical term in

00:02:01 the vocabulary of physics, not that long ago, maybe a couple hundred years ago, until then

00:02:09 energy was a technical term in the vocabulary of Christian meditators.

00:02:15 It meant pretty much what I'm talking about, an awareness of the spirit moving through

00:02:23 one's body, mind, and so forth, and the world, actually, and breaking things up, dissolving

00:02:31 you, reducing you in the sense of taking you back to the source.

00:02:39 If the dynamic aspect presents itself in any of these states, I will have people, if they

00:02:46 wish, focus on that.

00:02:48 If it's a kind of continuous change, then I refer to that as flow.

00:02:55 Flow, as I say, could happen in any of these.

00:02:59 Another kind of change is the discontinuous change where something abruptly vanishes,

00:03:04 and I call that vanishing.

00:03:07 When people label it, they label gone.

00:03:10 As you're working with ordinary or restful experience, if flow or vanishing becomes evident,

00:03:18 and if you so desire, you can focus on that.

00:03:22 That will bring about a whole bunch of very interesting and important experiences that

00:03:31 I describe on my websites, and there's an article on the significance of flow.

00:03:39 There's another article called, I'll return to the source, where I talk about the significance

00:03:46 of the abrupt vanishing experiences.

00:03:50 That gives another theme, which is the dynamic aspect.

00:03:55 People can focus on ordinary experience, they can focus on restful experience, or if the

00:04:01 dynamic aspect of nature presents itself within those experiences, they can focus on that.