

# Discrimination and Unification – Part 4 of 4 ~ Shinzen Young

00:00:00 What is the difference between the I and the Thou?

00:00:10 You're separate but not separate, never completely separate, because neither the I nor the Thou,

00:00:17 what you used to call the It, the world, the other pieces of matter, other people, and so forth,

00:00:26 you see both the I and the Thou coming from and returning to the same womb of zero moment by moment.

00:00:36 And how? Zero breaks apart and vibrates out and in and ferments space into existence.

00:00:48 And then that space further vibrates and begins to think and feel and either thinks,

00:00:59 I am a thing and is vulnerable, or thinks, I just came from the source and is in some sense invulnerable.

00:01:15 The former case is what usually happens. The latter case is something called enlightenment.

00:01:22 What we're talking about here is empowering unification.

00:01:28 However, the way I like to look upon the path, it's based on contrasts, empowering contrasts.

00:01:36 One of the contrasts is between oneness, that is a healthy oneness, and discrimination, which is a healthy discrimination.

00:01:51 And we don't want to get one-sided on one side or the other.

00:01:56 So the kind of oneness that I'm describing, I would say, is desirable for humans.

00:02:03 However, it's also desirable to make empowering discriminations and to go back and forth.

00:02:12 It's a dialectical process. Dialectical means back and forth.

00:02:16 So you experience oneness, but then you're not averse to making distinctions again.

00:02:22 A person that says, oh, I only want to be in flow and emptiness, and I'm unwilling to track, feel, image, talk as objects.

00:02:32 I'm unwilling to track touch, sight, and sound as an object. Oh, that will mire me in self and materiality.

00:02:40 No. Tracking in those ways, that's making empowering distinctions.

00:02:48 That's making distinctions that allow you to untangle and be free.

00:02:53 That's making distinctions that allow you to go from multiplicative overwhelm when things get tangled to additive manageability when things get teased apart.

00:03:10 I like to think that there's this list of categories that contain all and only the most important empowering healthy distinctions  
00:03:23 that we need to make for psychological personal growth and for spiritual transpersonal growth.  
00:03:31 We can distinguish the somatic versus visual versus auditory, obviously.  
00:03:42 Within those, we can distinguish the more subjective somatic visual and auditory feel, image, talk,  
00:03:50 the more objective somatic visual and auditory touch, sight, sound.  
00:03:54 Then, corresponding to those six ordinary sensory experiences, we have to be willing to put taste and smell into touch.  
00:04:03 That sort of covers ordinary sensory experiences.  
00:04:06 Then there's some special restful states, six, corresponding to the six ordinary active states.  
00:04:15 Those are very useful to discriminate because they lead to very pleasant, tranquil experiences.  
00:04:23 Those are discriminations that I think are very healthy to be able to tease those things out,  
00:04:35 to be able to break the thinking process into visual versus auditory so thought becomes tangible and spatial,  
00:04:42 and therefore trackable, and therefore tractable.  
00:04:47 If you can keep track of it, or you can train better still, more accurately still, you train the depths of your being  
00:04:55 to automatically keep track of these kinds of distinctions, then they become tractable,  
00:05:00 meaning a source of fulfillment and not a source of suffering.  
00:05:06 Empowering healthy distinctions, healthy oneness, back and forth, back and forth, over and over again,  
00:05:14 marks the path to psychospiritual super adulthood.