

# SHINZEN Defines ENLIGHTENMENT

00:00:00 Yes.

00:00:07 Could you define what you mean by enlightenment in this case?

00:00:11 Stream entry.

00:00:12 Stream entry. Could you define that for me please?

00:00:14 Long, long, long piece on the internet, on my YouTube channels.

00:00:20 But you would like the executive summary.

00:00:23 Please.

00:00:24 Executive summary is that you have a kind of, let's see, that you realize that there is no thing inside you called a self.

00:00:41 Sometimes that realization happens suddenly and you can read about that in books like Three Pillars of Zen.

00:00:48 They've got all these testimonials in there about people for whom it happened really suddenly.

00:00:54 But it's my experience that it usually sneaks up on people.

00:00:58 Sometimes they don't realize, quite realize how enlightened they've become because they gradually acclimatize.

00:01:04 But the Buddhist definition of enlightenment is that you realize that there's never been a thing inside you called a self.

00:01:13 Now, there is certainly an activity inside you called a personality.

00:01:19 And paradoxically, the more clearly you realize that there's no thing inside you called a self,

00:01:26 the more freed up the wave inside you called personality becomes.

00:01:32 That would be the executive summary.