

# Finding Feel Good in Emotional Body Space - Shinzen Young Guides a Student

00:00:00 I'd like you to take a moment to stretch your spine up and then let your whole body settle.

00:00:14 Sort of relax for a moment into the posture and tune into the pleasantness of the body

00:00:23 being still and reposed.

00:00:43 Now sometimes there can be pleasant emotional sensation that's just there in your body,

00:00:52 maybe for no particular reason, like there's an interest or pleasant excitement or a kind

00:01:00 of smiley-ness or rosy-ness or something like that.

00:01:06 I'd like you to go into your bodily experience and see if at this time, if there's anything

00:01:14 that's sort of pleasant sensation that could be considered an emotion like interest, enthusiasm,

00:01:26 joy, smile, that kind of thing.

00:01:29 There may or may not be.

00:01:31 Either is fine.

00:01:33 Just sort of take a look for a moment.

00:01:39 Sometimes just having a conversation.

00:01:42 It's sort of fun, right?

00:01:43 You smile and so forth.

00:01:45 So it makes a kind of interested juice in the body.

00:02:08 And would you say there's anything like that at this time?

00:02:11 Yeah, as soon as you say smile or joy, the word is there.

00:02:15 It's just sort of there, just saying the word.

00:02:18 Good.

00:02:19 I would like you to tune into that smiley, joyous flavor as broadly as it's present in

00:02:26 the body and any other pleasant thing, including laughter, humor, anything that's emotional

00:02:37 and pleasant, and sort of see how broadly it's present in your body and sort of cover

00:02:45 it with awareness and focus all your attention on that.

00:02:52 If it completely evaporates, that's okay.

00:02:57 But as long as it's there, just focus in on it.

00:03:02 And if anything else pulls your attention away, gently return to finding positive feel

00:03:12 in your body.

00:03:14 Does that instruction make sense?

00:03:18 So what if it just goes away?

00:03:20 If it goes away and doesn't come back, I'd like you to tell me, and then we'll take it

00:03:26 from there.

00:03:37 So what if it just sort of settles into calmness?

00:03:42 Meaning it sort of went away, is that correct?

00:03:44 Yeah.

00:03:45 Does that count as another positive sensation?

00:03:48 Okay, excellent question.

00:03:50 If it settles into calmness, it means that there's actually no pleasant sensation there

00:03:57 for a moment.

00:03:59 We'll call that a form of emotional relaxation.

00:04:03 However, you can open your eyes if you want for a second.

00:04:08 Now you feel pleasant, like we're smiling, right?

00:04:11 It's sort of fun talking, whatever.

00:04:12 But now you're aware of it in your body, right?

00:04:15 When it hits on your face, because we've been working with it.

00:04:18 The approach that we're using right now is what I call finding positive feel in the body.

00:04:25 In other words, you just look and see if it's there.

00:04:29 Without an agenda, it's either there or it's not.

00:04:32 If it is there, then you focus on it with all your attention.

00:04:36 And then if it goes away for just a moment, then okay, be aware that there's a kind of

00:04:42 emotional peace, you're emotionally relaxed.

00:04:45 And then either you'll find yourself smiling again because of that, and you sort of get

00:04:50 into a cycle of emotional relaxation, creating joy, okay, and then that sort of going into

00:04:57 this peaceful state and then creating joy.

00:05:00 So you might get into a cycle like that.

00:05:03 The other thing that might happen though is the pleasant feel might go away and not come

00:05:08 back.

00:05:09 Finding positive feel in the body is just one strategy for the whole positive technique.

00:05:18 There's lots of other things we can do.

00:05:20 We can create it in addition to finding it.

00:05:23 So I'm going to take you through a whole systematic procedure.

00:05:26 We'll start with like you're smiling now, okay, you can find the pleasant feel right

00:05:29 now.

00:05:30 It's spreading, okay, totally open to it.

00:05:32 Experience your whole body.

00:05:33 I have a question.

00:05:35 When you say it disappears for a moment or it settles down to emotional calmness, isn't

00:05:44 that also associated with positivity?

00:05:46 Like if I associate that as being positive for me, that feels good.

00:05:52 Excellent question.

00:05:54 It is true that in ordinary colloquial English, positive can mean anything, okay.

00:05:59 It can mean a huge range of things.

00:06:02 Emotional states could be positive or energy flow and some people call that positive.

00:06:09 So in ordinary colloquial English, the word positive has a broad meaning.

00:06:15 In this particular system, we'll only use positive in a very special restricted way.

00:06:21 It will be either image, talk or feel that in some way is positive for you.

00:06:27 So you don't feel restless?

00:06:31 Not strictly speaking within this system, okay.

00:06:34 You're aware of body rest, but we will restrict the word feel or feeling to refer to emotional  
00:06:43 sensations which if they're pleasant, we'll call them positive feel.  
00:06:48 This once again is just a matter of convention in language.  
00:06:53 Remember, being very clear within a certain system with regards to what words mean requires  
00:07:01 a little bit of investment initially and may seem a little artificial and perhaps even  
00:07:06 a little bit fussy.  
00:07:09 But in the end, it really pays off because we'll know exactly what we're talking about.  
00:07:15 So once again, take a moment to stretch up, settle in.  
00:07:28 And now bring your attention to your emotional body.  
00:07:33 And it's possible for some reason, maybe the circumstance or what have you, that there's  
00:07:39 some interest, joy, smiley, humorous, whatever, even if it's just because I said the words.  
00:07:49 If so, tune into that and zoom out, sort of cover it as broadly as it may be present.  
00:07:56 If it completely vanishes, fine.  
00:08:00 If it comes back, focus on it.  
00:08:05 But if it doesn't come back, that's fine too, then let me know and we'll explore something  
00:08:10 else.  
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