

Zero and One - Part 4 of 4: Complete Experiences, Unifications & Integrations ~ Shinzen Young

00:00:00 I'm going to do a little bit of a demonstration of that.

00:00:15 That came to represent for me a tangible experience of not just an integration of my thoughts

00:00:23 and emotions, but the integration of my whole body, mind, self.

00:00:27 So I still don't like discomfort, okay?

00:00:33 But I know now that whenever I have to face discomfort, it will lead eventually to this

00:00:42 same experience.

00:00:43 I've come to expect that to happen on a regular basis, eventually.

00:00:50 And the experience is that the entire body, mind becomes unified.

00:00:56 And it's a really delicious experience.

00:00:58 Anyway, that's oneness at an even larger scale.

00:01:03 So we can have the oneness of the thoughts and emotions, but we can also have the oneness

00:01:08 of thoughts and emotions, and the emotionality and the physicality of the body.

00:01:16 So most people would define themselves as a body-mind entity.

00:01:24 When you get body-mind unified as flow, then that's an integration of yourself.

00:01:37 But how about the outside world?

00:01:38 How about the world of sights and sounds?

00:01:42 What I just described was a kind of other, the touch, and my feel-image-talk, which is

00:01:50 sort of the perceiver, the it of the touch and the me of the fit, the feel-image-talk,

00:02:00 becoming a single flow, united.

00:02:04 When you have a complete experience of sight, external seeing, and at the same time you

00:02:12 have a complete experience of your thoughts and emotions about what you see, then the

00:02:19 exact same thing happens.

00:02:21 Your eye never fixates on the external side of the flower, for example, here.

00:02:26 So the flower is a flow of light, of colored light, and the eye looking at the flower is

00:02:39 a flow of feel-image-talk colorations, you might say.

00:02:45 And those two flow together, and that gives a unification of inside and outside along

00:02:54 this dimension.

00:02:56 And even easier for most people is with sound.

00:03:01 That's probably why people like music so much, because whether they know it or not, they

00:03:08 can have an experience of merging or oneness with the music.

00:03:12 But if you understand the sensory components and how allowing your thoughts and reactions

00:03:22 to the music to arise without any interference, so they just flow, they're suffused with concentration,

00:03:32 clarity, and equanimity, so they become simply a flow of energy.

00:03:37 And the music itself is relatively easy for people to experience that as a flow of energy.

00:03:41 The hard part is to experience the listener as a flow of energy.

00:03:46 What I found interesting when I asked people about their experiences of music, people that

00:03:51 weren't meditators, right?

00:03:54 Lots of people talked about the music gives them a kind of energy.

00:03:59 And that means that although they don't quite have the categories clear and they don't quite

00:04:04 realize the potential, when they're having that kind of, quote, energy with the music,

00:04:10 the music is beginning to cease being a thing and it's starting to become a flow, a doing.

00:04:24 But that's the easy part.

00:04:25 The hard part is you're going to have thoughts and emotions that react to that music.

00:04:31 To experience them with so much concentration, clarity, that they flow.

00:04:37 And the music is also flowing, so the music and the listener literally become a single,

00:04:46 integrated arabesque of empty energy.

00:04:51 And if you can do it with music, you can do it with ordinary sounds.

00:04:56 And if you can do it with ordinary sounds, you can do it with annoying sounds like somebody

00:05:00 breathing in the meditation hall when they're not supposed to, or your neighbor's blasting

00:05:04 the stereo, or you have to room with somebody that's snoring, et cetera, et cetera.

00:05:10 So you have these various rageful reactions to the sonic invasion.

00:05:17 Well, that's feel-image-talk.

00:05:20 And then there's the flow of the sound.

00:05:22 It turns out that impermanence, flow, change is the great integrator.

00:05:31 It integrates the head and the heart.

00:05:35 It integrates the mind and the body.

00:05:39 It integrates the inside and the outside.

00:05:43 It's a vacuous integration, though.

00:05:45 It's a one and a zero at the same time.

00:05:53 In addition to integrating the head and the heart, the mind and the body, the inside and

00:05:59 the outside, there's an even more awesome level of integration.

00:06:06 We could say that broadly, touch, sight, sound is it, and feel-image-talk is me, broadly.

00:06:18 So self and world can be integrated.

00:06:24 But there's one more contrast, deeper than the contrast between I and it, is the contrast

00:06:36 between both of us and the formless source.

00:06:43 In other words, between creation and creator, if we want to use a somewhat Western paradigm.

00:06:56 When that connection becomes integrated, when there is one with the zero, the ultimate zero,

00:07:09 that's the ultimate integration.

00:07:12 That's the experience of living nirvana.