

Shinzen guides a meditation for Pain. Part II of III ~ Shinzen Young

00:00:00 Now, slow down the label just slightly to give yourself more time to sort of soak your

00:00:13 awareness into that secondary sensation.

00:00:21 And if there's no secondary sensation, if all the secondaries disappear, you can use

00:00:26 the label nowhere.

00:00:30 But if you're drawn to, say, your whole body, like it seems to spread through your whole

00:00:35 body and you're aware of that, then you can use the label whole body.

00:00:50 And that's a good suggestion.

00:01:06 What was happening during the silence there?

00:01:35 Were you focusing in the same location?

00:01:40 It felt like whole body, but it wasn't enough to say it.

00:01:45 Just subtly the whole body?

00:01:47 Subtly the whole body.

00:01:48 Subtle is significant.

00:01:49 Definitely if there's a hint of whole body, say whole body.

00:01:53 And just open up the whole body to it.

00:01:57 So, if you...

00:01:59 And guessing and groping is okay, by the way.

00:02:02 It's perfectly okay to make a guess.

00:02:05 Any questions so far?

00:02:07 It's whole body now.

00:02:09 It's a lot of whole body?

00:02:10 Yeah.

00:02:11 Okay, good.

00:02:12 It may be always whole body.

00:02:13 That's actually...

00:02:14 Does it seem like it wants to do that?

00:02:16 Yes.

00:02:17 When you say whole body, you zoom out and cover the spread.

00:02:21 You know how if you...

00:02:27 You have a local pressure and then you let it spread out.

00:02:32 That will relieve the pressure.

00:02:34 If you let those secondary sensations spread over your whole body,

00:02:38 you may find that that dissipates some of the pressure from the local intensity

00:02:43 after enough time.

00:02:45 That's the purpose for opening up to the possibility that it spreads over the whole body.

00:02:51 So, once again, that's excellent spatial resolution.

00:02:56 By resolution, I mean ability to be clear about what you're detecting.

00:03:02 So, if it seems to be whole body and it's over and over again,

00:03:06 whole body, just zoom your attention out, cover the whole body,

00:03:10 and just let the sensation ripple and radiate out into space

00:03:15 in all six directions out from your body.

00:03:18 Does that instruction make sense?

00:03:20 Yes, it does.

00:03:21 Excellent.

00:03:22 So, now I'd like you to continue using the spoken labels.

00:03:25 Again, I'll just be doing my own practice while you do that.

00:03:34 Hips.

00:03:42 Forearms.

00:03:53 Ankles.

00:04:05 Whole body.

00:04:10 That's perfect.

00:04:12 By that I mean the tone of voice, the pacing, and the wording are all perfect.

00:04:19 Once you establish this awareness, the rest is just a matter of time.

00:04:26 The tone of voice indicates that you have a quality that we call equanimity.

00:04:32 The pacing of the labels guarantees that you're highly concentrated.

00:04:38 And the wording of the labels guarantees that you're bringing sensory clarity to the experience.

00:04:44 In this case, the sensory clarity is the precision with regards to the location of the secondary spread sensations.

00:04:53 Does that make sense?

00:04:55 Yes.

00:04:56 How what you're doing develops those three qualities?

00:04:59 Once you have a momentum of those qualities, then it's just a numbers game.

00:05:06 You are setting the stage for nature to break up the suffering from this experience.

00:05:18 It could happen in five minutes or it could take five months, depending on the depth of the challenge.

00:05:26 You can tell by the way that you're labeling that you have a momentum of concentration, clarity, and equanimity.

00:05:36 Once you establish that momentum, then the rest is just keeping it up and letting time pass.

00:05:42 Does that make sense?

00:05:43 Yes, it does.

00:05:44 Excellent.

00:05:45 Now, I'd like you to continue to do that.

00:05:48 Once again, I'm just going to do my own practice for a few minutes.

00:05:51 We're going to give nature a chance, give some time for it.

00:05:56 Any questions about what we've done so far?

00:05:59 No.

00:06:00 It makes perfect sense?

00:06:01 It makes perfect sense.

00:06:02 Excellent.

00:06:03 I'll pause for a minute and then I'll touch base with you again in a couple of minutes.

00:06:33 Rise.

00:07:04 You can label a little bit more quickly, just a bit more.

00:07:09 That will help with concentration a little bit.

00:07:15 You can repeat the same label again.

00:07:21 Ankles. Feet.

00:07:44 Whole body.