

Turn Towards Flow (Change) Using the Labeling 'Gears' & Options - 2 of 4 ~ Shinzen Young Interactive

00:00:00 Let's begin by turning your attention towards the itchy sensations wherever they may be
00:00:16 in the body.

00:00:18 And I'd like you to focus in on the sort of prickly change, the fact that it's sort of
00:00:26 like popping and bubbling kind of thing.

00:00:30 Just focus on that, how there's these sort of constant little sparks or scintillations.

00:00:45 And get interested in that for a moment.

00:00:49 And I'd like you to label that with the word flow.

00:00:57 And I'd like you to say flow out loud every four, five, six seconds to acknowledge that
00:01:03 you're focusing on how the itch is changing continuously.

00:01:08 Does that make sense?

00:01:10 So we'll call this noting the flow with spoken labels.

00:01:16 And I'd like you to do that now for a couple minutes.

00:01:21 By listening to the pace of your labels and the tone of voice, that will give me an idea
00:01:26 of how you're working with this experience.

00:01:34 Flow.

00:01:38 Flow.

00:01:42 Flow.

00:01:48 Flow.

00:01:54 Flow.

00:02:00 Good.

00:02:06 The pacing of your labels is excellent.

00:02:11 I'd like you to change the tone, though, a little bit, more to a kind of gentle, matter-of-fact,
00:02:20 impersonal quality in the voice.

00:02:23 It may seem artificial, but it can influence consciousness.

00:02:28 Something more like this.

00:02:33 Flow.

00:02:40 Flow.

00:02:43 That kind of quality.

00:02:44 And then in between the labels, you're intently focusing on that flow.

00:02:50 And then you re-acknowledge with the label.

00:02:52 And you use the gentle, matter-of-fact quality in the voice to remind you to be gentle and
00:02:58 matter-of-fact with the sensation.

00:03:01 That's using the voice to induce equanimity.

00:03:04 Does that make sense?

00:03:06 Yes.

00:03:07 Excellent.

00:03:08 Let's try to do it that way.

00:03:15 Flow.

00:03:21 Flow.

00:03:30 Flow.

00:03:31 That's perfect.

00:03:33 Now, shift to mental labels.

00:03:37 Think those words.

00:03:39 Or that word.

00:03:40 But as you think that word, let your mental voice also have that gentle, matter-of-fact

00:03:46 tone to it.

00:03:47 And that will constantly be reminding you to have equanimity.

00:03:51 The tone of the labeling voice induces equanimity.

00:03:56 The even pacing, not too fast, not too slow, guarantees concentration.

00:04:03 And then the precision of the words that you use to label the phenomena, that guarantees

00:04:09 the sensory clarity.

00:04:11 So can you see how the labeling process sort of guarantees each of the three components

00:04:17 of mindful awareness?

00:04:19 Yes.

00:04:20 Does that concept make sense to you?

00:04:21 Yes.

00:04:22 Excellent.

00:04:23 So now I'd like you to continue to note the flow using mental labels.

00:04:35 How's that coming, Lorraine?

00:04:37 It's coming.

00:04:38 It's really slowed down.

00:04:40 Is there more of a wavy quality to it?

00:04:44 When you say it's slowed down.

00:04:45 Yeah.

00:04:46 I think the prickliness is sort of softened and it's turning more wavy.

00:04:53 Would you say that the wavy sensations are pleasant, unpleasant, or neutral?

00:04:59 I guess I'd have to say neutral.

00:05:07 Okay, good.

00:05:09 I'd like you to focus in on that.

00:05:12 And that means to the extent that you focus on that neutrality, you don't have the sense

00:05:19 of discomfort.

00:05:20 Is that correct?

00:05:21 Right.

00:05:22 So keep focusing on the sort of massage of that wavy flow.

00:05:28 Keep noting it as flow.

00:05:30 Open up to it and sort of think of it as a kind of massage that at worst is neutral.

00:05:41 And could potentially at some point actually become pleasant.

00:05:47 But as long as it's at least neutral, you're focusing on that movement and you're less

00:05:53 caught up in the sense of having a physical discomfort.

00:05:58 Does that notion make sense?

00:06:02 Yes.

00:06:03 Excellent.

00:06:04 So keep doing just what you're doing.

00:06:06 You're doing great.

00:06:29 Is that wavy flow still present?

00:06:32 It is.

00:06:33 It's being sort of challenged by this pulsing that's starting to assert itself.

00:06:40 And is the pulsing literally the pulse from the circulation of blood?

00:06:47 I don't know.

00:06:50 I feel it more close to my elbow, which is not generally a place where you feel a pulse.

00:06:58 And the pulsing is a painful sensation?

00:07:03 It's neutral too, I'd have to say.

00:07:06 But it's a little distracting.

00:07:08 Could you interpret the pulsing as a kind of flow?

00:07:11 Yes.

00:07:12 It's just changing the pace.

00:07:16 So you could add the pulsing as a part of the neutral flow.

00:07:21 Yeah.

00:07:22 And is there anything pleasant in any of the flow at this time, or is it still more or less a neutral thing?

00:07:34 I think there is a degree of pleasantness to it.

00:07:38 Is it possible to describe in what sense the flow is pleasant?

00:07:44 It's just because it's really slow and almost calming.

00:07:49 Good.

00:07:51 And if you need to, use your concentration power to focus on how the flow is pleasant.

00:07:58 And let that sort of massage you, nurture you, take you deeper and deeper, comfort you.

00:08:08 But also sort of energize you.

00:08:10 So it's a kind of positive energy for you.

00:08:17 Just keep noting flow.

00:08:19 If you wish, you can drop the mental label and just do it moment by moment with direct awareness.

00:08:27 Or you can reinstate the mental label if you get a little spaced out.

00:08:31 And if you get really spaced out, I'd like you to start speaking the labels out loud again.

00:08:38 Does that make sense?

00:08:39 Yes.

00:08:40 So that's sort of like a quality control.

00:08:43 If you go up a hill, go into first gear, speak the labels and use the voice the way we did, the pacing, the tone, and so forth.

00:08:53 If you're just sort of driving along, you can go into the mental labels.

00:09:11 And if you really get on a momentum, you can drop the labels, go into cruise control, and just do it with direct awareness.

00:09:23 Does that make sense?

00:09:24 Yes.