

3 Watershed Moments - Shinzen Remembers the Self

Separating from the Source

00:00:00 There's the very instant when something starts.

00:00:12 And that's the primordial perfection of the source acting.

00:00:19 And that is the world that we lived in, in infancy.

00:00:26 I have vague recollections of that time.

00:00:30 It's taken years of practice to remember what it was like.

00:00:37 I remember three watersheds.

00:00:44 I have a vague recollection of when I was just expanding, contracting effortless space

00:00:51 instead of having objectified experience of self and world.

00:00:57 I can remember that.

00:00:58 I can remember discovering the power of crying.

00:01:06 If I cried, I would get this attention.

00:01:12 That was a really major epiphany.

00:01:18 And then I remember this horrible, horrible thing happening.

00:01:24 It just sort of came on.

00:01:26 It came out of nowhere.

00:01:29 And it just came on like gangbusters.

00:01:38 I started to worry about things.

00:01:43 I started to have thoughts and fears.

00:01:51 I don't know how old, but I'm imagining two, three, four, something like that.

00:02:00 It was like, what is this?

00:02:03 This wasn't here before.

00:02:06 Suddenly I was worried and afraid and thinking about stuff.

00:02:13 That was the arising of the inner system as a self.

00:02:19 I can remember it coming on.

00:02:22 It's like, what is this?

00:02:24 What's happening to me?

00:02:28 It's like, why am I scared and thinking?

00:02:31 Of course, I didn't have those words for it, but in retrospect.

00:02:35 I can remember those watersheds.

00:02:37 We can go back as adults with our adult competency and have the best of both worlds.

00:02:46 We can experience, because our first world is never really lost, our very first world.

00:02:55 We're now here, now always, always a condition of complete simplicity.