

The Figure/Ground Reversal from Noting Vanishings ~ SHINZEN YOUNG

00:00:00 I have a question about just now. I have been doing that practice a lot the last few days.

00:00:17 And at first it just sounded very fulfilling and rewarding noticing bad things.

00:00:25 And I guess starting yesterday and more so this morning, more and more I am attracted to vanishings where the intervals are shorter and shorter and shorter.

00:00:39 You mean the intervals between the vanishings get shorter?

00:00:43 No, no, no. Either hearing or seeing or feeling where you are getting closer to a vibration.

00:00:55 Well it started yesterday where I would be hearing intervals, for example, in a bird chirping where it would begin with I could mentally know gone and then something so fast where I could barely mentally know gone.

00:01:14 And ultimately I am aware of gone-ness because I can hear the vibration and the chirping but I don't have the sensory clarity to know gone.

00:01:28 Well, that's your sensory clarity that you are aware that there is this continuous gone-ness and then every once in a while you get more noticeable macro-gones that will punctuate the continuous micro-gone.

00:01:48 So that is your sensory clarity is to be detecting that in addition to the macro-gones occasionally.

00:01:58 And that's something that I refer to in the manual as the figure ground reversal.

00:02:05 That's what's beginning to happen is gone is less something you are observing and more something that's always there and it's the observer that's coming and going.

00:02:19 That's a huge shift in one's practice. That's basically the shift from observing the self to manifesting the self.

00:02:35 That was my next question. I was in the Pacific before the break. I was noting gone on a, I don't know if it was in the room or in my ear, but basically a vibratory hum in which I could detect gone-ness again until I noted it and it felt more like presence than absence.

00:03:03 Yeah, yeah, that's right. Right. That's exactly, that's the figure ground reversal that I refer to in the manual as one of the possible things that can happen as you're doing it.

00:03:15 Basically the intervals of something-ness between vanishings, they get shorter and in between there's less and less something-ness until if there's anything in between the gones it's just both.

00:03:34 There's in-out flow, gone, in-out flow, gone, in-out flow, gone, and the

cleft is like the black hole. It polarizes but it just then re-collapses to the black hole and doesn't decide to do a big bang and make a universe.

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