

# Density that is Unifying and Liberating ~ Shinzen Young

00:00:00 So we're talking about, okay, I said, I actually contrasted spacious versus dense.

00:00:16 So for me, dense just means not spacious.

00:00:21 Okay?

00:00:22 Now here's where it gets, where you have to be really careful about words, and this is

00:00:26 exactly the point you brought up, which I was wondering if anyone would bring up, actually.

00:00:33 So good for you.

00:00:37 When you get into very highly concentrated states, you can get a sense that things are

00:00:44 thickening or getting, quote, dense, but it's pleasant, and it's unifying and also liberating.

00:00:59 That's contractive flow.

00:01:01 That's another flavor of contractive flow, the feather-like paper.

00:01:06 See expansion and contraction are technical terms.

00:01:10 Oh, what about technical terms?

00:01:12 Okay, they have very specific meanings.

00:01:15 Expansion and contraction in my system cover a huge range of sub-flavors.

00:01:25 The lightness, thinness can be parsed as contractive.

00:01:30 That jonic, sort of, quote, density could also be parsed as contractive, and they're

00:01:38 both pleasant and liberating, just in different ways.

00:01:43 So that's what I have to say about that.

00:01:45 Can you maybe compare and contrast the sense of heaviness and thickness, sort of, getting

00:01:52 into a certain state versus the quote, unquote, badness, the thickness in a sensory language?

00:01:59 Well, one obvious difference is that the quote, bad density hurts like hell, whereas the good

00:02:12 density really feels good.

00:02:17 That's an obvious difference.

00:02:21 The reason for that difference, if I were to put it in words, is that the quote, bad

00:02:25 density comes about from resisting the contractive force, whereas the quote, good density comes

00:02:37 about through deeply surrendering to the contractive force.

00:02:41 There's not that subtle cellular rigidity against contraction.

00:02:48 And the good density is actually halfway to global gone.

00:02:59 And global gone is a big deal.

00:03:02 Global gone is the ninth jhana.

00:03:05 That's sit there for a week and your breath stops.

00:03:09 Except you don't die.

00:03:10 I mean, your breath obviously doesn't completely stop, but you know.

00:03:15 That's sort of waxy catatonic physiological trance.

00:03:21 That's good, if you're fortunate enough to be moving in that direction.

00:03:26 So that's what I have to say about that.