

# Parts & Wholes, Efforting & Do-Nothing: A Certain Momentum ~ Shinzen Young

00:00:00 As you know, I like to describe the practice in terms of contrast.

00:00:15 The practice is born between, like a lot of things, like maybe everything.

00:00:22 One of the things it's born between is the interplay of efforting and dropping effort.

00:00:30 Another thing it's born between is working with parts and working with wholes.

00:00:38 So if you get really good at working with parts, that's going to impact your ability to work with the whole

00:00:50 without making so much effort.

00:00:54 What you're describing in this global awareness where there's a lot of mindfulness

00:01:03 and it's covering vast experience, but you aren't having to make an effort very much to keep track of things,

00:01:14 that's the momentum of that local work that you did, working with the individual parts, which was efforting.

00:01:23 That coming together with the practice of do nothing, which was its own practice,

00:01:31 those develop a certain momentum.

00:01:36 So when you start working with the whole and you're not efforting to penetrate the parts,

00:01:44 you're working with the whole, but a momentum of clarity is present from having worked with the parts effortingly

00:01:54 and you're maintaining a minimum effort, which you know how to do because you've practiced the no effort whatsoever.

00:02:04 Now you get this delicious thing that's in between, where it's half like do nothing,

00:02:12 but it has all of the crispness of a bear down, like, okay, penetrate this sensation kind of practice.

00:02:21 That's why I said, good, what you're reporting is essentially what I hope is going to happen with time.