

Flow, Gone & a Figure-Ground Reversal ~ Shinzen Young

00:00:00 Let's say that you decide, okay, you're going to just note flow.
00:00:09 At first, you'll probably be aware of where the flow is, what's flowing, and so forth.
00:00:14 But you may reach a point where you actually don't care and don't even know whether it's
00:00:23 somatic, visual, or auditory.
00:00:27 Those discriminations break down.
00:00:29 Subjective versus objective breaks down.
00:00:31 Ordinary versus restful breaks down.
00:00:33 All you're interested in is just flow.
00:00:37 You actually begin to lose specificity with regards to all the distinctions that we make
00:00:44 in the other techniques.
00:00:46 That's highly desirable.
00:00:47 You can't make that happen.
00:00:49 But there's really, you know how I always say it's a dialectical process.
00:00:55 Half of the dialectic is making these discriminations in a healthy way.
00:01:00 The other half is destroying the discriminations also in a healthy way.
00:01:11 Flow is lecom platisil.
00:01:14 It's the great leveler that destroys distinctions.
00:01:17 The only greater leveler is gone.
00:01:21 That destroys time and space.
00:01:25 Can't have distinctions without time and space.
00:01:28 You can still distinguish flavors of flow.
00:01:31 Vibratory, undulatory.
00:01:33 There's no different flavors of God.
00:01:36 If you reach a point where you're noting flow and it's like sort of what I was describing.
00:01:44 It's like all flow and you don't even know what it is or where it is or who you are or
00:01:48 where you are, that now you're getting close to that figure ground reversal that I talked
00:01:54 about last night.
00:01:56 And good, go with that.
00:01:58 Same deal with the gone.
00:02:01 You can reach a point where you don't know what it is that's disappearing.
00:02:04 You don't even know whether it was big or small.
00:02:06 Pleasant, unpleasant, simple, complex.
00:02:09 You forget about all that.
00:02:11 You're just dominated by the vanishingness of things.
00:02:17 And that once again leads to the figure ground reversal piece.
00:02:22 That was what you were starting to experience.
00:02:25 And if you get the combined where it's flow, go, flow, go, flow, go, that's all you're

00:02:29 with, then that's going to lead to that experience of there's

00:02:42 this matrix of nothingness that is birthing self and scene moment by moment inside that

00:02:53 rhythm of flow and go, flow and go.

00:02:56 When there's go, there's nothing.

00:03:00 And then it breaks apart and it sort of scintillates and that scintillating mist, if it gets coagulated,

00:03:09 we call it a self in a world.

00:03:12 If it doesn't get coagulated, we call it pure spirit.

00:03:16 And part of it is constantly spreading out effortlessly.

00:03:22 Part of it is constantly pulling in effortlessly.

00:03:24 It's a fountain of youth, invisible doing.

00:03:31 So that would be the flow gone, flow gone.

00:03:34 You combine the two together.

00:03:37 That's an option for focus on change.