

CREATIVE WAY to ZOOM thru INTENSE EMOTIONS

~ Shinzen Young

00:00:00 Now you know how in a, like in a ghost movie, you see that like the ghost can walk through

00:00:21 the wall, right?

00:00:22 Right.

00:00:23 The ghost passes through the wall, the wall gives no resistance.

00:00:29 Now imagine you didn't have a ghost and a wall, but you had two ghosts and they were

00:00:35 both doing their own thing, but they could pass through each other without disturbing

00:00:42 each other when they occupied the same place at the same time.

00:00:49 So you're going to have these two ghostly waves, one flavored fear, the other flavor

00:00:55 sad, and they're sort of dancing, except unlike physical dancers, parts of them, even all

00:01:02 of them can occupy the same place.

00:01:07 So they're constantly waving and the waves pass through each other without disturbing

00:01:14 each other, without developing pressure areas where they would clash.

00:01:20 Does this metaphor make sense?

00:01:23 Yeah.

00:01:24 Have you attempted to do this with the fear and sad?

00:01:28 Not in this, not this round.

00:01:30 This may be the part of the missing piece because you could get them individually to

00:01:36 flow, but then the next step is collectively to flow because if they both flow at the same

00:01:42 time, interpenetrating wherever they need to without interfering, then they won't multiply

00:01:51 together into overwhelm.

00:01:55 So the ability to have more than one flavor and to separate the flavors, have all the

00:02:02 flavors flow, and then have the flow fields interpenetrate without interference is a sequence

00:02:09 that I take people through when they're going through big challenges that are polychromatic

00:02:20 body distress, meaning a lot of different colors in the body.

00:02:26 Then we need to train the colors to flow through each other.
00:02:30 It's an interesting, it's an interesting intimacy between them.
00:02:37 Yeah.
00:02:38 It's like they're dancing through each other as well as with each other.
00:02:43 And to the extent that they're both flowing, you'll get an even more powerful flavor of
00:02:50 purification and hopefully a significantly deeper sense of relief.
00:03:14 Right.
00:04:01 How's that coming?
00:04:03 Good.
00:04:05 Good.
00:04:07 Good in what sense?
00:04:09 When I can allow them both to share the same space and not...
00:04:18 and I'm recognizing how I've been keeping them separate
00:04:23 and keeping that line between them
00:04:25 and when I allow them to just kind of do that...
00:04:29 The kind of joy I talked about before with the fear,
00:04:33 it's a very intense version of that
00:04:36 and then it kind of seems to ignite this kind of PT-like energy up the body
00:04:41 and it gets very hot.
00:04:43 So you're getting hot and rapturous with fear and sadness.
00:04:49 Yes, I am.
00:04:51 This is what most people would say is rather counterintuitive,
00:04:55 but your facial expression proves it.
00:04:58 Yes.
00:04:59 Okay, good.
00:05:00 It's really interesting though because as it does,
00:05:02 I find myself wanting to comment on it and I'll go off and talk
00:05:06 and then it loses it a little bit.
00:05:10 Yes, and you have to come back.
00:05:12 It's got to be done purely in the body.
00:05:14 Yes.
00:05:15 Because the comments and then...
00:05:18 It does trigger some little topics to go,
00:05:21 but this is all about it.
00:05:22 That's right, but your use of practice allows you to stop that
00:05:25 and not sort of go down in that.
00:05:28 Yes, plus there's motivation to kind of stay with this.
00:05:32 It's intrinsically rewarding.
00:05:34 Now, next step, see if you can have the fear and the sadness
00:05:40 dancing with and through each other with your eyes open.
00:05:45 And you may find defocusing the eyes initially helpful.

00:05:53 So we can maintain it somewhat into a more ordinary experience.

00:05:59 Okay.

00:06:08 It's interesting when I am, as I kind of go in and out here as I do it,

00:06:13 and I'm going to talk while keeping my eyes open,

00:06:15 but I'm getting to where I'm honing in on the one specific place in the body

00:06:22 they both share in a powerful way.

00:06:25 And if I can just kind of keep track of flow there,

00:06:28 letting it be, whether it's the red or blue, you know,

00:06:33 it kind of helps me maintain it with my eyes open more.

00:06:37 Good.