

Pick Your Medicine (for Enlightenment) ~ Shinzen Young

00:00:00 We were talking yesterday about how much I like this springy icon because it shows what

00:00:26 we sit on always or where our feet are planted always whether we're aware of it or not, which

00:00:33 is the spring of the air, the vibrancy of emptiness.

00:00:45 To experience that in our inner and outer see, hear, feel and to ride on that in how

00:00:57 we express ourselves in body motion, speech, and the voluntary parts of the thinking process,

00:01:11 our triple karma, so to speak, our actions, our motor circuits, to experience the flow

00:01:20 of emptiness in our sensory circuits and to express that very same spirit in the bounciness

00:01:30 and spontaneity of our motor circuits.

00:01:35 This is the paradigm that I like to use for how this path works.

00:01:43 I mentioned that around the world there are numerous ways and throughout history numerous

00:01:55 fundamental ways have been discovered to come to this.

00:02:02 You can deconstruct things through careful observation.

00:02:05 I like that because I can turn it into a systematic algorithm that loops and branches.

00:02:12 There's in theory the possibility of nurture positive as a path to that, particularly as

00:02:22 it's done in the Vajrayana traditions, the deity yoga, where you eventually learn how

00:02:28 to manifest the deities from the void.

00:02:33 At the end of the period of the deity yoga, the period of the deity yoga is called the

00:02:39 cherim, which means the stages of generation.

00:02:44 Then that's followed by dzogren, where it's all dissolved back into the emptiness.

00:02:55 Often they will use special physiological yogic practices to facilitate getting the

00:03:03 emptiness down into the cellular level of one's being, like the six dharmas of Naropa

00:03:10 and so forth, if you're interested.

00:03:14 Versions of nurture positive can achieve this, at least in theory.
00:03:18 There's the whole, okay, do nothing approach, just call off the search.
00:03:26 Then there's the sort of be conscious of consciousness, self-inquiry, shine the light back on itself,
00:03:37 who am I, what am I kinds of approaches.
00:03:42 I think those are sort of the four main, highly contrasting strategies that we find around
00:03:51 the world.
00:03:52 I encourage people to do what works.
00:03:54 Different things work for different people at different times.
00:03:58 I'm a little bit averse to people that claim there's only one way that is stunningly better
00:04:06 for all human beings, that has just not been my experience.
00:04:13 Different things seem to work for different people at different times.
00:04:19 So pick your medicine.
00:04:27 And hopefully, if you keep with it, it will gradually converge or maybe suddenly converge
00:04:36 to this kind of bouncy experience of, you can call it liberation, you can call it unification,
00:04:47 you can call it annihilation, or you can call it creation.
00:04:57 It's my version of creationism, okay.
00:05:01 My version of creationism is that you see how consciousness creates the inner and outer
00:05:11 world moment by moment and you participate in that.
00:05:16 So form is emptiness, that's sort of the first part of the process.
00:05:23 And then emptiness is form, is another theme that presents itself as you begin to be able
00:05:36 to sort of enjoy seeing the world manifest and the self manifest moment by moment, continuous
00:05:48 creation.
00:05:49 Bri'ah yesh me'ayin in the Hebrew, the Bri'ah, the creation, yesh means both self and thing,
00:06:01 the creation of self and thing, met from ayin, the divine nothingness.
00:06:08 So I left off by saying that in the Jewish mystical tradition, the ability to do that
00:06:20 is related to an important theme called tikkun olam, the mending of the world, which of course
00:06:26 is none other than the bodhisattva service.
00:06:32 So
00:06:33 if you've watched a festival, then you would in no way wrong to be over on that.
00:06:39 I mix with it a bit and people would comment that you know what, I

communities with an

00:06:47 overdone Irish people, and you found that you're misbehaving, misbehaving, but still

00:06:53 doing misbehaving, from what I know from prison as well, there normally won't be gang

00:06:57 relations, but missing one member, the priest of the church from Pas JJ, they were like