

Consciously Decoupling, Dropping Out & Eadem Mutata Resurgo ~ Shinzen Young

00:00:00 So when I have you work with things like tight sites,
00:00:20 that kind of thing, and we're working
00:00:23 in the objective spaces, you might say,
00:00:29 well, like sight and touch, if your eyes are open,
00:00:32 sight and touch are always there.
00:00:34 I mean, obviously, right?
00:00:36 Your physical body is always there.
00:00:37 The world is always there.
00:00:40 But what can happen is that you can disconnect.
00:00:45 That's just decouple is just my geek way of saying disconnect.
00:00:50 There can be a, let's say you're working in the sight touch
00:00:54 system.
00:00:56 It's possible that you could, for a moment, disconnect
00:00:59 from that system, either because you're about to go into reverie
00:01:08 or you're getting sleepy, so forth.
00:01:11 So that disconnect actually causes an arrestful state.
00:01:23 You're not looking at things anymore,
00:01:25 even though your eyes may be open.
00:01:26 And all those sensations may be arising in your body.
00:01:31 Your attention is going elsewhere.
00:01:35 So all you can be aware of in your body
00:01:38 is that it's there in the lab.
00:01:41 So it causes a restful state to arise for a moment.
00:01:45 And that's your tell.
00:01:48 You understand in poker, you know what a tell is?
00:01:51 It's a giveaway.
00:01:53 It's like, you know what's going on by some external sign.
00:01:59 So I want to train people to detect the moment when they're
00:02:04 being pulled away from their object of meditation.
00:02:09 The way you detect that is by noticing
00:02:12 that for just a brief moment where you had been focusing
00:02:17 on active states, it's now gone restful
00:02:20 because you've disconnected.
00:02:21 And I sometimes sort of obscurely
00:02:26 call that decoupling because it's
00:02:28 like in magnetic fields, there will be a coupling

00:02:33 and then they just disconnect like that.
00:02:36 So that flux lines decouple.
00:02:41 And you notice that, and then you come back
00:02:42 to whatever your object is.
00:02:44 So you've got like one or two seconds
00:02:52 where it goes restful right before you're
00:02:57 either sinking or thinking.
00:03:00 And if you note that, then that will bring you back
00:03:04 to your focus space.
00:03:09 Yeah, you would drop it.
00:03:11 Now, of course, you have an option
00:03:13 if you're decoupling and you're dropping
00:03:16 into really deep restful states, then maybe it's
00:03:20 time to focus on rest for a while.
00:03:28 Because you have a conscious dropout,
00:03:31 because you have the categories, the restful categories
00:03:34 to work with, what for a beginner meditator
00:03:38 would have been a nod out.
00:03:42 It would have been a nod out for a beginner,
00:03:44 but because of all the long years of practice,
00:03:50 it was a dropout, a dropout of the time-space continuum,
00:03:56 a moment with the source.
00:03:58 So when you drop back in, the world was,
00:04:06 or we could say, we're in a Catholic place,
00:04:14 so Latin's good.
00:04:17 This is Christian, Christian phrase.
00:04:20 Ea dem mutata resongo.
00:04:25 I was resurrected the same but changed.