

Tri-Modal Rest & Flow: Thinning Out into Nirvana ~ Shinzen Young

00:00:00 How can we make the world a more peaceful place?
00:00:05 Rest states flowing is a huge window of opportunity
00:00:10 because you've got the best of both worlds.
00:00:13 You've got the restful and the dynamic together.
00:00:16 And that is in fact very roughly speaking
00:00:20 the description of enlightenment in the early Buddhist scriptures
00:00:24 as you enter these attenuated, restful, tranquil states of shamatha
00:00:29 and then essentially they flow and go into nirvana.
00:00:34 And so they represent an intermediate
00:00:37 between the intensified, solidified world of touch,
00:00:42 touch, sight, sound, feel, image, talk,
00:00:44 and the absolute rest of nirvana.
00:00:50 The in-between is these tranquil states.
00:00:54 So if you can have a continuity with tranquil states,
00:00:59 particularly if you can easily access
00:01:04 something restful that's somatic,
00:01:06 something restful that's visual,
00:01:08 and something restful that's auditory.
00:01:10 So you've got trimodal rest.
00:01:12 And then you get flow in all of those.
00:01:17 Now you've thinned out self and world.
00:01:23 And now you're melting self and world.
00:01:28 And it's not that far a step, just 10, 20, 30 years,
00:01:33 to the vaporization of the self and world.
00:01:37 And classical nirvana is yours.
00:01:42 Ha ha ha ha ha!
00:01:48 Alternatively, you could get sick and die over the next six months
00:01:52 and you get in six months.
00:01:56 So...