

DIGGING HOLES ~ Shinzen Young

00:00:00 We could say, you know what, my path to enlightenment is going to be see it.

00:00:11 That's it.

00:00:12 Theoretically, you could do that.

00:00:15 Assuming you have had enough image activity to warrant that.

00:00:21 And then it's all about seeing.

00:00:24 It's about having a complete experience of seeing.

00:00:29 So complete that it bores a hole through the time-space continuum.

00:00:34 And the whole field just gets sucked into that nirvanic black hole through seeing alone.

00:00:45 Could you do that in theory?

00:00:47 Yes.

00:00:48 Could you do that with any of these atoms in theory?

00:00:51 Yes.

00:00:52 Could you do that with any of the modalities or any of the themes?

00:00:57 Yes, you could.

00:01:00 Because remember appreciation, which is just my poetic way of saying experience mindfully.

00:01:09 Appreciation and experience mindfully is experience with concentration, clarity, and equanimity.

00:01:16 So quick way of saying all of that, appreciation taken to its limit beyond a certain threshold

00:01:23 of skill, appreciation becomes transcendence.

00:01:29 It points to the formless.

00:01:34 So that is to say that although we have the possibility of working at using this sort

00:01:41 of microscope with three magnification pieces, atoms, systems, everything, that is not to

00:01:48 say you have to do that.

00:01:50 It's just to say that a person could do that.

00:01:54 Now you probably heard the expression, oh, well, you shouldn't dig a whole lot of holes.

00:02:01 You should just dig one deep hole.

00:02:04 Well, for some people that's probably true.

00:02:10 You should just have one thing and just stick with that, but not inevitably.

00:02:17 And I would rather use a different metaphor than the lot of shallow holes, which is pejorative.

00:02:26 I would say you can learn a couple of ways.

00:02:31 One way is yeah, okay, dig all the way down from the form to the formless, one hole.

00:02:41 But you're still going to have to deal with all the rest of the stuff.

00:02:46 It gets dealt with by getting sucked down that hole, but there's still that process.

00:02:54 Technique-wise you never do anything but this, but still all this stuff has to be dealt with

00:03:00 through that technique.

00:03:02 Nirvana means that the whole, you literally fold up the board.

00:03:10 The game's over for a while anyway.

00:03:13 You fold up the board and it goes into the closet.

00:03:19 Oh, don't worry, it'll come out again.

00:03:22 I didn't mention that.

00:03:25 So instead of the pejorative of, oh, you're digging a lot of shallow holes, let's use

00:03:31 a different metaphor.

00:03:35 You've got a back hole and you're just clearing the whole field to a certain level, and then

00:03:42 you clear the whole field to another level until when you finally get to the bottom,

00:03:51 then there's nowhere in the surface that isn't now contacting the bottom.

00:03:59 So just another way to think about the working.

00:04:05 Our strategies to work.

00:04:07 So what strategy should you use?

00:04:09 What's fun and interesting and productive for you is which strategy to use.