

Shinzen Guides Steph in 'Focus Out' (Sight, Sound, Touch)~ Shinzen Young

00:00:00 The focusing out sounds interesting, so does the positive, but I think the focusing out

00:00:10 sounds very interesting.

00:00:12 Okay, good.

00:00:13 So you'll remember I said that we would very carefully define terms.

00:00:18 So external sounds we'll call sound.

00:00:25 External sights we'll call sight.

00:00:28 And then physical sensations in your body we'll call touch.

00:00:33 So I'm going to describe a technique and I want you to tell me if it makes sense.

00:00:38 If all you're aware of is touch, I'd like you to say out loud touch and focus on that

00:00:44 for a second.

00:00:45 We'll call that noting.

00:00:47 If all you're aware of is touch, note touch.

00:00:49 If all you're aware of is sight, note sight.

00:00:52 If all you're aware of is sound, note sound.

00:00:54 If more than one is available, just choose one to note.

00:00:58 Intently focus on that for a few seconds and then note again either the same thing or something

00:01:09 else.

00:01:10 Does that make sense?

00:01:11 Are my eyes supposed to be open?

00:01:12 They will be in a minute.

00:01:13 Oh, okay.

00:01:14 So when you say sight you mean with the eyes open.

00:01:17 But I wanted you to prepare with your eyes closed just to get settled.

00:01:21 So let me just repeat.

00:01:22 When I focus on touch I'm focusing on body sensations like sitting in the chair or clothes

00:01:30 or just any sensation that's not emotional and that's touch.

00:01:35 Sight would be what I see with my eyes open and sound is sound.

00:01:40 That's correct.

00:01:41 Okay.

00:01:42 Now what's going to pull you away from touch, sight, sound is your reactions to it which

00:01:46 is feel, image, talk.

00:01:48 Does that make sense?

00:01:49 Yes.

00:01:50 Or my thoughts.

00:01:51 Yes.

00:01:52 Feel, image, talk could take the form of reaction to touch, sight, sound or it could go off

00:01:58 on its own and spin memory, plan, and fantasy.

00:02:03 So you'll be constantly pulled towards feel, image, talk.

00:02:10 When that happens just let go of that and focus on touch, sight, sound.

00:02:15 It's sort of expansive concentration.

00:02:18 The contractive world of thought and emotion pulls in and you work against that expanding

00:02:25 out into touch, sight, sound.

00:02:26 Does that make sense?

00:02:27 So by expanding out you mean I'm moving what I'm aware of to the outside world?

00:02:34 Yes.

00:02:35 And you're letting go of the inside world.

00:02:36 That's good.

00:02:37 Yeah.

00:02:38 Right.

00:02:39 So you're like anchoring yourself in the power of now.

00:02:45 The touches, the sights, and the sounds are always now.

00:02:48 So that will weaken the gripping power of fantasy, memory, planning, and judgmentalness.

00:02:57 So we're going to start to make it simple.

00:03:02 I'm going to have you just do touch and sound for a second and then we'll add sight.

00:03:08 So I'd like you to say those labels out loud.

00:03:14 Just when my awareness is on it I'm like...

00:03:16 That's correct.

00:03:17 Okay.

00:03:18 Touch.

00:03:19 Touch.

00:03:20 Touch.

00:03:21 Touch.

00:03:22 Touch.

00:03:23 Touch.

00:03:24 Touch.

00:03:25 Touch.

00:03:26 Sound.

00:03:27 Sound.

00:03:28 Touch.

00:03:29 Touch.

00:03:30 That's perfect.

00:03:31 Meaning the tone of voice, the pacing, and the wording.

00:03:32 That's exactly how to do it.

00:03:33 And I'm aware of both at the same time but I'm just picking the one.

00:03:46 You're selectively trying to pour your attention on just one.

00:03:52 That's the divide and conquer, one thing at a time kind of thing.

00:03:56 Okay good.

00:03:57 Now we're going to up the ante.

00:03:58 Open your eyes and include sight.

00:04:03 Let your eyes just do whatever they want to do.

00:04:06 And now you're going to have three possible things.

00:04:09 Okay.

00:04:10 Well, sight is big.

00:04:14 So I'm just adding sight.

00:04:15 Just add that but touches and sounds may pull you in also.

00:04:22 Sight.

00:04:25 Sight.

00:04:28 Touch.

00:04:31 Sound.

00:04:34 Sight.

00:04:37 Sight.

00:04:40 Sound.

00:04:43 That's perfect.

00:04:44 Instead of saying the words out loud, do it mentally.

00:04:50 So you're just going to think the labels touch, sight, sound.

00:05:19 You're able to do that pretty good.

00:05:39 Yeah.

00:05:40 It takes all...

00:05:42 There's not room to do anything else.

00:05:44 It takes all your concentration just to do it.

00:05:48 So I think you could see potentially this would pull you out of obsessive thoughts.

00:05:53 There's no room for obsessive thoughts.

00:05:55 And you can also see that you could do this in motion while you...

00:06:00 You could be moving housework, even when you get good at it, talking to people.

00:06:06 And you could still...

00:06:07 I'm doing it now as I'm talking to you.

00:06:09 You're going to...

00:06:10 Sight.

00:06:11 And then you can think of what to say.

00:06:12 No, I don't...

00:06:14 We didn't get into it, but remember I said base level of concentration, clarity?

00:06:19 Eventually it just goes on autopilot.

00:06:21 I'm doing it now without having to make even the mental labels, but I'm aware.

00:06:26 Is it touch, sight, sound that I'm focusing on?

00:06:28 I'm trying to do it too.

00:06:31 So that allows you...

00:06:32 And I think you can see it builds...

00:06:34 You feel like you're more focused, right?

00:06:37 That's the concentration piece.

00:06:38 It's interesting.

00:06:39 My whole sense of being here, I realize how much my sense of who I am is really...

00:06:44 You know, oh, that voice in my head that's telling me where to go and you're going to

00:06:48 be late, or...

00:06:49 It's all in here and kind of focused here.

00:06:51 And there's something about this that makes my whole sense of what I am bigger.

00:06:57 As my awareness moves out there, and like I said, it doesn't leave room for my chatter,

00:07:05 my incessant chatter in my head.

00:07:07 It takes a break.

00:07:08 I'm not aware of it until afterwards.

00:07:11 And obviously it's activated now again as I talk, but...

00:07:15 Yeah.

00:07:16 That's the general idea.

00:07:17 Great.

00:07:18 There you go.