

Enlightenment; Simultaneous Expansion & Contraction; Sahej Samadhi; Non-Dual Awareness ~ Shinzen

00:00:00 Harprakash's YouTube channel is called Expand Contract.

00:00:15 Usually when things expand spatially, they thin out simultaneously.

00:00:22 That gives you a simultaneous expansion contraction flavor.

00:00:26 A vastness all around and a thinness all throughout.

00:00:32 And if you have a vastness all around and a thinness all throughout, everything that

00:00:37 you see, hear and feel on the inside and outside while you're walking around in life, I would

00:00:43 pretty much define you as an enlightened person.

00:00:47 That's sahaja samadhi.

00:00:51 That is true non-dual awareness.

00:00:57 And if you want the details filled in, you can go to the YouTube channel.