

# Being Confused is Good ~ Shinzen Young

00:00:00 Are you fixated in confusion?

00:00:09 There's nothing wrong with being confused. In fact, being confused is really good.

00:00:14 Coagulating when you're confused, not good.

00:00:19 The goal is not to avoid confusion, doubt, disorientation.

00:00:27 The goal is not to avoid don't know.

00:00:31 The goal is to avoid the habitual coagulation around don't know.

00:00:40 Uncoagulated don't know is called spontaneity when it comes out of your body

00:00:50 and wisdom when it turns in your mind.

00:00:56 I repeat, uncoagulated don't know is dynamic spontaneity when it comes out of your body

00:01:04 and wisdom when it turns in your mind.