

Maximizing Psycho-Spiritual Growth with an Algorithmic Approach (Windows & Walls) ~ Shinzen Young

00:00:00 We have four themes that are in the rectilinear configurations.
00:00:13 So you work with your ordinary states, physical, emotional sensations, external sights, external
00:00:20 sounds, internal mental pictures, internal talk.
00:00:25 So that's a whole approach, a whole theme, and no touch, sight, sound, feel, image, talk.
00:00:32 It's abbreviated in there.
00:00:35 We also have a way of enjoying restful states.
00:00:41 So you can note the corresponding restful states, physical relaxation, and so forth,
00:00:49 relaxation, light, silence, peace, quiet.
00:00:52 You can start there.
00:00:53 You can start there.
00:00:54 You can start anywhere.
00:00:57 Now we've got explore dynamic states.
00:01:01 So you can note flow.
00:01:02 You can note vanishings.
00:01:06 There's another way to work with restful experience, which is the do nothing.
00:01:12 It's got like four themes, but there's actually six procedures, each of which has various
00:01:18 versions, as you'll remember.
00:01:21 So you can start anywhere, you can go anywhere.
00:01:25 Well one way you might use it is you just pick one technique, one version, and that's
00:01:31 all you're going to do.
00:01:33 In that case, this represents a Sears Roebuck catalog of spiritual practices, and you decide
00:01:42 to make one purchase, and that's it.
00:01:45 So maybe you like noting restful states.
00:01:48 So that's what you do, and you don't worry about all this other stuff.
00:01:53 Another way to go about it is, well, you like several of them, and you arrange them in a
00:01:59 workout sequence for yourself, like a nautilus cycle.

00:02:03 Each one of these is a piece of workout equipment.

00:02:06 Now those of you that were in the PM group process today, I gave you the full psycho-spiritual

00:02:14 nautilus cycle.

00:02:16 We started by noting ordinary states, sort of like, okay, we start at the coarse level

00:02:21 of ordinary experience, untangle.

00:02:25 Then we, okay, let's note the corresponding restful states, thinned out, a little more

00:02:30 pleasant, because we're a little more settled now.

00:02:34 Okay, now there could be flow in the ordinary or the restful, so we note the flow.

00:02:41 Then we note the vanishings.

00:02:44 Now we've got quite a momentum, so if we do nothing, there's likelihood that there'll

00:02:51 be concentration, clarity, equanimity, even though we're not trying to make it be there,

00:02:57 and indeed even a likelihood that there'll be quite a bit of restfulness and energy,

00:03:03 even though we're not in any way intentionally doing anything.

00:03:07 So we sort of like, okay, this is what in Catholicism would be called infused contemplation,

00:03:14 more passive contemplation.

00:03:16 You're not doing anything anymore, you're letting the source do you.

00:03:23 That should take you into that.

00:03:29 Where do you go from that?

00:03:31 Where do you go after crucifixion?

00:03:34 Only one place, resurrection.

00:03:36 So you reanimate in a more positive way by a focus on positive.

00:03:43 Now you could start back here again, right?

00:03:47 It's a cycle.

00:03:48 If you come back here, now you're just noting what is, but because you've been through this

00:03:54 whole thing, what is is probably a little better than what it was an hour ago.

00:04:02 And then you just cycle around, and cycle around, and cycle around.

00:04:08 And it hits all the psycho-spiritual muscle groups.

00:04:13 So the one I just showed went ordinary, rest, flow, vanishing, do nothing, positive, and

00:04:24 then you can go back to ordinary.

00:04:26 This was designed to make it easy for a person to interactively guide you.

00:04:36 Once you have internalized these categories, if something comes up in the

real world that

00:04:44 blows you away, all you've got to do is call me or any facilitator that I've trained in

00:04:52 this system, and you will be back on track lickety split.

00:04:58 I mean within a half an hour.

00:04:59 I don't care how big it is.

00:05:01 I mean I don't care how big it is.

00:05:03 This gives a standard vocabulary that a facilitator can be there to remind you.

00:05:11 Most of us are not going to do the monastery thing.

00:05:16 So how are you going to get the industrial strength experiences that people get when

00:05:25 they expose themselves to the intensity of traditional monastic practice?

00:05:32 How you're going to get it is, okay, you're not going to go to a monastery, but is the

00:05:37 monastery going to come to you?

00:05:40 You bet.

00:05:42 You'll have an injury.

00:05:43 You'll have an illness.

00:05:45 You'll have something happen.

00:05:49 You'll be betrayed.

00:05:51 You will be betrayed.

00:05:53 You will be mugged.

00:05:59 Stuff is going to happen.

00:06:02 Stuff is going to happen.

00:06:04 When it happens, that's a monastery if you know how to use it as a monastery.

00:06:11 But it may be a little hard to remember that you can do that, and it may be quite hard

00:06:16 to remember exactly how to do that on your own.

00:06:20 But if you call me or someone like me, and if you're already familiar with this system,

00:06:28 we can get you on track very quickly.

00:06:31 I do it every day.

00:06:33 People call me.

00:06:35 I just got mugged in L.A. at gunpoint.

00:06:40 My son just got arrested.

00:06:42 My best friend just committed suicide.

00:06:45 Okay, so they have to talk about it a little bit, and then we get down to work.

00:06:53 That person is now in as intense a training situation as anybody ever put themselves through

00:07:04 in the name of practice.

00:07:08 And because there's an external person leading them through, they're able to get profound,

00:07:17 permanent growth out of that.

00:07:21 So that's why I created this thing, to be something that you could sort of internalize,

00:07:29 or you could internalize, that is optimal for an algorithmic approach to optimize your

00:07:36 experience that you might not remember how to do, but a professionally trained facilitator

00:07:44 does know how to do, and will take you through.

00:07:48 And that's how it works.

00:07:49 So let's say you start with ordinary states.

00:07:53 Well, maybe there's a lot of flow, or maybe there's a lot of vanishing.

00:07:57 So okay, let's explore that.

00:08:01 Or maybe you start with restful states.

00:08:07 You want to start there, and things get pretty restful.

00:08:10 So okay, now let's drop the efforting.

00:08:12 Let's do nothing.

00:08:15 And then, well, where to go from here?

00:08:18 Well, a natural place to go from nothing whatsoever is to a new good something, et cetera, et

00:08:25 cetera.

00:08:26 So you loop and branch.

00:08:27 You can start anywhere, depending on what comes up.

00:08:30 So another way that you can use this is to sort of loop and branch.

00:08:34 That makes it more complicated.

00:08:36 Don't have to do that, but it gives you flexibility, and that gives you the ability to optimally

00:08:44 deal with both windows of opportunity and walls that may challenge you.

00:08:54 Even if you don't use it as a looping and branching, optimizing algorithm, when something

00:09:01 comes up in your life, and you call for an interactive guided session, and now, okay,

00:09:06 we're going to take this catastrophe, and we're going to make it into your monastery,

00:09:13 this is how we'll work.

00:09:15 I'll take you through the algorithm, and with a lot more bells and whistles than are on

00:09:20 here, because I've got all these special exercises.

00:09:24 If the standard stuff doesn't work, my looping and branching algorithm is huge.

00:09:31 So you sort of dock your little computer program inside my huge computer program, or one of

00:09:39 my facilitators, and we optimize your experience, and then you're going to be able to get that

00:09:45 maximum psycho-spiritual growth out of the doo-doo of life.