

'Practicing Noting' Mix #1 (Bloopers & Out-takes #1) ~ Shinzen Young

00:00:00 And my eye interaction with the camera is good.

00:00:26 Yeah, actually I'm enjoying it because it's like I'm talking to someone inside the camera.

00:00:34 I can see a person inside that camera that I'm talking to.

00:00:37 I mean in some weird way, not hallucinating way.

00:00:43 Actually, it's a homunculus.

00:00:45 Oh, it's me!

00:00:47 Reflected.

00:00:48 I said, all the time we've been shooting this, but a cover on the lens, is that a problem?

00:00:58 I guess this is the metaphor.

00:01:05 I guess this is the metaphor, right?

00:01:08 Or no, I guess ...

00:01:09 We're filming this in Niagara Falls, Canada.

00:01:18 So I have with me the actual icon itself of Canada.

00:01:27 It's also an icon for where I live, Vermont.

00:01:30 I think we're just about as good at this as you Canucks are.

00:01:36 So ...

00:01:48 Now, here's the metaphor.

00:01:53 There is a general pattern that happens on the spiritual path.

00:02:05 Filming?

00:02:06 Are we filming?

00:02:07 I'm going to ask you.

00:02:09 Well, start filming.

00:02:10 I'm filming.

00:02:11 I'm farting right now.

00:02:13 You wanted the guru farting on camera, now you got it.

00:02:17 Okay, I'm going to try to do a close-up.

00:02:25 This is pure Prana Shakti coming out of me, dude.

00:02:29 Hey, let's face it, on these retreats, we get a little dumb, okay?

00:02:36 And that's good, okay?

00:02:38 Actually, that's good, because that's a sign that you're dropping deep.

00:02:49 How's that?

00:02:51 What are your recommendations for surmounting the five hindrances in your mindfulness training?

00:03:01 You have to remind me what the five hindrances are.

00:03:11 Sloth and torpor?

00:03:13 Yeah, that's exactly why you have to remind me.

00:03:16 What the fuck does that mean?

00:03:26 I just couldn't resist that one.

00:03:30 Join me on the dark side.

00:03:48 Oh, wait, wait, wait, no.

00:03:50 Here's the true crosses here, and here's Tim Horton's hockey stick.

00:03:54 Which one do you worship?

00:03:57 I'll twist you around there.

00:04:01 Twist me around? I've already twisted enough.

00:04:04 I think that was a... we were even a little further twisted than that, don't you think?

00:04:08 I think he's really twisted.

00:04:10 Yeah, no, no, no, we know that. It was a little further twisted than that.

00:04:13 I don't remember being so twisted.

00:04:16 I do.

00:04:18 All right.

00:04:19 How do I know if it's better for me to focus on developing concentration first,

00:04:26 and then applying that concentration to investigation,

00:04:29 or whether I should go with dry vipassana approach?

00:04:34 I don't know.

00:04:37 Okay. Does formal meditation ever end?

00:04:42 No.

00:04:44 Okay.

00:04:46 Okay.

00:04:49 We'll be out of here in a heartbeat.

00:04:51 Okay.

00:04:56 I'd like to read a quote to you, and I'd like your response.

00:05:04 Another time when someone kept pushing Shunryu Suzuki to talk about enlightenment,

00:05:10 he replied, what do you want to know for? You may not like it.

00:05:15 You'd like my response to that comment.

00:05:18 Is that it?

00:05:20 No, I'm going to give a response.

00:05:25 I'm not that Zen.

00:05:42 Okay.

00:05:44 Okay, roll.

00:05:54 And this is where I show my Yiddish kite, my big Jewish punnama.

00:06:04 Good.