

# GOD's ARROW ~ Shinzen tells his Experience of Enlightenment

00:00:00 How do you describe the book?

00:00:06 Well, it's very hard to put into words.

00:00:13 That's why most teachers don't talk about this stuff, right? For very good reason.

00:00:18 Because it can be described a lot better than the books tell you it can be described.

00:00:24 But it cannot be perfectly described.

00:00:30 I could try to amplify it, but it's going to be explaining the obscure with the even more obscure.

00:00:39 That's okay.

00:00:40 Yeah, I'll do it.

00:00:41 But do it anyway.

00:00:45 I'm going to do it anyway.

00:00:47 I'm actually doing it as we're speaking.

00:00:49 I have a line.

00:00:53 There's a word in Latin that describes it, believe it or not.

00:01:03 But it is so esoteric that almost no one has ever heard this word.

00:01:14 The only reference that you will find to this word is if you look up the Ecstasy of St. Teresa,

00:01:27 which refers to a piece of sculpture that was done in the high Renaissance, in the Baroque period, by Bernini.

00:01:41 It's this great classic thing from the Counter-Reformation.

00:01:47 Catholic art is very dramatic.

00:01:53 So it's St. Teresa experiencing pervasive gone.

00:02:08 But of course, how do you express that in a work of art that's going to emotionally grip people?

00:02:17 Well, she's shown swooning.

00:02:24 It was a hugely controversial work of art.

00:02:29 People were very annoyed by it, and I'm talking about back in the 1600s, I guess, because it's very sensual.

00:02:48 Let's just put it at that.

00:02:50 Anyway, what's happening is she's out, and there's this angel on her chest, and he's pulling out this arrow.

00:03:06 He's not stabbing her, he's actually removing the arrow.

00:03:12 What happened before the arrow going through, that's called transverberation.

00:03:22 It's when the source creates a wormhole from itself through time, space, self, and world, and back to itself.

00:03:41 Right now, there's a wormhole.

00:03:43 It starts back here, goes through here, goes right through the center of your head, and out the other way.

00:03:50 Part of me is looking through that wormhole, and it absolutely sees nothing.

00:03:56 It's just void to void.

00:03:59 But all around that is the color and form I need to interact.

00:04:04 I really appreciate that.

00:04:06 All I can say is, if that makes any sense to anyone, then I salute you.

00:04:18 I just love that word, like God's arrow that goes through the time-space continuum.

00:04:25 Of course, how wide is that channel?

00:04:28 Well, if that channel attains a certain width, you will enter nirodha samapatti, infused contemplation, and you're out, out, out.

00:04:39 Maybe three days.

00:04:41 No movement, no perceptible breath, etc.

00:04:47 To follow up, as a continuum, then, the degree to which you are the unfixed wormhole, and the degree to which there is a recognition of—

00:05:05 Is a movable feast.

00:05:07 Yes, so that's the new paradigm, God's wormhole.

00:05:20 It's called transverberation, if you're interested.

00:05:24 It's just an odd word for meaning when God shoots an arrow through you.

00:05:32 I also really enjoyed your saying what your day was.

00:05:37 What I heard you say is that sometimes you live without source.

00:05:44 That sent me to your book to look up the word source, and there are many recommendations in your book to read about source.

00:05:55 How do you live without source during your day?

00:06:01 The same way I did before I started to meditate, because it's just the experience of an ordinary person that doesn't know how to meditate.

00:06:12 The only difference is I don't care.

00:06:15 I have no preference between being in a deep state or just being agitated and bopping around, taking care of business.

00:06:25 Actually, St. Teresa explained it perfectly.

00:06:31 She said, it's a window, it's open all the time, but—well, not really.

00:06:38 Sometimes it closes, but you don't care because you know it's going to open again.

00:06:43 And you know that with such certainty that you don't even care.

00:06:50 I have a question. The transverberation that you described the other day, the God's arrow kind of coming through with the shaft, did that for you—

00:07:01 did that happen—we did a video on YouTube about key moments for you, and you talked about the first one where you reached around and realized your boundaries

weren't there anymore.

00:07:12 Did that happen just suddenly that day, or is this something that evolved over time?

00:07:19 It took 20 years from the first breakthrough.

00:07:22 The first breakthrough was that day? So it was 20 years after that?

00:07:27 That I started to get the transverberation.

00:07:30 And did it slowly develop?

00:07:32 Yes, slowly. First just a hint, then more and more salient.

00:07:38 Got it. Thank you.