

# Penetrating Sleepiness ~ Shinzen Young

00:00:00 For the sleepiness stuff, well, read and reread until you master completely what I have to

00:00:13 say in the blog from fuzz to buzz.

00:00:18 That's on the internet and that's the brain dump of everything that I know for how to

00:00:23 work with syncing.

00:00:27 So syncing is the generic term for anything from getting a little hazy in your consciousness

00:00:38 to the zemlurge and the, you know, the snoring in the zendo and so forth.

00:00:48 That whole continuum we call syncing.

00:00:51 Konjin in Japanese means, kon means dark and jin means to like sink down to the bottom

00:01:01 of the pond.

00:01:03 So konjin is like sinking in English.

00:01:07 So for syncing over and over again, straighten the spine, over and over again, force the

00:01:14 eyes open, over and over again, enjoy the pleasant restfulness of the waves of sleepiness,

00:01:22 over and over again, equanimize the discomfort of the sleepiness.

00:01:28 And you just keep doing that and doing that and doing that.

00:01:30 And I know it's hard to believe and I certainly didn't believe it, but you can eventually

00:01:36 penetrate the sensory event of sleepiness.

00:01:40 And when you do that, then that's a sensory experience and there's the objective circumstance

00:01:49 of, you know, you're wilting, you're lurching and you're breathing heavily, etc.

00:01:57 When you penetrate the sensory event of sleepiness, then the objective aspects of the sleepiness,

00:02:04 the loss of consciousness, the impact on the posture and the fact that you start to make

00:02:10 noise, that all gets cleared up.

00:02:14 I remember one of my early retreats in Japan, of course, I was dominated by the pain of

00:02:26 the sitting and I went to talk to the person that was like leading the retreat and he said,

00:02:36 I've been meditating, this is him talking, I've been meditating now for 25

years and,

00:02:45 you know, eventually the pain breaks up.

00:02:55 But then he said sleepiness is very hard to deal with.

00:03:00 The pain is going to break up, but sleepiness may continue to be a challenge.

00:03:05 Well, now that conversation took place 40 years ago and I can tell you that the sleepiness

00:03:15 breaks up too.

00:03:18 Just keep working and working and working and you'll see improvements in that regard.