

# Experiences of the Dissolution (Bhanga) Process ~ Shinzen Young Interactive - 3 of 3

00:00:00 What I've been exploring in my own practice is how suffering is created by the free cap,

00:00:14 by the spasm, by the fit space.

00:00:19 The fit fit.

00:00:20 The fit fit, exactly.

00:00:22 And that's...

00:00:23 The feel in which talk.

00:00:26 It does spasm, doesn't it?

00:00:29 Like a spasm of the body, but it's a subjective spasm.

00:00:33 Absolutely.

00:00:34 And you become hard as a rock, and you become a terrified thing, and you create yourself.

00:00:44 That's how you, in my mind, become a billiard ball, and how the situation becomes a billiard

00:00:49 ball, and you're just frozen.

00:00:50 You see that happening everywhere, how we relate to the world.

00:00:55 And the practice lets you go from the particulate paradigm to the wave.

00:01:01 Shall we do so?

00:01:02 Take a moment to lengthen your spine, and let your whole body settle, which is just

00:01:11 our old friend, physical relaxation.

00:01:31 And would you say at this time in your body and or mind that there's any of that flow

00:01:38 going on, or are things pretty tranquil?

00:01:44 There's quite a lot of flow going on.

00:01:47 Is it in the body or mind also?

00:01:50 Just in the body or mind also?

00:01:56 It's in the body.

00:02:03 By mind.

00:02:04 I mean image talk space.

00:02:07 Image talk space.

00:02:08 This was always the interesting thing about flow, because there can be, for example, a

00:02:17 vibrational hum in my body.

00:02:21 I feel it in touch space.

00:02:23 I feel it in and out in feel space.

00:02:28 I feel it in talk space.

00:02:32 I feel it in sound space.

00:02:35 External sound.

00:02:36 External sound space.

00:02:37 And image space also.

00:02:39 And sometimes if the vibration gets strong enough and is often connected to my heartbeat,

00:02:46 syncopated with my heartbeat, it actually modulates sight space.

00:02:50 External sight.

00:02:51 External sight space.

00:02:52 And you get it in internal image also.

00:02:54 Like on the screen, vibration on the blank screen.

00:02:58 Not so much actually.

00:02:59 How about waviness on the blank screen?

00:03:02 Not so much.

00:03:03 The body is waving big time.

00:03:04 How about the images?

00:03:05 Do they melt and morph?

00:03:07 Mental pictures?

00:03:08 Not many mental pictures.

00:03:09 You don't get, so it's not much in image space, but it's in the other modalities.

00:03:14 Almost all of them.

00:03:15 Almost all the others.

00:03:16 How about right now?

00:03:18 Is the vibratory flavor of flow present in most of those modalities?

00:03:22 Yes, it is.

00:03:23 Here's what I'd like you to do.

00:03:25 I'd like you to, moment by moment, note flow.

00:03:30 And we're going to tune into that.

00:03:32 But each time you note flow, I'd like you to spread your awareness, do the zoom out

00:03:38 option, spread your awareness as broadly as you can through body, mind, and even external

00:03:46 world.

00:03:47 Just sort of do a coverage moment by moment, zooming out.

00:03:51 Does that make sense?

00:03:52 Do you understand what I'm talking about?

00:03:55 Yes.

00:03:56 I'd like you to begin by using spoken labels, note flow, say the word out loud, and use

00:04:05 the tone of voice and the pacing for the equanimity and the concentration.

00:04:15 Flow.

00:04:18 Flow.

00:04:21 Flow.

00:04:26 Flow.

00:04:31 Flow.

00:04:36 That's perfect.

00:04:38 I can tell by the tone of voice that you're in deep equanimity.

00:04:42 And I can tell by the pacing that your concentration is good.

00:04:45 Is that correct?

00:04:47 Yes.

00:04:48 Good.

00:04:49 Now, go to the standard optional labeling.

00:04:51 Either speak the labels out loud or make them mental or no label at all.

00:04:56 Sort of shifting like gears, whatever works best for you.

00:05:01 And zoom out each time to cover the flow as broadly as it may be present in your sensory

00:05:09 experience.

00:05:10 And sort of unify and integrate body, mind, maybe body, mind, and world.

00:05:19 Does that instruction make sense?

00:05:21 Yes, it does.

00:05:22 Good.

00:05:23 And we'll just see what happens.

00:05:25 I'll just do my own practice while you do that.

00:05:37 Is that coming along okay?

00:05:42 Very much okay.

00:05:46 What's okay or good about it?

00:05:49 I don't know.

00:05:51 Stay with it as you speak.

00:05:53 See, if you want to speak slowly, that's okay.

00:05:57 Sort of stay with it as you describe it.

00:06:01 This particular instance has become more focused and heightened than I have experienced before.

00:06:08 Perhaps it's the one-on-one guidance or something.

00:06:12 But when I say flow, it's just a unified field of soft, pleasant waves in almost every sense

00:06:24 except image.

00:06:27 That's fine.

00:06:31 And of course my eyes are closed.

00:06:33 Would it tend to affect sight space if you opened your eyes?

00:06:37 Why don't you do that, see what happens.

00:06:40 Defocus your eyes, just let light in.

00:06:42 See if it affects visual with your eyes open.

00:06:45 Maybe not.

00:06:52 When I label flow and penetrate with eyes open, I move from sight to light.

00:06:58 Yes, that's good.

00:07:00 Do that. Just relate to it as light.

00:07:03 Now I'd like you to go back to the practice that you were doing, noting flow, zooming out, the awareness.

00:07:10 And you can cover the light coming in from the outside world as part of the flow.

00:07:17 The materiality of the world is now breaking up along with the carnality of your body and the somethingness of your mind.

00:07:30 And just sort of stay with that for a little while.

00:07:44 How's that coming?

00:07:47 Very nicely.

00:07:49 We're going to up the challenge level.

00:07:52 I'd like you to see if you can keep some contact with that and make eye contact.

00:07:59 You knew what I was going to say.

00:08:04 Excellent.

00:08:05 Able to do that a little bit?

00:08:08 That shows.

00:08:10 So, this is what you can do.

00:08:17 Your little gift to the world.

00:08:22 Any questions about that?

00:08:26 Thank you.

00:08:29 Okay. Keep up the good work.

00:08:34 Wow.

00:08:37 I never said that.

00:08:41 Okay.

00:08:44 Thank you.