

# How to do Labeling and Noting During Meditation, Part 2 of 2, Zooming ~ Shinzen Young

00:00:00 So, with regards to the control of the spatial direction during the focus on phase, assuming  
00:00:19 that the thing doesn't vanish immediately, that means it's extended in time.  
00:00:25 And it is also extended in space.  
00:00:32 Easiest to understand is body sensation.  
00:00:35 You note feel.  
00:00:38 So that was the clear acknowledging.  
00:00:40 You use the word feel to indicate that you're having an emotional sensation in the body.  
00:00:49 So it has a spatial extent.  
00:00:53 May not be well defined.  
00:00:56 Typically there will be places within a sensation that are intense and other places that are  
00:01:03 less intense.  
00:01:05 Typically the less intense is around the border, the more intense is at the center, but it  
00:01:10 doesn't necessarily have that kind of spatial configuration.  
00:01:15 Often you will be able to detect that in addition to the local obvious sensation, there are  
00:01:22 subtle influences that spread from that.  
00:01:25 So it could be that you get a spread that is continuous from the primary, but more frequently  
00:01:32 you get sort of like a little ping here, a little ping there, a little ping there.  
00:01:36 Or you may not be aware of any spread at all.  
00:01:39 So there is a spatial configuration.  
00:01:42 Once again, I emphasize it may not be well defined for you.  
00:01:46 It's okay, but there is an extent in space of that sensory event.  
00:01:53 Easiest to conceptualize with touch and feel, but actually all the sensory categories that  
00:02:01 were sung about in that song can have a spatial extent to them.  
00:02:07 In time, for several seconds, you're going to be intently focusing on that category you've  
00:02:12 acknowledged.  
00:02:14 Default means what you fall back on all other factors being equal.  
00:02:18 Default with regards to how you control attention within the spatial scope of the thing you've  
00:02:24 acknowledged is not to control the attention.  
00:02:27 However, you do have the option, if it seems appropriate, useful, to in fact control your  
00:02:35 attention for those few seconds with regards to direction and spatial extent.  
00:02:46 If you focus intentionally on a small part of the phenomenon, we'll say that you're zooming  
00:02:57 in, just to have a word for that.  
00:03:00 In, you'll be zooming in on small, weak parts of body sensations to deal with intensities,  
00:03:09 like pain or intense emotions.  
00:03:12 It's got a local intensity here, but it's around the perimeter.  
00:03:18 It's a little less intense.

00:03:20 You zoom into a little piece of the perimeter and see, for these few seconds that I'm intently  
00:03:28 focusing, it's just that one little volume for just these few seconds.  
00:03:34 Maybe it will be easier to completely open up to that than to deal with the whole phenomenon.  
00:03:39 That's zooming in.  
00:03:42 Zooming out means that you spread your attention broadly at some extent, maybe over the whole  
00:03:50 sensation, or as widely as you can detect the sensation.  
00:03:53 You're trying to encompass the whole thing.  
00:03:58 That also can sometimes dissipate intensity, because it's like the laws in physical chemistry.  
00:04:08 Pressure is inversely proportional to volume.  
00:04:11 If you give it volume, you may find that helpful.  
00:04:17 That's zooming out, zooming in.  
00:04:24 The name is to zoom in and out at the same time.  
00:04:30 What does that mean?  
00:04:32 You would typically do that with something that is intense, typically a body sensation.  
00:04:39 The zoom in, in this case, means you intentionally go to the most intense part you can find.  
00:04:47 The zoom out, in this case, means you simultaneously spread your awareness as broadly as you can  
00:04:54 through the body.  
00:04:56 I can explain why you might want to do it.  
00:04:59 However, that's not the same as to say that you should ever do this ever in your practice.  
00:05:05 Remember, the default is not to control.  
00:05:09 This is true for all sensory phenomena, but particularly true for body sensation.  
00:05:15 Sensory phenomena tend to have a local impact and a global spread.  
00:05:22 Let's assume that there is spread.  
00:05:25 We won't be concerned with whether it's detectable or not.  
00:05:29 We'll just assume that it's spreading, perhaps below the threshold of awareness.  
00:05:35 If you go local and at the same time spread your attention over the whole body, that tends  
00:05:45 to grease the rails for the spread to occur without resistance.  
00:05:51 Most of the suffering is not in local intensities.  
00:05:55 Most of the suffering is in the resistance to the subtle spread, particularly the resistance  
00:06:02 to the spread that is below the threshold of awareness.  
00:06:07 It's resistance to very, very, very tiny sensations, so tiny that the surface consciousness is  
00:06:14 not aware of them.  
00:06:16 The resistance to the subtle spread through the body until it's been trained away is huge.  
00:06:23 Those tiny little sensations catch in the gears of the nervous system, and that's why  
00:06:33 people's bodies shake and so forth.  
00:06:37 That's actually where most of the suffering is.  
00:06:40 Zooming in and out at the same time will tend to facilitate the spread, even if you're not  
00:06:49 in any way conscious of the spread.  
00:06:54 That can help.  
00:06:55 Zooming in and out at the same time means that if it's done with regards to the body,  
00:07:02 which typically is where it is done, although it works with image and talk, believe it or  
00:07:06 not, also, but that's much subtler.

00:07:09 Zooming in and out at the same time with time will lead to a kind of experience of splash,  
00:07:19 ripple through the body, radiate beyond the body into the infinity of space, and dissipate.  
00:07:27 You'll tend to get that rhythm.  
00:07:29 Splash, ripple, filling the body, then radiation out, and release.  
00:07:41 Very much like the physics of a raindrop falling into a pot.  
00:07:46 There's a certain amount of potential energy.  
00:07:51 That potential energy is converted into kinetic energy as the raindrop falls, hits the pond.  
00:07:59 Where's that energy going, that potential energy?  
00:08:03 It's now going into a plop, a ripple, but then the ripples die away.  
00:08:12 What happened to the energy that was in the ripples?  
00:08:14 Well, it's partially sound, but then when the sound... Okay, sound is just the air  
00:08:19 rippling.  
00:08:20 You've got the water rippling.  
00:08:21 What happens to the sound and the ripples in the water?  
00:08:25 There's no loss of energy.  
00:08:27 Conservation of energy, basic principle of physics.  
00:08:31 Where did that energy go?  
00:08:32 It's in electromagnetic radiation in the infrared, which means in heat.  
00:08:40 That travels at the speed of light and fills the entire universe, and in a tiny, tiny,  
00:08:47 tiny, tiny, tiny way, warms the farthest galaxies and can never be retrieved.  
00:08:55 Basic principles of entropy, that potential energy that was in that raindrop is gone,  
00:09:02 gone, gone.  
00:09:03 It's gone.  
00:09:06 You have to go against the gradient of entropy, which the universe doesn't work that way,  
00:09:12 in order to recreate that potential energy.  
00:09:16 What that means is that each thing that arises within us is, if we experience it, something  
00:09:25 along the lines that I'm describing takes on the taste of purification, which is the  
00:09:30 taste that that quantum of potential for suffering has been released within us forever.  
00:09:38 The zoom in, zoom out tends to facilitate, at the same time, tends to facilitate that  
00:09:45 process.  
00:09:47 That's the good news.  
00:09:48 However, until that taste of purification comes on, because you're not in any way fighting,  
00:09:56 you're giving your whole body, consciously or unconsciously, you're giving your whole  
00:10:01 body to the sensation.  
00:10:04 That means there's only so much real estate in consciousness.  
00:10:10 There may not be much room for the mind.  
00:10:15 Because we use the mind as the ordinary ordering principle, you might have the impression that  
00:10:21 you're losing control, but you're not.  
00:10:24 You're in an ordering principle that's so primordial it could never be disordered, but  
00:10:29 it might take you a little while to realize that.  
00:10:32 The zoom in, zoom out may initially give you a sense of overwhelm and loss of control,  
00:10:40 but if you can just hang with that, that other flavor will come on.

00:10:47 That's that option.

00:10:48 I warned you, subtlety and complexity ahead.

00:10:52 That was the subtlety and complexity.

00:10:54 If you never use this, that's fine.