

# Advanced and Specialized meditation on the phone. How phone retreats work. ~ Shinzen Young

00:00:00 So you're off and running, in four hours you've got the beginnings of a mindfulness practice.

00:00:11 And then the core curriculum is set up so that there are sort of level one programs

00:00:18 in the five ways and there's a part two that's sort of like a more detailed, deeper version.

00:00:24 And you take that the next month.

00:00:27 So after you take part one, one month, and part two the next month, now you know that

00:00:32 entire way.

00:00:34 So that in theory, in say ten months, if you were to participate every month, you would

00:00:39 have learned all five of them.

00:00:41 But you may not want to learn all five, you may want to just learn one of them and stay

00:00:45 with that.

00:00:46 So we have the intro, we have core curriculum that teaches the part one and part two of

00:00:52 each of the five ways.

00:00:54 And then we have, for people once they learn those techniques, they have deepening retreats,

00:01:01 sharpening retreats, and special application retreats.

00:01:05 The sharpening retreats, I guide them interactively with special exercises that sharpen their

00:01:12 ability and then the theme retreats, they apply the techniques to certain themes like

00:01:17 dealing with pain or dealing with emotions or dealing with behavior change or decision

00:01:23 making, any practical, many practical applications that they can have.

00:01:27 Wow, that's interesting.

00:01:28 So, yeah.

00:01:29 So, it's a very carefully organized curriculum and basically I would say to summarize it,

00:01:39 and it doesn't cost appreciable money, in fact if you don't have money it

doesn't cost

00:01:42 anything.

00:01:43 And we tell you how to get really cheap long distance calling.

00:01:49 So what happens is people call in, they're socializing, then there's an hour and a half

00:01:53 guidance around the theme, which may involve Q&A.

00:01:57 Then people hang up.

00:01:58 So people can, you're guiding but people can actually ask you questions.

00:02:02 They can interact with me in the group setting and then after an hour and a half everyone

00:02:08 hangs up and they practice on their own for an hour.

00:02:11 During that period of time they can stretch and get coffee.

00:02:15 Oh, so you're not sitting there for four hours straight.

00:02:18 But also during that period of time they can call me personally.

00:02:21 90 people?

00:02:23 No, typically what happens is there's about 60 people and about one out of ten has a need

00:02:30 during that program to talk to me and they have my private number.

00:02:34 We give out, when you register, my private telephone number that goes with the TERF.

00:02:41 So it's usually about 10% of the people need to talk to me and I can usually handle the

00:02:48 most of those in that hour period.

00:02:50 So you actually get a chance to talk, if you really need it, one-on-one with me.

00:02:55 If I back up then I make an appointment with you to talk to you later that day or very

00:03:00 soon afterwards.

00:03:01 So it serves as the potential for touching base personally with a teacher any month you

00:03:08 need that.

00:03:09 And then after that hour?

00:03:10 After that hour they come back and we have a group Q&A for a half an hour and then they ...

00:03:19 Everybody hears, everybody asks questions.

00:03:20 Everybody hears the other's questions.

00:03:22 And then there's another hour of guidance and then there's a little more socializing.

00:03:29 And four hours have passed and you've had four hours of a retreat-like environment.

00:03:35 All the features that you'd get at a residential retreat, a talk, guidance, chance to work

00:03:41 on your own, chance to talk to a teacher, chance to hear other people's questions and

00:03:46 experience.

00:03:47 It's all packed into four tightly organized hours.

00:03:51 Don't have to leave your home, don't have to leave your family, don't have to mess with

00:03:54 your work schedule.

00:03:58 Anybody can get four hours on some weekend.

00:04:01 Now I've got a question, if I've never meditated before and I'm going to be doing one of these

00:04:06 four hour retreats, do I have to get those cushions people have or how do I know how

00:04:12 to sit?

00:04:14 If you go to [basicmindfulness.org](http://basicmindfulness.org) there's a document which is about the posture.

00:04:21 Oh, okay.

00:04:22 So I don't have to like burn incense or...

00:04:24 No, there's no particular environment needed.

00:04:27 I mean it's nice if it's quiet but it's not required.

00:04:31 You mean if kids are running in and out?

00:04:33 That doesn't matter because that's the whole point in mindfulness, you deal with what is.

00:04:38 So you don't have to burn incense.

00:04:41 It's nice if you can get off and it's a quiet environment but if you can't, that's just

00:04:46 part of what we work with.