

Special Meditation Retreat

Dec. 3rd-4th
Dec. 6th-7th

- Learn special breathing & meditation techniques
- Immediately feel refreshed, relaxed & invigorated
- Help increase your wisdom
- Help to achieve your goals much more quickly



Special Therapeutic Fasting & Nurturing Retreat

Nov. 29th to
Dec. 7th, 2016

- Improve the wellness of your body, mind & spirit
- Best time to meditate
- Reduce stress, feel happier & healthier
- Help detox your body & remove waste naturally

Learn more!
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SHINZEN YOUNG

In everyday life, we tend to perceive ourselves as objects, as things. Human languages both reflect and reinforce this perception. But in point of fact, self is not just a thing; viewed deeply, it's also a doing, a wave. A wave is anything that goes through fluctuations, gets stronger and weaker, has peaks and troughs, spreads and subsides. Our sense of self certainly goes through such fluctuations. When you are alone at night, safe under the covers, your sense of self is somewhat diminished. On the other hand, if you walk into a room full of judgmental strangers, and everybody stops to stare at you, your sense of self grows larger. It wells up as a wave, a billowing of self-referential mental talk, mental images, and emotional body sensation. Later, as you grow comfortable with the people in the room, the amplitude of that self-wave subsides a bit.

When we look carefully, we discover that the sense of self is not a particle that never changes, but rather a flow, a wave of thought and feeling that can increase and decrease and is therefore not permanent. Because it is a fluctuating wave, not a solid particle, the Buddha described it as *anatta*. *An-* means "not," and *atta* means "self as thing." It's not so much that we don't have a self, rather it's that the self we do have is not a thing. It is an impermanent, fluctuating activity; a process, not a particle; a verb, not a noun.

From *The Science of Enlightenment: How Meditation Works* © 2016 Shinzen Young. Reprinted with permission of Sounds True. www.soundstrue.com. **Shinzen Young** is an American meditation teacher. Originally ordained in Japan as a monk in the Shingon tradition, he now teaches Vipassana.