

Mangala Shri Bhuti

Tibetan Terms

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Shinjang – well worked

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The experience of shinjang is like “mental endorphins”. It comes from practicing consistently. It provides mental space. We must build up shinjang to be effective, and then we must maintain it. Shinjang gives spaciousness, tranquility, clarity, and perspective of mind. There is a calm, a detachment and a feeling of a thrill inside to go deeper into practice. One feels pleasure with one’s mind and with one’s experience of mind at that moment. This comes up as a part of shinjang. We mediate to discover the truth. If we are mediating and yet are not connected to our heart to discover the truth then shinjang might not result. One’s posture and concentration on the breath opens the channels to the heart. The heart opens and energy



flows and soothes one’s whole body.

The mind and heart become almost one. Then one can concentrate, penetrate (thoughts) without scatteredness, being wholly integrated. Even rising thoughts are not so disturbing. So, shinjang mind penetrates the body. Well-being comes from within and it will infiltrate mind’s projection (i.e., the body). Shinjang affects the phenomenal world, society, one’s family and personal relationships, one’s health and the unknown future.