



## Bliss



### Introduction

Sometimes when we are deep into our practice, we encounter a state of mind that is beyond “Business as usual.”

### Quote

“There are states of incredible bliss. Bliss is the fuel of retreat... You can’t do any long-term practice seriously unless there is inner joy, because the joy and enthusiasm is what carries you along. It’s like anything, if you don’t really like it you will have this inner resistance and everything is going to be very slow. That is why the Buddha named Joy as a main factor on the path.



The only problem with bliss is that because it arouses such enormous pleasure, beyond anything on a worldly level, including sexual bliss, people cling to it and really want it and then it becomes another obstacle....

Once when I was with the Togdens in Dalhousie there were two monks who were training to be yogis. One day they were standing outside shaking a blanket and they were so blissed out they could hardly stand up. You could actually feel these waves of bliss hitting you. The Togdens turned to me and said, 'You know, when you start, this is what happens. You get completely overwhelmed by bliss and you don't know what to do. After a while you learn how to control it and bring it down to manageable levels.' And it's true. When you meet more mature practitioners, they're not completely speechless with all this great bliss because they've learnt how to deal with it. And of course, they see into its empty nature.

You see, **bliss in itself is useless**. . . . It's only useful when it is used as a state of mind for understanding Emptiness – when that blissful mind is able to look into its own nature. Otherwise, it is just another subject of Samsara. You can understand emptiness on one level but to understand it on a very subtle level requires this complement of bliss. The blissful mind is a very subtle mind and that kind of mind looking **At Emptiness** is very different thing from the gross mind looking at emptiness. And that is why one cultivates bliss.”

## Reference

MacKenzie, Vicki. (1998). Cave in the snow: Tenzin Palmo's quest for enlightenment. New York: Bloomsbury.

Image Courtesy of: Kartabya Aryal @kartabya

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, your family, organizations, culture, society, and the Earth itself.*