

The Poison of Desire





You who whirl
constantly in cyclic
existence,

Yet who enter a happy
realm mistaking mere
calm for happiness,

Will certainly wander
helplessly

Through hundreds of like
and unlike realms
- Candragomin's *Letter
to a Student*



You must train in the attitude of a person of medium capacity. Why? Because even were you to reach the level of a deity or a human, you would be mistaken if you believed this to be pleasurable by nature, since you would still not have escaped the suffering of conditionality. Therefore, in reality, you would have no happiness whatsoever—your life would still come to a bad end, for you would surely fall into a miserable realm again. A human or divine lifetime is like resting on a precipice just before falling into the abyss.

- Tsong Khapa, *Lam Rim Chen Mo*



What is most terrible is that I had already reached the Second Birth. I comprehended very well that if I did not achieve death within myself, I would fail by converting myself into an abortion of the Cosmic Mother, into a hasnamuss with a double center of gravity.

It seemed in that time that my efforts were useless. I was failing the ordeals, and if I had continued like that, it is clear that complete failure would have been inevitable.

- Samael Aun Weor, *Magic of the Runes*



Those whose minds are attached to cyclic existence will continue to wander there constantly.

- *Verse Summary of the Perfection of Wisdom in Eight Thousand Lines*



From beginningless time you have been conditioned to believe that the wonders of cyclic existence are sources of happiness, and you have habitually projected upon them a false image of beauty. But if, as a remedy, you train yourself to meditate on suffering and unpleasantness, you will put an end to these wrong ideas. Candragomin says that if you neglect to meditate on these, ignorance and attachment will increase, and you will continue to fuel the process of cyclic existence. Hence it is vitally important to meditate on the faults of cyclic existence.

- Tsong Khapa, *Lam Rim Chen Mo*



Unless you reflect on the truth of suffering to the point of actually becoming revolted by cyclic existence, your desire to attain liberation will be mere words, and whatever you do will lead to origins of further suffering.

- Tsong Khapa, *Lam Rim Chen Mo*



Unless you reflect on the origin of suffering until you have a good understanding of the root of cyclic existence, which is karma and the afflictions, you will be like an archer who does not see the target—you will miss the essential points of the path. You will mistake what is not a path to freedom from cyclic existence for the path and exhaust yourself without result.

- Tsong Khapa, *Lam Rim Chen Mo*



Finally, if you fail to understand the need to eliminate suffering and its origin, you will also fail to recognize the liberation that provides relief from suffering and its origin; hence your interest in liberation will be a mere conceit.

- Tsong Khapa, *Lam Rim Chen Mo*



The desire to relieve the suffering of thirst is based on seeing that you do not want to be tormented by thirst. Likewise, the desire to attain liberation—which relieves the suffering of the aggregates appropriated by karma and the afflictions—is based upon seeing that the appropriated aggregates are flawed insofar as they have suffering as their nature. Unless you develop a determination to reject cyclic existence through meditating on its faults, you will not seek relief from the suffering of the appropriated aggregates.

- Tsong Khapa, *Lam Rim Chen Mo*



How can one who is not disenchanted
With this world appreciate peace?
Cyclic existence, like home,
Is difficult to leave behind.
- *Four Hundred Stanzas*



While in the absence of the “I” and beyond time, I experienced That which is the Reality, the element that radically transforms.

To vividly experience the reality beyond the mind... to experience in a direct way that which is not from time... certainly, is something impossible to describe with words.

I was in that state that is known in the oriental world as Nirvi-Kalpa-Samadhi. Being an individual, I had passed beyond any individuality; I felt for an instant that the drop was becoming lost within the ocean that has no shores, the sea of indescribable light... the bottomless abyss... the Buddhist void filled with glory and happiness.

How can the Illuminated Void be defined...? How can that which is beyond time be described...?

Thus, the Samadhi became extremely profound... The absolute absence of the “I,” the complete loss of individuality, the greater and greater radical impersonalization caused fear in me.



Yes, fear...! I was afraid of losing what I was, my own particularity, my human affections...! What a terrible thing is the Buddhist annihilation...!

So, filled with fright and even terror, I lost that ecstasy; I entered time, I bottled myself up within the “I,” I fell into the mind.

Then, woe is me!... Woe! Woe! It was then that I comprehended the inconvenient joke of the ego. The ego was the one who was suffering, it was afraid of its life, it was crying.

Satan, the “myself,” my beloved ego, caused the loss of my Samadhi. What a horror! If I had known it before...

But, the people adore their “I” too much, they qualify it as divine and sublime. Certainly, how mistaken they are...! Poor humanity...!

- Samael Aun Weor, *Magic of the Runes*



As you pass through cyclic existence, close relatives such as your father and mother become enemies in other lifetimes, while enemies become close relatives. Similarly, your father becomes your son and your son your father; and your mother becomes your wife and your wife your mother. Since there is nothing but a succession of such transformations, there is nothing you can count on.

- Tsong Khapa, *Lam Rim Chen Mo*



Pleasant feelings experienced by beings in cyclic existence are like the pleasure felt when cool water is applied to an inflamed boil or carbuncle: as the temporary feeling fades, the pain reasserts itself.

- Tsong Khapa, *Lam Rim Chen Mo*



Each of us has drunk more milk
Than would fill the four oceans; yet
Those in cyclic existence who act as
ordinary beings
Are intent on drinking still more than that.
- Nagarjuna, *Friendly Letter*



Even if you gained the vast wonders of cyclic existence, they would be illusory.

- Tsong Khapa, *Lam Rim Chen Mo*



Attachment ceases when you see pleasant feelings as suffering.

- Tsong Khapa, *Lam Rim Chen Mo*



Pleasure does not exist naturally,
independently of the removal of suffering.

- Tsong Khapa, *Lam Rim Chen Mo*



People work daily; they struggle to survive. Somehow they want to exist. However, they are not happy. The word happiness is like 'Greek' to people, as we say around here. However, worst of all is that they know this. But amid so much bitterness, it seems they do not lose the hope of achieving happiness one day without knowing how or in what way.

Wretched people! They suffer so much! However, they want to live and are afraid of dying... If people understood something about revolutionary psychology, possibly they would even think differently; but the fact is that they do not know anything. What they want is to survive in the midst of their misfortune, and that is all.

There are pleasant and enjoyable moments, but this not happiness. People confuse pleasure with happiness. Parties, bar hopping, drinking sprees and orgies are brutish pleasures, but they are not happiness...

There are, however, wholesome get-togethers without over-indulgence, vulgar behavior and the abuse of alcohol. But that is not happiness either.

Are you a kind person? How do you feel when you dance? Are you in love? Is it true love? What do you feel when you dance with the one you love? Allow me to be a little bit cruel for a moment by saying that this is not happiness either. If you are an older person, if you are not attracted to these pleasures, if they leave a bad taste in your mouth, forgive me if I tell you that it would be different if you were young and full of illusions.



All in all, in this cruel world in which we live there are no happy people...All the unfortunate human beings are unhappy. In life we have met many individuals who are loaded with money and full of problems: they are involved in lawsuits, overtaxed, etc. They are not happy. What is the use of being rich if one does not have good health? Wretched rich people! Sometimes they are more unfortunate than any beggar.

Everything passes in this life: things, people, ideas, etc. Those who have money and those who have none also pass away. Nobody experiences genuine happiness!

Happiness is not achieved by running away from the Me, Myself, the Ego. Instead it would be interesting to grab the bull by the horns, to observe the 'I', to study the 'I' in order to discover the causes of suffering. When one discovers the real cause of so much misery and bitterness, it becomes obvious that something can be done...

If we manage to eliminate our Me, Myself, our 'I' of drinking sprees, our 'I' of vices and our 'I' of attachments that cause so much heartfelt sorrow in us; if we manage to eliminate those worries that torment our minds and make us ill etc., etc., then clearly what arrives is that which is timeless, that which is beyond the body, that which is beyond attachments and beyond the mind, that which is truly beyond our comprehension and is called happiness!

Unquestionably, while our consciousness remains trapped within the Ego, the Me, Myself, the 'I', in no way will it be able to know genuine happiness. Happiness has a quality that neither the Me, Myself, the 'I', or the Ego has ever known.

- Samael Aun Weor, *The Great Rebellion*, "Happiness"



Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth [comprehension of your egos and the root nature of your mind], and the truth shall make you free [from your sinning egos and cyclic existence].

They answered him, We be Abraham's seed, and were never in bondage to any man: how sayest thou, Ye shall be made free?



Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin. [trapped within the egos] And the servant abideth not in the house for ever [whosoever carries the egos within is subject to the suffering of conditionality]: but the Son abideth ever. If the Son therefore shall make you free, ye shall be free indeed [from sin and cyclic existence]. I know that ye are Abraham's seed; but ye seek to kill me, because my word hath no place in you. I speak that which I have seen with my Father: and ye do that which ye have seen with your father.

They answered and said unto him, Abraham is our father.

Jesus saith unto them, If ye were Abraham's children, ye would do the works of Abraham. But now ye seek to kill me, a man that hath told you the truth, which I have heard of God: this did not Abraham. Ye do the deeds of your father.



Then said they to him, We be not born of fornication; we have one Father, even God.

Jesus said unto them, If God were your Father, ye would love me: for I proceeded forth and came from God; neither came I of myself, but he sent me. Why do ye not understand my speech? even because ye cannot hear my word. Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it. And because I tell you the truth, ye believe me not [because the ego corrupts your perception]. Which of you can convict me of sin? And if I say the truth, why do ye not believe me? He that is of God heareth God's words: ye therefore hear them not, because ye are not of God.

[...]

Verily, verily, I say unto you, If a man keep my saying, he shall never see death [because he shall escape the cyclic process of being born and dying].

- John 8:21-47, 51



Do not worry; cultivate the habit of being happy.

- Samael Aun Weor, *Aztec Christic Magic*