

The Drunk

Rocking in the Waves of Bliss



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The Buddha had gone into the village in the morning to find food. There was a drunk man leaning against the wall drinking alcohol out of a brown flask. The Buddha stopped next to him and leaned up against the wall and held his bowl towards the drunk. The drunk started to laugh and said, "You want some of my alcohol?" The Buddha remained silent. Then the drunk put his flask of alcohol into the Buddha's bowl.

The Buddha bowed his head to the drunk, and said, *"Why are you drinking in the morning?"*

"I like to get drunk. I like to get drunk anytime. This is the best fun I have. I have a good time. You should try it. I just gave you some." Laughingly, the drunk says, "We can sit and have a drink together, OK?"

"I don't think I would enjoy it."

"You won't know until you try it."

"I don't have any need for it now."

"Why is that? Because you are too holy now, living

the saintly life?"

"Yes. I wasn't always like this, but I saw there was nothing great about life. I saw a holy man walking along the road, and I didn't know what he was. A friend told me that people who see nothing great about this life, would leave everything and search for Liberation from this life. I was that type of person, so I became overwhelmed by the need to be free of this suffering place."

Ha ha ha. I am the same way! There is nothing great about this life! Whatever I do, I see the results before I even get started, and when I see the result, I don't want it, so I prefer to do nothing. That's why I am here in the morning having a drink. I know when I drink, I'll get drunk, laugh and have a good time, and finally fall asleep. That's my answer."

"Very good. You have solved your problem! You have good insight into life. I also had the same problem. Whatever I did in life, there was no winning. I saw that I could do all these wonderful things. I came from a prosperous family, but I saw that whatever I did was in the end a waste of time. In the end, no

matter what I did, I would get old and die, and all efforts and struggle would only amount to a pile of dust. So it was just so much stupidity."

"Yes, life is just like that and there's no escaping this hell. I am just waiting with open arms, holding my flask of alcohol, waiting for the end to come."

"Ha ha ha. What a great image. I love that. I was like a drunk for many years. I think back how stupid I was. I left my wife and child, money, position, and good family to seek liberation. I visited many teachers who told me stories and methods to achieve liberation, and like a drunken fool I believed and followed them, believing everything. One crazy teacher told me to starve myself, deny myself everything. I was lucky I was young or I would have died. Can you imagine? You were here drinking and having fun, while I was torturing myself and all because there was nothing great about this life."

"Amazing! You tortured yourself and I stayed drunk because we saw nothing great about life, and we meet here with my flask of alcohol in your begging bowl. Are you ready to drink now? It sounds like you

need it. Maybe try my way a while."

"Yeah, but I got smart after I saw what was happening. I left those teachers and stopped torturing myself, and found the Truth."

"What truth?"

"Life is ecstasy."

"What? You have already been drinking?"

"No no. After I realized that nobody could help me, I went out alone to find a way out of this miserble world, and carefully examined the problem. I remembered a childhood experiece of extreme happiness, and analized and experimented. Then I saw the cause of our suffering and found the way to end suffering. When I practised the way to end suffering, I found that life was always in ecstasy, and suffering was gone."

"Really? You have found some secrets?"

"Yes, I found the ancient secrets, a well trodden path

that all enlightened beings have traveled since the beginning of time."

"You're joking with me? I have found my flask of alcohol to be my ancient secret."

"Ha ha ha. Yes that is also an ancient secret, but where will it go? It is like me torturing myself for freedom. It doesn't go anywhere. Your flask of alcohol doesn't go anywhere. In the end you still have this miserable world, and the truth is that we are a just little confused, and that confusion causes the suffering."

"You're kidding me? Just a little confusion? I have been confused by this world my whole life. I'd say it is a big confusion, not some small problem."

"Yes, when we are in confusion, and no one knows the way out, it is a horrrible, everlasting problem. If you are in a prison, and no one will let you out, it is a huge problem. When someone hands you the key to the door of your prison, then the prison is not such a big problem. You can leave, visit the prison, or never come back. It's not a problem. We were both in that

prison. I found the key, left the prison, and I am coming back to hand out the keys."

"Ha ha ha. I know your key will cost less than my alcohol, because you are a begger, and all I can give you is my flask, and you have already been paid, so let's have your secret."

"OK, you have already known the prison for a long time. We see this prison right now, true?"

"You mean everything we see?"

"Yes, everything we can know is a prison."

"Some of this stuff is fun like my alcohol and women. It's not all bad."

"Yes, sometimes I get some good food...ha ha ha." The drunk and the Buddha laugh together, and the buddha continues, "But whatever happens good, it goes nowhere. You had some fun, and now it is a memory, so we replay the memory again and again to have that fun again, because we aren't so happy. So there is real fun, and then there is the memory of

fun."

"Here is a fun question. When you see a beautiful girl, do you feel the beauty with your heart or your head?"

"Of course I feel desire in my heart, beauty in my heart."

"Now remember a beautiful girl? Imagine her. And is that memory, the image in your head or in your heart?"

"That's funny. I love her with my heart and remember her with my head. That is very strange."

"Exactly. When you see a beautiful woman, is it more fun to feel her in your heart, or is the memory more fun?"

"In my heart is more fun. Memories of fun are not so good."

"Right now you are drunk and feeling good. Is the good feeling more in your heart or your head?"

"Lets see... It is certainly not in my head. My head feels like it is spinning a bit, and might make me sick, and my heart is feeling good."

"So let's remember this discovery. Memory and images in the head are not fun. Fun and happiness is found at the heart."

"If you relax, feel the good feeling in your heart and fall into those good feelings, do they increase?"

"Yes, I feel much better. You have shown me that my head is the pain, and the heart is feeling good. I see it more clearly with your experiment. When I relax and drop into the heart-happiness, I enjoy myself so much more. My whole body feels happy. You have some nice talent. I like you. Lets do some more."

"OK, let's have some fun. You have a good feeling all over your body. Is it coming from the good feelings at the heart?"

"Yes, the big pleasure is in my heart and it radiates everywhere in my body. It's very pleasant."

"Yes, just relax and fall into your heart happiness, and feel it radiate strongly into your whole body. Have the heart happiness become your body."

WOW! I feel like I could fall down. Catch me if I fall over. I am feeling great, but drunk. Ha ha ha. My heart feels ecstasy, and my body feels very happy. I feel like I am swaying in waves of bliss. This is more than just alcohol, isn't it?"

"Yes, it is more than alcohol."

"Some of the secrets you learned, huh?"

"Yes. Want some more?"

"I don't know. Ha ha ha. This is pretty extreme right now. I feel like I need to keep leaning on this wall. You know I can barely talk now. There are waves of bliss starting to take over everything."

"Excellent. Just keep falling into and becoming the waves of bliss, until they are coming upon you constantly without you having to do anything."

Yes, they are wave after wave of bliss coming over me, and I want to shut my eyes and just be here enjoying this."

"Try to keep your eyes open as best you can. Are the waves of bliss going through you from the top of the head to your feet now?"

"Yes, it is like riding waves of bliss and I feel like my body is rocking."

"Excellent. Float away from the heart. Relax more and float away from the heart and allow the bliss to expand into the world. Try floating away from the heart out into the world, and allow the bliss to expand into the world."

"I need to rest my head on the wall to continue this. My head feels like it is falling around."

"When you rest your head on the wall, does the bliss stop?"

"Yes, the bliss in my head stops! What is this?"

"Let your head fall around if it produces more bliss. You want to do anything to heighten the bliss."

"This is wild. When my body moves with the waves, the bliss becomes greater. If I try to stop rocking, the bliss disappears. If I let my head roll around, my head is filled with waves of bliss, and I almost lose consciousness. This is very strange, my friend. Is this a secret you discovered?"

"These are your secrets now. You have discovered these things for yourself. You are practicing your secrets now. You are experiencing a bliss beyond alcohol, wave after wave of bliss. Bliss is available to you always. You don't need alcohol to get extreme bliss anymore."

"Let me take my bottle back. You don't need this. Neither of us need this. Let me buy you some food, so we can sit and talk. I realize I have nothing better to do with my life than learn this. I think you have found some secrets that I need to learn."

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