

Who Else Wants  
**Extreme Happiness**  
Without Meditation?



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Have you ever heard that Buddha achieved states of extraordinary bliss and happiness? Maybe you heard that Buddha achieved some fantastic state of freedom or liberation. Then you sought to find such happiness, and went to learn how it is done. Now all you have found is religion, new clothes, and stressful times. I did all this for too many years, and finally got serious, threw everything I knew out the door, started over, and just looked at the facts. Here is what I found.

Yes, you can find Extreme Happiness. Yes, Buddha spoke continually about blissful states and freedom. Does anybody do it today, teach it today? Not that I am aware of. When I see pictures of the great worthy ones, I don't see the bliss. When I hear what they say, I don't hear about a path of bliss. I like to be happy and blissful, so I decided to take Buddha's path. Some people do not want bliss in their lives, but I do, and I think other people want extreme happiness also, so I write this booklet to explain exactly how to make it happen in your daily life.

First off, you have everything you need right now to have happiness. You don't have to go to the

mountain top or give up your life. We are not ascetics seeking pain. We are just simple people wanting bliss in our lives, whenever we want it. We don't want new beliefs and crazy rules. We don't want silly dreams. We just want bliss, simple and easy. Whoever you are, you already have enough pain in your life. We don't want to add any more.

People meditate by sitting on the floor with crossed legs and eyes shut for long periods of time. They probably have some special posture and special way to hold their hands. Maybe they have some cushion to make themselves more comfortable. Extreme happiness is not sitting with your eyes shut, sleeping and dreaming. You stay awake and alert with your eyes open, and become absorbed in bliss. We are learning to live in happiness every moment, wherever you are and whatever you are doing. Happiness is your natural state, and we want to step back into that happy existence.

We are going to describe four levels of happiness, and we want it very simple, and we want profound results. First we are going to learn how to mechanically create pleasure in every part of our

body. Then we are going to learn how to make that pleasure an automatic experience. In the third step, we are going to extend pleasure to make everything in the world blissful. If you want more, we go universal, and discover profound peace and happiness.

Here is what you will need to learn and do. First you will need to be able to relax. Second, you will need to let everything go on without you, and just BE the feeling, the experience. Two simple things: increase relaxation and become the feeling of pleasure. It will be easy to do, because you will enjoy greater happiness. And happiness is a fun feeling to follow.

### The Foundation:

First we need to create the first feeling of pleasure. Start by relaxing completely and very gently feeling the air moving in the nostrils. Relax and become the feeling. Relax and become the feeling. The more you relax and become the feeling, the more the feeling begins to change into pleasure. This may take one second to several minutes. Continue

relaxing and becoming the feeling of pleasure for several minutes, then move to the First Step. No need to rush.

### First Step:

You have created and become a relaxed feeling of pleasure.

Now we want to extend this pleasure to the head, so that the head feeling becomes the feeling of pleasure. The head feeling becomes pleasure. Become the head pleasure for some time, then...

Relax. Extend the pleasure to the neck feeling. Become the feeling of the neck pleasure for some time then...

Relax. Extend the pleasure to the shoulders feeling. Become the feeling of the shoulder pleasure for some time then...

Relax. Extend the pleasure to the arms feeling. Become the feeling of the arm pleasure for some time then...

Relax. Extend the pleasure to the torso feeling. Become the feeling of the torso pleasure for some

time then...

Relax. Extend the pleasure to the hips feeling. Become the feeling of the hip pleasure for some time then...

Relax. Extend the pleasure to the legs feeling. Become the feeling of the leg pleasure for some time then...

Relax. Extend the pleasure to the head and spinal column feeling. Become the feeling of the head and spinal column pleasure for a long time...

At this point, you have created pleasure throughout the body. The amount of pleasure should reach an extreme point, and you may feel yourself unable to leave the pleasurable feelings. Continue this first step until the pleasurable feelings reach an extreme point, and then move to Step Two.

Buddha spoke of this first ecstatic state like this:

*“he enters & remains in the first jhana: rapture & pleasure born from withdrawal, accompanied by directed thought & evaluation. He permeates & pervades, suffuses & fills this very body with the rapture & pleasure born from withdrawal. Just as if a skilled bathman or bathman's apprentice would*

*pour bath powder into a brass basin and knead it together, sprinkling it again & again with water, so that his ball of bath powder — saturated, moisture-laden, permeated within & without — would nevertheless not drip; even so, the monk permeates... this very body with the rapture & pleasure born of withdrawal. There is nothing of his entire body unpervaded by rapture & pleasure born from withdrawal.”*

### Second Step:

You have used directed thought to create extreme happiness everywhere in your body. Now you can become bliss throughout your body until each breath, each heartbeat, each movement, each thought is automatically pleasure. You become the whole body pleasure. If you enjoy full body pleasure, you can be the pleasure whatever you are doing, every day, all day. Live in pleasure. Here's how:

Relax. Extend the pleasure to the whole body feeling. Become the feeling of the whole body pleasure for a long time...

Relax. Become the pleasure for a long time...

Just two simple steps to create constant, automatic pleasure throughout your body. Buddha speaks of this ecstatic state like this, using water as an analogy for bliss and rapture:

*“with the stilling of directed thoughts & evaluations, he enters & remains in the second jhana... Just like a lake with spring-water welling up from within, having no inflow from the east, west, north, or south, and with the skies supplying abundant showers time & again, so that the cool fount of water welling up from within the lake would permeate & pervade, suffuse & fill it with cool waters, there being no part of the lake unpervaded by the cool waters; even so, the monk permeates... this very body with...rapture & pleasure...”*

Third Step:

You exist as “automatic body bliss”.

Carefully expand the “automatic body bliss” into

the world-consciousness in one direction. Pick any direction, in front, to the right, in back, on the left, below, or above. Any direction you prefer is OK. Later you can do the other directions.

Relax. Extend the “automatic body pleasure” into the world-consciousness feeling in the “X” direction. Become the feeling of the “automatic world-consciousness” pleasure in the “X” direction for a long time...

Relax. Extend the “automatic body pleasure” to the limits of the “world-consciousness” feeling in the “X” direction. Become the feeling of the limits of “automatic world-consciousness” pleasure in the “X” direction for a long time...

This simple technique, when continued for a long time, will give profound bliss and insight. The entire world will become blissful.

### Fourth Step:

The Fourth Step goes beyond bliss and pleasure into an unearthly state of peace, free from the world.

Relax. At the limits of “automatic world consciousness” pleasure, step beyond and become the feeling of being beyond. Wait for the feeling of floating. Become the feeling of floating. Become the feeling of floating away.

Gravity starts to disappear and the feeling of floating predominates. Become the floating, the weightlessness, and you find pure peace as your basis, untouched by anything in the world.

*“he enters & remains in the fourth jhana: purity of equanimity & mindfulness, neither-pleasure-nor-pain. He sits, permeating the body with a pure, bright awareness. Just as if a man were sitting covered from head to foot with a white cloth so that there would be no part of his body to which the white cloth did not extend; even so, the monk sits, permeating the body with a pure, bright awareness.*

In Buddha's description of the fourth Jhana, the pure, bright awareness covers the body from head to foot like a cloth. Thus it is very clear that the pure, bright awareness is coming from outside the body. As you become the fourth step experience, which is

the pure equanimity free from this world-consciousness, you will discover that you are the Illumination, the pure light and awareness, which witnesses and illuminates this body, this world, this universe.

### Addendum:

This is the fast version of step three and four. Go back and repeat steps three and four in any and all different directions, and explore reality with Illumination.

I like the fast path, because it is quick and easy, filled with bliss, and can be done anywhere, anytime, without disturbing your life (Once you become accustomed to the loss of gravity and the feeling of floating). In the fast path you become the “consciousness pleasure” in one direction at a time around your body, and go beyond “consciousness pleasure” in the same direction to do the Fourth Step, where gravity is lost and you become the floating feeling, and you become the pure, white, witness illumination of this universe.

In this booklet I have tried to create the simplest method possible for anyone to achieve the levels of bliss and liberation described by Buddha. I have refrained from extra discussions, and concentrated on fast, easy results. If at any point you find difficulty, the most common problem is using the mind and thinking instead of feeling. Experiencing is the key to happiness, not thinking. Thinking and dreaming will end your experience of reality. Just as when you see an awesome vista of the sea meeting the mountains, and you start thinking about buying a post card with a picture of this vista in a nearby shop. When this happens the awesome experience of the vista disappears, and you are dreaming about the post card in the shop. If you just relax and experience reality, feeling, you will go quickly into the blissful stages of Buddha's experience.

My Best

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