

And life goes on . . .

Spiritual Wisdom

Enlightenment is the ego's ultimate disappointment.

— Trungpa Rimpoche

One day the master announced that a young monk had reached an advanced state of enlightenment. The news caused some stir. Some of the monks went to see the young monk.

"We heard you are enlightened. Is that true?" they asked.

"It is," he replied.

"And how do you feel?"

"As miserable as ever," said the monk.

Here's the thing: Even after enlightenment, you're still you! For example, if a mopey, sullen person were to somehow become enlightened, he wouldn't necessarily start running around smiling and laughing all the time. In fact, he may not change so much outwardly, although those with eyes to see the light of spirit would see it shining through his eyes, words, and actions.

Don't Forget

With enlightenment, you may continue playing your role, but with the awareness that you're the one who's playing your role!

Spiritual Wisdom

The laughter of Hafiz

I'll let the Sufi poet Hafiz have the last word for this part, because he captures so well the cosmic joke behind this book and every other effort to capture reality in words:

I have a thousand brilliant lies
For the question:
How are you?
I have a thousand brilliant lies
For the question:
What is God?
If you think that the Truth can be known
From words,
If you think that the Sun and the Ocean
Can pass through that tiny opening
Called the mouth,
O someone should start laughing!
Someone should start wildly Laughing —
Now!