

THE WELL PITS UNDER THE WHEEL OF SAMBARA

The bliss of Awareness that we experience when a desire is fulfilled is that of the background that is always present.

The well pit metaphor and the Ferrari example 😊 Simple, beautiful and funny

A small extract from the 2nd of July dialogue (first week onsite retreat, day 6)



“There are two kinds of satisfactions. There is a temporary satisfaction which takes place when a desire for an object or event gets fulfilled. And usually that is the only type of satisfaction we know. But there is another type of satisfaction which is very different. It is the satisfaction that is always present, behind the temporary dissatisfaction.

It's like if this absolute satisfaction lies under the surface, and the desire remains at the surface. When the desire is fulfilled we dive and get in touch with this always present underlying satisfaction, and then we seek a new dive. It's like if in this surface there are holes [such as well pits] and we wonder on the surface seeking a new hole through which we can access this underlying level of satisfaction, whereas *we are ultimately the foundation of everything. We are the place of ultimate satisfaction.*

That which prevents It from being experienced as such, is the disbelief that this continuity is absolute, in other words the belief that this continuity is relative and temporary. So we must be open to the possibility that this continuity is absolute and permanent. What we have to understand is that the reason why we experience satisfaction upon the acquisition of the desired object is that we experience the desire-less state. That's when we dive through this well, back to the underlying continuity, where there is always water.”




“ To prove this to you, let’s assume you have a huge desire for a Ferrari, but you are poor.

All of a sudden you hear the ‘bad’ news that your aunt Geltrude from Germany [for whom you do not have good feelings] has just passed away, and she left you three million dollars. Immediately, upon hearing this news, you have your Ferrari, right? And more than that, you have the Ferrari and the garage and the house... all of that, right? But the most important of all, is the Ferrari. So immediately the desire for the Ferrari vanishes, so immediately you have this explosion of joy.

Then you go to the dealership, you order the Ferrari, it takes three months before you get it. Mmmmhh. Already there is some dissatisfaction, already you have a new desire: to receive it.

Then you get it. You go to the dealership and you get the Ferrari. But the joy is less than that upon hearing the news that your aunt died. And yet, here you have the Ferrari, before you did not have it. That was allegedly your real desire. How come that when you have the Ferrari, the happiness you experience is much less than when you hear the news and you know that you are able to get the Ferrari?

If the Ferrari was really that which brings about the happiness, it should be the opposite. You should not have been happy when you hear the news, because you don’t have the Ferrari yet. It does not make sense, right?

Because you still have to take the subway [, you are not enjoying the Ferrari yet. And even when you hear the news that it has arrived at the dealership, you shouldn’t be happy yet, you should be happy only as you drive the Ferrari out of the dealership. But it is just the opposite. The maximum happiness it’s upon hearing the news of the death of your aunt, upon getting the keys of the Ferrari the intensity of the happiness is already less...

Then you drive out and ... bump into a car, and then the happiness is gone. 'Gee! How much is this going to cost! Ferraris repairs are not cheap!' Then the problems begin again.

With this story I am trying to show to you that it is not the object that brings the happiness but rather the cessation of the desire."