



Experiencing Bliss

Bliss is your nature, at your core. We cannot earn bliss or do anything to get it. We can only allow ourselves to experience it. Bliss, also known as joy, peace, stillness or love are not human emotions. Human emotions such as happiness, anxiety and fear vary and are dependent on thoughts and circumstances which makes the emotions conditional. Bliss however is a spiritual attribute or virtue which does not vary with circumstances and arises out of pure awareness. When we feel angry or sad or worried, we do so for a reason or a condition. Spiritual virtues, being unconditional feelings, are eternal.

Once you know how to experience a spiritual virtue, it is available at any time even in the midst of uncomfortable human emotions.

In using awareness, we will experience the spiritual virtues no matter what else we are doing, thinking or feeling. You might even discover that the virtues have always been with you; you just hadn't been paying attention to it.

Bliss is the virtue of the fire element – one of the four classical elements in ancient Greek philosophy and science. Enthusiasm is experienced from the *fire* element being in harmony. You can do a quick test to determine if there is a balanced fire element in your being by observing or using your awareness to notice your breath. Choose to be aware in this moment. Read the next few sentences, then close your eyes and note your breath.

Don't attempt to change your breath - just observe the 4 phases - the beginning of the in breath, the full in breath, the beginning of the out breath, followed by the full out breath. Then there is a pause. Do this for as many cycles as you need to be aware of any 'glitches,' less ease, or a difference with the smoothness of each phase. The phases are subtle – so use your awareness.

If there is less ease at the complete full in breath phase, this indicates that your fire element is out of balance. The imbalance could lead to physical symptoms such as those found in the *fire* organs: heart, adrenals, thyroid and small intestines.

You may notice that the full in breath appears normal, but other phases of the breathing aren't. These indicate an imbalance affecting other parts of you.

Embedded here is a healing energy for harmonizing the elements within you. This is no different to receiving a distant healing session or feeling the energy of someone thinking of you who is not in close proximity – for we are all connected energetically. Should it resonate within you, you can choose to receive the element harmonization. Focus on the below words, *elemental harmony*, with the intent to receive a change for the better. Wait 30-60 seconds to notice how you are feeling differently.

Elemental Harmony

Now observe your breath again and note the difference with your breathing and how you feel differently. This exercise for harmony hasn't dealt with the *underlying issue* that created the symptom of elemental imbalance. You may need to ask further questions to clear the blocks as to the cause of the disruption. However, you will no doubt be clearer to be aware of bliss. This was the purpose of the exercise for you.

To experience the bliss, you can ask a question. The question is not to gain intellectual ideas. Your question for the purpose of being *aware of the answer through an experience*. The question to be used for this experience is: **"What is it like to experience bliss?"** Wait 30-60 seconds and notice what you are experiencing.

Once we know how to experience the awareness of bliss we can choose to experience the virtue, even amidst the most chaotic circumstances. Greater insights and healing can take place.

We can feel the human emotions but, if we identify with feelings as though we *are* the feelings, we can miss the awareness of the spiritual virtues. Practising awareness of bliss means we will be less influenced by someone's negative behavior.

