**Addicted to Bliss**

Seeking can be like an addiction and with any addiction brings extreme behaviors. We can compulsively seek to experience again a blissful mystical experience, witnessing or “resonance.”

The problem is not in the quality and characteristic of the experience but in the dosage of the experience. In the following video, the behavior of dolphins and pufferfish were captured on a hidden camera. In small dosages the neurotoxin excreted by the pufferfish has a calming narcotic effect on the dolphins. The neurotoxin in large amounts is lethal.

<https://youtu.be/iVqObIauPJA>

So, it is with mystical experiences with seekers. Last week I came across a term that describes what happens when we are either unprepared or become obsessed with mystical experiences. It is called the Jerusalem Syndrome. The Jerusalem Syndrome is a mental phenomenon triggered by a visit to the city of Jerusalem. Upon a visit to the city an individual can become obsessed and delusional over what they may experience in the presence of religiously saturated environment. The syndrome is not common to one single religion or denomination.

So what to do?

In the Isha Upanishad, book 1 verse 9 the author warns us,

“Those who get attached to worldly pursuits enter into a blinding darkness, those who get attached to spiritual experiences enter into a greater darkness.”

Put another way Nisargadatta Maharaj said,

“Between the banks of pain and pleasure the river of life flows. It is only when the mind refuses to flow with life, and gets stuck at the banks, that it becomes a problem. By flowing with life, I mean acceptance -- letting come what comes and go what goes.”

If you can, let come what comes and go what goes.

With Love,

Todd and Susan

Nondual living is in its second year of implementing the “Taking it to the Streets” program. We provide food, clothing, blankets and coats to the homeless.

If you feel moved to donate any of the above items, please contact us at

[peace@nondualliving.org](mailto:peace@nondualliving.org)