



## Pathways to Bliss

### Mythology and Personal Transformation

by Joseph Campbell

New World Library © 2004  
194 pages

### The Big Ideas

#### Bliss =

Transcendent wisdom.

#### Your Life

Composed by a novelist.

#### Life Is Calling

Answer, please. :)

#### Say "Yes!"

Pretty please.

#### Bringing the Boon Back

Show me the boon!

#### Your Spiritual Practice?

I Underline Books.

#### The Simple Tasks of Life

Make 'em awesome.

#### Cosmic Power

+ Your personality.

#### Do I Dare?

(Hint: YES!!! :)

#### Questing for It

Is not an ego trip.

"There are something like 18 billion cells in the brain alone. There are no two brains alike; there are no two hands alike; there are no two human beings alike. You can take your instructions and your guidance from others, but you must find your own path." ~ Joseph Campbell from *Pathways to Bliss*

This is the third Note I've created on Joseph Campbell. As I mention in the others (see Notes on *A Joseph Campbell Companion* and *The Power of Myth*), Campbell sits in the Granddaddy slot in my spiritual family tree. I hart Grandpa Joe. :)

This book is from the collected works series New World Library and the Joseph Campbell Foundation are assembling. The prose and the presentation are stunningly beautiful.

If you haven't explored Campbell and his hero's journey yet, get on it!

I trust you'll enjoy my Notes on this gem, *Pathways to Bliss*--which provides some Big Ideas on applying the power of myth to transforming our modern lives. Great stuff.

### Bliss = The Transcendent Wisdom Within You

"Your bliss can guide you to that transcendent mystery, because bliss is the welling up of the energy of the transcendent wisdom within you. So when the bliss cuts off, you know that you've cut off the welling up; try to find it again."

Wow. That's beautiful: "...bliss is the welling up of the energy of the transcendent wisdom within you."

As I mention in the other Notes, Campbell initially arrived at his sense we should follow our bliss when studying the ancient *Upanishads*--the core texts of Hinduism. The classic Sanskrit scriptures tell us there are three jumping off points to enlightenment: *sat* (beingness), *chit* (consciousness), and *ananda* (bliss). Campbell says he wasn't sure what his proper "beingness" looks like and same with his "consciousness." But his "bliss"? He knew what THAT felt like and figured if that was one of the three pathways to enlightenment, he'd follow it!

And, he likes to say, it seems to have worked out pretty well. :)

So, KNOW that there's an incredibly transcendent wisdom within you and it wells up THROUGH YOUR BLISS! Meaning: when you feel joy, bliss, rapture, it's because GOD is flowing through you. And, well, that's a good thing. :)