



Complete Confirmation of Natural Perfection

Chapter Four: Completely Confirm Your Own Condition, Just As It Is

We'll begin by setting the context for the teachings. Everything whatsoever, no matter what its name, rests in a basic state of natural perfection that is of consummate benefit to all. There is no other way it can be. This is the way things actually are. Thus, our natural disposition is the benefit of all, without any effort, without anything needing to be done. A ceaseless flow of beneficial activity, effortless, complete, with everyone we meet in every moment without needing to try. Without contrivance, without cultivation. We rest just like that, without effort, no achievement of anything necessary.

The teachings have their full impact in instinctively recognizing that this is our native disposition, our natural state, our only condition, just *as it is*. It is completely confirmed in every single instant with no pointing out necessary. Everything just *as it is*, is the way it is, unavoidably.

Completely confirm your own condition, just *as it is*. Who else is going to confirm your condition for you? Good question, isn't it? There isn't anything other than your condition just *as it is*, whatever it is. So, if you really want to have an ultimate understanding of the way things actually are for you, then it requires that you completely confirm your condition as it actually is in every here-and-now.

All that is needed for it to be realized that it's unceasing, and unending, is instinctive recognition of that, in one here-and-now. That instantaneous recognition is complete confirmation of the unending nature of the basic state of natural perfection. Then you can simply continue on just like that, nothing else. No matter what appears, whatever appears is just *as it is*, no matter its name. So there's no big fuss about it, no to-do.

When there is instinctive recognition of its fundamental nature of natural perfection, there's nothing to do. All intelligence, all understanding is super-complete in that instinctive recognition. Without the need to think about anything, you know exactly what to do in whatever situation you're in, with whomever you meet. So that makes things easy. No more need to plunge into the depths of what to do about this or that. Easygoing, carefree naturalness, vividly awake in every moment of the here-and-now. Completely secure and confident, impossible for it to be any other way. This is the complete confirmation of your condition just *as it is*.

The clarity of awareness shines within the pure here-and-now. Awareness may have seemed trapped inside your skin suit, but when you look at your experience exactly *as it is*, you can't find awareness anywhere—not internally or externally. It simply is *as it is*, infusing every single here-and-now. Never collapsed into a someone, made into a someone, made into a something. All-pervasive of every here-and-now, the brilliant clarity of awareness.

This basic state of natural perfection has no obstruction or interruption, like flawless sky. All here-and-now's, regardless of the description imposed upon them, are self-perfect and luminously clear. There is no obstruction or interruption in sight anywhere. Just like in the flawless sky there is no obstruction or interruption anywhere. Know your condition to be just like that.

Right here, completely confirm your own condition, just *as it is*, through the exceedingly powerful means of instinctively recognizing the basic state of natural perfection. Never be fooled. Something so simple is exceedingly powerful. A short moment of instinctive recognition does away with a lifetime of confusion forever. That's how powerful it is, exceedingly powerful. Without any doubt, in the instant of instinctive recognition.

Confirm directly that your own immediate self-awareness is just this and nothing else. Your own immediate self-awareness, that by which you know you are—exceedingly powerful, pure, clear, containing all knowledge and its systems and terms. Everything directly accessible without any effort and without any learning. Beyond learning, including all learning. Just like that, this is your own power, your own natural state, your own condition exactly as you are.

It is pure and clear, no matter what appears. Right now, look at the thought you call yourself to see if it is like that or not. Think up that thought about you, the one you hardly ever have really. How many of you are sitting around thinking: "I'm myself, I'm myself, I'm myself." It ain't happening. Once in a while you think, "Oh, I'm this self," or you have an assumption about that. However it isn't something you think about very often.

But right now, think about it, think about yourself. Think about yourself and see what that's made of. Where is it? Where are you? Pinpoint it! Show it to me, where exactly are you? Look deeply into your own condition and see that it is pure and clear like flawless sky.

That thing you call yourself, pure and clear like flawless sky, never made into anything. Not even made into the fantasy tale you have about it. Look for it. Try to get a hold of it. If it really existed you could show it to yourself right here. You could say, "This is me. I'm going to put it on the shelf so everyone can look at it." But when you look here and there and you try to find the location of that "you, yourself, I, me, and mine," what do you find when you look into that experience? Do you find anything you could call something or someone? Or do you find the here-and-now seeing nakedly. Just like that, nothing else. This is the basis of your own condition.

It is now impossible to speak of not understanding your nature. So you won't have that to talk about anymore! All that's left then is natural usefulness, without even trying.

Moreover, as your very own basic state of natural perfection is completely confirmed, there is no doubt about it. Wow! You've been looking for it everywhere, and it's right in yourself. You've been looking at that pretty thing across the room, or that pretty other one, or maybe you don't like 'em pretty so you're looking for another look. But whatever that sweet confection is you're looking for, you find it in your own luminous seeing, here-and-now, suffusing everything. That's the sweetness of everything just *as it is*.

In this way there is no doubt about it. You, just are as you are, completely simple, straightforward, plain spoken, without a lot to say about anything yet knowing everything exactly *as it is*. Knowing perfectly the nature of all phenomena whatsoever. Knowing exactly how things work, knowing the way that things actually are.

Since your own manifest, intrinsic awareness is only the clarity of the here-and-now, spontaneously continue on just like this. Wow. Where would it begin and end? Where would any here-and-now begin and end? Where would the ceaseless stream of luminous seeing begin and end? Where would there be a point where a here-and-now started and then stopped? Where exactly would there be anything called a personal history—past, present or future—that you can actually say was really made into something? Look at your experience exactly *as it is*! Understand all of your life, your personal history and everything else as pure and ungraspable.

If you have a thought about the past or a thought about the future, where is it? Did you teleport back somewhere into the past or into the future, time traveling around here and there, or is that thought occurring right here? This thing that you call your past is pure, clear and ungraspable. Know that as your

only condition, your basic state of natural perfection. In that all is known to live comfortably right now, to deeply enjoy life no matter what's going on. To not hope for anything to make it better, or fear that something will make it worse. This is how powerful we are.

The basic state of natural perfection is just that which is thinking. Wow, the thoughts in this room! There are a lot of them! And what is it that's doing that thinking? Where is that coming from, that dynamic energy that's present here? Pure, clear and ungraspable, the spontaneous creativity of the here-and-now resting in the basic state of natural perfection. No need to try to cool it down or drum it up or anything else. There'll always be plenty of it to go around, so don't worry about it.

Or maybe you can't take it, so you try to get into a non-conceptual state. Can't take all those thoughts, so how am I going to find a non-conceptual state? Either on the natch, I'm going to force all of my experience to go somewhere so I can have my other experience called the non-conceptual state. Well, all of this no matter what it is, one extreme or the other, the stirring and proliferation of thoughts or no thoughts at all, it's all the spontaneous arising infused with the luminous clarity of the here-and-now.

Always seamless, never one way and then another. Never better and then worse, or worse and then better. Everything exactly *as it is*, just like this. Totally straightforward and simple. Naked awareness seeing, infusing every here-and-now with natural perfection.

Search for the thinker and find natural perfection. That's very simple. That troublesome outlaw called the thinker, where is it? Where is that thinker that's going to be thinking up all those thoughts and directing activity? Look into your own experience, look at that thinker. Is there a thinker in there somewhere directing anything? You can't help but laugh, can you!

If this thinker was in there and it really was someone who was directing something, wouldn't the things have worked out better by now? All we can rely on is our own fundamental condition just *as it is* There isn't anything else to rely on. The thinker that is thinking is thinking with naked awareness, that's it. If you look for the thinker or the thinking, what do you find?

With respect to this, nowhere have you found someone who is the cause of mental activity. Maybe you never even realized that you thought you were the cause of mental activity, but most people think they are the cause of mental activity. Let's put it this way: is there anyone here who as has not thought that? When we think we're the cause of mental activity, then we need to micromanage the mental activity, because we're supposed to be in control, right?

So if we have negative thoughts, *whoops*, better do something about them.

Either indulge them, avoid them, replace them, that's what we learn. But when you put an end to all of that, like you have, by completely confirming your native condition just *as it is*, then there is no more concern about what appears. Whether it's positive thinking, negative thinking, neutral thinking, it just is *as it is*. It's the source of natural perfection, the source of complete relaxation. A carefree attitude.

Since thoughts are always already settled into their own fundamental condition, they cannot be modified in any way, and that is sufficient evidence for this simple, relaxed state of every thought just *as it is*. Every thought, no matter what it is, rests in a basic state of natural perfection. You know this to be the case about yourself, so there's never any way to veer from it. Don't ever take what appears as evidence of natural perfection not being present. Everything that appears is evidence of natural perfection, naturally present. Know your experience to be just like this and no other way.

Everything naturally remains in a completely naked state without any effort, without anything needing to be done. Like the flawless sky remains flawless without any effort, without anything needing to be done, so your very own awareness is just like this. Just like flawless sky—pure, clear and ungraspable. No matter what the thought is that's being think, if you look for the thinker or you look for the thinker, whatever you name it, no matter what it is, it's pure, clear and ungraspable like flawless sky.

Since thoughts are just as they are there is nothing to do about them.
Pheew!

Thoughts are self-sufficient in natural perfection, spontaneously self-freeing with nothing needing to be done. No one in charge, no one in control. The spontaneous self-release of the here-and-now is guaranteed. There's never been anyone who can capture the here-and-now. There's no way to capture the here-and-now.

Every single flash instant, a continuous stream, pure and clear. No way to ever stop it and say; "Here. This is it. Here it is. I'm going to tell you exactly what's here." Not even a moment's opportunity to describe what's occurring; any description is about something that's already past. Just relax completely, there's nothing to emphasize or de-emphasize.

How many don't like your negative states? This is just a habit, just a habit. If you ate a pint of ice cream every day, and you just did it, "Oh, got to have my ice-cream today," that would be a habit. Not liking negative states is the same thing. It's just a habit, that's all, it's something you learned.

When these negative states appear, what does that say about them? What does that say about all the fussing and fighting? Trying to get rid of them, avoid them, indulge them, change them into something else. If they're left

exactly as they are, un-rejected, you find that everything just flows along, spontaneously self-freeing. The instant cure with no one to do anything about them. Test it in your own experience and see if this is true or not. Negative states are a very rich laboratory of natural perfection.

I see some big smiles in the crowd from people who have been struck by the tsunami of negative states. I could raise my own hand on that one. It's a great relief to find that these negative states mean nothing at all. Their power and influence is completely over the moment they're thunk up. Continue on enjoying yourself; allow everything to be *as it is*. It's never going to be any other way! Relax completely and know that everything is okay exactly *as it is*.

If you have negative states now and they seem unbearable to you, think about what it's going to be like when you die. It's really going to be negative then, probably. All kinds of unexpected things. You're turning off, shutting down, your senses one by one go kaput. So when you have all these negative states that you're trying to get rid of, how about trying to make them worse? Just for the fun of it! If it seems so dismal and dramatic, just start thinking about how bad it could possibly get, like a real paranoid. Just think of everything: "And then this will happen, and then that will happen, and then, oh my god, and oh, what I'm going to do then, and oh, no one will like me, and my name will be on the front page of the New York Times, everybody will know me for who I am, it will all be over, the notoriety I wanted will be infamy instead of fame!" You know, all of it, just let it go, while you relax in your natural condition. It's never any way other than that, so you might as well have some fun with it. Yeah, it's all relaxed spontaneously without any effort at all.

Since the basic state of awareness is self-originated and spontaneously self-perfected, there are no causes or conditions necessary to bring it about. Already accomplished, no causes or conditions need to bring it about. No methods, no practices, nothing needing to be done. How could it ever go away? Look, right here, the basic state of natural perfection—everything, unavoidably resting in it. Where would it go? How could you get rid of it, if you tried? Or conversely try to get it? Naturally present, completely open, indivisible.

It is accomplished effortlessly in everything that is said, felt, sensed or done. Everything! By the power of instinctive recognition of your own condition, at some point you suddenly find yourself acting like a lunatic, and laughing uproariously at the same time, because you get it. You get it, you get that all that stiffness and control, trying to be the proper little dude or dude-ette, that it all rests perfectly, just *as it is*. See, that's what it means to be relaxed. No longer afraid of yourself and what you might do, say, think, sense, feel. No longer afraid. Moving along in fearless activity. Fearless, spontaneous activity. Not dependent upon what other people think, or even what you think about it.

The arising of thoughts and their being liberated occurs simultaneously. Any other idea, it's made up. So that's the reality check; any other idea is made up.

Their only cure is their own spontaneous natural perfection. The instant cure in every moment of the here-and-now is its own natural perfection. It lives in a state of perfect health. Every single moment abides unavoidably in a state of perfect health. For you practically, that means, every moment, perfect mental and emotional stability, no matter what's appearing.

If you've been trying to stop yourself from going crazy, and just about everyone I've ever met is like that! Don't need to ask anyone to raise their hand, because most of us engage in a lifetime project of trying to stop going crazy. We're so afraid of what we're thinking and what we're feeling. In instinctive recognition of your instinctive condition you're no longer afraid of what appears. You're not hoping for anything in particular, and you're not fearing anything either.

All the things that you might have feared like physical or mental illness, being with ones you love or not being with ones you love, nuclear wars, meteors that destroy the universe or conspiracy theories, that's a favorite these days. All these things, whatever they are, they rest in natural perfection. No need to avoid any of them, no need to replace them either.

If you've been indulging thoughts, emotions, sensations and other experiences, and then you decide to stop doing that, that means you avoid them then, that's just another project of avoidance. Or maybe you choose another strategy to replace them; you're going to replace them. Yesterday we talked about positive affirmations. That's one way of replacing them. Another way might be to cultivate kindness. Instead of having all those dark, crazy thoughts and fears going out of control, now we're going to be nice to everybody and that's going to cure it. Now, that would really be wonderful if it worked.

All these strategies, all these antidotes, whether it's indulging, avoiding or replacing what appears, are not going to serve us in the long run. Only instinctive recognition of your own condition serves you no matter what your condition is. These other strategies, they run out just when you need them. Suddenly you're struck down by a terrible illness or accident, or someone beloved to you is. You get a job or lose a job, whatever it is, and the strategy's gone, its nowhere in sight. Just the overwhelming negativity of whatever is occurring without any way to get rid of it because antidotes do not work.

So indulging, avoiding, replacing, these do not work to ensure well-being. Now that you know what works to ensure well-being, continue on just like that. No fuss and bother. Forget all the other strategies, they never worked anyway. Isn't that the definition of insanity? Doing the same thing over and over and

expecting a different result.

Since your own immediate awareness is just this and nothing else, you always already know everything with regard to it, so spontaneously continue on, just like this, without any effort, without anything needing to be done. As you flow along, all kinds of things are going to come up, I can guarantee it. And you're going to have all kinds of thoughts and emotions and sensations related to what appears. It's just part of the dynamic flow. All wide-open and clear with nothing in the way no matter what the name is that's given to it.

It is certain that your own nature is pure and perfect. It is insubstantial like the pure sky. Right now look at your own experience, right here, to see if it is like that or not. Test it in your own experience, is it like that or not? You have to come to a decision for yourself, no one else can do that for you. This is just the way it is.

It is certain that self-originated primal awareness has been clear and luminous from the beginning, like a vast expanse of light-filled space, thus there is no need to remember that this is so. Trying to remember that it's so, "Oh, I better remember that everything's naturally perfect," is just another strategy. Instinctive recognition—to carry on nakedly seeing no matter what appears—this is the key. You've all got it in you; you can't fool me! No matter what you're thinking, no matter what you're feeling, no matter what you're sensing or experiencing, it's all right by me! Get how important this is to you. Really get how important this is to you.

All the stuff that seems so unmanageable, that seem to cause you to feel helpless and powerless, depressed, like you don't have any control, let it be exactly as it is. Even exaggerate it! Oh yeah, everyone will leave here today and there'll be some wild exaggerating going on. The imaginations will be running wild. But that's great, that's really great, no need to keep it under control. You're always as you are, so you might as well drum up a good one! Who knows, maybe you'll write a screenplay based on your crazy imaginings here at the Great Freedom Center.

It is certain that primal awareness, which is your own basic state of natural perfection, flows unceasingly like pure space. Right now look at your own experience to see if it's like that or not. One moment flowing into another like pure space. No separation anywhere into moments. Distinct moments that are made into something concrete, that substantiate any kind of identity, that substantiate any kind of occurrence. Right here, everything, flowing along, unceasingly, easily, effortlessly, nakedly seeing itself exactly as *it is*.

It is certain that the diversity of thoughts and emotions are not graspable. They are like insubstantial breezes that move through the

atmosphere. Right now look at your own experience to see if it is like that or not. If you've been holding back all those tears you've ever wanted to cry because you were afraid you'd cry forever, go right ahead! Let it all out. Start crying until it stops. As everything whatsoever is impermanent, this too shall pass. Crying never killed anybody. No need to keep such a tight grip on what's being thought or felt or sensed. Everything is *as it is*, just relax and let it be that way. When a breeze passes through the air there's no way to get a hold of it, is there? It's pure, clear, insubstantial. Nothing to hang on to. Everything is just like that.

It is certain that whatever appearances occur, all of them are spontaneously self-releasing, here-and-now, like the reflections in a stainless crystal ball effortlessly appear and resolve. In a crystal ball all kinds of reflections appear. All those reflections that appear are inseparable from the flawlessness of the crystal ball. They're never made into anything. Always instantaneously self-releasing. Even if the crystal ball is perfectly still or flying all over the place, not a thing changing within it. Always flawless, pervading everything. Your own experience is exactly like this. Look at it right here and see if it is like that or not.

It is certain that all of the diverse characteristics of things are liberated into their own basic state of natural perfection, like light filling space, so you spontaneously continue on just like this, without any effort, without anything needing to be done. Now that you instinctively recognized this, you've confirmed it for yourself. You see, there's nothing else to know. You've applied everything you've got to it. You've looked at it in a purely logical way, you've tested the empirical evidence of your own experience, you've instinctively recognized your fundamental condition just *as it is*. Now you simply continue on just like that, with nothing to do.