



## **Complete Confirmation of Natural Perfection Chapter Seven: The Flow of Tremendous Benefit of All**

Everything whatsoever rests in a basic state of natural perfection. There isn't anything that could ever possibly be separate or apart from natural perfection. This is simply the way it is, and there's no other way for anything to be. Is that clear? There is absolutely no other way for anything to be.

No matter what it is that appears, no matter what its label or name, it unavoidably indicates or symbolizes natural perfection. Now that we're clear on that, everything we do, say or think about, everything we feel is simply evidence of that. We are evidence of natural perfection. We are the full-blown evidence of natural perfection. That is very nice isn't it! That is very, very nice!

We remain like that without any effort, without anything needing to be done, no matter what comes about. Our essential nature is very straightforward. It is very practical. It is not complicated or evasive in any way. Our nature as such is entirely beneficial, without trying to cultivate any benefit. Without trying to make ourselves useful, we are naturally useful as the evidence of natural perfection.

Everything about us is just like that, no matter what it is. We can take great ease in that, great comfort and ease in knowing that we are exactly as we are. And it doesn't only apply to us; it applies to everyone and everything. Everyone is just like this.

In our own experience, when we grow more and more accustomed to ourselves exactly as we are, then we develop a very, very deep, a very, very profound self-understanding—understanding of what human nature is, what our own human nature is. And by understanding what our own human nature is through our own day-

to-day experience, then without any effort we have a very deep understanding of everyone else. How many of us have really wanted to deeply understand ourselves? How many have really deeply wanted to understand others? You see, it is just built in; we are that way. So, by the profound power of this very simple instinctive recognition of our own basic state, more and more we unfold a very complete understanding of ourselves as individuals and as a collective.

I am sure there isn't anyone who would disagree—that this is extremely profound to find yourself to be exactly as you are. There is nothing more profound in all of human life than to remain as you are, so simply, so directly, so unavoidably. You can't avoid your natural perfection anyway, so you might as well acknowledge it! Then you can simply go about your business in an easeful way. In this way, very naturally we are of complete benefit to ourselves and others. Just like that—the flow of tremendous benefit of all. Here it is. No need to look for it elsewhere; here it is.

**Intrinsic awareness is free of extremes, such as materialism that things exist, and nihilism that things don't exist, and so forth.** Today we describe things primarily through using the terms of scientific materialism: that things exist, that everything has an independent nature, that human beings come about through natural selection. Then, if we give that up, and push that aside, we might go the other way to nihilism. "I used to exist, but now I don't exist anymore." These are the two extremes. In one way—scientific materialism—we use terms to describe ourselves, like what we're made up of physiologically, what we're made up psychologically, so we have all these ways of describing our human nature, and trying to get a handle on it. By the other means, nihilism, we say, "Oh, I never did exist. I was all wrong about that scientific materialism stuff. I don't exist, and so now I'm going to go with that."

But you see, these are opposed views or extremes. They are just points of view appearing within the equalness and evenness of the basic state of natural perfection. Every label, no matter what it is, whether it refers to nihilism or to scientific materialism or to something else, all of the labels, no matter what they are, are indicators, they are the symbol of the basic state of natural perfection. All symbols whatsoever, all of these descriptions, when they are reduced to their essence, all that we find is the basic state of natural perfection.

Now, all of you have looked into your own experience here in this week we have been together, and what have you found about all this experience? You haven't found anything. Yet it appears. This is what it means to be free of all extremes. You haven't found

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anything, yet it appears. So you are not taking one position or another: not that it appears and exists, and not that it doesn't exist. Everything is equal *as it is*, free from being opposed in any way.

**Thus the basic state of natural perfection does not fall into any extreme.** It's impossible. Everything that appears is its own evidence, is its own resort, is its own refuge, and it is never any way other than that. In order to understand all of the descriptions and their systems and terms, it requires being very clear about your own basic state of natural perfection. Otherwise there is no way to understand yourself or anything else.

**Your own intrinsic awareness is the uninterrupted spontaneous presence of natural perfection.** Right here, everything just exactly as it flows along, is the great symbol of natural perfection. This is just the way it is: no big deal, no esoteric matter, very practical, straightforward, plainspoken, right here, so plainspoken it doesn't even require any speaking or any words to know that it's the case. It's instinctively knowable and instinctively inescapable just *as it is*.

**Since the purity and clarity of all points of view is pervaded by the heart of intrinsic awareness, therefore the purity of everything, just *as it is*, is the heart of natural perfection.** Every appearance, everything, every here-and-now, exactly as it is, is the heart of natural perfection. Have you been looking for the heart, all wrapped up in the heart and all these thoughts and feelings about love and what it is? It is in instinctive recognition of your own experience exactly *as it is*. That is where the heart is; that is the heart of the matter. Your own experience strikes the very heart of the matter, exactly *as it is*, no matter what it is. All those shocking and disturbing thoughts about who you take yourself to be, all the thoughts about how terrific you are, and every other thought in between, all of them rest equally in the basic state of natural perfection. That is what is meant when it is said that it is no big deal.

**Since you instinctively recognize the meaning of this, it instantaneously surpasses everything else, so you continue on just like this, without any effort, without anything needing to be done.** When you instinctively recognize your own nature exactly *as it is*, then that simple instinctive recognition surpasses everything else you have learned. It makes everything else you have learned and everything you are to learn understandable. This is the basis of all knowledge, the most basic of all intelligence—instinctive recognition of your own basic state. This is true intelligence, true knowledge.

**Therefore, instinctive recognition of the purity of your own experience, just as it is, is the perfection of complete mental and emotional stability, clarity, insight, generosity and wise skillfulness.** All of these attributes we want to have, where are they? Right here. Whatever you are thinking, feeling, sensing, experiencing, that's where it is. Complete mental and emotional stability. It doesn't matter what the thought is, the emotion, the sensation or the other experience. That is where natural perfection is. If you want to chill and have complete mental and emotional stability, that is where it is. It isn't anywhere else.

It is the basic state of perfect insight into everything, of perfect clarity, of generosity, spontaneous generosity that can be called compassion or empathy, deep seated generosity of the basic state of natural perfection, ever-flowing generosity, useful generosity in all interactions. All of this is full-blown already, right here in whatever is being experienced just *as it is*. The instinctive recognition of that experience exactly *as it is*, with no need to modify it or make it any other way unleashes all of these qualities and activities. Just like that.

**By the power of instinctive recognition of awareness, these qualities and activities of natural perfection are found to be full blown in, of, as and through your own experience, just as it is.** In, of, as, through! Very clear. It isn't anywhere else. That's the point we're getting at here. It isn't anywhere else—in, of, as and through your own experience, not anywhere else, not any special experience. Each experience is the special experience.

**Thus, your experience itself is the great symbol of the basic state of natural perfection.** All of these characters and alphabets, whatever they might be, all the different ways they are put together, they are all the symbols of natural perfection, no matter what they are.

**The immediate pure presence of the here-and-now is naturally perfect.** Whatever it is. Thinking about something unpleasant, thinking about something pleasant, having a panic attack, feeling totally calm, anything in between, tying your shoes, brushing your teeth, eating dinner, talking to a friend, having a pleasant conversation with someone, having an unpleasant conversation with someone, your kid screaming, your kid not screaming.

Did you know that kids come in all different ways? Remember that statement before you think about having a kid! We like to think that our kids will be just like we want them to be, but that isn't the way it is. It's like Forest Gump said, "You never know which chocolate

you're going to get." Everything, just *as it is*, naturally perfect. That is the fundamental basis of parenting right there. That is the greatest skill you can bring to parenting or anything else.

**Know that natural perfection is the basis of everything, of all that is labeled positive, neutral or negative.** We get all wiggled out about all these labels, whatever they are, and the only way to make any sense of them whatsoever is by the power of instinctive recognition of your own basic state—no other way. No matter what the labels are, whether they describe a past, a present or a future, whatever they are, they are naturally perfect. The past is naturally perfect as the present, and the present is naturally perfect as the future—all one continuous timeless stream. Even the whole idea about time is just another label in timeless natural perfection. So, what does that say about this positive thought and that negative thought and this thought that you're not even thinking about at all.

**Natural perfection remains in its own basic state; it is quite ordinary and in no way exceptional. This awareness that is present and lucidly clear is ordinary awareness right here.** That by which you know, filling up everything from within, never locked into a local place called "you," always vast and expansive with no edges or corners or parameters or boundaries anywhere.

**With regard to its real meaning, it is just this immediate present awareness and nothing else.** Nowhere to look; the search is completely over; so what now?

**You continue on now, instinctively recognizing that everything is pure and perfect, just *as it is*.** Regardless, you are going to continue on now, with everything pure and perfect just *as it is*. No matter what you take yourself to be, everything is going to flow along, pure perfect just *as it is*. To enjoy that is what instinctive recognition is. To en-joy! The here-and-now: en-joy! Very simple.

**To desire something other than this is just like having found your long lost mother, but searching for her elsewhere.** Now say, you'd never met your mother but you'd always wanted to, and then finally you got to meet her. Maybe that's happened for some of you. Well, once you'd found her, would you continue looking?

**By the power of instantaneous awareness, natural perfection is just this and nothing else, so you have called off the search for it elsewhere.** Now there is really nothing to do. You carry on just like this with these shining faces I see out there. Everywhere you go you light up everything; without saying anything you have a direct effect on everyone you meet. You don't even have to say anything. We all already know who we are. We all

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already know who we are, and so if we meet someone else who is really living that in a full-blown way, then we can just relax and say, "Oh yeah, that's me; that's who I am. I'm just like that. I've never been any different." That is what instinctive recognition is. We realize that we are just like that. Everyone. There are no people who have more natural perfection than another; do you see what I am saying here? Everyone is equally naturally perfect; this is so very clear. It is so very, very clear.

**Recognize this crystal clear awareness for what it is, and you see that there is no need to search for it outside of yourself.**

Hey, you're here, right, and you know you are here—that's it. Here it is!

**Now you have found yourself, right here, just as you are in the continuous stream of the here-and-now, so there is no need to look any further.**

There is absolutely nothing to do. Once you instinctively recognize your own nature, it becomes more and more obvious just like that. Just by virtue of simply looking into your own experience in a purely logical way, you have looked into the empirical evidence of your own experience, and you have instinctively recognized that there isn't anything that has a nature independent of the basic state of natural perfection. So, just like that you know the score. No matter what appears, you know the score; you know what's really going on without even thinking about it. You just show up in an ordinarily useful, generous way for yourself and everyone else, without even trying to do that. This is how it really is, and it is obvious that that is very clear to everyone here.

**Right now you see the natural condition of things, so you continue on realizing that all is perfect and pure.**

Even everything from the past when you took yourself to be totally confused, uptight, never knowing what to do about anything, even all of that now is recognized to be pure and perfect just *as it is*. Now, that is something to laugh about isn't it!

**You see that your own condition is naturally perfect and has never been obscured.**

Where would there be an obscuration in what is pure and perfect? Even a word like "obscuration" or "imperfect" or "non-recognition," all these labels, no matter what they describe, are pure, clear and ungraspable exactly as they are. Our own experience seems so personal, and when we're all closed in to our experience and all of its labels, then it can be a little terrifying and isolating. When we understand that all of these labels whatsoever are completely restful and naturally lovely exactly as they are, no matter what they are, then we just breathe a complete sigh of relief. It is like this cool breeze from the rain blowing in and

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washing everything in natural perfection. This is what instinctive recognition is: everything is awash with natural perfection, just like that.

**In this single instant of pure awareness, you recognize that there is in fact no actual difference between anything in terms of its essence. Everything is of a single essence, which is the nature of natural perfection.** Everything is of a single essence. It can never be any other way.

**Since you have found that the basic state of natural perfection is not made into any independent things whatsoever, the unmodified, uncorrected nature of it is liberated. And you continue on, allowing it to remain in its own original natural condition.** Whatever we are up to, no matter what it is, it is just all delightful it really is. By the power of instinctive recognition, we have a sophisticated logic about life, a very simple, sophisticated logic about everything, *and* we are easily amused! That's what the essence is.

**Right now look into the here-and-now.** Is the here-and-now some thing? Is it something you can show me?

**In the beginning it must arise from somewhere, in-between it must remain somewhere, and at the end it must go somewhere.** All these ideas we have about something appearing, staying for a while and going away, when we look into its coming, its staying, and its going, what is that coming, staying and going? What do we find there?

**Yet when you look into this matter, it is, for example, like space unfolding into space.** When we talk about something coming and staying and going, it's like space unfolding into space. Every perception whatsoever is pure, clear and ungraspable. Even things that seem to endure forever, like the sun, it is very real to us only in the moment of its perception. Look at your own experience, just like this, in a very clear and distinct way, understanding that, no matter what the label, that label is pure, perfect and ungraspable. The labels and everything they describe are impermanent by nature; even something as mighty as the sun will come to an end.

By instinctively recognizing the essence of everything just *as it is*, there's never a moment of confusion. In the recognition that there has never been any kind of opposite of confusion and non-confusion, everything is perfect exactly *as it is*. By looking into the nature of your experience, past, present and future, you come to see that even when you thought you were confused, you were

primordially clear. That gives great confidence in continuing on, just like that, without any effort, without anything needing to be done.

**In the same way, the naturally perfect here-and-now nakedly sees the naturally perfect here-and-now.** Even though there is all this gabbing about it, there's really nothing to say, when it gets down to it! These words are evocative of the way things actually are; that's it. They're not something to memorize or understand; it just becomes clear like that, without any effort that everything is as it actually is.

**It arises from natural perfection and it is liberated into natural perfection.** Instantaneously. What is called "arising," what is called "staying," what is called "going away," it is like sky in sky, natural perfection in natural perfection.

**The nature of awareness, which has the capacity to know everything and be aware of everything, is pure and clear.** No matter the label, no matter the word or the name. The name of everyone here: pure and clear, ungraspable. Your whole story about your life: pure, clear and ungraspable. This is the ways and means of truly understanding your life history. If you want to have a lot of insight into yourself exactly as you are and into everyone else too, it is full-blown in this moment of instinctive recognition.

**Like the sky, its purity and clarity are inseparable and uninterrupted. Such is naked awareness seeing.** Naked awareness seeing—no individual seer. What you have always called "I": "I am this; I am that; I am going to do this, I am not going to do that": naked awareness seeing. No matter what it is you're thinking about, that "I" that is thinking is naked awareness seeing.

**So simply continue on systematically established as the luminous clarity of awareness; just this is the nature of reality, the basic state of natural perfection.** You don't need to implement any system, because everything is already systematically established in natural perfection. This is the super-complete system that subsumes all systems, no matter what they are. A basic state is not able not to exist. The basic state is present in all labels, in all names, in all descriptions; it is their ultimate and only identity. The basic state of natural perfection is the sole cause and the sole effect, the ultimate cause and the ultimate effect. To understand that everything, exactly *as it is*, is full-blown is instinctive recognition of your own experience, just *as it is*.

**The profound indication of natural perfection is your own experience, just *as it is*.** Are you clear on that now? Has the point been driven home?

**You are aware of your own experience due to awareness nakedly seeing it from within.** There isn't awareness over there looking at the experience over here, like a cat watching a mouse ready to pounce on it. Awareness is nakedly seeing from within, current perception, whatever it is.

**Since the here-and-now is aware, pure and clear, it is likened to the sky.** The sky is vast and clear. Whether the sky is bright with daylight or dark with night, the sky is vast, pure and clear. This too is your own naked seeing within every perception, whether you label it negative, positive or you are indifferent to it.

**The basic state of natural perfection, as well as being pure, is also intrinsically aware; everywhere it is clear.** Everywhere it is clear, just like sky, everywhere it is clear. There is no piece of sky that is unclear. The nature of the basic state of natural perfection is that it is aware, alert and clear in every moment of the here-and-now, imbuing it with naked seeing from within.

**So, continue on, simply remaining in the state of everything being just *as it is*.** That's what is going to happen anyway! How delightful that you all recognize this.

**Moreover, as for this diversity of appearances, not even one of these appearances is actually definitely created and fixed in time, and so accordingly every here-and-now disappears in the moment it appears in a continuous flow.** All the ideas we have about everything, such as being an individual person who is subject to time and space or dimension and causality, all of these whatsoever are pure, clear and ungraspable. The mastery of all your phenomena, no matter what they are, is in your own instinctive recognition of your own basic state. I really mean what I just said. The mastery of all phenomena whatsoever is in instinctive recognition of your own basic state. You see this already, don't you? It has a huge up-side. No matter how long you live, this will become increasingly clear to you. There is no point to arrive at when everything is right here, just *as it is*.

**All positive, negative and neutral phenomena are merely appearances pervaded by awareness nakedly seeing.** Whether you like, dislike or are indifferent all is pervaded by natural perfection, nakedly seeing. Dislike and indifference—perfectly equal. Positive, negative and neutral—perfectly equal, essentially all equal.

**On any particular occasion, everything remains just *as it is*, resting in the basic state of natural perfection.** No matter what: having a baby, not having a baby, being happy, not being happy, having a partner, not having a partner, being indifferent to all of the aforementioned, whatever it is, it rests just *as it is* in

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natural perfection. All these ways we try to make a life. "Now I am going to get a life." Have you been trying to get a life? All right. Now you continue on knowing what life really is with no confusion about it any longer.

**Therefore everything you see is a manifestation of the basic state of awareness, naturally perfect, pure and clear, requiring no modification.** That means that you don't have to fiddle around with it, but even if you do fiddle around with it, it is still naturally perfect. This is what you come to see. For a while it might seem like you need to go one way or another, but pretty soon you are just laughing all the time. That is what I meant when I said, "Easily amused."

**And, moreover, everyone perceives each here-and-now with their own distinct circumstantial descriptions.** Wow, the thoughts that are being think in this room right now. Each one of us is so peculiar in that way. We just are whoever we are. Now to me that is a lot of fun. Whatever you're thinking, it is fine by me; whatever you're feeling, that too; whatever it is, it is A-okay.

**Some see all in terms of the particularities of existence, and some see all in terms of its non-existence and some choose neither extreme.** Who cares?

**Each individual has their own labels to describe phenomena. Thus things are perceived in various different ways and are described in various different ways. It just is *as it is*. Because you have examined these various descriptions and have failed to find anything, you continue on, nakedly seeing everything from within just, *as it is*.** So simple, so direct. Just *as it is*, no other way, whatever the description.

**Yet with respect to all of these phenomena, in allowing them to be as they actually are, then that is the great power of natural perfection, subsuming everything whatsoever in the flow of tremendous benefit of all.** Right here, that tremendous release from having to nail everything down into something fixed and determined. Tremendous release without doing anything; just hanging out, far better than any other means ever tried. Instantaneously realized to surpass everything you're laughing about or bemoaning right now that you've tried. All of it is the natural flow of benefit. Whatever it is about you, it's naturally perfect, so just allow these words to ring through everything in your life, no matter what it is.