



A Wholly Positive Attitude Flow of Points of View 1

If we're trying to control the flow of points of view, then we are intellectually disabled. We have a disability, a learning disability, because we're trying to control the flow of points of view. And so, we're locked into an intelligence that is based only on points of view. It's an intelligence that doesn't have any openness. It ignores what is basic to everything. It ignores the basic state that is present in all points of view.

And when we simply take short moments and gain confidence in that until there's no need to take short moments any more, then more and more we're really smart in a relaxed way. How are we smarter? Well then we can see all points of view without becoming involved in them. So, all the points of reference, all the frames of reference, they're just appearances of this basic state. But the basic state is what is important in all of them. The labels aren't any kind of ultimate definition.

In our own experience, what this comes down to is our thoughts, emotions, sensations and other experiences—these are our points of

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view, what we call points of view—we just gather them all together in the term “points of view.” Why make it any more complicated?

And then, as we take a short moment of awareness, which is the view that includes all the points of view, then we see more and more that there’s nothing to be done about the points of view. And then we see that the whole idea of a destination is just a point of view too, and the whole idea of a method to get to a destination is just a point of view. There’s just complete openness and soothing energy right here in this moment of the here and now, and that’s all there ever is. There’s no moment of the here and now somewhere off in the future that you’re going to get to when you have soothing energy. That’s just more exhaustion.

So you see, there are just so many points of view and we all grow up with them: what we should be doing, what we shouldn’t be doing, how we should think, how we shouldn’t think, emotions we should have, other emotions we shouldn’t have, experiences we should have, other experiences we shouldn’t have, friends we should have, other friends we shouldn’t have. And this is what I mean about trying to control or regulate the flow of points of view. What would it be like to just not regulate the flow of points of view? That’s what we discover in a short moment of awareness.

It’s just like when during the day many of us are very intent on controlling our points of view—no one here of course—but maybe you used to be, I don’t know. I know I used to be. So, all day long we’re trying to regulate the control of points of view, and then we collapse in exhaustion at the end of the day. And then when we’re going to sleep at night—I don’t know how many of you have experienced this—but when we go to sleep at night, all the points of view that we’ve been trying to control, they settle down.

And then we might have just a completely non-conceptual point of view where there aren’t any of the ordinary points of view, and that feels so good. And then we might have all kinds of weird points of view, but we’re really still awake. Even though there are these dream-like points of view, we’re still wide-awake. But we don’t need to control the flow of points of view. In fact, we can’t when we’re in that state. We can’t control the flow of points of view even though we’re vividly aware.

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And so, this is what it means to have confidence in awareness—that no matter what the points of view are, we don't try to control them. So a good example of what that's like is this period when we're falling asleep, when the points of view are just all over the place no matter what they are. You know, we might see our mother dressed up as George Bush, or our lover dressed up as Osama Ben Laden, or whatever it might be.

But there's no need to try to change any of it. And you see, we become very expert at controlling the nature of our perceptions or trying to. And when we take short moments, we start to see the naturalness of our points of view. We never know what's going to come next. That's why it's important to just relax because some of it might be a little unexpected, if you know what I mean.

If we've been trying to be politically correct in all our thoughts, emotions, sensations and experiences, then we might notice that we have very politically incorrect points of view. So, we've been trying to establish diversity and openness and acceptance of everyone by trying to control our points of view. However, we can only find that openness in awareness. We can't find it in trying to control our points of view.

So, in short moments when we stop trying to regulate our points of view we might notice all kinds of points of view that come up. All these politically correct points of view we've been trying to have, bursting upon the scene may be the full cornucopia of our points of view, the politically correct and the politically incorrect, but no need to worry about that. Short moments. Those short moments of complete openness are what situate us in true openness to everyone, in true connection with everyone, true intimacy with everyone. And it all starts with being completely open to our own points of view.