



Awareness Is Not a Space-Trip Signs of Accomplishment 1

The key is to first be introduced to awareness, and then through that introduction to awareness, strengthen awareness, gain confidence in awareness to the point that there is absolute certainty about awareness. And the direct method that is offered in the Great Freedom Teaching for doing so is short moments of awareness repeated many times until it becomes automatic.

Now, interestingly enough, awareness is not the goal. Awareness is not the goal. Awareness is taught for the sake of compassion and wisdom. Compassion and wisdom are inseparable from awareness, just like the oil in a sesame seed is inseparable from the seed itself. And so you see, this too is essential to realize. Nowadays, many people say, "Seek awareness for the sake of awareness," and they don't know anything about wisdom. And so, when this is the case, then people are confused about their genuine and authentic identity. Our genuine and authentic identity is wisdom; it's the power of wisdom that is released in short moments of awareness. All of these appearances of points of view, as they're called, are appearances of wisdom.

So, if we are looking for awareness, wisdom or compassion it's in the points of view. It's not by trying to get rid of points of view, not by

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trying to stuff them, or suppress them or repress them. So, awareness is taught for the sake of wisdom and compassion. This is the reason that wisdom is taught. And just like space pervades everything that is included and contained within it, so too awareness pervades everything that is included and contained within it. Wisdom and compassion pervade everything that is included and contained within awareness. It can never be any different from that. So, please don't make the mistake of thinking that awareness is for the sake of awareness. Awareness is not for the sake of awareness. True awareness, authentic awareness, genuine awareness is inseparable from the demonstration of the signs of wisdom and compassion.

From the very first short moment of awareness that we experience, we experience full blown wisdom and compassion. So, from that very first short moment of introduction to awareness, we experience full blown wisdom and compassion. So, when we hear what is genuine and authentic, just by hearing it, we start to relax without any effort on our part. We relax into our genuine nature; we relax into our authentic nature. We feel, "Ah ha, this feels right. There is something about this that is so soothing." It's just very, very clear from the very beginning. So from that very first moment of the soothing energy of awareness, this soothing energy is the tremendous release into wisdom and compassion. And what does that mean? That means that we're wise in the sense that the word wisdom incorporates the following: complete mental and emotional stability, profound insight into the nature of existence, compassion and skillful means—the ability to be skillful in all situations. The power of wisdom encompasses all of these that I have just mentioned.

And so you see, in each short moment of awareness we release more and more of the powers of wisdom. You could also say we harness the powers of wisdom. Why haven't we had these powers of wisdom before? Because we have been too wrapped up, at a frenetic pace, in our stories, designing all of our stories about the way things are and the way we are.

Another metaphor for awareness and its powers of wisdom and compassion is the sun and sunshine. Just like sunshine naturally emanates from the sun and can't be stopped or repressed in any way, suppressed, so too, wisdom and compassion shine forth from awareness. This is just the way it is, so we know whether or not we're

gaining confidence in awareness by the presence of wisdom and compassion. So, this is very easy to understand. We know if we're becoming even a little bit more stable mentally and emotionally. We know whether we have more insight into ourselves and into other people and into the world altogether. We know whether we experience the warmth of compassion; we know whether we have enough compassion to practice short moments of awareness and do what supports that. We know if we have that kind of self-compassion. It's either evident or it isn't.

Then too we can see in subtle and overt ways whether we or not we are becoming more skillful in life. These demonstrations are very, very obvious if we really are gaining confidence in awareness. And so you see, we can see this from the very beginning. When we have enough wisdom to take another short moment of awareness, we can be sure that we're gaining in wisdom, that wisdom is becoming more obvious. We can see too that we are compassionate enough to allow ourselves to just relax, to relax away from the stories, to relax away from the drive and the compulsion and the obsession with naming everything and sticking to those labels.

Now, in gaining confidence in awareness, there are all kinds of new points of view that appear. And many of these points of view may be just be delicious. They are so great, and, "Oh, wow, I am clairvoyant, I have foreknowledge of this, that and the other thing. I can do this, I can do that." All these are just points of view; they are just points of view appearing in awareness. The power of awareness is in wisdom and compassion. So it is important to not be sidetracked by powers. The greatest power of all is the display of wisdom and compassion. That is the greatest power of all. So, to be sidetracked by other powers is really a mistake.

A balanced view and clarity, they're just a natural ordinariness and joyfulness about living and relating, and that kind of thing. It's being fully relational with oneself—all one's points of view—and being fully relational with others. Now, a balanced view and clarity aren't anywhere other than in your points of view. So you see, balanced view and clarity aren't a separate thing; they're not separate from points of view. If you're looking for a balanced view and clarity, they're in the points of view. Wisdom and compassion are in the points of view; that is where they're located. They are not a separate thing. This is the

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importance of short moments many times. By the power of a short moment of awareness, it becomes possible to see that all points of view appear within that awareness.

And you know, there's no reason to think a lot about this. It's just ever-present in every moment of awareness. It's inseparable from awareness. Love, wisdom and tremendous energy are inseparable from awareness.