



Basic Awareness

Part 2

The essence of all knowledge, intelligence and wisdom can be captured in the phrase “short moments, many times.”

Openhearted Clarity: The Solution to World Cooperation and Harmony

We have tried all manner of ways to bring about world cooperation and harmony, and there is a place at which we always get bogged down, and it is points of view. We tried so many different ways, such as: well, if everyone had the same points of view, that might work. And that has been enforced in different ways in different cultures. There has been an attempt to enforce it, but that has not worked.

Now we have gone pell-mell in the other direction: to diversity of points of view. One set of points of view didn't work, so now we're going to try diversity of points of view. What we see on the Internet is a great example of that. We just see how many points of view there are, and they are all out there in public. They are not boxed up within each person; they are all out there for public display in the public domain. This is kind of interesting, because we can see on the Internet that all of these points of view are within this unified field of

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information. They are all within this unified field of information. There isn't any way for them to get out of that unified field—that is just the way it is.

It doesn't have to be one way or the other: no points of view or lots of points of view. The key is clarity. That is the key to cooperation; that is the key to harmony. It's the clarity that is the basis of all points of view. The points of view in and of themselves can't do their work powerfully and effectively unless they are fueled by obvious clarity. This is the answer, the answer that is beyond extremes—the extremes of no points of view or pell-mell points of view. The key is the mental and the emotional stability, the complete mental and emotional stability and uniformity of that throughout all of human culture. That is the key to cooperation and harmony.

Within that great uniformity of mental and emotional stability, then everyone's strengths, gifts and talents can thrive and be optimized; otherwise, often we don't have the energy to even know what our strengths, gifts and talents are, because we are so wrapped up in points of view trying to figure out what they mean and where we are going to go from here.

Short moments of awareness are acknowledged as unending clarity. A short moment isn't a thing like a discrete entity that's cut off from anything else. Short moments are acknowledgement of the continuum of unending clarity. In one single short moment of awareness is unending clarity. In the instinctive recognition of that there is the realization that there is no destination to get to.

At first we may remember to rely on clarity only once in a while. That is probably the way it is. For most of us we don't know that clarity is inherent; we think it is a sometime thing. We might say "Oh yeah, I was really clear that time and I wish I could be like that again." We don't even have a context of it being naturally present all the time, so once that is pointed out to us, that clarity is actually present all the time, naturally present, it's a great aha-moment.

Clarity isn't a once in a while thing; it's always already the case all the time. We just haven't acknowledged it. When we do begin to acknowledge it in the beginning, it might be that it isn't obvious and present to us all the time. That's okay. For some people, once introduced to clarity it is obvious all the time, but that's exceedingly rare. For most people short moments is the way to unending clarity

being more and more obvious in every single here-and-now. So dividing it up, clarity is one thing and whatever is going on right now is another that just slips from view. The whole view opens up like endless sky. There isn't any more of the locking in the view inside the skin line. There is no sense in being locked in here. That is a learned idea, you see, that we are locked in here. All the while our cognition is expansive; it's just that we trained to see things in a different way.

We tend to believe that our brain is the center of who we are and that is where we are located—our consciousness, our sense of self is located there. But that's simply incomplete knowledge. That's something we learned. Once it is pointed out to us that we are not located only there and that our awareness, which is clarity itself, is expansive like the vast sky; once that is completely confirmed we don't think that way anymore. It is just obvious from then on. *Zoom*, what seemed to be locked in right here, *zoom*, isn't anymore. It's an instantaneous shift. You cannot really say how it happened or what happened. It is just really clear that this is the case, and soon it's recognized that that clarity is indestructible. It can never go anywhere. No matter what's going on with us in our life, clarity is the place to take comfort—the refuge and resort.

More and more we learn that making good decisions, being skillful, having insight comes from that clarity. It doesn't come from trying to puzzle together a lot of different points of view. It comes from the pure view of clarity in which all points of view appear. It's that pure view that knows how to have mastery over all the points of view, arranging them appropriately for the greatest benefit of all.

Initially we remember a short moment of clarity and then we forget. This is normal, however, we must not give up, ever. Most things in life we try out and they are kind of a Band-aid, we try them for a while they don't really work or the Band-aid get wet and falls off, so we look for a new Band-aid, with ducks on it or "Sponge Bob" or something. We're looking for better Band-aid,.

However, with short moments of clarity, we start to see that this is something we can really count on. It's not going away—that it is permanently increasing no matter how long we live. And that's very reassuring after never having had a solution to well being, isn't it? It's so reassuring. We don't want to give up, ever. We know that maybe for a while when we are upset we're rushing around trying to find the right points of view to solve the problem, but after a while we know for

sure that clarity is the only solution in the problem and that by the power of relying on indestructible clarity, the insight of what to do and how to act will dawn and be perfectly clear, just like the sun rising at daybreak.

When the sun rises at daybreak—*boom*—the whole landscape is brilliant and clear and multicolored, whereas just a flash instant ago it was completely dark and monotone. So you see, clarity is just like this. It opens up automatically and permanently.

When we return to clarity again and again, we realize that this is so. We are simply acknowledging things as they actually are. By the power of clarity itself, the instinctive recognition of clarity by itself becomes increasingly luminous. Any kind of dullness or lethargy that we may have experienced in terms of our senses or in the way we perceive life, it naturally brightens up. It brightens up a lot. Everything gets very luminous, very clear, very bright, shining from within, without any thinking about it. There is no one trying to make it happen. It's just the way it is.

We must not give up, because these brief moments of the clarity of awareness, as momentary as they are in the beginning, are having a tremendous impact. In the beginning it may not seem like a big deal, or maybe it did. However it was for you, the value of clarity increases no matter how long you live. Its obvious implicit value to you increases no matter how long you live. It can't be exhausted, and so you see, you don't reach any point of it being static or fixed in a certain way. Each here-and-now, even though it is unique and wondrous in its appearance, is pervaded and saturated with complete equalness and evenness.

Clarity allows everything to be *as it is*. Constant change, many colors, all kinds of shapes and forms—all pervaded by equalness and evenness, all pervaded by un-changingness. The unchanging pervades the changing, not separated out from one another, impossible to separate out from one another. No need to swing either way, "I am unchanging, unchanging unchanging, or changing, changing, changing." Steady. Complete steadiness no matter what the display may hold for you personally or everything else.

The benefits may not be so obvious initially. The key point is to stay interested in clarity. Each person is naturally empowered, fully

empowered by luminous clarity already, so it wouldn't be very kind to point out anything else.

The friendship in everything is obvious. Everything is already befriended by clarity. To understand any point of view, it requires seeing everything from clarity.

We must have this kind of result, "I will never give up on short moments on clarity repeated many times until it is continuous."

Just that. Only you can know for sure whether it is continuous for your or not, whether the obviousness of clarity is present all the time or whether you're distracted or not distracted. Clarity in distraction, clarity in non-distraction. No matter what appears, no matter what it's called, its name is clarity.

There is no limitation on what you might think, what kind of emotions you might have, sensations or other experiences, and what their names may be. It isn't dependent on any set of circumstances. This can be going on anywhere. But in this way you can say that it becomes a qualification for different things; like it becomes a qualification for a job. If you want a leadership position, then you have to show evidence of complete clarity. Do you see what I am saying? Or if you want to partner up with somebody, you will want to see what level of clarity they have—whether they want to sit around and talk about points of view all the time, or whether they're committed to clarity. So, the basis of relationships becomes very simple. You know how you want to spend your life, and then you can spend your life that way.

It is as powerful and simple as that. Each short moment of clarity acknowledged by each person in the world creates a great storehouse of clarity that gets more and more powerful, spreading throughout the world. Can't you just feel it? It really is the case; it's all the dreams of the Rainbow Family and the Grateful Dead and "Power to the People." Everything else we've dreamed—Burning Man—it's more real than anything. It is more real than anything and it's right here. It's not just a pipe dream or a get-together once a year. It is the real living breathing reality of every here-and-now. The great storehouse, the great treasure trove of clarity.

Do you know what Fort Knox is? That's where America keeps its gold reserves. That's Fort Knox. Maybe there's nothing in there, I don't

know. I am not quite sure how they work it out. There is a lot of gold in there, but still we're trillions of dollars in debt.

By the power of clarity we can see through all these issues. We can see how to resolve all the problems no matter what they are. Even though there may be great riches in Fort Knox or other places that have great reserves of treasure, there is no storehouse that is more of a treasure trove than that of clarity. That's where our power to survive as a species comes in, and our power to thrive. It is in this power of clarity, the innate power of clarity that is confirmed for you in every single here-and-now.

Short Moments, the Balanced View

The balanced view is the view of clarity. Why is it balanced? All points of view are included and contained within it. From the vantage of the pure, clear view of awareness, there are only pure clear, pure points of view. Very simple. Very straightforward. That *is* the balanced view. From that balanced view of total clarity you can see just how to arrange all the points of view, whatever they are, so they are of benefit to all. Arranging all the phenomena the way a child would arrange the toys in a sandbox, so they are of the greatest benefit to all. Without the balanced view of clarity, it is impossible to see that, because we are so wrapped up in the little projects, the plans and actions, whatever they are. Clarity is extremely enjoyable in that way and empowering, because there is so much possibility, so much potential, so much beneficial nature. That is just the very nature of the balanced view—total enjoyment, total plenty, total benefit.

Well yes you might say, but isn't clarity really separate from thoughts, emotions, sensations and other experiences? Have any of you thought that? Probably. Raise your hand. Even if we have heard that it isn't separate, unless we get it, instinctively there is always some doubt. In instinctive recognition there is no longer any doubt about the presence of clarity, no doubt or confusion about it whatsoever, because we instinctively recognize that clarity is always present even in doubt and confusion. Everywhere it's clarity that is predominant.

Only from the point of view of incomplete knowledge is there an apparent separateness. From the vantage of clarity there is no separateness at all. Incomplete knowledge asserts that phenomena have a nature of their own, that each phenomenon has its

own independent nature and that it evolved in some way through its own self-generation or through co-independent origination. By the power of clarity we see that no phenomena whatsoever can be found to have an independent nature. Right away everything is cleared up.

To say that everything is empty—doesn't have an independent nature, is pure or whatever it is—remains within an intellectual framework until we are really directly introduced to clarity. Then the meaning itself of these words starts to dawn without even thinking about them. It becomes clear experientially that points of view are pure; there is no question about it whatsoever.

This is what instinctive recognition is. And so we can't figure it out intellectually. We can to a degree; we can say, "Sure, to a degree I can see that points of view are not separate from clarity. I can see that points of view don't have an independent nature; they are not independent of the view." It is good to have that intellectual understanding just based on pure logic. However, in the empirical evidence of our own experience, we need to instinctively recognize that that is the case. And so, this is the importance of these written teachings that give a proper introduction to instinctive recognition of clarity.

With only an intellectual understanding you'll always be a degree off. Do you see what I am saying? There are 360 degrees in a circle. You can have the most fantastic intellectual understanding in the world, memorized every great treatise and tantra and everything else there might be, know them from bottom to top, every single word, photographic memory, and still be 359 degrees. The instinctive recognition is absolutely key. Then, everything clicks. Everything clicks. Then the intellectual understanding opens up completely into instinctive recognition. Sometimes it might be 360 degrees and other times it seems like nothing, but more and more it'll be absolutely clear all the time. That is just the way it is.

On the account of the converging of the power of your aspiration for clarity, with the power of clarity itself, a lucky meeting takes place. The ultimate desire is that desire for completely pure self-knowledge. That's the ultimate desire. It's an aspiration to know how things actually are, to be in perfect accord with the way things actually are. When that aspiration comes together with the power of clarity itself, the actual introduction to clarity, a lucky

meeting takes place. It is a meeting that is beyond words, a very spacious meeting, wide-open.

This meeting takes place naturally in the same way that the sun and moon meet, when a full moon shines due to the meeting with the light of the sun. Moonlight: ever wonder where that came from? A completely natural wide-open meeting that can't be contrived; your aspiration for clarity meeting with the power of clarity.

Another excellent illustration for clarity existing within all of our thoughts, emotions, sensations and other experiences is one of butter existing in cream. Butter exists in cream from the beginning, it just isn't obvious. There are all those little butter globules pervading the entirety of cream. When the cream is churned, then the butter becomes obvious. It starts to bind with the other parts of the cream.

So too, short moments are related to unending clarity in the same way that churning cream is related to the result of butter. By the power of short moments, unending clarity becomes increasingly obvious. By the power of churning cream, butter becomes increasingly obvious. How many here have ever churned butter? Tried for whipped cream but ended up with butter, that's what I did.

Just as churning cream cannot fail to produce butter, short moments of clarity always highlight the unending clarity that is evident in the here-and-now. Just this. Short moments. Very, very powerful, very, very crucial. The essence of everything summed up in that phrase.

In churning butter, the cream thickens gradually, becoming increasingly obvious. At first it may seem like nothing is happening. Even if you just made whipped cream and not gone for the butter. At first it seems like there is nothing happening, but then *wow*, very soon, ever so gradually, it starts to thicken. Even though at first it seems like nothing is happening, very quickly the value of the churning is seen.

However, with persistence the cream develops a buttery texture and then butter itself appears. We can count on this without fail, and our result of butter cannot be reversed back into cream. Just so with short moments. We can count on this

without fail. By the power of your own experience with short moments, that qualifies you to share that experience with someone else. It's very convincing.

Short moments can't be reversed. Once you have been introduced to clarity, that's it, it can't be undone. It can't be un-introduced. You will always have that introduction to clarity, even if you never acknowledge it again. By the power of its acknowledgement, it becomes obvious.

The cream is pervaded by butter. This becomes evident through churning. Likewise, we can count on short moments of clarity repeated again and again. It spontaneously becomes continuous clarity in all situations. We find irreversible clarity at all times.

By the power of short moments we begin to discover more and more a sense of clarity that fills us with soothing powerful energy. We probably didn't even know that was possible—to be filled with powerful soothing energy all the time. When we do realize suddenly that we are filled with powerful soothing energy all the time, we don't even know how it happened. We can't really attribute it to short moments; it's something much bigger than that, but somehow it's condensed in that total open clarity of the here-and-now.

There is nothing to figure out. The demonstration and result, that's all. All the talking about it—gabbing, philosophical ideas, all of that—that's great, but unless there is the demonstration and result in your own life, then it is worthless, really. The demonstration and the result are as obvious and evident as the here-and-now. That is where the demonstration and result is located: the here-and-now and not anywhere else.

By carrying on with short moments whenever we remember to do so, the moments naturally begin to last longer. As the moments of clarity grow longer, we find that our mind and body are functioning more easily. No matter what's going on. Initially we may still have all the same emotions and many of the same thoughts and sensations and so forth, but it's all functioning more easily. We are not so obsessed with every tiny little sensation. Instead, everything rolls along in an even flow. If we need to take some kind of action about our body, we take it from clarity. We just know how to proceed; we know what to do and how to act. We know

we don't have to get all wrapped up in whatever is going on. We find that freedom from disturbance is *in* disturbance. That's where it is. Freedom from disturbance is in disturbance. Just like non-distraction is in distraction. That's where it is, but most of the time we are looking for non-distraction somewhere else. It's in distraction.

We begin to notice a soothing quality in our daily life and increasing beneficial energy. Just a soothing quality. First we notice the soothing quality in short moments. We may not even think of it as beneficial energy because we don't have enough experience with it yet. Eventually we see that in every moment of the here-and-now, there is increasing beneficial energy.

Never underestimate the power of this simple practice. It is the most powerful force on earth!