



## Basic Awareness

### Part 4

For many people it's difficult to rely on clarity in the midst of disturbing states. Now for me that was a real breakthrough. That's where I started: in disturbing states. That was my beginning and end—disturbing states. It was from there that I saw that clarity is present in everything. So, the instinctive recognition really takes hold in those disturbing states. That's where it's very authoritative and convincing. However, we've trained ourselves to believe that disturbing states are our foe, our enemy. So, we completely deconstruct that whole notion of disturbing states in instinctive recognition of clarity. Instead, we find a new kind of intelligence—new to us—that is not dependent on positive, neutral or negative labelling. It simply is *as it is*, bright and clear at all times.

This is where clarity becomes very convincing. Because usually this is where we've stumbled and fumbled and felt confused and gone through all kinds of ups and downs in our life with these disturbing states. For most of us we have never found a way to even neutralize them, let alone resolve them. So, when we find that they're actually resolved by the power of clarity, that they no longer take hold and

take over our whole body, voice and mind, then that is very authoritative and very convincing.

And where do we find that? We find it right here. It doesn't matter what the disturbing state is—whether we call it a thought, emotion, sensation or some other kind of experience—it blazes with clarity. It's only by the power of acknowledging that again and again that it becomes obvious. We see within ourselves that we have a very powerful source within us that is an all-conquering force. It overcomes all negativity of all kinds. It doesn't just neutralize it or replace it with something else. It acknowledges everything *as it is*.

**It is important to see that even very disturbing states arise within ever-present clarity.** Now, that's a bit of an understatement isn't it? It's essential, even crucial to see that disturbing states arise within ever-present clarity; otherwise, they will be given a power and influence that they do not have.

**Please acknowledge that the basis of all points of view is clarity.** Now, for many of us, first we have an intellectual understanding of this, just a purely logical, reasonable consideration that this is probably the case. We see it as probable. We don't actually see it as factual until we instinctively recognize it in our own disturbances, whatever they are. We come to see that there is no disturbance in disturbance by the power of instinctive awareness.

**We choose for clarity to be obvious to us or not.** Now, most of us did not grow up knowing this. Maybe we've heard about awareness or clarity, but we thought that it was some kind of magical mystery tour, that it was somewhere else and it was a destination that we needed to get to, that it probably needed to come from a special country like India or somewhere where we were not, in other words.

When we find out that we *choose* clarity or not, that's really interesting, because it places full responsibility squarely with us. It isn't anywhere else. Where else would clarity be? There's never any going into clarity or coming out of clarity.

**Moment-to-moment clarity is the most important choice we will ever make.** Always spontaneously present, always naturally present, always unavoidable, always inescapable. Just because we haven't acknowledged that doesn't mean that it isn't there. It's always right

here. The only way that we are aware of the here-and-now is because it is infused with shining clarity.

**Practically this is how it works: when disturbing states arise, rely on a short moment of unending clarity.** Now, from the very first, that very first introduction to clarity is very convincing. It's that initial conviction in clarity that notifies us of where we're at, and then there's no question about it. There's no question about it at all. Even though we might still be a little hazy for a while, there's never again a question about where clarity is. So, initially we may not recognize it all the while. However, by short moment again and again it becomes more obvious. This is just a simple acknowledgement of it.

In a short moment of clarity we're introduced to unending clarity—seamless clarity, the vast expanse of clarity. So that's the way it always is, whether it's recognized or not. At some point it is recognized that even non-recognition is illuminated with clarity. For most people that is a tremendous breakthrough, a really tremendous breakthrough, because everything has been bifurcated into this and that, into non-recognition and recognition, and we find recognition in non-recognition. That's where it is. So, that's very, very convincing.

**Over time, by the power of the short moment growing longer, there is instinctive clarity regardless of what type of thought, emotion, sensation or experience arises.** No matter what arises, instinctive clarity is spontaneously present, and it's impossible for it to be any other way. This is just *as it is*. We simply recognize that that is so and we recognize it without thinking about it.

Initially we might think about it a little bit, but after a while it's just clear that that's the way it is—straightforward, ordinary, at the same time very, very, very powerful. We don't need to remind ourselves that it is powerful. It's powerful experientially for all of us, because there have been all kinds of issues, states, challenges or whatever that we've never been able to get a handle on so to speak, and suddenly we find that we don't even know how it happened, but it's not an issue any longer. This is very significant, very crucial.

**Much to our surprise we find that all of these disturbing states rest in clarity.** The ease of everything, just *as it is*, is right at hand. It's always right at hand.

**By the power of short moments of clarity all points of view flow on by like a line drawn in water. The here-and-now immediately clears itself without any effort or anything needing to be done.** It's just an assumption we have that we're actually fixing something up or that we've got a handle on it or somehow we're capturing it, holding on to it and shaping it all into some kind of controlled form. But what's actually going on is that everything is always clear in momentary perception. It clears itself without any effort, without anything needing to be done.

**Like the light of the sun outshines all planets and stars during the day, the power of clarity outshines thoughts, emotions, sensations and other experiences.** Now, at night, on a clear night, we look up and there are stars everywhere. It's just so wondrous, and as we look at them at night, it doesn't even seem possible that in a few hours they won't be visible at all. So when the sun comes up in the morning, I don't know how many of you have ever been up that early, at first, when dawn breaks, there's still a few planets and stars up there that you can see. How many have seen that? This is similar to the outshining of points of view by the great shining view of awareness.

The instinctive recognition of clarity is such that, usually for most of us, these points of view are gradually outshone. So, like daybreak gradually dawns, there's the initial sweep of dawn, and then the sun comes up, and as it gets higher and higher in the sky, all of the stars are outshone completely. Similarly, by the power of clarity all these points of view that formerly seemed so convincing are completely outshone. Just like the stars are always there even though they're outshone, thoughts, emotions, sensations and experiences of the here-and-now flow along seamlessly in the continuum of clarity—they no longer capture attention, in the same way the stars that are there all day long never capture attention due to the light of the sun.

This is a very good metaphor. This is something very straightforward that everyone can understand. It isn't an obscure simile. Now, no simile is ever complete. The completion is in instinctive recognition. But by the power of the words that are spoken and the very convincing metaphors, instinctive recognition takes hold just like that. Very easy.

**In clarity there is profound intelligence, and we are introduced to it right on the spot wherever we are.** So, we don't have to write

away for an application and apply to a long-term program of increasing our intelligence to profundity! We find it right on the spot.

**It's this simple; if we do not rely on clarity, we never find this special intelligence.** For example, we could have an intellectual understanding that all phenomena whatsoever cannot be found to have an independent nature. With only the intellectual understanding, we won't really get it. We won't really get it. It has to be the complete instinctive recognition. That's how we get it. The profound insight that "no matter what appears, it has no nature of its own" is very, very, very, very far from an intellectual understanding. It may seem like a slight shift, but it's huge. Its impact is profound; its impact is huge.

**However, by the power of clarity we find that this unique intelligence includes complete mental and emotional stability, insight, compassion, natural ethics and beneficial skillfulness in all situations.** All of these different behaviors we've been trying to develop or contrive: going to workshops, reading books, training ourselves, disciplining ourselves, all of a sudden we find that they're readily accessible. It's just the way things are. It's the way we are, and that is very, very special and profound indeed.

The things that we've looked for—complete mental and emotional stability, just hoping we'll find that right kind of psychology or psychiatry or New Age philosophy or whatever it is—that will give us some sense of well-being or stability, and finding that it's right here, completely fulfilled, completely perfected in every single moment.

Our insight is always very, very clear, extremely clear. In instinctive recognition our insight is perfectly clear. How would it be possible to have insight into any situation without first understanding its exact nature? That is the totality of understanding. It is required that the exact or precise nature of the situation be understood. That then informs the systems and terms of what's ever going on.

**By the very deep compassion, the unrelenting compassion that we find filling all of our states, especially our disturbing states, we unleash a tremendous force of compassion that is always naturally present within us.** And this is what fires or fuels a natural ethics that is of benefit to all. And it's not just an ethical idea or an ethical impulse, but it's one that actually fuels beneficial skilful action in every moment.

**So, when we look at the results of short moments of unending clarity, we find that they are very powerful indeed. We as a global human culture have finally tapped into a form of knowledge that can give us complete mental and emotional stability, insight, compassion, natural ethics and beneficial skillfulness in all situations.** The starting point and the end, all in one. No matter kind of situation we're in, if we don't know the exact nature of that situation, then we won't be able to act skillfully. But by the simplicity of knowing the very precise nature of every single one of our own experiences very, very deeply, we come to understand those experiences instinctively, as illuminated by the basic state of natural perfection. By the power of this, we instinctively recognize that everything is illuminated with natural perfection. So, any situation we're in is naturally imbued with benefit and skill, and we grow to trust in this completely—absolutely completely. At first it might just be words, and they have a very strong resonance, but in our own experience we come to trust this completely.

**This is truly amazing. With ease of transportation, the Internet and telecommunications available today, this is the first time in history that everyone can know this, and we are demonstrating its power together.** Now, this kind of knowledge has been very, very isolated until now. That isn't the case any longer. Now it's available for everyone. We're all recognizing it together. We're all very powerfully, instinctively recognizing it together. This is a very important turning point, a very significant turning point.