



### **Four Key Points Rely on Awareness 2**

Rest for short moments repeated many times until it becomes automatic. And to rest doesn't mean to shut down any of the content of points of view—not the thoughts, not the emotions, not the sensations.

There are really four crucial points to remember, four key points when in these emotionally heated situations, where it is all stirred up. And that is that, as points of view appear, recognize that a point of view is appearing, and rest as awareness. So, there is recognition and acknowledgement that the point of view is appearing. Second, allow for awareness just to remain as it is—open and spacious in the appearance of its own dynamic energy. And allow the point of view, whatever it is, to come to its full potential. So, you don't try to damp it down or anything. Say, you feel afraid; resting as awareness isn't an antidote to pushing away feeling afraid; it is the medium for allowing it to come for its full potential—hideous or glorious or whatever it is. Then, see how it vanishes naturally without a trace. This is how you come to see that there is nothing to be afraid of and nothing to hold on to either. So these three key points that I have just mentioned, along with the fourth, which is the stunning insight into this process, so you see, this is the most profound insight any human being will ever have: insight into this process—the process of the simultaneous inception, full-potential and spontaneous release of the here and

now. It undoes itself. However, it doesn't undo itself if it's allowed to feel like it has some power in some way.

So, say the fear comes up, the fear of loss of love or abandonment or whatever it might be. "Oh, I'm going to rest as awareness; don't want to feel this." But, if there is awareness as this fear comes to full fruition, the dynamic energy of the awareness that comes to full fruition, shocking, hideous, with maybe images that go along with it, because you are no longer fending off what you have been afraid of in yourself. You see it come to full potential as the dynamic energy of awareness. Well, once you allow it to come to full potential, *boom*, spontaneously it vanishes without a trace, like a line drawn in water or like the flight path of a bird in the sky. Then you really start to be able to see the obviousness of awareness in all situations. It won't happen though if you shut down at any point in that process, so to speak.

By the power of this, you come to see that what you thought to be the beginning, middle and end of a point of view, that the attribution of beginning, middle and end to the process, that those are also points of view, and that all of this is just the spontaneous self-release, the pure presence of the here and now—awareness never coming together and then separating from points of view. Awareness, the only medium of all points of view.