



### **The Power to Know**

Many of you here are new to this teaching, and the way to introduce you to the most basic, the simplest and most profound reality about yourself is just to stop thinking for a moment. So, just stop thinking for a moment, and then you see there is a presence here: the power to know, or what we call in this teaching, clarity or awareness. Just the ability to know that you are sitting here—hearing, thinking, emoting, listening to me right now—that's the power to know.

Now, every person on earth has the ability to know, whether it's a knowing of your own experiences and thoughts or of other people's ability to know their's—that's the power to know. So, immediately from the very first introduction to clarity or to awareness, we see that it is something that we all possess equally. It's not something that some people have more of and other people have less of, or that some people need to evolve in order to be aware. We are all aware, and the way to check it is just to stop thinking for a moment. Then you prove to yourself what thousands of books try to convince you otherwise: you are aware—that's it. That's your primary aspect—you are an aware person.

What we call "points of view" in this teaching is everything you can be aware of: thoughts, emotions, sensations, people, places, things, concepts, great ideas and not so great ideas. Everything about yourself or of others that you can be aware of, that's a point of view. The view and points of view are inseparable—they are not two things, and that is what we start to recognize. The practical way to start to

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recognize this is just to stop for a second and allow things to be as they are. Not to try to accept them, not to try to reject them, not to try to replace them with something else or to avoid them in any way, just to allow them to be as they are.

So, as you are sitting here right now, each one of you has all your own particular points of view: thoughts, emotions and sensations. Just for one moment, allow it to be *as it is*, and see what happens then. That's the practice—short moments, repeated many times, become continuous.

This ability to choose to rely on clarity rather than to emphasize the stories which are always changing, that's what we empower ourselves with. We just choose to remain in clarity rather than to emphasize points of view. Anybody can do that—anybody.

No matter where you come from or what your background is, you can choose to remain clear and to maintain awareness—to maintain the already present natural openness of clarity. Anybody can do that, and it's so beautiful, because it cuts through all belief systems and assumptions that try to convince us otherwise—that we are unaware, that we are in some way flawed and that we need to improve ourselves in many, many ways in order to reach this natural perfection. But when we allow for a second for everything to rest in its total natural perfection, we see that it's already the case.

The very practical instruction is to maintain clarity for short moments, because you can test it with anything that comes up. You can be totally confused and not understand something, but instead of trying to understand it, you relax for a short moment and take a break. Take a break of clarity! Empower yourself with clarity and there you see that there is really the most amazing and wonderful ease that we have always been looking for. The total satisfaction of each moment, that's exactly right there in your own power to know. When we just rely on clarity right now, that's where we gain confidence in clarity, that's how we see that we are always clear. Even if we seem to be totally confused, we are clear.

Clarity is the basis of all perception. Inseparable from clarity all perception appears. Sometimes it can be total bliss and ecstasy, and that's fine. That is just the next appearance in clarity. We don't try to get stuck in this bliss or ecstasy or try to make something out of it. Sometimes it can be total depression and devastation for the situation of the world, which are my favorite points of view! They're my style of

living! Most of the time my points of view are cynical and depressed and confused and stressed, but that's my opportunity to gain confidence in clarity and to see through all labels.

In Great Freedom you won't see things that say something is "real" or "unreal." Mostly we explain it in this way: points of view are vividly apparent, but they have no substantial nature of their own. That means they couldn't be there if we didn't have the power to know. With anything that you experience, if you didn't have this basic faculty of the power to know, then you wouldn't know it. That's how you prove to yourself that everything is interconnected in awareness—everything is totally appearing within this vast expanse of total clarity and openness.

That gives us a lot of ease. We don't need to try and understand the message of Great Freedom; we just take our life and completely turn it on its head. We can have any thought right now, and instead of indulging it or indulging the confusion in trying to get somewhere—you just relax.

Those short moments many times do become automatic at some point. What begins as maybe only a split second starts to be two seconds or maybe three seconds a day of relief. After a lifetime of no relief or momentary relief, we see—wow, it's really innate! It's not a gift that some kind of a mystical person will give us from out of the sky! We're giving ourselves the total relief we've always been looking for—in each short moment. Then it may be that we forget and we get caught up in our points of view and stories, because that's what we have gotten used to. Short moments are really powerful because it gives us the ability to cut through the current story we have and see it clearly for what it is—the dynamic energy of clarity, the dynamic energy of awareness.

It's really getting down to what it means to be a human being. We see how we can cooperate and see beyond all the differences of belief systems, assumptions and backgrounds to what really unites us all. Again, it's the power to know—the clarity that is in the basis of every mind, heart and body. There we reach peace, immediately—a short moment of peace. We know what connects all of us. We know that our circumstantial points of view are no reason for panic and no reason to go to war with ourselves or others. That's true unity, harmony and everything that we have wanted to find in our lives.

So, if you're here for the first time, you are lucky, like all of us, because you heard about something that is the key to mental and emotional stability and to true benefit. Like you see in the logo of Great Freedom, we say: "For the Benefit of All." Once we are totally grounded in clarity we have the ability to act in a beneficial way, and "beneficial" doesn't need to look any certain way.

It means being exactly who you are, perfect as you are, and not wasting your energy and time in micromanaging what you should think and feel and do. You just know how to act in a very natural way, like nature, just happening by itself with not much effort at all, or no effort at all. We are not apart from this nature; we didn't jump out of this space of nature. We are totally connected—right there.