



The Introduction to Clarity 09_07_10

The introduction to clarity is simple. To be introduced to clarity, stop thinking. What remains is alertness, alert cognizance. That is what remains: just alertness. The next thought that appears, appears due to that alert cognizance. Another term for alert cognizance is clarity. The clarity that is present when not thinking is also present when thinking.

If you just watch this very closely, you will find within clarity freedom in immediate perception. You will find complete perceptual openness in each experience. This is how it works. Rely on clarity and notice how the next thought comes into clarity and resolves in clarity. Next thought comes, resolves. Next thought comes, resolves. There may be a gap or not; even the gap between thoughts is clarity. It's another point of view of clarity called "the gap."

By seeing the simple process of your own thinking in this very direct way, you will understand how the whole world of descriptions comes about. All perceptions—that is to say, all points of view, all thoughts, emotions, sensations and other experiences—appear due to clarity. The appearance, the duration and the resolution of points of view in clarity are just descriptions of clarity. Indeed, everything is a clarity display.

One way to look at it is that clarity is the view, and within the clarity-view, points of view appear. The clarity and the points of view are not two different things. They are seamless. Clarity shines from within the points of view. This perhaps isn't the way you have been thinking about things. However, by introducing yourself to clarity and seeing how it plays along in every single moment of your

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day, you will find complete freedom in immediate perception—complete perceptual openness in each experience. What this means is that you will no longer be swallowed by descriptions. You will no longer be swept up in constant sorting out your points of view, trying to have good points of view, trying to not have bad points of view.

You'll come to see that there is an order of intelligence more powerful than sorting points of view into positive, negative and neutral. You will find in clarity a more comprehensive order of intelligence that always knows what to do and how to act, and does so in a very beneficial way. You will find an intelligence within yourself that is carefree and open and completely potent and powerful. In every single moment of clarity is complete stability, unending stability. It's always been here; it's just that when you recognize it, it becomes predominant. It becomes very obvious. This vast stability that is at the core of your being is already present. By simply recognizing it, it becomes obvious.

Recognize clarity instinctively for short moments repeatedly, until continuous. Don't try to prolong moments of clarity. Clarity already is, so it doesn't need to be prolonged. It's simply a matter of becoming accustomed to its obviousness, that's it. No hurdles in the way anywhere. All points of view appear in clarity like old and dear friends. The points of view that appear in clarity are self-releasing like the flight path of a bird in the sky. Like a mirage, points of view have no substance; they're pervaded by the space of clarity.

Points of view are self-releasing; they undo themselves with nothing needed to be done, like a knot in a snake undoes itself spontaneously. By the power of obvious clarity you'll come to see very directly that your own clarity intelligence outshines all points of view, to the point of not even needing to notice them. They're handy as tools; however, they are not the objects of attention. Rather, clarity is obvious at all times, outshining all points of view.

The bright daylight outshines all the planets and stars; so too, the clarity view is a more comprehensive order of intelligence that outshines point of view intelligence in a brilliant display of benefit—benefit very directly for yourself and benefit for others. The benefit is obvious from the outside, the inside, all sides, all directions, in out and in between. Clarity does not have directions; it doesn't have sides, it doesn't have destinations, lines, squiggles or divisions. Clarity can never be split up; it's seamless. No matter how many descriptions are laid on clarity, it is always open and free in the spontaneity of the description itself. These descriptions are

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like toys; they're not fixed solid things; they're the shining light of clarity itself.

By the power of clarity, in this moment, that troublesome worry you've had all your life is gone completely. If that worry comes up again, rely on clarity, and soon you'll see that clarity has completely clarified your old worries and troubles. Now clarity is obvious instead of the worry and trouble. This is the clarity boon of great benefit. You see in a very direct way that your own troublesome worries—all those afflictive states and the good ones too—are gone beyond in the power of clarity.

Clarity brings total strength and resilience to human intelligence right here—your own intelligence. All these words come and go in clarity. They're due to the power of clarity alone. This is the spark by which you know you are. What could be more simple and direct? Right here, you, that's who I'm talking about. No struggle, no effort to make, everything is wide open like the seamless sky. Look at the sky: even if it's all cloudy, it's filled with pure space. If you fly up high enough, you'll see nothing but the seamless blue vast expanse.

This is similar to clarity. Your own clarity—the clarity by which you know everything that you know—is like a vast expanse of seamless sky, shining with light, shining with complete ease, shining without any division anywhere. Take it easy; just get to know yourself exactly as you are. Rely on clarity, your ultimate friend. Very swiftly and surely you will come to find that all of your afflictive states are resolved by deciding on clarity.

You make a one hundred percent commitment to benefiting yourself in the most direct and obvious way. Regardless of the thoughts, emotions, sensations or other experiences that come about, in clarity you are completely free. You're completely free of all descriptions, even the description of being you. At the same time, by the power of clarity the full force of beneficial power is brought forth within your own body and mind.

Clarity is the reset button. It resets you to natural vigor, to natural benefit, to natural brilliance. Give it a try and you'll see what I mean. Those nagging worries don't have to nag and worry any longer. By relying on clarity you'll find you have complete freedom in all the nagging and worrying. The freedom isn't somewhere other than in the nagging and worrying. There is complete freedom in immediate perception, complete perceptual openness in experience.

It's the struggle to find life satisfaction somewhere else that is the problem. The life satisfaction is in the negative state itself. Clarity

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shines from within all points of view—positive, negative and neutral. There isn't any point of view excluded. By just relying on clarity you'll come to see that that entire worrisome state is completely pervaded by clarity and outshone by clarity. Everything about the description, no matter what it is, shines with clarity. Give this to yourself; it's the greatest gift of a precious human life.

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