



### **Short Moments of Peace Signs of Accomplishment 4**

If we identify with our peaceful nature, then we start to see signs of the accomplishment of the power of our peaceful nature in everyday life. And what are those signs? Well, we start to notice that we have greater clarity. Initially we might not have greater clarity all the time, but we might notice just a little bit. So, it is important to take note of these signs of accomplishment. Clarity, mental and emotional stability. We notice that we start to have more mental and emotional stability. We may not have complete mental and emotional stability at first, but we'll have at least a little bit more. And how do we notice that we have more mental and emotional stability? Simply that we are letting the points of view flow on by. We don't need to jump into their story, get distracted by them. We are a lot more relaxed and carefree about them, and we're not any longer seeing them as something we need to base our life on.

So you see, at first when we are letting points of view flow on by, instead of looking like enemies or something we need to seek after, we see that they're just like old and dear friends. The points of view are flowing on by and they're like old and dear friends that we're watching but we're happy to see them instead of afraid or needing to cling to them.

And then next, by the power of short moments of peaceful awareness repeated many times until it becomes automatic, we start to see that these points of view that are flying on by, they undo themselves. There is nothing that needs to be done about them. They are going to undo themselves no matter what happens. They are free in their own place and they are self-freeing, just like a knot in a snake is self-freeing. A knot in a snake doesn't need to have anything done to it. It doesn't need to call the help line and say, "Hey, come on over here. I've got a knot and you've got to undo me." It doesn't need any help undoing its knot. Even if the snake is all tied up in knots, it undoes itself. It's self-freeing; its undoing is spontaneous.

By the power of short moments of awareness, we start to see that these points of view are, first, like old and dear friends and then, next, like a knot in a snake—they're undoing in and of themselves. They don't need to have anything done about them. And then we start to see that in the points of view there really isn't anything there. They're just like an empty sky. There isn't anything at all in these points of view. No matter if we go into them, there isn't anything there to go into.

So, this is what we start to see by the power of awareness: that points of view are like empty sky. And what that means is that we know instinctively without even thinking about it that these points of view have no nature independent of the sky and that space of the sky, just like air, has no nature independent of the space of the sky.

And then lastly, we don't even notice the points of view anymore. They flow on by, but there is no noticing of them. And an illustration for this is the outshining of the planets and stars that are so visible at night by the daylight of the great sun. And so you see, at first it seems like points of view are enemies or something we need to cling to, then next we see by the power of short moments that these points of view are really allies; they are like old and dear friends. And then next we see that the points of view just undo themselves; there isn't anything that needs to be done about them. Then next we see that points of view are just open empty space, like the clear sky. Points of view don't have an independent nature. They are not independent of our peaceful nature. And then lastly we don't even notice the points of view anymore. They are not an object of interest or attention to us any

longer. So, this is a definition of complete mental and emotional stability and clarity using four metaphors.

If we are all wrapped up in awareness and its bodily signs and powers and all these other points of view, then we'll completely miss the practical signs of accomplishing our peaceful nature. The practical signs are what we should be looking to for signs of accomplishment, not bodily energetic states or special powers or anything like that. This is very, very important to understand and realize. And I can see a little smile on some peoples faces just as I'm saying this, because we all know that we have looked for signs of accomplishment in special bodily energetic states and powers of this, that or the other thing.

But what we really want to focus on is these short moments of awareness, short moments of our peaceful nature. In a short moment of peace all powers are already present. And what we really want to get to is this power of recognizing more and more our own clarity, our own instinctive clarity—complete mental and emotional stability, insight, relentless compassion and skillfulness in all activities. These are the powers that are present in each short moment of peace, in each short moment of awareness. All these powers are already present. These are the greatest powers. Any other power you could name, whatever it is, is a lesser power, a more mundane power than these powers. So, these are the powers we want to look to, because these are the powers that guarantee our own well-being as well as the well-being of others. They guarantee unity and peace within us and they guarantee unity and peace in the world.

If we get marginalized and fragmented by seeking after special powers that only certain people know about and have the language to talk about, then you see, it's very easy to get lost in a point of view, isn't it? We don't want to get lost in a point of view. We want to rely on these short moments of awareness that will instantaneously dissolve all of our points of view. We don't want to rely on any other signs of accomplishment that might seem esoteric and special: energy running up, energy running down, energy running to the head, energy running to the heart, energy running to outer space, or you know, whatever it might be that we're describing. Keep it simple, keep it practical. Nothing else is of value. I can guarantee you this.

So, even if you think it is of value to get off into your special bodily states of bliss and dotty-dah, then eventually you'll see that there is nothing there. There is no practical well-being in that; there is no practical sign of accomplishment in that. You want the practical signs of accomplishment that are evidenced by these five signs of accomplishment that I have outlined here: clarity, complete mental and emotional stability, unrelenting compassion, insight—profound insight into the nature of existence in all circumstances—and skillful activities in all situations. This is what you really want to look to.

In short moments, some people actively take short moments. This is the way it is for most people, and gradually the signs of accomplishment show up in their life. Once in awhile there is someone who this might come about for very quickly. You never know. That's all I can say. Just keep listening and participating, and you'll have greater confidence in awareness regardless. No need to worry about whether it is coming quickly or slowly for you. Just take it easy. Take it easy.

Have you ever noticed that life just goes on one day at a time? Well, that's all you got anyway: one day at a time, one moment at a time. No reason to plunge into the past or plummet into the future. Not either one, because all you've got is what's right here—the short moment of the here and now, the pure presence of the here and now for which all the signs of accomplishment are already present.

Just like heat is already present in the sun, the signs of accomplishment are present in every short moment of awareness. You see, there is no way to separate heat out from the sun, in the same way there is no way to separate out the signs of accomplishment from each short moment of awareness. So, if you're practicing all kinds of different ways to get to those signs of accomplishment, forget it! That is my heartfelt advice to you. Forget it. Allow short moments to dissolve these hardened practices and attitudes about attaining signs of accomplishment. Everything is already present in a short moment, all the signs of accomplishment—just like heat is already present in the sun. This is what you have to remember. This is what you have to count on. This is you're greatest strength—to keep it simple and unelaborate.