



Test It Introduction to Awareness 3

Complete mental and emotional stability cannot be found in rearranging our emotions and thoughts. We cannot hold on to a certain emotion or a certain thought; it is completely rooted in our awareness, which is stable in and of itself. And, once we are introduced to awareness and see that that is naturally present for everyone, we can test that in our experience.

You can listen to the words and say, "Oh, well, being is in awareness," but we have to test it in our experience. We want to check if it is true for ourselves. And that is the only purpose of the Great Freedom movement, really. It's to introduce people to this ultimate well-being and offer a space and a method, so to speak, to directly experience that.

So, these short moments, what you hear again and again in the Teaching, short moments of awareness—that is the only way we can see naturally present awareness as a direct experience to us. Short moments of awareness—no matter what arises and no matter what circumstances we are in, what thought we have, what feeling we have or with whom we are—we just go back to the simplicity of short moments of awareness again and again, and give up all our strategies and methods for trying to rearrange our perceptions and our emotions to try and feel better.

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We give ourselves that gift to test it in our experience, and then we see that everyone can recognize these short moments of awareness. Everybody can allow a short moment of rest to be again and again and to see that well-being doesn't depend on anything. If we have a bad thought, a scary emotion, then we can rest. We tried all other methods and strategies and now we can really say, "Okay, that doesn't work; it doesn't work; it just doesn't work for the long-term." It might have a short-term effect, but then we have a mess again.

So, short moments of awareness guarantees ultimate well-being that cannot be destroyed by anything, because it is naturally present, always. It cannot be affected by anything. It is only the belief that our well-being is dependent on what appears that it seems like we are affected by something. But all the while nothing happens, nothing ever happens.

So the greatest investment we can give ourselves is short moments of awareness repeated again and again and to allow ourselves the gentleness to gain confidence in awareness. When we fall down and have all these thoughts and feel completely caught up and think it all doesn't work, we just get up again. We can just put resting as awareness aside for a moment and say, "Okay, it's all fine," and then resume short moments again.

It's normal that it feels that it doesn't work or "I cannot rest," because it feels so overwhelming, but then we just return again to short moments of rest. Just like it is right now, that short moment of rest is the fruition of awareness. There is nowhere else to go. Every short moment, every short moment of awareness, and then we see that nothing can affect us. Fear doesn't have to go, fear can be *as it is*, and we see there is a fearlessness in the face of fear. But only in the short moments can we really see it. Otherwise, we are so collapsed in the stories and descriptions: "Oh, there is fear again. How can I get rid of it? Oh, I'll rest, but it doesn't go," but these are all stories.

Nothing needs to change for complete well-being. And, in allowing everything to be *as it is*, that's the great relief right there.