



You Can Never Not Be Aware Introduction to Awareness 4

Awareness is the most fundamental about each and every human being. There is no human being anywhere who can say, "I am not aware." At no time in your experience are you ever not awareness. You can test that right now, if you can manage to not be aware, and what you find is that you can't. There is no way you can avoid not being aware. The most fundamental principle that you can see in yourself and all experience is that the flow of experiences or the flow of viewpoints, how we say in this Teaching, all experiences, thoughts, emotions, physical sensations interactions and any other action that you undertake in your life, all of these we simply call "points of view" or "viewpoints" to keep it very simple. And what we realize is that the flow of experiences or the flow of all viewpoints is the most fundamental principle.

There is a continuous stream of viewpoints, but all of these viewpoints are only powered or ruled by awareness. There would be no experience of any kind without this fundamental basic state that is equal to awareness. You cannot actually experience any thought and you cannot actually experience any emotion without the power of awareness. It is not so much a matter of cultivating the presence of awareness. This is what many people have tried; they have tried to become more aware. So, then we are trying to achieve something that is already present. It is like trying to create space. We don't have to create that space; it is already present. Everything that appears within

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it is just an appearance within this space. The same is true for awareness. Everything that appears within awareness is not an obstacle for that awareness; it is actually proven evidence for the presence of awareness.

So, when you hear in our talks that the negative or afflictive states that we take to be proof of not being awareness are the realization of awareness, that's what that means. Especially when we think, "Oh no, I am not aware now," this is when we recognize, "Well, I am aware; I just didn't acknowledge the presence of awareness." This is all. In a short moment of awareness, in relying on short moments of awareness, we just test in our experience that awareness is indeed naturally present, especially when we think it's not.

So, rather than thinking about awareness, when we think, "It's not present, and what do I do with all my states," or "I cannot describe awareness; it seems like a mystery to me"—when these thoughts start kicking in, and we take a short moment, what we find is awareness is blatantly obvious in that very moment.

In short moments of awareness, the only practice that we suggest for anyone who comes to the Great Freedom Teaching, we simply test this in our experience. So in everyday life, whatever we are doing, whenever we are naturally reminded, we just acknowledge, we just notice the natural presence of awareness.

In the beginning, the recognition of awareness usually immediately slips away and in my own case for example the first thought that usually came up was, "Is this it?" And then I started thinking whether that could be it or whether it could be so simple. Then after hours or days I would remember, "Oh, sure, I shouldn't think about awareness I should just take a short moment of actually acknowledging the presence of this awareness."