



The Most Important Choice We Will Ever Make

As a human being, we have a choice to make that is the most important of all choices. It is the choice of how we use awareness. We choose the way awareness responds to everything. Everything known is a point of view of awareness. Awareness contains all points of view. Just as the color blue is inseparable from the sky, points of view are inseparable from awareness.

Points of view are anything that can be seen, felt, thought, enacted, sensed, intuited or experienced in any other way. In other words, points of view include thoughts, emotions, sensations, experiences, people, places and things. Awareness either follows after or avoids points of view or it is naturally at ease. When awareness follows after or avoids points of view, we forget how to relax; we forget how to rest naturally as timeless awareness.

Simply stated, resting naturally as awareness is recognition of its inseparability from all points of view, and constant distraction by points of view is non-recognition of awareness. When we gain confidence in awareness, we realize that all points of view have their origin in awareness and that no point of view can be found to exist independently.

In the Great Freedom Teaching, the cultivation of awareness is referred to as “resting naturally” or “resting as awareness.” When there is constant distraction by points of view, there is alternating happiness and worry, hope and fear. To rest naturally is to cultivate many moments of awareness, many times, until the presence of awareness is automatic and permanent at all times.

When we stop the constant thinking about points of view and simply rest as awareness, we discover an innate resource of wisdom, profound insights and skillful activities. We find we know how to live life skillfully.

Resting as awareness is best because we directly experience freedom from worry and concern and our mind becomes lucid and clear. We are better able to be of benefit to ourselves, family, community and world. When we rest naturally in awareness, we tap into new strengths, gifts and talents within us and feel powerfully moved to contribute them for the benefit of all.

To rest or not to rest: that is the question. Rest is best!