



## **Complete Confirmation of Natural Perfection**

### **Chapter Three: The Power of Instinctive Recognition**

Instinctive recognition of the basic state of awareness is extremely powerful. In that instant of instinctive recognition of awareness, the stronghold of points of view completely vanishes. It's released into thin air. It vanishes completely without a trace. At the same time instinctive recognition is so very powerful that it is completely full to overflowing with perfect mental and emotional stability, perfect clarity and insight, profound compassion and the skill to know what to do and how to act. All of this is contained within each instant of instinctive recognition, and thus it is called powerful. It is powerful because it is something that cannot be learned. It is inherent. It is innate, already present, no effort needed, nothing needing to be done to bring it about, already here, accessible only through instinctive recognition.

Instinctive recognition is the instant of realizing the way things are. That's all. It doesn't need any convincing to bring it about. It simply is *as it is*. Beyond the reach of words and labels, it cannot be got by thought; absolutely impossible. So what could be easier? Even someone who is mute, completely illiterate and deaf can recognize awareness. Regardless of one's faculties, everything rests in the natural state of complete perfection just *as it is*. It does not require any abilities at all, not even being conscious. It simply is *as it is*, whether you're conscious or not.

Thus it is powerful, and it is also called indestructible. No matter what appears within the basic state of natural perfection, its power is such that it can never be destroyed. What has never begun and

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which will never come to an end cannot be destroyed. It is completely indestructible. So what does that say about us and all our puny thoughts, emotions, sensations and experiences? All of them whatsoever no matter what they might be, whether they're enormous and ferocious or subdued and gentle, or anything in between, it all rests unavoidably in the basic state of natural perfection. There is no escape. No exit anywhere; so get used to it!

**The words written here have one end; to fully empower instinctive recognition of the basic state of awareness.** These words are a complete confirmation of your very own basic state of natural perfection. They have no purpose other than that: to evoke, to elicit instinctive recognition of your own basic state.

**If a treasure chest is left unopened, its brilliant jewels will go unrecognized.** Very simple and straightforward. We see the chest. Hmm. We don't know if we're going to open it or not. If we don't open it, we have no idea what's in there. We have no idea whatsoever what's in there. It's only if we open it that we see what's in there. So even if we go over there and tentatively approach it, we might touch it first to see if it's going to jump up and bite us. If not, we might open it up a crack. Others might just march right over there and throw the thing open. "What the hell's in here?" It all depends on our level of open mindedness.

**However when it is open the gems sparkle brightly revealing their splendor.** If we never open the treasure chest, we'll never know what's in there. But if we do open it, no matter how we approach it, whether it's quickly or slowly, we're going to see what's in there.

**Likewise, if the basic state of natural perfection is overlooked, its treasure trove of wisdom, love and compassion will go unrecognized.** Within us, within every single phenomenon whatsoever rests the basic state of natural perfection. Every single phenomenon whatsoever is filled to overflowing with the treasure of natural perfection. What does that say about us? It says that all of us, no matter who we are, in every single moment of our existence, we rest in the basic state of natural perfection. We're endowed with all of the benefits of natural perfection, and it's impossible that anyone ever not share that.

**When the basic state is instinctively recognized, its wealth of mental and emotional stability, profound clarity and insight, compassion, generosity and skillfulness are obvious.** For many of us, all of our life we seek to be a better person. We look at

ourselves as imperfect and we think, "Oh! If only I could be virtuous. If only I could be a more loving person. If only I could be just a little bit kinder." This is natural to us.

All of us are already in touch with our own kindness, our own compassion, always looking for a way to bring it fully to the fore. We know it's there. It's natural to us. By the power of instinctive recognition of awareness, all of these virtues that we have looked for forever instantly appear. And by this simple power alone, moment-to-moment, instinctive recognition of the basic state of awareness, all of these virtues described are unleashed. They're not the virtues of an individual. They're intrinsic to everything as it is.

**If a mirage disappears, its images disappear altogether; likewise, when the basic state of natural perfection becomes obvious, the power of belief in the independent nature of thoughts, emotions and experiences vanishes altogether.** Perhaps all of your life you've thought, "Oh, all these thoughts, emotions, sensations and experiences, they're overwhelming. I just don't know what to do about them. The minute I think I have a handle on them, boom, the whole thing blows up." Have you ever felt that way?

"Oh. I've got it now. I've found that self-help book and I know it's the answer to everything. Positive affirmations—that's what I'm going to do. 'I am happy and delighted. I am rich and famous. I am married to the perfect mate,'" or whatever it might be. On the first day, wow, that's feels good, because we haven't been talking to ourselves like that. Instead we've probably been dissing ourselves pretty regularly. So when we launch into our new program of positive affirmations, it feels pretty good. But then we notice after a couple of days that this has no logic about it whatsoever. We aren't suddenly rich and famous. We don't have our perfect mate, and no matter how long we're saying our positive affirmations, nothing happens. And even if it does, it doesn't prove that that is a law. It has no causal principle whereby one thing is connected to the other.

All these thoughts, emotions, sensations and experiences, there's absolutely nothing that can be done about them. That's what I'm here to tell you. You can't do anything about them. It's hopeless. It's completely hopeless. You simply are as you are circumstantially. Your whole experience of living is the dynamic energy of the basic state of natural perfection. Whatever this stream of thoughts, emotions, sensations and experiences you're having, the only chance whatsoever you have of becoming totally at peace with those is to let them be exactly as they are.

They have no independent nature. They cannot be found to exist in their own right. They are not independently self-generating, substantial. They have no identity of their own. Their sole identity is the basic state of natural perfection. So, believing that their name causes them to have some kind of power or influence over you is the only thing that's holding them up in your perception. Do you see what's being stated here very directly?

All of these, no matter what they're named, their name can be defined as the basic state of natural perfection. So what does that say about every thought you think, every emotion you feel, every sensation you have, every experience you entertain? All of that rests in the basic state of natural perfection, unavoidably, with no way out. Every moment of the here-and-now disappears just like a mirage. There's no way you can hold it in place. So where is that past you're all wrapped up in, or the future you're going to?

**The landscape that has been dark all night is illuminated instantly by the sweep of dawn; likewise, an instant's realization of the clarity of awareness does away with a lifetime of its non-recognition.** All the seeking for something better, how about the seeking for awareness? Looking for awareness—trying to find where it is, when it's the awareness that's seeking, the awareness that's seeking itself? What does that say about non-recognition? Non-recognition of awareness is just another label that has no independent existence. If you want to convince yourself that you're not recognizing awareness, well, that's not going to hold up very long around here.

At night we look around and we can't see where we're going. The light is very, very dim. Everything is the same color. At daybreak, *whoosh*, everything comes into perfect clarity. We see everything just *as it is*. This is the power of instinctive recognition of awareness. We see everything exactly *as it is*. All the fear we've had, all that fear we get going about what we're thinking, what we're feeling, what we're sensing, what we're experiencing—we start to see it clearly. We start to see that it doesn't have any influence. It can't influence the way we are. There's nothing that can influence the way we are.

**The brilliance of sunlight cannot be dimmed by darkness; likewise, the clarity of the basic state of awareness cannot be obscured by a lifetime of non-recognition.** The brilliant clarity of awareness just *as it is*, naturally perfect, saturates every thought you think. If you've had a lifetime of thinking you're lost

and alone, closeted off within your skin suit, trapped with all this neuro-chemical activity going on, all of that is fired by, it's fuelled by the sun of awareness. Get real about your own natural condition.

**The pure expanse of sky is indestructible and its purity is unaffected by both the dark of night and the light of day; likewise, awareness is pristine and cannot be altered by negative or positive thoughts, emotions, sensations or experiences.** All of what you think, feel, do, say and act— positive or negative, all of it is fueled, by the basic state of natural perfection. Whether you're quiet, subdued, sitting in a perfect lotus, or running wild through the streets, it's all endowed with the basic state of natural perfection.

This must be instinctively recognized in your own experience, whatever it is. Think about your own experience exactly as it is. Look into it right now. Look into it simply and directly. Look into it totally nakedly. What can you say about your own experience right now? How is it? How is it really for you? Is there anything there other than this, other than this that is naturally perfect and can never be any other way? This is the basis of your condition, and it can never be changed by what appears. Whether you call it positive, whether you call it negative, whether you call it neutral, it simply is *as it is*, resting in natural perfection.

**Cream is the source of butter, but the butter will not separate unless the cream is churned; likewise, the basic state of awareness is the source of wisdom, love and compassion, but only by instinctively recognizing the basic state is it possible to definitively conclude that this is so.** You can listen forever to these pretty words, yet you can never come to a definitive conclusion about what's being stated without its instinctive recognition.

Now during our lives we can listen to all kinds of words, and we certainly have, am I right about that? Think about all the words you've heard, all the words you've read, all the words that describe you, that describe other people, that describe the way the world is, that describe the way the cosmos is. Think about all those words. It's a lot of words isn't it? In all these words equally, there's only one way to come to a definitive conclusion about their nature, and that is instinctive recognition of your own nature, right now, just as it is. There's no way to make this life understandable other than by instinctive recognition.

By the power of instinctive recognition, no matter what comes along, you're like a fierce lion. No matter what comes along, you're striding along fearlessly, not afraid of anything coming along, not hoping for anything particular to come along. Whatever is, is *as it is*, and that's all right by you. That's your basic state; simple and direct.

**In the vast night sky the planets and stars are visible, yet in broad daylight the planets and stars cannot be seen.** At night we look up at the sky, and we can see everything going on up there. All those stars and constellations, we may have all kinds of thoughts about them, they're just as vivid as can be. But we look up there now, and they're nowhere to be seen. Likewise, by the power of instinctive recognition of awareness, all points of view whatsoever, all these descriptions we've learned, all the words that name everything about us, our identity, the identity of others, the people, places and things of our life, all of them are outshone, just like that, in an instant of instinctive recognition. Everything comes perfectly clear like the broad brush of dawn sweeping the sky of everything in it. Just like this, every single instant of the here-and-now is just like this.

**Likewise, thoughts, emotions and experiences demand attention, yet when the sun of the basic state of awareness becomes obvious, all thoughts, emotions and experiences are outshone by its brightness.** This is a natural brightness. This is what the word clarity means. It's a natural brightness that is the way you are—natural perfection that is exactly as you are. It's the perfect clarity, so pristine and luminous that it allows the experiencing of every here-and-now. It is that here-and-now seeing itself just *as it is*. There's no mediator in there called "you" who's interpreting everything, just luminous clarity seeing, the natural propensity of the basic state of natural perfection. This is the seeing and observing within everything. Everything whatsoever is chock full of this seeing that is your own seeing.

**And in the present moment, as you remain in your own basic state of natural perfection without constructing anything, awareness at that moment, in itself, is quite ordinary.** Who's looking for the big blast that's going to blow you off the face of the earth? Who has all those ideas about what awareness is? Awareness is quite ordinary right now, shining fiercely within everything. No way not to be shining, filling up everything completely from within. That's your own seeing. There's no other seeing allowed for you. It allows for your individuality just as it allows for everything equally,

without any exception, without anything needing to be done to make it that way.

**And when you look into yourself in this way nakedly, without describing anything, since there is only this pure seeing, there is found a lucid clarity, without anyone being there who is the observer.** There is only naked awareness seeing. Wow! Who thought it could be so simple. Take all those self-help books to the used book store. Give them away. So simple, so direct, right here, unavoidable, just as you are, however that is.

**This basic state of awareness is pure and clear. It is the only author of everything just as it is.** The only authority, the only authority, just that, simple authority, all-sovereign authority. Just like that. Just *as it is*.

**It is open and naturally present. This is the real confirmation of the condition of things.** Uncomplicated, simple, very direct, allows direct insight, profound insight into the nature of all phenomena whatsoever, whether they're expected or unexpected. Completely perfect, clear insight into the nature of all experience without exception.

**By the power of the basic state wisdom, love and compassion become obvious.** No need to try to cultivate it, contrive it, force it, make it come about. Just right here in naked seeing, all of it already present, naturally uncontained, spread effortlessly throughout everything equally.

**Regardless of the sharpness of your faculties you benefit by the decisive experience of awareness.** Very simple. No matter who we are, no matter where we are, no matter what our faculties, whether we have few faculties for coping or many, whether we're smart or not so smart, however we are, indestructible awareness is the fuel of all our perceptions, just as they are.

**Right now look at your own experience to see if it is like that or not.**