



A Wholly Positive Attitude Flow of Points of View 2

When we're trying to control and regulate our points of view, then we're afraid to live; we're completely afraid to live. Not only is death taboo, but life is taboo as well, and so we're trapped. Talk about existential despair. Yikes!

The beauty of short moments is that there is increasing confidence in it; there's increasing release, increasing soothing energy. All is well. Just increasing 'wow.' And that is just so natural, because if we've spent decades trying to suppress that 'wow,' then when we realize how easy it is, we become very simple; we become very simple. Every point of view says 'wow.'

And it may take a while to get accustomed to that. That's okay; that's just okay. It really is, because we've trained ourselves to see things in a certain way. And even if in the beginning you don't have a profound sense of well-being, when you have disturbing states—whether they're mental, emotional or physical—then continue with the short moments. Don't even worry about whether you have any soothing energy all the time or not. Just know by the power of short moments more and more of your experience of life will be pervaded by complete okay-ness. You don't have to do anything special. Just whatever the flow of your everyday is, is perfect.

“Nothing need be done” doesn’t mean that we become a couch potato. That’s okay too if you want to do it, but even if you become a couch potato or you already are one, then you’ll have profound insight into the nature of reality. But it’s more likely that you’ll have a zest for life and a tremendous energy to be of benefit to all. In seeing how profoundly you can be of benefit to yourself through short moments, then ‘wow,’ you have the thrill of reality where you see how beneficial your life can really be—how much you have to contribute. And it’s possible to contribute in a very relaxed way, from a very profound level of intelligence that is completely at ease, that has nothing to prove.