



Basic Awareness

Part 1

The clarity of awareness illuminates a vast treasure of benefit within humankind; something we all share. What is totally inescapable for all of us is this power to know. That's what clarity is. It's the power by which we know everything. It's the pervasive power by which we know everything—that alertness and clarity that is absolutely present in every perception.

Because it is present in every single perception, it is the treasure in every point of view—the unavoidable treasure in every point of view. It provides the greatest of riches. No matter what other kind of riches we may have in life—whether we have friends, family, jobs, wealth, houses, cars, children, all of the other things we might value in life—none of those things can give us permanent clarity. None of those can give us peace of mind. Only clarity can give us that, only clarity. Clarity enriches all of those other things in life that are important to us. In the final analysis, none of those things I just

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mentioned can bring us any happiness whatsoever. So, if we believe something like that is bringing us happiness, it's actually confusion.

We need to know exactly where real happiness comes from; that is clarity. If we want to get along in our relationships, then that can only come from clarity. Otherwise, we're going to be befuddled over and over again. We're going to think the other person needs to change or that we need to change or we need to move somewhere or whatever it might be.

In a relationship, no matter what comes along, clarity is key. It is the basis, the only basis of the ability to truly love. First we see this in ourselves. By the power of clarity, we come to love ourselves. Instead of struggling all the time to change our points of view so we can be a better person, we allow everything to be *as it is* within ourselves. This is true love. From that perspective then, we can see everyone else clearly. Without that perspective we can't see ourselves or anyone else clearly. Clarity is good.

The treasure is contained in the phrase short moments of awareness repeated many times become continuous. Once there is that introduction to awareness, that introduction to total clarity, it may be continuous from that moment on—it just depends on the person. For most of us, short moments many times are required until it becomes continuous. Short moments are just a way of acknowledging what we've ignored, that's all. It's not any big deal. It's not a special, unique or mysterious event. We're just noticing what we have formerly ignored. And not even noticing, simply acknowledging it, "Aha, yeah, it's right here."

Such a simple statement actually has the great power to bring about clarity, cooperation and peace within global human culture. Now, that is completely amazing. All the strategies we've tried to employ to be peaceful with one another haven't really led much of anywhere, have they? We live in an age now of terrorism and weapons of mass destruction, and so that's how far we've come at recognizing our innate peaceful accord.

When we think about something like world harmony and peace, often we think, "Oh wow, that's mind-bending; this is going to take a lot of thinking;

it's going to take a lot of thinking and a lot of talking into the wee hours and a lot of jet lag." However, when we find that it is so simple and straightforward and already existing within every one of us, then it's truly amazing. We can really laugh at ourselves. And by the power of this clarity, anything is possible. World peace is totally dependent on the peace of individuals. Without the peace of clarity within individuals there can be no world peace. There can't be peace within yourself without the power of clarity or just with your close circle of family and friends. You know by that example, the same kind of clarity is required for world peace. It isn't the kind of opportunity for human beings that requires herding everyone into clarity. By your own simple example others will come along. They'll just look at you and the way you live and say, "Oh, I like that, that's how I want to be." This is how simple it is.

Herein you will discover that only with your act of participation can this clarity cooperation and peace be a reality. It's up to you and it's up to me. Now that's good news.

Together there is nothing that cannot be. We, the people of the world are the leader we are looking for. It couldn't be more obvious. Today we've all blended together and we're blending together more and more. We have instantaneous communication with just about anyone in the world that we want to have communication with. So, together we decide how the world is going to be. It isn't someone else who will decide. We decide how the world is going to be. When that comes from clarity, then our actions, our speech and our thinking are purposeful and beneficial. Just like that, very simple, in the same way that you are now within yourself and are with others in your friendship group, very simple.

The basic awareness text empowers your innate ability and the ability of everyone to bring about true community among the inhabitants of the world. Clarity of awareness brings about complete mental and emotional stability. It's the view that includes all points of view. Just like the view of the clarity of awareness allows you to be settled with all of your own points of view, in the same way, it allows you to understand and completely know everyone and their points of view. You know exactly what's

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going on with everyone, no matter what they're up to, you know. And why is that? Your own inner clarity. It simply allows you to be.

The text contains vital knowledge that is essential to clarity, cooperation and peace. This is a very simple text, but what it contains is essential. It is absolutely essential to your own peace of mind and to world peace. So, in each short moment of clarity you are creating world peace, and creating peace for yourself—complete clarity of mind that's pervading everything. That's how much of an effect you have.

Short Moments: The Solution in all Problems.

What is a short moment of awareness? To know the answer to that question, stop thinking just for a moment. What remains when you stop thinking? A sense of alertness and clarity, that's what remains—alertness and clarity, the power to know.

This is what awareness is, clarity and alertness that is open like a cloudless sky. If we just look out at the sky, it's pure and it's vast and our own clarity is just like that, shining from within everything. The metaphor, combined with pointing out what is present—alertness and clarity—are very, very powerful together.

Alertness and clarity, clear like the vast sky. The metaphor evokes instinctive recognition of clarity. Instinctive recognition means that it doesn't require any thought. It's just obvious. When the metaphor is combined with the terms alertness and clarity, the mind opens up, just like that. There's the direct pointing to, and implicit evidence of intrinsic awareness.

Just as a rainbow appears within space, thoughts, emotions and other experiences appear within the clarity and alertness of awareness. Just as space and a rainbow are inseparable, thoughts, emotions sensations and other experiences are inseparable from clarity. Within the view, the pure view, the clear view of awareness, pure clear points of view appear. Just like there's no way to separate out a rainbow from the sky or the sky from space, there's no way to separate out points of view from the view. It's impossible; they're inseparable, they're

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indivisible. Every single here-and-now is just like this, no other way.

When we stop thinking for a moment, we introduce ourselves to the clarity of awareness, and before long we begin to notice that the clarity that is present when we are not thinking is also present when we are thinking. So, this is the key here. First, the indication of alertness in clarity, naturally present when not thinking, and then seeing that that same alertness in clarity is required for all thinking. The alertness in clarity are just other words, synonyms for the view—the view of awareness.

All thoughts appear and vanish naturally like the flight path of a bird in the sky. Or we could say, “All points of view appear and vanish naturally like the flight path of a bird in the sky, like a line drawn in water.” When a bird flies across the sky, we can't really say where a flight path began or where it is now or where it was. There's nothing there; it's pure like sky. And all points of view are just like this.

The peaceful clarity and alertness that is identified when we stop thinking is the basis of all thoughts. It saturates all thoughts without exception. This is truly amazing. After all the complicated scams we've learned about living life, it's so easy. Openhearted clarity. Openhearted clarity. When we allow all of our own points of view to simply be as they are we evoke our natural openheartedness and clarity of mind. That openheartedness that we evoke within ourselves, automatically applies to everyone, like the love that a mother has for her newborn infant. That's the kind of love we feel for everyone without exception.

This is similar to the vastness of space being present regardless of what appears within it. There probably isn't anyone who has wanted not to care about other people and themselves. There probably hasn't been anyone who hasn't at least had that thought one time. By the power of the introduction to awareness, what we could spend a lifetime trying to develop and never achieving, it's instantaneously present in the introduction to awareness. It's the goal of all self-help programs in a single flash. Uncontrived clarity, uncontrived openness, totally uncontrived caring, love and benefit—all already present in our own clarity.

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By relying on short moments of awareness, clarity becomes increasingly automatic. This is a very straightforward value proposition, isn't it? First of all, the introduction to awareness for some people is extremely powerful. Other people may say, "Oh well, so what?" and there may be all kinds of people in between. The key is short moments. By short moments, the recognition of its value grows and grows. The value, as you all already know, can be slow or quick. It's not a contest like Miss America or running for President or whatever these other contests might be. It's you, you and you and that's it. In that locus of everything *as it is*, is tremendous energy and power, just by the simplicity of recognizing your own innate clarity.

To see how you are progressing in short moments, simply rely on immediate awareness. All of the need to say, "How am I doing; when am I going to get there; am I more clear, am I less clear; am I recognizing, am I not recognizing?" all these are points of view saturated with clarity. So there isn't anywhere else to be or to go, because each here-and-now has the same quality of alertness and clarity. Each here-and-now without exception. Rely on awareness, that's it. Short moments.

This gentle approach is guaranteed to make awareness obvious at all times.

Pearls of Peace

Short moments of awareness can be likened to creating a string of pearls. If a knot is tied at the end of a string, each pearl that is added to the string automatically leads to a complete string of pearls. If you haven't done this, you can certainly imagine doing it, one pearl at a time. It's not the kind of task that you need to think much about. Tie your knot, put the string through the pearl; you might want to tie a little knot in between, and you put the other one on, but it doesn't require any thinking. Very quickly it's instinctive. You're just piling those pearls on the string; it's automatic. Short moments is the same way. Rather than getting all caught up in the world of descriptions in a knee-jerk way, instead, your response is to acknowledge clarity. It's as simple as that.

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The clarity resolves everything that's coming up anyway. Whatever you might be thinking a lot about or having a lot of feelings about, the clear solution will come from awareness. It won't come from anywhere else.

In life all of us face decisions that we wish we didn't have to make or we wonder why we're in such and such a situation; all of us face those kinds of situations. Yet, our answers can only come from clarity, no matter what they are. No matter what all the thoughts, emotions, sensations and other experiences are that we're having, clarity is our best abode; that is our homeland. That's where we always feel secure and safe and able to act skillfully. Within clarity we have complete insight into the nature of experience. It can't come from anywhere else; it's only in clarity, that kind of insight.

There is no need to think about whether or not the pearl stringing method is working. The pearls simply are added one at a time with complete confidence that a complete string of pearls is the result. It is the same with short moments. One short moment of awareness is the instinctive recognition of unending clarity. That is a very important statement. One short moment, the introduction to awareness *is* the evidence of unending clarity, that's what it is. That's where unending clarity is in this short moment. It's not a destination.

You do not even have to think for an instant if short moments are working, just like there is no need to think whether or not stringing pearls will lead to a complete necklace. Just as one pearl at a time leads to a complete necklace, and then there is no need to string pearls, similarly, by the power of short moments, awareness becomes continuous, and then short moments are no longer necessary. This isn't the kind of thing where you can say, "By December 31st, 2009 I will no longer need to take short moments." So, you can't create a personal life plan or business plan, specify the date and the hour. It isn't like that. It's just that all of a sudden one day you realize there are no more short moments; there's just clarity all the while. This is how easy this is: nothing to get all worked up about, very simple, very straightforward. You always know how you are.

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Short moments takes you all the way to instinctive clarity without thinking about it. Keep it simple sweetheart. That's an acronym: KISS. Some people use another word there for the last word, but I use sweetheart!

When we have a complete string of pearls, we have something very valuable. We don't really know how valuable it is until it is complete. Then we look at it and are awed by its natural beauty. I'm sure everyone here would agree that awareness is just like that. Initially it can seem like a big deal, or not, or somewhere in between, but the longer you live life, the more you appreciate and have gratitude for its value. Its value is incomparable; it can't be compared to anything else.

We may get a sense of the value from the first pearl on the string, and with each added pearl the sense of value grows until we have complete certainty of its value. So again, this is not the kind of thing we can plan; at some point we recognize that we have complete certainty of its value. It isn't something we learn; it's arrived at instinctively.

So too with short moments of awareness: confidence in its value grows. As awareness becomes more and more continuous, we find it has an immense power that we never dreamt possible—the power to solve all problems and the power to act skillfully in all situations. Short moments are very wily, they're very crafty. All these issues that you have before you start recognizing awareness—did anyone here have any issues? These habits, point of view habits, they go on and on and on, and just when you think you have it handled, you need to buy another self-help book or go to another retreat or something like that. Well, short moments are very wily in that they take care of all that. Before you know it, those issues that seemed so compelling—the ones you could never work out no matter how much you tried—you have no idea where they've gone. No idea whatsoever. Everything that you've been harping on your partner to do for you so you could feel better about your own life or your boss or whoever it might be, your parents, whatever. All of those things, you just don't have any idea where they've gone; they vanish naturally like mist in space.

That's very powerful, isn't it? The evidence of that in each one of us, that

gives us confidence in the collective power of clarity in awareness. It has tremendous collective power. Just like it can resolve all your issues, whatever they may be, it can resolve all issues of everyone, everywhere. Just as you can come to live with great abiding peace and serenity within yourself no matter what's going on, so too, that power is within everyone.

We are awed by how obvious awareness is. Amazed that it has always been present within us, even though we did not know it. It is the greatest fortune to know it now. The unending treasure, right here.