



### **Four Key Points Rely on Awareness 3**

Wherever you are, that's where all your points of view are going to be. Therefore, that is the only place the realization of awareness will be. It won't be anywhere else. It's not going to be in some carefully crafted points of view that you decide are awareness-compatible. Nope, it's not going to be there at all. It's going to be in all the points of view you think *aren't* awareness-compatible. That's where the realization is.

It's really easy to rest as awareness with all the points of view that we think are awareness compatible. It's the ones that we think aren't awareness-compatible, where we feel like those aren't naturally perfect. "All these points of view over here, they're naturally perfect, but the other one's they're not naturally perfect and free."

When we begin to gain confidence in awareness, then we really see what we are made of. We see what all these points of view are. And, fearlessness is part of that process. It is engineered into that process. It's embedded in it.

The more confident we become in awareness, the less resistant we are to our points of view. As we're less resistant to the points of view appearing in awareness, then all kinds of points of view we've never had start to show their face. We're not keeping them at bay any longer.

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And so this process of allowing everything to be as it is, when I talked about the four key points, those are the four key points in letting everything be exactly *as it is*. Recognition or acknowledgement, allowing the full potentiation, the full flowering of the point of view and its automatic release: this is the only way to see that all points of view are equal. It means that within yourself, you will see everything you want to see about yourself, and you will also see everything you don't want to see.

You'll see how needy, how frightened, how vulnerable you've always been. Everything. You'll see how greedy, how desirous, how jealous, everything! All glaring, all just allowed to be *as it is*. This is real freedom. See, there's no possibility of natural compassion coming about in any other way. This is the process of natural compassion.

You enter into a compassionate disposition with yourself, in your own experience, by allowing everything about you to be *as it is*. In this way, you develop profound compassion for yourself without trying to. It is automatic in every moment of awareness. It is very much unlike the compassion that requires the muscle building of cultivation and development, where you are trying to be nice to everybody, or trying to be compassionate in some contrived way. This is natural, natural compassion, naturally occurring and naturally abiding. And it's in each of those short moments of awareness where you allow everything about yourself to show itself.

You come to see you're fearless. You come to see it within the laboratory of your own experience. No matter what pops up in the Petri dish of points of view, it's automatically refined in awareness. By the power of this, your narrowed perception opens up and becomes vast and spacious like it's always been.

If you're holding on tight for dear life on your little life raft of who you take yourself to be, then your perception is necessarily very, very narrow. See, when you let go and you just relax, then you're no longer bothered by what appears. Now, for most of us this comes about gradually; however, it comes about in only one way. That's by persevering in awareness.

You see, once you go through the encounter with a painful point of view that formerly sunk you or drowned you, once you go through the process of spontaneous release with that point of view where you see it come about, you maintain awareness, the point of view comes to full fruition within awareness and resolves naturally—you're free. In that instant you're totally free. And in that instant you've proven to yourself that this is all you need. You need nothing else to sustain you throughout your entire life, no matter what happens. But you have to see it at least once.

You can be introduced to awareness, and that's all well and good; however, if you never see the process of spontaneous release, then you're never really free. You just have an introduction to awareness but with no knowledge whatsoever of what to do about all these plaguing points of view. This process of spontaneous release and recognizing that in your own experience is crucial. Not just necessary, crucial!