



Four Key Points Rely on Awareness 4

Gaining confidence in awareness is both tender and powerful. It requires great tenderness with yourself, and it's a tenderness that you'll never get from anyone else. It's the greatest tenderness. And in that is your greatest power.

The moment of spontaneous awareness in which everything is spontaneously self-freeing is a moment of complete mental and emotional stability. That is the moment that shows you your natural perfection. That is the moment that shows you your naturally occurring freedom that is the entire basis or basic state of everything. By acknowledging that awareness, that spontaneous awareness, just allowing it to be as it is for short moments, then that becomes more obvious than all the points of view. It's so simple.

You really must allow it to be so simple. No need to have fancy ways to talk about it or think about it or try to get our intellect around it philosophically. Just strip it all naked. Strip away all the ideas about everything and trust your own experience. That will take you all the way.