



Grounded in Awareness Signs of Accomplishment 2

In the Great Freedom Teaching, there is one practice only, and that is: short moments repeated many times. In “short moments,” means that just a brief moment, a brief moment now and then. Maybe initially it might be two moments a day, remembering to take a short moment, to just leave everything in its natural state, to leave everything resting in its natural state, including you. And then, the next day it might be a few moments or only one moment, but gradually by short moments, more and more moments will be noticeable. This guarantees that you’re not trying to contrive or force some kind of recognition of awareness. It also guarantees that you’re totally grounded in yourself and you’re not slipping off into some kind of abstraction like timelessness or emptiness or spontaneity or recognition, or whatever it might be.

If you have a practice, if anyone has a practice that is deeply rooted in everything about the way they experience their being. In other words we all experience our being mentally and physically. So when we say to rest as awareness for short moments, we know that applies to us. We know that that applies to how we think about ourselves as a physical and mental being, a psychological being. That is what is resting, we’re resting all of that in and as awareness. We’re allowing that to just rest in the basic state, or basic space of everything.

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And by taking these short moments, less and less then we identify ourselves only with that identity of being a physical, mental, psychological being. And we come to see that we're not just that. We're not just a physical, psychological and mental being. Rather we are an appearance of that impeccable basic space, we're an appearance of an impeccable pristine basic state. And what we've taken to be our mental, our physical, our psychological being, is simply an appearance of that basic space. It isn't anything that has ever been made into anything.

We're not tied up or fixed only in that identity that we've given ourselves. Our identity is much more far reaching than that. It's expansive and unalterable and indestructible, and most of us have seen ourselves as alterable and closed in and destructible, right? If we believe in our mental states and emotional states and physical states, that's all based on feeling destructible. It's all based on feeling like we can be altered. And it's always based on feeling exceedingly vulnerable and ill at ease. When we rest for just a short moment, we undo that entire belief system, we shatter that entire belief system we've had about ourselves, that entire identification we've had about ourselves, and just that single short moment. So this is the importance of short moments of awareness, resting as awareness for short moments.

Now, it isn't just short moments, but short moments, many times. And "many times" means we repeat it again and again. We don't just take one short moment and then forget about it, but by returning to awareness for short moments again and again, it becomes more automatic. It's just like learning to tie our shoes, or brush our teeth, or ride a bicycle. All of these things through repetition, we learned how to do them. With repeating identification with awareness rather than identification with all of our points of view, we become expert at just simply abiding as we are, in the same way that we learned to brush our teeth or ride a bicycle or train our shoes. We're reminding ourselves of who we really are. That's it. That's all we're doing. We're not getting into some kind of state that exists somewhere off in the future, we're just allowing ourselves to be as we actually are right now, rather than getting fried by points of view, by all of our ideas about what different things are, and by all of our needing to somehow change things in order to feel better.