



### **Power of Short Moments Rely on Awareness 7**

Don't believe anything we are saying. Don't believe anything Candice is saying. And in the end, don't believe anything that you're saying. Rest for short moments, repeated many times. Don't believe anything about what you think is going on. Any description of what you think is occurring is just a description, and we all experience this in our normal lives.

One morning you wake up and you feel on top of the world. Everything is fantastic, and the next morning you're miserable as sin and you hate everyone and everything. Nothing has changed in the circumstances, but the descriptions are polar opposites—absolute joy and happiness and then abject misery and despair. This is what the power of short moments, many times will show you: that the descriptions of what you think is occurring or any intellectual description of what you think needs to occur or what you think needs to change is just a description. And in fact, you can describe things any way you like—it doesn't make them reality.

This is the power of this instruction of short moments, repeated many times. In just allowing things to be *as they are* and to not follow off after their descriptions—pleasant or unpleasant—or not follow after the intellectual elaboration, what you find is that you return to this open space of this mundane everyday awareness, which has been with us.... it's just there, it's so obvious. What's listening to me speak and looking

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at me right now in these chairs, that's awareness, and when you acknowledge that by resting for short moments, many times, it's not rocket science, it's like learning to ride a bike: the more you do it, the easier the recognition gets.

What you start to see is that there is this really amazingly pristine stability that's always there. Whenever you recognize it, it's always there. It doesn't matter how terrible you feel, who you're with or what's going on, the moment you rest there is a very subtle sense of ease that's inseparable from whatever is going on.