



Restful Turmoil Rely on Awareness 6

We can rely completely on awareness to let point of view be *as it is*. Awareness is the ultimate safety and security to allow everything just in a gentle way to be *as it is*—even turmoil and upset.

Yesterday we were resting perfectly; today it is completely in turmoil, but either way we rely only on awareness, not on the descriptions. “Oh, it’s going great”—we can rest. “Oh it’s going bad”—we rest. That’s the power there. We don’t want to rely on these descriptions anymore for how it’s going; otherwise, every morning the same thing—you have some perceptions and, “Oh, those are the bad ones. That will be a bad day. Oh, I lost it already,” and then the story goes off. So, it’s a great relief. It doesn’t matter if you have a first thought of, “Wow, it’s great. I’m resting perfectly today,” or “It’s completely awful. Rest is lost, I’ve lost it”—equal. Doesn’t mean anything. Equal perceptions.

Awareness is blazingly obvious no matter what you think. So, then there is nothing to analyze about how you’re resting. At the same time we just gain confidence in awareness. That’s just the way that is. So, don’t think about how it’s all just naturally present and then we are gaining confidence in awareness. You can’t intellectually figure that one out.