



Self-Shine Flow of Points of View 5

All moments just like this now, just like this one where everything just settles into its own ground—that's all that stability means. In hearing about emotional and mental stability it's tempting, especially if this is what we thought and expected from things we did before we heard about awareness, to think that stability comes about by a certain practice. Then we make more and more stability, and then when we arrive at full stability there will be nothing going on anymore. That's the wish that many of us hold, and especially about all these negative points of view like fear, or feeling anxious, or feeling sad, feeling depressed, whatever they are, or judging other people or whatever we have thought is negative.

And maybe some of us even have seen that maybe the positive states are somewhat disturbing because they stir us all up and make us hold to them, and then we think probably they will go when I'm mentally and emotionally stable. Now, the key here in Great Freedom is to recognize again and again that awareness already is totally stable. It never goes anywhere. It's like space—unchanging, no matter what appears within it. A hurricane, or tsunami could go through the entire expanse of space and it wouldn't leave a trace. Space itself is totally unaffected. If a supernova bursts in the universe somewhere, the space itself is totally unaffected. It is just an incredible display, but

there is nothing left. And even while it is happening, nothing ever happens to the space in and as which it appears.

If we look with current scientific instrumentation we see that even the things that seem to be solid occurring within space, are actually comprised of space. So there is nothing in space that is of another substance. Everything that occurs in space is equally comprised of that space, and this is an incredible metaphor for awareness. Everything that appears in awareness glows from within as awareness.

It's not that here is our awareness and this will become more stable and then all our points of view freeze because awareness is so stable. It's just that all points of view shine from within with the glow of awareness, and in becoming acquainted with the presence of awareness as the foreground of perception, then this shine, this glow becomes increasingly predominant in a way that it is the stability that we were describing.

The shine of everything *as it is* never changes. And with "shine" I don't mean that we see every green and every yellow as fluorescent, like almost that you have to look away; it's just that the lucidity of awareness is already present. No perception ever could be without this shine, without this glow of awareness from within.

So, in a way, in the beginning of resting, and in the beginning I mean quite a few weeks or maybe even in a few months and in some cases maybe even in the first year or so, we take some states as proof of not being aware, of not being stable. And it takes, as you described, it takes us a little while to understand that thinking about stability doesn't really help to discover the stability.

Resting as it for a short moment, and then immediately it's there, and in returning to this quicker and quicker, we see that this stability is all pervasive. It doesn't come and go, it's just that sometimes we see it as being the case and sometimes we totally forget about it. That's all that happens.

If we hear things like nothing ever changes, this is what it means. All phenomena always and forever will have these two aspects: their label and their glow of awareness. Many of us, or actually all of us I guess, have been raised only looking at the label, and the glow of awareness

has totally gone unrecognized as a direct experience. In short moments this shifts completely. It's not that we ignore the labels; in a moment of rest the glow is becoming self-evident, not at the cost of the label, but totally in wrapping the label within its power.

So there is no need to now say, "I don't label, I don't judge, I don't look at the labels," or something like that. Just in a short moment of rest, all labels are naturally outshone by the glow of awareness, by the shine of awareness.