

Short Moments of Clarity

Repeated Many Times, Become Continuous

BALANCED VIEW TEAM

The Most Powerful and Easy Way to Live

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Repeated Many Times, Become Continuous

*The Most Powerful and Easy
Way to Live*

Balanced View Team
Library of Wisdom Classics

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INTRODUCTION

Welcome to the Library of Wisdom Classics! We invite you to discover the incredible resource of your own innate clarity.

Clarity illuminates a vast treasure of power and benefit within humankind. It provides the greatest of riches. The treasure is contained in the phrase “short moments of clarity, repeated many times, become continuous.”

Such a simple action actually has the great power to bring about complete mental and emotional stability, cooperation and peace within global human culture. This book contains vital knowledge that is essential to clarity, cooperation and peace.

The Library of Wisdom Classics series began with *One Simple Change Makes Life Easy* and continues with its companion book, *Short Moments of Clarity, Repeated Many Times, Become Continuous*.

The talks that make up the fifteen chapters of this book were given by the founder of the Balanced View Training, Candice O’Denver, in 2008 in Sweden and the United States. All the talks were transcribed, edited and reviewed, and the resulting material became the basis for this book.

Heartfelt and gracious gratitude to Candice for this life-changing and inspiring training that ensures complete well-being for everyone and the power to be of benefit to all, and much thanks and acknowledgement for the outstanding assistance from so many volunteers who have made this wonderful book possible.

Enjoy this marvelous journey!

CLARITY IN DAILY LIFE

CHAPTER ONE

“The very first moment of clarity already has within it the result of complete relief, mental and emotional stability, power, deep caring, self-benefit and the benefit of all.”

What is a short moment of clarity? To know the answer to that question, *stop thinking* just for a moment. What remains? A sense of alertness and clarity remains. This is the clarity of awareness. Clarity and awareness are synonymous.

Just as a rainbow appears within space, thoughts, emotions, sensations and other experiences appear within the clarity and alertness of awareness. Just as space and a rainbow are inseparable, thoughts, emotions, sensations and other experiences are inseparable from clarity.

When we stop thinking for a moment, we introduce ourselves to the clarity of awareness, and before long we begin to notice that the clarity that is present when we are *not* thinking is also present when we *are* thinking. All thoughts appear and vanish naturally like the flight path of a bird in the sky.

The clarity and alertness that is identified when we stop thinking is the basis of all thoughts. It saturates all thoughts without exception. This is similar to the vastness of space being present regardless of what appears within it.

At the very moment points of view form, recognize always present clarity. A point of view is anything that occurs within the all-encompassing view of clarity. It can be a thought, emotion, sensation or other experience, and it can relate to inner or outer events. Points of view within clarity can be likened to a breeze blowing through the air. The breeze and the air are inseparable. Both are air.

Like the color blue is inseparable from the sky, points of view are inseparable from clarity. We come to realize that no point of view has an origin independent of clarity. Right now, look at your own experience to see if it is like that or not.

It makes no difference what points of view arise. In clarity, they vanish naturally, leaving no trace, like a line drawn in the sky. Clarity, relaxed and

enormously potent, is the source of mental and emotional stability, insight and skillful qualities and activities. By the power of instinctive clarity these become increasingly evident.

Just rest the mind and body naturally, without seeking anything or pushing anything away. This is all that is required, whether activity is strenuous, relaxed or in-between. What remains is clarity and alertness that is open like a clear sky. This is what clarity is! When the next thought comes, it appears due to the clarity and alertness of awareness. This is similar to the vast sky being present regardless of the presence of what appears within it.

Clarity and Complete Mental and Emotional Stability

Clarity, in the immediacy of the flow of thoughts, emotions and sensations, is the source of profound insight, a balanced view, complete mental and emotional stability, compassion and skillfulness in all situations. The innate ability to be at ease, wise, balanced and compassionate is discovered in clarity.

Because of the habit of emphasizing points of view, the initial brief moments of clarity may not last long at first. In other words, there may be no real stability. It may almost immediately slip away. This is perfectly fine. That is why short moments are repeated many times until clarity becomes continuous. This is the key point in gaining confidence in clarity.

At first we may remember to rely on clarity only once in a while. This is perfectly okay and is the way it is for most everyone. Initially we remember a short moment of clarity and then we forget. This is normal. However, we must not give up—ever!

We must not give up; these brief moments of clarity, as momentary as they are in the beginning, are having a tremendous impact. The benefits may not be so obvious initially. The key point is to stay interested in clarity. We must have this kind of resolve: "I will never give up on short moments of clarity, repeated many times, until it is continuous!"

The first time the choice is made to rely on clarity rather than emphasizing points of view, there is a sense of the great power of complete relief to be found in clarity. By persisting in this one simple choice, benefits are seen from the outset. The flow of points of view is not altered. Everything is left

simply *as it is*. By the power of short moments of clarity, clarity becomes increasingly obvious.

The very first moment of clarity already has within it the result of complete relief, mental and emotional stability, power, deep caring, self-benefit and the benefit of all. By repeatedly relying on clarity, it becomes automatic. Short moments, many times, become continuous. This exceptionally potent method grants access to a powerful intelligence and clarity that is not noticed when there is emphasis on descriptions or points of view. So continue to take short moments of clarity, leaving everything *as it is*, whenever you remember to do so, until clarity is continuous at all times.

There is no reason to complicate clarity. As clarity is the basis of every perception, it is already naturally present. It isn't something that needs to be obtained sometime in the future. That's why the single instruction that is needed is "short moments, repeated many times." By taking a short moment of clarity, we ensure that it is uncontrived and natural.

FREEDOM IN IMMEDIATE PERCEPTION

Rather than trying to get into a state of not thinking and calling it "awareness" or "clarity," see that clarity is present in every perception, whether there is thinking or no thinking. This keeps it very simple. There is freedom in the immediate perception of "not thinking" as equally as there is freedom in the immediate perception of "thinking."

Another crucial factor in the recognition of clarity is that clarity is equally present in *all* thinking—pleasant thinking *and* disturbing thoughts. Trying to get into a pleasant state is not what clarity is.

Points of view are all equally self-presentations of clarity, and no matter their description, they pose no promise and they pose no threat. They are not threatening, nor are they something that is going to provide us comfort and well-being. The only place we'll ever find ultimate comfort and well-being is in clarity.

DIRECT EXPERIENCE OF CONFIDENCE IN CLARITY

“It was so clear to me that there was something about me that I hadn’t been familiar with, and that it—experientially—was the nature of my existence. For me, the disturbing states were very predominate at first, and so I could see that these states appeared and disappeared in complete relief and relaxation. There wasn’t anything I needed to do about them. The idea of feeling that I needed to do something about them kept me tangled up in knots. But I came to see that these disturbing states were self-freeing, self-releasing and spontaneously resolving in this sense of great relief that was at the basis of everything. So, again and again I would return to short moments as much as I could.

With my total commitment to that, very quickly I started to recognize clarity—a clarity that I didn’t really even call anything. I just was smarter. I was smarter in relation to myself; I was smarter in relation to all situations. There was a quiet knowing that was at the basis of everything. I began to see this in relation to my own points of view as they appeared.

Shortly before, I had been miserable due to these disturbing states, but now I was experiencing them as appearing within a great sense of relief and relaxation. There was a quiet but piercing knowing, as well as an absolute clarity about the nature of everything. It’s simple, clear and directly accessible for everyone. It is fundamental and basic to everyone’s experience.”

THE BENEFITS FROM SHORT MOMENTS OF CLARITY

There are immense benefits that come from short moments of clarity, repeated many times. One benefit is complete mental and emotional stability and clarity. In clarity, there is profound intelligence and we are introduced to it right on the spot, wherever we are. It’s this simple: if we do not rely on clarity, we never find this special intelligence. However, by the power of clarity, we find that this unique intelligence includes complete mental and emotional stability, clarity, insight, compassion, natural ethics and beneficial skillfulness in all situations.

The results of short moments of unending clarity are very powerful. We as a global human culture have finally tapped into a form of knowledge that can give us complete mental and emotional stability, clarity, insight, compassion, natural ethics and beneficial skillfulness in all situations. With the Internet and telecommunications available today, this is the first time in history that everyone can know this, and we are demonstrating its power together.

ONE SIMPLE CHANGE

CHAPTER TWO

“We choose for clarity to be obvious to us or not. Moment-to-moment clarity is the most important choice we will ever make.”

Confidence in clarity is strengthened through the practice of short moments of clarity, repeated many times. By virtue of that, certainty about clarity is gained in your own experience. By the power of short moments, many times, you come to rely on what is genuine, authentic, authoritative and convincing within you. Then, life becomes a lot easier.

When you emphasize the clarity of awareness rather than points of view, you open up to the great unifying ground of peace and clarity that is the same for everyone. Wherever you are, by the power of gaining confidence in clarity, you are automatically being beneficial. First you are beneficial to yourself, and then by the power of clarity, you’re automatically beneficial to others. You start to really care—about yourself and about everyone—in a very natural way.

No matter what appears, it has no nature independent of clarity. Nothing has ever existed independently, separate or apart from this basic state. To take short moments of clarity is to allow everything to rest. In allowing everything to rest in clarity, it becomes obvious that everything is inseparable from the basic state and is a source of well-being and ease.

It all begins with recognizing clarity within yourself. Then you become convinced that clarity for everyone is possible. There is no other way. Short moments of clarity, repeated many times, become automatic. We choose for clarity to be obvious to us or not. Moment-to-moment clarity is the most important choice we will ever make.

The openness of clarity gradually brings the discovery of innate warmth towards others and the desire to be of benefit to them. We discover this by the power of relying on clarity—the one simple change that makes life easy. There is nothing else that need be done about points of view. All points of view are naturally clear. We rely on the power of clarity in our everyday life.

SIMPLY RELAX

Points of view are countless, ceaseless and unpredictable. If you try to base well-being on rearranging or controlling the flow of points of view, you'll be lost in an endless world of labels and descriptions. Simply relax. Relax body and mind completely, no matter what point of view appears. Everything is totally free in the perception of it. Everything provides us with a simple choice: to recognize clarity or not.

It's nice to have a simple way of talking about who we are that everyone can share within a common understanding. This is all part of keeping it simple. When we learn to complicate things, that's just what we've learned. The more we relax, again and again, we see that clarity provides us with perfect spontaneous intelligence in all circumstances.

SIMPLE SOLUTION

Everything you think of, every emotion you have, every sensation, and all other experiences are simply points of view appearing in clarity. The more you think about it, the less you'll instinctively realize it. There's not a single thing to think about. Keep it totally simple. If you do, you'll end up smiling a lot! That's why the instruction is short moments, many times, until it is continuous. The solution is so simple, why not try it?

COMPLETE RELIEF

CHAPTER THREE

“The first time we make the choice to rely on clarity rather than emphasizing points of view, we sense the power of the complete relief to be found in clarity.”

At the very moment points of view form, rely on clarity—serene and spacious. By the power of relying on clarity, its recognition becomes increasingly obvious, and points of view vanish naturally, like a line drawn in water. By repeatedly relying on short moments of clarity, many times, it becomes continuous. There is no need to alter the flow of points of view.

Because of the habit of emphasizing points of view, the initial brief moments of clarity may not last long at first; they may almost immediately slip away. In other words, there may be no real stability. “Many times” means that we need to grow more and more confident in clarity by repeating the short moment. This is a key point in gaining confidence. The heart of the matter can be captured in the phrase: “short moments, many times, become continuous”

We find that emphasizing points of view provides only temporary relief—it is never a permanent solution. We learn that it is possible to gain assurance in clarity and to live life based on its inherent intelligence, love and satisfaction.

By persisting in this one simple choice, we see benefits from the outset. The first time we make the choice to rely on clarity rather than emphasizing points of view, we sense the power of the complete relief to be found in clarity.

Thoughts, emotions, sensations and all other points of view are simply appearing in clarity. Each viewpoint follows another, appearing and resolving in clarity. There is no need to try to alter their flow. Like a line drawn in the sky, they leave no trace.

The power of clarity shows us that thoughts, emotions, sensations and experiences are simply points of view within clarity. This can be illustrated by the way planets and stars appear within the expanse of space. Similarly, points of view—thoughts, emotions, sensations and experiences—appear

within the clarity of awareness. And just like space is unaffected by any event within it, clarity is unaffected by its points of view.

The openness of space can be likened to our very own clarity. We become certain of clarity's power to be unaffected by points of view and to provide a very special kind of intelligence that shows us what to do and how to act in all situations. This means we have greater clarity and the know-how to use that clarity to be of benefit. Initially, we know how to use clarity to benefit ourselves. We empower ourselves with short moments. As we do so, unending clarity becomes obvious.

We rely on clarity and begin to relax with all the points of view of daily life. This is done by relying on short moments of clarity, repeated many times, until it becomes continuous. By the power of this simple practice we begin to recognize that clarity and points of view are inseparable, like the sky and the color blue.

Due to the potent benefit found in short moments, we naturally commit to clarity. The natural presence of clarity is automatically enlivened in all daily activity due to our growing familiarization and confidence. Gradually instinctive clarity becomes stable and automatic.

Through the power of short moments, repeated many times, distraction by point of view is replaced with the ease, warmth and clarity of awareness. We begin to live a more fulfilling and satisfying life.

As we recognize our natural state of perfection just *as it is*, all effort to "find clarity" gradually ceases, and clarity is permanent and obvious at all times. It is predominant in the natural flow of all points of view day and night and is realized to be the natural, uninterrupted flow of all points of view that appear.

When short moments of clarity are repeated many times, recognition becomes automatic and uninterrupted. It is found to be stable in itself. Clarity is self-maintained amidst the flow of points of view. Then, if the recognition of clarity slips away, we simply repeat it again. Short moments, repeated many times, lead to spontaneous confidence in clarity.

Let the present point of view be *as it is*. There is no need to modify it. There is no need to correct it. This is the key to release the tremendous energy and the powers of natural perfection: short moments of clarity, many times, become automatic. Point of view is simply allowed to be *as it is*—the dynamic creativity of clarity that is free in its own place. Unchanging clarity is your vantage. It is the easy way to live.

RELYING ON CLARITY

CHAPTER FOUR

“The emphasis on points of view is replaced with the ease of relying on clarity, and we begin to live a more fulfilling and satisfying life. We find a powerful intelligence that is only available in clarity.”

When we stop for a moment and consider our life, how much of it has been running from one experience to another hoping to find some kind of comfort? An example of this might be getting up in the morning: we don't feel good or we feel foggy, so we run for a cup of coffee or some kind of experience to change how we feel. Then we look at the people we live with and start thinking about their shortcomings, or we feel guilty because we're thinking about their shortcomings and try to relieve ourselves of that by being nice to them, and so on.

By the time we have to go to work, we're already exhausted! We have to face all these people that we have absolutely no control over and usually can't get along with. Not knowing what to do, we essentially feel powerless and helpless. All day at work we're thinking about somewhere else we'd rather be.

When we do get off work, it might not be any better. We think, “I'll have a drink or a joint, or I'll watch TV or go to a movie or try out that new restaurant”—all the time seeking a positive experience. Then, of course, there's always sex. Nothing else is working, so how about our old standby to provide a moment of complete relief?

We may have controlled, avoided, become attached to or reacted to people, places, things and circumstances in an attempt to find happiness. We may have isolated ourselves and avoided contact with people or circumstances, hoping problems would go away. We may have juggled points of view, hoping they would provide relief. These may include relationships, romance, work, entertainment, food, money, sex, alcohol and other drugs.

No matter what we did, we never found the complete and long lasting relief that was sought. We may have found that emphasizing our points of

view provided only temporary relief and never provides permanent well-being.

We can test in our experience that it is possible to gain confidence in clarity and to rely on its inherent wisdom, love and happiness, rather than on point of view. By the power of short moments of clarity, many times, it becomes automatic, and we find relief from focusing on points of view.

TRUE COMPASSION FOR OURSELVES AND OTHERS

Positive, negative and neutral points of view seem to have a power of their own. Moreover, the assumption is that our well-being is dependent on these points of view. This causes turmoil and confusion, because we are constantly trying to emphasize points of view that we assume will make our situation better. When we emphasize points of view, we believe they are powerful in their own right.

To instinctively rely on clarity is to know that points of view have their origin in clarity and do not have a separate, independent nature. All points of view are the dynamic energy of clarity.

To constantly emphasize points of view is to choose between one and another by accepting or rejecting one over the other. We decide there are some points of view we want to keep and others we want to avoid. This throws us into wanting to hold onto positive points of view and to get rid of negative points of view—neither of which is possible.

It is important to understand dynamic of belief in point of view so we will be able to rely on clarity when points of view appear and not be blindsided by them. When we emphasize points of view, we suffer from our assumption that they have independent power. It is difficult to gain confidence in clarity until it is specifically understood how the process of emphasizing points of view works in our own day-to-day experience.

By relying on clarity we give up the right to be a victim of point of view. When short moments of clarity are repeated many times, the recognition of clarity becomes automatic and uninterrupted. It is found to be stable in itself. By the power of clarity, we are not distracted by trying to control the flow of points of view. Then, when the recognition of clarity slips away, we simply repeat it again. Short moments, repeated many times, leads to assurance in clarity.

RELY ON CLARITY

The emphasis on points of view is replaced with the ease of relying on clarity, and we begin to live a more fulfilling and satisfying life. We find a powerful intelligence that is only available in clarity.

It is important to understand that all points of view are appearances of clarity. Points of view are unpredictable, countless and ceaseless, arising spontaneously as the display of clarity. Whatever our own circumstantial points of view may be, it is possible for us to rely on clarity and no longer be disturbed by their appearance.

We begin to learn the basic premise of relying on clarity rather than emphasizing points of view. We do this for short moments, many times, until it becomes spontaneous. We find that the solution to trying to control the unpredictable flow of points of view is our fundamental capacity to rely on clarity.

NATURAL HEARTFELT BENEFIT

The more confidence we gain in clarity, the more we are able to be of profound benefit in all circumstances, but it doesn't require any effort. So, what do we want? A life based on the confusion of believing that points of view have an independent nature, or a life grounded in the clarity and ease of the basic state? There will never be a point we reach where we feel we have satisfied ourselves or anyone else, because the whole game of trying to find happiness and satisfaction by rearranging our points of view is like trying to find a drink of water in a mirage—constantly looking for something that can never be found.

It's a matter of what we choose and what we place as a priority above all else. If we keep placing personal wants and all our ideas about what we need to make us happy as a priority, then we'll spend our whole life on that hamster wheel, always seeking after the next point of view we think will bring us happiness.

Permanent well-being and ease in all circumstances will never be found in re-arranging the circumstances and descriptions of our lives. One of the things to ask ourselves is, "Where have my ideas led me? Do I have complete peace of mind at all times? Am I living a life that is of great benefit to myself and others?"

In each moment we can either choose to emphasize clarity or not. Relying on clarity for short moments, many times—rather than relying on conventional expectations—provides real sustenance. This will provide us something we can always count on, no matter what kind of situation we are in.

Short moments, many times.

SHORT MOMENTS, MANY TIMES

CHAPTER FIVE

"We acknowledge clarity in an uncontrived way, moment-to-moment. We become convinced of the efficacy and power of clarity by its results in our life."

We rely on a short moment of clarity. As we repeat these short moments again and again, clarity becomes continuous "Continuous" means short moments of clarity are no longer required; it is obvious all the time. In a short moment of clarity, there is no need to control the flow of points of view.

When we rely on short moments of clarity, what we are really doing is acknowledging clarity as the sole source and support of every single naturally occurring moment. This is something we can't possibly understand with intellectual constructs, descriptive frameworks or reference points. This is why short moments, repeated many times, is so important, because it guarantees us the naturalness of what is instinctively authentic in our own direct experience.

We acknowledge clarity in an uncontrived way, moment-to-moment. We become convinced of the efficacy and power of clarity by its results in our life. There wouldn't be any other way for us to become convinced: our confidence grows when we see the results of clarity in our own lives.

CONVICTION WILL DAWN

When something appears—whether it's a thought, emotion, sensation or experience—rather than getting involved in the story about that experience, the choice is made to rely on clarity and to acknowledge clarity rather than getting involved in all the descriptions and ideas that have been used to describe everything. That is one way of practicing short moments, repeated many times.

Another approach that people use is simply listening to the trainings and reading the books. By listening to the free downloads repeatedly and reading the texts, conviction will dawn. When we say "conviction will dawn," what

that means is that clarity becomes more and more obvious simply by hearing, reading or being exposed to the trainings in that way.

Some people combine both approaches: short moments during one's daily walk, but also listening to the downloads, reading the books and participating in the trainings. All of these approaches are fine; whatever works for you is perfect, and whatever is increasing your assurance in clarity is the right approach. If you are one of these people who can just listen to the talks and clarity becomes more and more obvious to you, then that is great.

For most people there is an introduction to clarity, and then clarity becomes more and more obvious throughout day and night over a period of time. There is no particular instruction about how or when to take short moments; we simply do so whenever we naturally remember.

If we have been living an ordinary life and are introduced to clarity—whether it comes about slowly, quickly or in between—there is going to be an adjustment to this new, easeful way of being. We have been conducting ourselves in one way, and suddenly we have all kinds of beneficial qualities and activities that are available to us that we had not previously known. In a very practical way we gradually become accustomed to those skillful means that are evident in clarity. This, too, comes about in a very uncontrived, natural way in day-to-day activity.

CLARITY

As we go about our ordinary life, we find that we are not as willing to get involved in all the stories about our points of view. When we don't run off after all the stories to try to describe our life, then our whole approach to life completely alters. We experience everything with increasing clarity, openness and ease.

When we are no longer driven by all these stories, then we start to see everything very clearly. Something can come up that has always come up for us, but we are not drawn in that direction anymore. Our natural commitment is to clarity, because we have experienced its powerful results. Now we are attracted to clarity rather than to our lifetime obsessions. This is more powerful evidence of clarity, a balanced view and compassion. In those situations, we save ourselves from the whole story, and we save ourselves

from implicating someone else or dragging them into our compulsions of points of view. Less and less are we interested, because we gain complete assurance in clarity.

We gain assurance to the degree that we know that we will be all right, no matter what happens. The power of relying on clarity is immense. It clarifies all perceptions. Not only are we going to be all right in life, but we will have well-being at death; we will be able to face death as just another point of view.

PRACTICAL RESULTS

Clarity is complete perceptual openness in all experience. It is freedom in immediate perception rather than being focused on stories. The whole field of perception opens up in clarity to include all perceptions. We may find ourselves having a lot of thoughts and a lot of emotions—even very strong emotions that we could have never tolerated before we began gaining confidence in clarity. Confidence is gained through instinctive recognition. It is not gained through thinking about clarity or through reasoning. It is gained by the direct perception that all points of view are inseparable from clarity.

When we gain assurance in clarity, it has practical results on all levels of living. When we see the power of clarity, we are simultaneously seeing our own power to benefit ourselves as that power unleashes well-being within us that we never knew was possible. This self-benefit that is so evident in us very naturally evolves into the desire to want to benefit others.

For most of us, the way we live really changes. We find that we want to contribute in some way that will make things easier for people to live their life. Whether we are inventing new things, working as a caregiver or baking bread, we have clarity, wisdom and compassion when we go about whatever it is we are doing. We see ways of doing things that no one has ever seen before. We become so convinced through seeing the result in our own life that we know it will work for anyone who adopts it. In this way, we benefit all beings everywhere simply by gaining confidence in clarity ourselves.

COMPLETE CONFIDENCE IN CLARITY

CHAPTER SIX

“After the introduction to clarity, it’s very important to commit to short moments of clarity as often as we remember. Short moments, repeated many times, become continuous.”

Once clarity is identified as the source of experience, there is more and more clarity that is noticed in one’s daily experience. Clarity is the source of all experience and is inseparable from all points of view. It offers us something that we haven’t found anywhere else in our life, and it’s something that we can count on. With short moments of clarity we come to see that there is a continuous soothing energy present throughout all daily activities. We see that we can rely on clarity, no matter what is going on.

It is in our practical day-to-day experience that we gain confidence in clarity. More and more we rely on our own direct experience of clarity and instinctive clarity, rather than focusing on our opinions or the opinions of others.

Gradually and very profoundly we increasingly realize that there’s something about us that is totally reliable and a source of great ease and well-being.

After the introduction to clarity, we choose to rely on clarity. It is a commitment that says, “I choose clarity rather than the struggle of believing in all my points of view. I choose to experience clarity for myself in each moment, rather than relying on the multitude of descriptions about each situation.”

It can’t be contrived, so there is no way to push ourselves into clarity by forcing ourselves to be clear for long periods of time. The only way to really gain confidence in clarity is through uncontrived short moments.

GAINING ASSURANCE IN CLARITY

Through this powerful and natural commitment, complete assurance in clarity comes about. In other words, rather than having to make the choice to rely on clarity, the confidence becomes so strong that clarity is naturally

present without needing to rest. That assurance applies to all our experience.

More and more of our experience is gathered up into the instinctive realization of clarity. In gaining confidence in clarity, the confusion of believing in the independent nature of point of view is diminished. The commitment is to choose clarity rather than the descriptions and opinions that are applied to our experience.

Points of view are ceaseless, countless and unpredictable, and the only way we can really experience clarity is to gain confidence in clarity. With the instinctive recognition of clarity we see that we don't need to analyze clarity for it to be present. It opens us up to a powerful clarity or super-intelligence that subsumes all ideas in its great perspective.

When we naturally take this perspective, we find that we have tremendous physical, mental and emotional energy that we did not have before. It allows us to tap into a force for good within human society. We reveal in ourselves a basic human goodness and brilliance of intellect—completely beyond anything that can be found within descriptive frameworks. No matter how brilliant the descriptive frameworks are, the perspective of the brilliance of clarity completely outshines all of them.

Its certainty, pervasiveness and prevalence are so absolute that it can never be disproved. Confidence in the instinctive recognition of natural perfection is what confidence in clarity is. It is assurance in something about us that is instinctive. In other words, it's beyond the descriptions of thought and reason.

CLARITY OUTSHINES ALL POINTS OF VIEW

To familiarize oneself with clarity for short moments is an adventure of great wonder. You start to see that clarity outshines all points of view within it. In the same way that all of infinite space contains everyone and everything, so too, clarity contains all points of view without exception. The more confidence you gain in clarity and the more certain you are of it as your own nature and the nature of everything, the more you start to see that you are actually the master of the display of your thoughts and emotions.

It's likely that most of your life you have felt at the whim of your thoughts and emotions to one degree or another. By gaining confidence in clarity, you

start to see that clarity has mastery over all thoughts and emotions. For most people, this is discovered little by little and progress is made gradually. More and more all experience is outshone by the clarity and ease of the basic state.

It doesn't matter what you're doing, whether you have a family or not or whether you have a job or not. That doesn't have anything to do with gaining assurance in clarity. By gaining confidence in clarity, you'll either continue doing your same job and living in the same circumstances, or you'll see greater possibilities in all areas of your life.

We will never have the courage or the capacity to go beyond descriptive frameworks as long as we're operating within them. We can't possibly know what we are capable of in terms of our strengths, gifts and talents as long as we restrict ourselves with conventional ideas. As we gain confidence in clarity, we'll find that it's easier to do whatever it is we are doing. We'll see more interesting ways of approaching all of our tasks in all aspects of our lives.

CLARITY AND COMPASSION

We find the natural warmth, perfection, compassion, spontaneity and clarity that is present within the natural flow of all points of view. Each point of view is an equal appearance of clarity so there is no special point of view to look for. All the points of view of the here-and-now are what clarity *is*. By the power of short moments of clarity, repeated many times, special points of view are no longer of particular interest.

It is very important at the start not to push ourselves too hard and to simply rely on clarity for short moments, many times. We must remember that the fundamental purpose of short moments, many times, is to realize, maintain and develop continuity of clarity. We simply rely on clarity rather than emphasizing points of view.

With the groundwork of short moments, we enter into the recognition of clarity as inseparable from points of view. This happens naturally. It is important to be satisfied with this simple assurance in clarity rather than continuing to search for new and better points of view. It also is important to integrate clarity into every situation of ordinary daily life, and this comes about most easily in short moments.

As confidence is gained, we discover that points of view release spontaneously, and qualities like clarity and compassion shine forth in clarity like the radiance of the sun in the sky.

Short moments, repeated many times, until continuous, is the direct means for experiencing that all points of view are perfect and inseparable from clarity.

TREMENDOUS POWER AND ENERGY

CHAPTER SEVEN

“Through short moments of clarity, you will have tremendous power and energy to be of benefit to all, and you will see how profoundly you can be of benefit to yourself. Then you have the thrill of reality where you see how beneficial your life can really be and how much you have to contribute.”

A short moment of clarity is a short moment of instinctive natural power. Natural power is built in and it is only accessible in clarity. It’s engineered into every short moment—a short moment that is completely powerful and soothing. The entire flow of points of view is saturated in this mood of powerful, soothing energy. However, if we try to control the flow of points of view, we’re assuming that there’s something wrong with points of view and that they’re not naturally powerful.

What would it be like to *not* regulate the flow of those points of view? Simply, allow the flow of points of view within you to be whatever it is. That’s what we discover in a short moment of clarity.

Many of us are very intent on trying to control our points of view. All day long we try to control viewpoints, and then at the end of the day we collapse in exhaustion. When we take short moments, we start to experience the naturalness and ease that comes about by allowing points of view to flow on by. This is what it means to have confidence in clarity: that no matter what the points of view are, we don’t try to control them. Short moments are repeated many times.

By allowing all of this to be *as it is*, more and more all points of view are recognized to be inseparable from clarity—the ground of complete soothing energy.

Completely open clarity triggers warmth, joy, power and energy. Clarity is the source of stability, profound insight, natural ethics, spontaneous motivation to benefit all, skillful activity and the actual power to consistently fulfill beneficial creative intent. Yes, a short moment is completely packed with all of these powers. From the first short moment, these powers are recognized. However, these qualities and abilities go unrecognized when we focus on points of view. By the power of clarity, all is welcomed with

complete openness. This automatically cuts through the barriers created by habitual emotional patterns.

The ease of what is right here can never be undone. Everyone and everything is already naturally powerful, regardless of the label or description. This becomes obvious in short moments. The beauty of short moments is that there is increasing confidence, increasing ease and increasing soothing energy, no matter what seems to be occurring in our lives. There's an increasing feeling of *wow* that is very natural. When we realize how easy it is, every point of view is seen to be evidence of inherent natural power. Wow! It may take a while to get accustomed to this, but that's okay. Whatever the flow of your everyday life is, it's perfect for this recognition to take place.

The direct experience of everyday life flows openly in clarity. There is no need to indulge, renounce, transform, refine or analyze points of view. Simply let them flow on by rather than trying to alter the course of points of view. It is clarity—the source of the dynamic energy of points of view—that is emphasized. Nothing need be done about the points of view.

Relax naturally. This *is* the recognition that all points of view are naturally present within clarity and do not need to be changed. We rely on clarity to let point of view flow along its natural course.

We gradually gain assurance in clarity and its power of benefit. The extent and timing of gaining assurance in clarity has a pace that is perfect. We learn to trust clarity completely.

New situations appear in our life, giving us opportunities to either repeat the same old responses or to rely on clarity. An interesting adventure unfolds. Points of view are unpredictable, so it is impossible to know what the next one will be. Life becomes wondrous when we emphasize clarity rather than points of view. We become resilient and confident, able to laugh at our viewpoints, and to be responsive, beneficial and wise.

When we start to gain assurance in clarity, we increasingly recognize that points of view are the natural power of indestructible clarity. We place full confidence in indestructible clarity rather than in points of view.

We simply rest the need to get involved in the flow of points of view, whenever we remember to do so. By the power of our commitment to short moments, we will definitely gain confidence in clarity. Viewpoints do not

have the power to distract us, and with the recognition of clarity, confidence is ensured.

Clarity is naturally perfect and filled with beneficial qualities and activities. We are introduced to this natural perfection through our experience of the benefits of gaining assurance in clarity.

Once we have been introduced to clarity, then we are satisfied with that and only need skillful ways to gain greater assurance. Actually, the introduction to clarity is the ultimate goal. Then all that there really is left to do is rely on clarity and its natural power that is of benefit to all.

We tap into our innate strengths, gifts and talents. This is part of the shift from obsessive self-centered concern into the openness, ease and balanced view of clarity.

We have tremendous energy to be of benefit to all. We see how beneficial our life can really be and how much we have to contribute. We see that it's possible to contribute in a relaxed way from a very profound level of intelligence that is completely at ease and that has nothing to prove. It's very simple.

The essence of all viewpoints is clarity, which is synonymous with natural power. The true nature of all points of view is equalness. There is not a single thing that is separate from the expanse of that equalness. The scope of clarity is a single space of evenness in which everything is equal.

NATURAL POWER

CHAPTER EIGHT

“Natural power manifests in all phenomena and is not affected by their appearance. All remains spontaneously in natural power.”

The nature of phenomena is unified within natural perfection and power. Each phenomenon has no independent nature. Like endless sky, it is equal to the vast expanse of clarity.

The great unity of phenomena is innate rather than conceptually attained. Natural perfection manifests in all phenomena and is not affected by their appearance. Natural perfection outshines the need to create perfectibility, through emphasizing the rearrangement of appearances. All remains spontaneously in natural perfection. This instinctive understanding or knowingness is equal to clarity.

The primacy of clarity is native in all experience. Intrinsically there is spontaneous appearance, flowering and self-release of the here-and-now. This is ensured by the obviousness of clarity in all experience. There is no diversity in the great variety of phenomena. As no phenomenon can be found to have an independent nature, all are free of their naturally occurring descriptive frameworks and are an expanse of equalness and evenness. Natural perfection shines forth in all phenomena whatsoever.

As all phenomena have no independent nature, their natural perfection is primordially perfect from the beginningless beginning. Natural perfection is an ineffable openness that is spontaneously present and indivisible. It is the space of space, the light of light and the energy of energy. Natural perfection is present in phenomena, and phenomena are present in natural perfection. There is no natural perfection that is separate or apart from phenomena, and there are no phenomena that are separate or apart from natural perfection. The natural perfection of phenomena is like pure space pouring into pure space, or bright light pouring into bright light.

The space of natural perfection is aware. Clarity is aware. There is no separate or independent clarity that ever occurs within natural perfection. Indestructible clarity—the all-encompassing view—is present in all of its appearances.

In all thoughts, emotions, sensations and experiences, it is clarity that is unavoidably present. Clarity is simply *as it is*. It is never distracted nor affected by appearances, including birth, life and death, waking, dreaming and sleeping. Upon the appearance of human birth, life and death, there is simply the basic space of natural perfection—the glorious and spontaneous self-release of the here-and-now. There is no change in natural perfection. It is as it has always been—light in light, natural perfection in natural perfection.

All experience is spontaneously outshone by clarity. This is similar to bright sunlight suddenly outshining all the planets and stars that had been evident at night. The appearance of being someone who is imprisoned in a space-time continuum slips away without any notice. No conceptual support is necessary. All the stories of an independent personal identity are no more compelling than a light-hearted fantasy tale. What seemed so before, now is not! A smile of great relief simply continues on as the pure pleasure of clarity.

It is clear that clarity has always known what it is, and there never has been a time of confusion or non-recognition. As there never has been non-recognition, there never has been an opposed framework of recognition, nor anyone who recognized it or did not recognize it. There never has been an imagined self-identity, thus there is no eventual release from what cannot be found to exist. In the appearances of natural perfection, there is no one to realize something, no effort, and nothing to change. All appearances are equal to the vast expanse of lucid clarity.

Natural power binds everything together in luminous clarity. Luminosity arises spontaneously and is inseparable from clarity like the sky is inseparable from its luster.

Clarity rests in itself. How marvellous! Clarity plays at resting in itself. This is the direct introduction to clarity: self-arising potent qualities and abilities, love and tremendous power.

Great benefit! Great stability! Great well-being!

PERFECT MENTAL AND EMOTIONAL STABILITY

CHAPTER NINE

“By the power of clarity at all times, there is complete mastery over all mental and emotional states. The result guarantees immediate and long-term benefit.”

Mental and emotional stability come about through clarity in the immediacy of perception. There is complete perceptual openness in all experience. Clarity is the beneficial power and energy that overcomes micromanagement of thinking, emotions, sensations and other experiences. As long as these states are micromanaged, there is the belief that well-being will come from this micromanagement. However, well-being comes from clarity, rather than from contriving actions to regulate experiential states.

Micromanagement of thoughts and emotions is tense, hyper-vigilant and suffocating. It is based in indulgence, avoidance or replacement of negative states. Neutral states are ignored, positive states are hoped for. When positive states arise there is an attempt to hold onto them and a fear that they will disappear. However, in simply not doing anything when they appear—in letting everything be *as it is*—a resource of perfect insight, profound clarity, mental and emotional stability, empathy and exceptional skillfulness opens up.

Superior insight into the nature of all situations is beyond indulging, avoiding or replacing the urges and surges of mental, emotional and physical states. Instead, there is pervasive clarity throughout all experience. There is no boundary line anywhere, since clarity and insight pervade every single situation. There is instinctive recognition of the powerful clarity that pervades all states. This clarity is where everything stands or falls. In clarity is the capacity of letting everything that takes place be liberated within its spaciousness and expansiveness.

As long as experiential states are micromanaged on a moment-to-moment basis, intelligence is limited to the arena of experience. When thoughts and emotions are allowed to be as they are, a vast expanse of clarity and energy spontaneously arises. Suddenly, there is a wide range of solutions that never existed before.

The most important choice in every moment is this choice: clarity or micromanagement of experience. It is only in allowing experience to be *as it is* that it spontaneously self-releases in radiant clarity. By the power of instinctive recognition of clarity, its empowering atmosphere of beneficial power and energy are released and become evident in all situations.

By the power of clarity, we see that experience vanishes naturally in and of itself. It is self-freeing. It spontaneously self-releases, like the flight path of a bird in the sky or a line drawn in water or like mist evaporating in air. Experience is non-independent of clarity. It does not have any kind of individual self-generated power of its own. It is clarity that is the supreme unifying intelligence and the only fuel of experience. All experience is fuelled by the extreme well-being of the continuum of clarity.

By the power of instinctive clarity, there is a tremendous release of the beneficial power and energy of complete spontaneity. There is extremely powerful intellectual and emotional freedom.

What could be a greater relief than to stop trying to fix thoughts and emotions? In this way, the discovery is made that clarity is completely amazing, so powerful, so effective and efficient in every situation. All circumstances are without impediment. And, all of this comes about by just allowing everything to be *as it is*. This brings micromanagement of all kinds to a complete halt.

By the power of clarity at all times, there is complete mastery over all mental and emotional states. The result guarantees immediate and long-term benefit. In instinctive clarity, there is the ability to easily and effortlessly empower ourselves and others to be the best that we can be.

Optimal innovation and benefit require perfect mental and emotional stability. Swiftly and surely it becomes evident through the practice of short moments of clarity, repeated many times, until clarity is continuous at all times. Short moments is like a lightning bolt that strikes experience with illuminating clarity and stability.

NATURAL ETHICS

CHAPTER TEN

“True ethics is deep caring, connection and intimacy with everyone and everything and a responsiveness to that in our actions. Wishing everyone well, feeling compassionate, wanting to be of benefit—it’s all part of who you are already!”

The points of view that are appearing right now are all a perfect opportunity to recognize clarity. We’ve always been perfect, and we’ve always been okay. Short moments, many times is so simple, because we see that there’s nothing to avoid, nothing to defend against and nothing to control. Whatever points of view are, they’re naturally perfect.

Once we start to instinctively recognize the natural perfection of everything exactly *as it is* right here, it doesn’t matter what we’re thinking or what our emotions, sensations or experiences are. We allow all points of view to be *as they are* without controlling that flow.

It is of no concern what the conventional ideas are about how all these points of view came about. As much as the impulse might be to examine points of view, there is no clarity in examining points of view. The only clarity is in short moments of clarity; it is not in examining points of view.

By resting with all of your own points of view you start to experience deep compassion for what you’ve put yourself through in terms of believing in points of view. When you have that for yourself, then you instantaneously feel it for everyone.

There’s no reason to try to control the flow of points of view. There isn’t anything in any point of view that is other than completely open love, clarity and energy. We have learned to try to regulate points of view, but they’ve never needed to be regulated. The only reason we might have a point of view of tension or feeling like things aren’t okay is because we’ve learned to try to control our thoughts and emotions. We’ve also learned that if we don’t control our thoughts and emotions, it will be very, very scary.

Many of us try so hard to have people look at us in only one way, and we try to watch everything we do so that people will like us, but all these are points of view. There is absolutely nothing to protect in openness.

Whatever your points of view are, they are the source of clarity's power. Everyone is always looking for caring, intimacy and connection, and that's where caring, intimacy and connection are: in the natural flow of your own points of view and in all the hideous thoughts and emotions that you are sure will crush you. That's where total love, power, beauty and energy is! It's in the points of view that are unbearable for you to have. There's no way to control the flow anyway, so relax and know that you'll get more and more accustomed to this.

Love, caring and intimacy are already present in clarity as well as the energy to really have good relationships with other people. Return again and again to that clarity—that is all that is required.

A DEEP CARING FOR ALL

Reliance on clarity brings a deep understanding of the condition of humankind as well as a very deep compassion and a very deep sense of wishing everyone well. When you begin to gain confidence in clarity, you see that it really is the solution that provides well-being in every moment. When you experience this for yourself, you naturally wish that for everyone.

It's only when we come into allowing everything within us to be *as it is* and allowing everything external to be *as it is* that we're really able to be free of everything in the immediacy of perception. Then we're able to connect intimately with everyone and everything. If we allow all of our own points of view to be exactly as they are, then we'll be able to understand other people in a truly intimate way. We'll be able to connect in a real and fundamental way with other human beings. By the power of short moments of clarity, repeated many times, we start to experience what it means to be truly connected to ourselves and others. We connect with what we really are, and we connect with other people.

True ethics is this deep caring, connection and intimacy with everyone and everything and a responsiveness to that in our actions. When we go out into the world and look at people, no one anywhere is a stranger. This is really what we want. It's so natural, simple and easy. Full-blown compassion is in clarity, but we have to stay with short moments of clarity, repeatedly, in order to make it obvious and real for ourselves.

Wishing everyone well, feeling powerful, caring, ethical and skillful, wanting to be of benefit—it's all part of who you are already! By the very power of relying on clarity, there are more and more prolonged periods of clarity throughout the day, until your whole life is consumed by clarity's powerful qualities and activities. You come to realize that you've never really had any other way of looking at things—you just thought you did. What you could say is that to not recognize clarity is a misperception—that's all. It's a mistake that can be easily corrected.

Return again and again to that brief moment of total clarity that is the essence of every perception, and in so doing you will discover naturally occurring love, caring and ethics which end misperception.

Short moments is the direct method and the skillful means that allows everyone to attain the complete natural ethics, caring, mental and emotional stability, love, tremendous energy and clarity that are present within every human being.

It's like being the ultimate mother and father to yourself. It's that gentle, powerful, commanding with yourself, where there isn't any violence whatsoever. It is as if you had a little child that you adored and you could only see its beauty and power, nothing else—no matter what other people said. That's how you fall in love with yourself: where you always see the increasing beauty, power, and vitality.

CLARITY

CHAPTER ELEVEN

“Natural clarity pervades everything.”

Short moments of clarity, repeated many times reveal natural ease and openness within everything. Short moments are taken until clarity becomes automatic. Clarity is inseparable from everything that appears.

Short moments acknowledges again and again, the fundamental condition of every perception you are having as inseparable from pervasive clarity. By acknowledging clarity as the root of all points of view and relying on clarity for short moments, eventually the ease of clarity pervades all experience, and there is no need to take short moments any longer.

If a painful perception comes up and you start elaborating on it, this is going to lead to all kinds of other thoughts about it. If you were standing in a muddy pond and wanted the pond to be clear, you would not stir the water with a stick. You would stand still until all the mud naturally settled out. The same is true with perceptions. When we allow perceptions to be by simply relying on clarity for short moments repeated again and again, it becomes clear that all perceptions are settled in and of themselves with nothing needing to be done. All points of view are pervaded with clarity.

By repeatedly relying on this inherent clarity, you come to see that you are not overwhelmed by any points of view—and you never have been! Thinking that you have been overwhelmed by ideas or descriptions is merely another point of view. When belief in any point of view starts to trouble you, rely on short moments of clarity instead.

Getting into descriptions and allowing them to trouble you is exhausting and painful. To indulge in descriptions, *or* to enjoy a moment of clarity—that is a very fundamental choice. Are you going to go for the pain, or are you going to enjoy the stability and power of clarity? Committing to the instinctive recognition of stable clarity has to be a priority above all else. By making it a priority above all else, you are able to truly come into the confidence of the instinctive recognition of inherent natural perfection, which is a reality of total power and relief at all times.

IT'S UP TO YOU AND IT'S UP TO ME

Clarity takes each here-and-now all the way, clarity subsumes worry and concern. Clarity's sovereignty is comprehensive. The first moment that you choose clarity rather than the pain of a described reality, it's a moment of total clarity where you can say, "Wow, being troubled by worry is optional. It's not up to other people, places or things—it's up to me, nobody else!" Based upon that realization, it's possible to enjoy the courage and power of relying on clarity again and again.

Being troubled by descriptive labels is actually a lucky thing, because it provides great motivation towards wanting to get out of that prison. In relying on short moments, repeatedly, we choose clarity over the confusion of descriptions again and again. This simple choice can be taken in every moment. It is entirely up to you.

All powerful qualities and activities already are in each short moment. You can count on this without fail. Nothing else is needed. Take every opportunity you can to optimize clarity. Clarity is the greatest support. Rely on those who have gained confidence in clarity before to support you. Rely on the four mainstays, the four comforts. This makes clarity easy for everyone. Everyone is included. No one is left out.

NATURAL CLARITY, NATURAL POWER

In allowing short moments of clarity, natural clarity will become obvious. In each short moment there's a touching in with the power of natural clarity. Natural clarity's potency pervades everything. As we enjoy more powerful clarity, we begin to notice that the natural potency of clarity is always present and that it isn't a destination we need to reach.

In a short moment of clarity, we experience complete openness. Getting a taste of short moments helps us recognize that this openness pervades everything. The openness of clarity is a powerfully comfortable space of complete well-being, clarity and ease.

To have complete confidence in clarity means that we are completely comfortable with the natural flow of points of view—and that natural flow includes everything: jealousy, anger, hatred, bliss, desire, fear, everything.

However, if we get all caught up in these emotions and don't rely on our own natural clarity, then we may act on those things impulsively.

You see what has motivated you to act impulsively, and you see what motivates other people to act impulsively. This is very powerful and is another reason why it's very important not to take what's going on as evidence of lack of clarity. Whatever it is, that's what it is. However you are, that's great. Whoever you are, whatever your points of view are, that's the evidence of natural perfection.

CLARITY FOR THE BENEFIT OF ALL

It's not merely clarity for the sake of clarity; it's clarity for the benefit of all. It's very easy to see whether or not the fruits of clarity are really in your own experience. You see it in naturally wanting to be of benefit to all, in being naturally helpful and in increasing mental and emotional stability that is evident to you and to others as well. Those things are the evidence and assurance of clarity. The power of clarity is increasingly obvious and evident throughout life.

Whenever you happen to spontaneously remember short moments of clarity, that's okay. Don't try to apply it like a band-aid to a specific situation in order to avoid the situation or replace it. Initially you start to gain assurance in the *uncontrived, spontaneous ever-presence of clarity within all points of view*, then you rely on clarity again and again rather than on the descriptions. Rely on clarity for short moments threaded throughout your life, and clarity will become obvious throughout all of your day.

Short moments of clarity, many times, is what you can really count on.

POWERFUL BENEFIT

CHAPTER TWELVE

“In grounding ourselves in clarity, there is an incredible power to see all kinds of solutions we couldn’t see before and to act powerfully and practically in the world. From the vantage of clarity, we’re no longer bound within conventional constructs.”

Through short moments, many times, we guarantee ourselves uncontrived naturalness. The uncontrived naturalness of clarity is a power that is innate in every single human being. As we gain assurance in clarity, very naturally and spontaneously our mental, emotional and physical states and the qualities and activities of our life become infused with powerful clarity.

How can we act powerfully and beneficially in the world? By the power of short moments of clarity, many times until it becomes continuous. Without that we won’t be able to help ourselves from having emotional reactions and all kinds of wild and crazy thoughts that will lead us off in many directions. Instead, we ground ourselves in clarity and we gain assurance in that clarity. Through this, we know how to act skillfully and powerfully in every moment. And, we know that we are going to be okay.

In grounding ourselves in clarity, there is an incredible power to see all kinds of things we couldn’t see before and to act powerfully in the world. From the vantage of clarity, we’re no longer bound within conventional constructs. If you are an environmentalist, a doctor, an engineer, a bread baker or whatever you happen to be, you’ll have an entirely different perspective than if that clarity were lacking. From the perspective of clarity you will have a power that simply isn’t present if there is no confidence in clarity. If there are burning issues that are really important to you, you want to act from the clarity that comes from confidence in clarity rather than acting based upon the limitations of points of view. Once there is no limitation of conventional intellectual speculation about how to solve problems, all kinds of new ways of looking at problems open up.

There is tremendous power in the practice of short moments, many times. It’s right here.

COMPLETE COOPERATION

In naturally allowing everything to rest in clarity repeatedly, we have more and more clarity and compassion. It naturally comes about without any effort. Clarity and compassion aren't something we can accumulate or learn. We simply have to allow everything to be *as it is*. Compassion and clarity are spontaneously occurring. They can't be brought about by any means, and in short moments, many times, we recognize that they are already naturally present.

We start to see from the first short moment that these short moments have incredible power. How do we prove that to ourselves? We test it in our own experience. By relying on repeated short moments of inherent clarity, we see that emotions and thoughts that used to really trouble us are no longer troubling. We can allow these thoughts and emotions to be *as they are*, rather than feeling we need to do something about them. From the beginning we see that clarity is powerful and very beneficial. Indestructible power and benefit are what clarity and compassion are. We are empowered with our basic state, and by recognizing and identifying with that basic state for short moments, repeated many times, we come to feel more and more of its practical power in our life.

We come into complete cooperation with ourselves and others. We begin to see that everything abides in a natural state of complete cooperation. Through short moments, we see that right here. Right here! No matter what is appearing in us, it is exactly as it's meant to be. It rests perfectly and beautifully in the natural state and doesn't need to be changed. Short moments, repeated many times, become continuous.

POWERFUL WELL-BEING IN EVERY MOMENT

CHAPTER THIRTEEN

“Clarity is in harmony with points of view. There is no fighting with viewpoints anymore. This is the best well-being.”

Clarity is continuous, like the seamless sky. Its self-existing nature is like light filling space. Perfect clarity is like pure space. When we rest naturally and do not struggle with the natural flow of points of view, they vanish in powerful clarity.

Points of view do not need to be controlled in order to gain assurance in clarity. Negative and positive points of view are the dynamic energy of clarity and cannot be found to have an independent nature. Each moment is supported by the powerful current of clarity.

Clarity is evident and naturally occurring in all points of view, regardless of their description. With an easygoing attitude, like a person who has nothing more to do, rest in whatever way is comfortable, neither tense nor loose. Rest naturally in the carefree well-being of clarity.

Disturbing states will not change by trying to avoid them, for points of view cannot ignore points of view, like fire cannot be rid of heat. Disturbing states will not change by trying to replace them with positive states, for a viewpoint cannot change a viewpoint, just as an emerald cannot change its color. Points of view cannot be stilled by forcing them to become calm or analyzing them, for that is none other than descriptions involved in manipulating descriptions. They cannot be freed with antidotes of any kind, for that would be like wanting to make muddy water clearer, yet stirring it with a stick; antidotes, too, are points of view that are the pure stream of clarity. Disturbing states in and of themselves are inseparable from clarity, so let them be as they are and just relax.

Clarity is in harmony with points of view. There is no fighting with viewpoints anymore. This is the best well-being. Open, spacious clarity naturally allows point of view to be *as it is*. Everything happens very simply. Since there is no need to change the flow of experience, antidotes and remedies to experience come to a complete stop in the pure space of luminous clarity.

Points of view are a single stream of evenness and equalness that are inseparable from clarity like the color blue is inseparable from the sky. There is complete equalness in the single flow of points of view.

The indivisibility of clarity and points of view bears tremendous energy, deep insight into the nature of everything, and more. Clarity and the uniflow of points of view—like the sun and its rays—is expressed in the natural perfection and benefit of its magnificent qualities and activities that appear in everyday life.

Given that clarity is free of the need to alter the natural flow of appearances, it is important to relax and let everything be *as it is*. We are at our most powerful in all daily activities through letting things be as they are. Let all points of view flow along naturally without trying to alter their course in any way. Fear, anger, points of view about work, relationship, money, food and sex continue to arise. It is important to know that the arising of these is not evidence of non-recognition of clarity. We increasingly understand and recognize that all points of view are clarity only.

This gives rise to well-being and joy. The need to rely on clarity ends; there is no longer any interval between clarity and points of view. Clarity and points of view do not come together or separate. Although much ado is made about all kinds of things by naming them, we realize that they are nothing but the natural perfection of clarity.

Finally, all points of view are outshone in the pure space of natural perfection. Everything disappears into unified basic space. All sounds disappear upon their arising, like an echo. Appearances disappear like a rainbow vanishing into the sky, and all other points of view disappear like a line drawn in water. This is the powerful benefit of naturally perfect clarity, where there is no longer even the possibility of separate points of view.

In order to release the powers of the natural perfection of clarity, it is important to gain confidence in clarity. Simply allow point of view to be *as it is*—the dynamic energy of clarity that is free in its own place. The key to the release of the tremendous energy of wisdom and natural perfection is short moments of clarity, repeatedly, until obvious at all times.

In each short moment, warmhearted beneficial intent, compassion, luminous clarity, wisdom, mental and emotional stability and skillfulness are already present and shining like a great sun. Do not be fooled by believing in

anything more complicated than this. By the power of short moments, ensure a peaceful life, and shower kindness everywhere.

This is the pivotal instruction that needs no study: short moments, many times, become automatic. A gift as simple as this belongs to everyone. It is like living on an island of gold where everything is gold. Just so, all moments contain the opportunity of the riches of clarity. Clarity releases tremendous energy to see everything clearly, like removing a blindfold from the eyes.

Ensure the well-being of yourself and future generations with short moments, many times. All can understand this and come to agreement regardless of belief. In clarity, the underlying meaning of all beliefs is understood.

All of the noblest aspirations are contained in clarity—the great unifying love-force.

CLARITY EQUALS WORLD PEACE

CHAPTER FOURTEEN

“Everyone has within them the aspiration for peace—every single person. When that aspiration comes together with the power of the peace within us that is a most auspicious meeting. That is very fortunate indeed.”

Peaceful, powerful clarity is the nature of all of our experience. Where is this peace located? In our everyday experience. It isn't anywhere other than that. It is not a special thing that is separate from everything else. It pervades everything. It is very important when we are relying on short moments of clarity to have a clear understanding that all of our thoughts, emotions, sensations and experiences are pervaded with the powerful, peaceful ease of clarity. Every thought we think, every emotion we have, every action we engage in is timelessly free, organic and filled with powerful, peaceful clarity.

In life we learn all about opposites like good and bad, love and hate, so when we first hear about short moments of clarity we may think, “Oh great, I can get away from all my negative states,” but pretty soon we find out that this isn't what short moments of clarity is about at all. It's about recognizing peace *that pervades* everything. We are not trying to get away from anything; rather, we're coming to experience the true nature of everything.

By relying on short moments of clarity, we come to the definitive conclusion that everything is united in peace. At that point it is not some kind of made-up intellectual process for us, but our own direct experience. Peace is there when we are suffering incredible emotional heartache and we see that the heartache is inseparable from our peaceful nature, or when we have a devastating physical condition and we see that it too is inseparable from pervasive peace. When this is our direct experience, we increasingly experience that *everything* is pervaded with power and peace.

Peace power equals clarity and clarity equals peace power. The key point is that in short moments, many times, clarity and peace become obvious.

This natural power is an all-abundant vibe. It is the infrastructure of everything. It is the economy that fulfills all beneficial wishes for everyone, the natural resource that is always available. The natural power of clarity

can completely change our own life and the world. Clarity is a call to action, a call to the power of our own nature and our own world. It is up to you, it is up to me, in clarity's power there is nothing we cannot be. With the natural resource and power of clarity, we can build the world we want to see—together.

INTIMATELY UNITED WITH EVERYONE AND EVERYTHING

Through short moments of open-hearted clarity, repeated many times, we really start to feel intimately united with everyone and everything. That is when we really have the power for the first time to be in relationship with someone else. By the power of short moments, we come to know what real love is all about. We find that the love we've been looking for in somebody or something else is really within us. We could seek it forever in other people, places or things, but would never find it there. Real love is in our inherent peaceful nature. The only way we can really experience this at all times is through the power of short moments.

When we gain assurance in clarity, we find a natural way to be in an easeful relationship with everyone. For the first time we become capable of being fully loving and powerfully compassionate.

By relying on clarity we find that compassion is inherent in everything, and it doesn't need to be contrived in any way. We find the inherent, organic, uninhibited harmony of everything in short moments, many times.

IRREVERSIBLE POWER AND PEACE

An excellent illustration for clarity existing within all of our thoughts, emotions, sensations and other experiences is one of butter existing in cream. When cream is churned, the butter becomes obvious.

Likewise, we can count on short moments of power and peace, repeated again and again. It spontaneously becomes continuous power and peace in all situations. We find irreversible peace at all times.

By the power of short moments, we begin to discover more and more a sense of powerful and peaceful clarity that fills us with tremendously

motivated energy to benefit all. By carrying on with short moments, whenever we remember to do so, the moments naturally begin to last longer. As the moments of clarity grow longer, we find that our mind and body are functioning more powerfully and easily. We begin to notice a powerful quality in our daily life and increasing beneficial energy.

THE POWER OF THIS SIMPLE PRACTICE

We begin to feel, “Wow! This short moments thing is really working!” We start to notice that everything functions more powerfully and easily from the first. Our thoughts and emotions flow on effortlessly. Even if we should experience a total upheaval in some aspect of our life, we have an ease that wasn’t there before. We’ve not only been introduced to our powerful and peaceful nature, but now we’re living our powerful and peaceful nature—and we know it’s there for us all the time.

THE OPTIMAL WAY OF BEING HUMAN

CHAPTER FIFTEEN

“By the power of clarity, the extraordinary energy of basic power is released.”

As soothing energy becomes increasingly evident, it is found that in steadfast clarity there is a relentless power to be of benefit that never wavers. In the past we may have contrived ways to be of benefit, but in steadfast clarity the relentless desire to be of benefit is a natural disposition. It's the way one's life flows when there is no effort. Every other way of doing things slips away. No effort is required for it to be that way, it simply inherently is.

Every short moment of clarity is derived from the forever increasing and spontaneous motivation and energy to bring about universal happiness and beneficial circumstances for all. The entire basis of nature itself is spontaneous power, motivation and energy, a spontaneous responsiveness to everyone and everything. When a short moment of clarity is relied upon, that is the power source that is tapped into—the power source that is the nature of everything.

This is the life force itself and the basic creativity of clarity, which is the innate, radiant energy released by its instinctive realization. The life force itself is how we came to be. It was there before we were, and it's always here with us. When we rely on clarity, we come to see that we have an innate radiant and powerful energy that is inseparable from everything about us. Everything about us is the magnificent display of this innate radiant energy and the magnificent home of clarity itself.

REACHING THE SUMMIT OF BEING

If you have regrets about the past, rely on clarity. If you have regrets about the present, rely on clarity. If you have fear about the future, rely on clarity. It doesn't matter what's going on; the relief and understanding of what is occurring is found in the recognition of clarity. There is no other way to

really understand, recognize or realize the nature of what's occurring other than in that brief moment of forever powerful clarity.

In clarity, without contriving anything, we find mental and emotional stability that is complete, no matter what appears. Natural ethics and caring, amazing skill and wisdom come from the forever unwavering clarity that recognizes itself to be equally stable in both tormenting and peaceful points of view. That is true stability.

The encounter with short moments is exceedingly fortunate. Please know how greatly fortunate you are to have ever heard about this. No matter what goes on with your body, voice and mind, clarity is entirely stable, indestructible and unchanging. Birth comes, life comes, death comes and your basic state of clarity is indestructible. Identify with that about yourself that can never be destroyed and which protects you in all situations.

Guard clarity well and it will serve you completely. That is very simple. There is nothing to do. Just relax in potent clarity. Whatever you are doing, it is a powerful expression of clarity. Connect with the power of clarity rather than the definition of the point of view; this is the distinction. This is true discernment. Clarity is this great power itself in human form.

It is the optimal way of being human.

Never underestimate the power of this simple practice. It is the most powerful force on Earth.

BALANCED VIEW RESOURCES

There are many resources available for anyone who is interested in knowing more about the Balanced View Training. The main information sources are our websites, www.balancedview.com and www.greatfreedom.org. Posted there are numerous public talks, videos, books and a forum. The forum is a place where people all over the world share their experience of relying on clarity in daily life. All video and audio talks are free and can be easily downloaded in mp4 and mp3 format.

Also listed on the website is a schedule of Balanced View trainings offered by approved trainers around the world. Venues range from face-to-face trainings and public open meetings, to trainings and meetings offered via teleconference bridge.

The support network of Balanced View—the Four Mainstays—is available 24 hours a day, seven days a week for anyone interested in gaining confidence in clarity.

When confidence is inspired by Balanced View's Four Mainstays—1) short moments of clarity, 2) the trainer, 3) the training, and 4) the worldwide community—there is increasing instinctive recognition of openhearted, powerful clarity until it is continuous at all times. Then there is no longer the possibility of being fooled by appearances of points of view, not during life and not upon death.