

The Looking Glass

Adapted from Fred Davis

<http://awakeningclaritynow.com/the-looking-glass-language-as-mirror/>

You are always awake, but you are not always consciously awake.

What matters is simple recognition [that is, when you're consciously awake], because however you display yourself to yourself, you're almost surely going to have to come back to fresh conscious recognition over and over again. This is the discipline part. This is the process part. Awareness colonizes the body one bit, one seeing, one unconscious pattern at a time.

In every moment you ally yourself either with experience, or thinking. You have a history of voting for thinking. It'll take some work to shift that default position. It'll take a lot of willingness.

Again and again, as you touch truth through actual experience—as you discover truth through continuous inquiry—that touch will bring a longer, stronger, more profound experience of what you always already are—that which knows that you are.

[Be especially conscious of your thoughts.] You won't always have to take your thoughts...through a process of formal inquiry. Ask yourself again and again, "Is what I'm thinking really true, or is it a belief, an opinion, a position? A BOP?" Delusion arises, it's questioned, penetrated, and it drops. Pop, pop, pop. Repetition is the mother of clarity. Eventually, the inquiry becomes less formal and more spontaneous. Life itself becomes constant inquiry. Like everything else, you don't have to do a thing. It just happens effortlessly.

You may tell yourself, "It can't be that simple." It is. Liberation is all about right now, this moment. Freedom is now or never, here or nowhere.

[Then Jesus said, "Whoever has **ears to hear, let them hear.**" Mark 4:9]

A simple demonstration exercise follows on the next page:

Exercise

This exercise based on a Buddhist meditation practice called *Rigpa*.

Find a quiet relaxing spot where your visual awareness can be spacious. Examples of the type of setting that I have in mind might be sitting or standing on a peak gazing out across a beautiful wooded valley, sitting on a dock in the early evening gazing out across the waters of a quiet, undisturbed lake or whatever works for you. The essential feature is the relaxed mood the setting evokes, not the setting itself.

Now, just enjoy the feeling of relaxation that the scene evokes in your body, take in the spacious view before you, listen to the subtle sounds arising from the scene, feel the air move about your face and body, smell any odors carried by the air you breathe. Allow yourself to become fully immersed in the totality of the moment. When you are fully settled into the exercise you will be acutely *aware* but your awareness will be free of thoughts (i.e., words and images) but full of sensations and feelings -- pure *experience*. Fully *present*.

This is you as an *awake* consciousness or in your *natural mind*. It is always available. It can be brought to any circumstance under any conditions. You merely need to learn to stay in this state of consciousness as your normal or habitual way of *being*. Practice the use of thinking as a tool for accomplishing a task and then put it away and become present with your immediate experience.

There is probably no end to the depths of this state of awakened awareness but you first have to learn to live in it before it can flower.

David

Working at being aware of awareness