

The following Chapter in this .pdf offers a great explanation of Mindful Glimpses. They call it "Short Moments of Awareness, repeated many times."

I think their explanation is clear and helpful. I took this chapter from this online book...

<https://www.greatfreedom.org/Gallery/ShortMoments.pdf>

I don't promote, endorse or agree with other teachings from this group. But I do think this one chapter is worth reading.

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.

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.

