From Lesson 49, (p. 172):

Look directly at the nature of whatever thoughts arise. When the thoughts themselves are experienced as an ungraspable luminous emptiness, there is no need to reject a bad thought or to seek a remedy apart from it. As is said: "Whatever it may be that is binding you, once you become aware of it, it will become liberated. If you understand this extraordinary way, you will go to the place of the buddhas in this life.

From Lesson 50, (p. 176):

Phamodrupa:

Thoughts are awareness. Wise persons know that aware­ness has three doors of liberation. With great joy think of them as particularly beneficial. Thoughts are mind itself. If you want to get rid of them they increase. But since they are unborn, there is no need to get rid of them.

From Lesson 54, (pp. 188-9):

Master Gotsangpa:

Generally speaking, the experience of all kinds of appearances is in your own mind. Since there has never existed a duality between appearances and emptiness, there is no need to hold on to the consciousness inside. When a visual form appears as an object of the eyes, that appearance of a visual form itself is in your own mind. The appearance and the emptiness of that visual form are inseparable. By being directly in a state of nongrasping with the visual form, the grasper and the grasped will be liberated in their own place. Likewise, when perceptions of sounds, odors, tastes, tactile sensations, and mental states move in the mind, if you stay in the immediacy of these movements, they will be self-liberating.