

# The Inner Treasure – April 2008

## Best of The SuperWisdom Ezines

### Volume One

Since 1998 over 200 issues of the SuperWisdom Ezine have been published. We plowed through the Ezines and have three “Best of” Volumes we’ll be publishing for SuperWisdom Foundation Members. Here’s #1. Enjoy! (Tom)

#### VERNON HOWARD LESSON: “Esoteric Mind Power”

Realize the enormous value of simply starting. The very first effort to understand an idea is like a bugle call which brings your various energies together into a united force. Something within you exclaims, "Well! So it can be done after all!" Remember, the way of liberation is not complicated in itself. If we listen we hear, if we hear we learn, if we learn we grow, if we grow we succeed.

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**Question:** As a psychologist, I am struck at the almost total lack of communication between people. How do universal principles explain this?

**Answer:** There is true communication only when essence speaks to essence. Since most people live from surface personality, instead of essence, the barrier is thick. Only self-free people can understand each other, for they communicate from single and universal essence, not from a thousand man-made doctrines. The story of the Tower of Babel is an esoteric illustration of human babble.

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**Question:** Please explain what you mean by freedom from others.

**Answer:** It is quite simple. You are chained to anyone from whom you want something, whom you depend on for self-satisfaction. You are free from anyone from whom you want nothing. A supermind principle is that no other person can give you authentic enrichment; it must come from within yourself. When this is clearly understood, your human relations are right.

## **RELATIONSHIPS:**

1. Within these practical teachings you discover how to be completely at ease within yourself and enjoy your own company. You no longer look to anyone else to be nicer to you than you are to yourself. While present with others you seek to understand yourself and be aware, which is the highest form of enjoyment. Others enjoy your company to the degree that you enjoy your own. (Tom Russell)

2. The (spiritual) person always has a choice facing him: Is he to live in the way others live in order to please them or is he to live in the way his own standards call for? If he lets them pull him down he loses what has taken him many, many years to develop. Somewhere at some point he must take his stand, must plant his feet and refuse to budge any farther. (Dr. Paul Brunton)

3. There is one thing that, more than any other, throws people absolutely off their balance - the thought that you are dependent upon them. This is sure to produce an insolent and domineering manner towards you . . . they soon fancy that they can take liberties with you, and so try to transgress the laws of politeness. This is why there are so few people with whom you care to become more intimate, and why you should avoid familiarity with shallow people. (Arthur Schopenhauer)

## **EXERCISE: VH in "Pathways to Perfect Living"**

Usually, when we are with others, we notice only their surface selves, such as facial features and physical mannerisms. But for beneficial insight into human nature, try something entirely different. When you meet another, try to see his

PSYCHOLOGICAL SELF. Be aware of his motives for doing what he does. Notice his nervousness; watch how his conversations center around himself.

You see, insight into others is an aid for returning to our true nature, which cannot be harmed by human folly. As Henri Frederic Amiel explains, "My true being, the essence of my nature, myself, remains inviolate and inaccessible to the world's attacks."

## MENTAL PICTURES:

1. The more we know, the greater our thirst for knowledge. The water-lily, in the midst of waters, opens its leaves and expands its petals at the first pattering of showers, and rejoices in the raindrops with a quicker sympathy than the parched shrub in the sandy desert. (Samuel Taylor Coleridge)

2. Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold. (Leo Tolstoy)

## INSPIRATION:

1. As by the falling of raindrops a jar of water is filled, so the wise man becomes full of good, even though he collects it little by little. (Buddha)

2. One cannot make a slave of a free person, for a free person is free even in prison. (Plato)

3. Wisdom is to be sensitive to THIS situation, to THIS person, uninfluenced by any carryover from the past, without residue from the experience of the past. When you have attained wisdom, who can enslave you? (Anthony De Mello)

## SELF-RELIANCE:

1. I call that mind free which protects itself against the usurpations of society, which does not cower to human opinion, which feels itself accountable to a higher tribunal than man's, which respects itself too much to be the slave or the tool of the many or the few. (William Ellery Channing)

2. No bird soars too high, if he soars with his own wings. (William Blake)

## KNOWLEDGE: Tom Russell

In the Bible the word "metanoia" is interpreted as repentance, which is from Latin and means "to feel sorry." But in the original Greek, the meaning of the word "meta" means to go beyond, or rise above. "Noia" means "change of mind." Hence, in the original Greek text the Bible is pointing to a change of being, a change of mind, a transcendence to a higher order of life and intelligence, and not simply a moral change.

Our level of thinking is raised by contact with a higher order of ideas. This is the purpose of all authentic spiritual teachings. However, the words in the books and lectures are not an end in themselves; they serve a Temporary purpose. Their aim is to lift our thinking to a level where we can begin to receive direct inspiration from the original Source of all inspiration and intelligence. In the awakened life, there are no intermediaries.

In connection with this, J. Krishnamurti once said the following: "He who follows another, whether it be the greatest saint or the teacher around the corner, is essentially irreligious." Buddha said, "If a foolish man is associated with a wise man, even all his life, the foolish man will understand truth as little as a spoon understands the taste of soup." Vernon Howard said in a talk in May 1987, "You don't need any other human being to help you find the Truth."

Real religion is KNOWING from your own awakened Essence. "Following" anyone is an abandonment of self-responsibility, and self-responsibility is the first requirement for authentic spiritual development.

## PRESENT MOMENT LIVING: SuperWisdom Notebooks

Nothing lives outside of this moment. All Life is contained in this precise and exact present moment. When that is all you live in, you will know that you will live forever. You will comprehend with tremendous clarity that you are not your body, you are not your past, you are not your thoughts. You are one with the Creator of the Universe. Therefore, nothing this world can do to you will scare you, because you know that you cannot be touched.

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When you live the awakened life you will talk to yourself 90% less than you do now. You will still need to think to drive your car, do your work, etc., but you will no longer be throwing your life away in useless internal conversation.

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You will begin to feel the sunshine of the spiritual world. More and more you are able to taste the difference, to separate the old world from the feelings of the new world.

## MENTAL PICTURE: SuperWisdom Notebooks

Picture an angel quietly observing a meeting of demons. At first his presence is not known. But suddenly he is noticed and attacked by hundreds of demons, all at one time. The angel simply turns on his inner glow and a circle of light is created around him. The demons cannot penetrate. You also can turn on your inner glow and no matter how viciously you are attacked, if you stay in the light you will not be touched.

## EXERCISE: SuperWisdom Notebooks

1. Thoughts either spring from the light or the darkness. It is your work to rightly judge from which place they come. It's simple. Thoughts coming from darkness cause a sting of pain. Thoughts coming from the light always provide insight and inspiration.

2. VH gave a special exercise to practice for the rest of our lives. He told us to set aside time every single day to just think about these higher ideas. Think about all the right plans you have for transcending this nutty society and dissolving the false nature that has gripped your mind and life with such persistence and intensity. Think about RIGHTEOUSNESS.

## CHALLENGE:

1. We project onto others what we cannot accept in ourselves. (Carl Jung)
2. The following from the SuperWisdom Notebooks is an example of an advanced spiritual principle. Though very challenging on the ego, super powerful truths like this are the most compassionate facts on earth. Knowing that you really do have within you the power to break free, authentic spiritual teachings never coddle you with soothing and flattering words. Here's a healthy jolt for your Essence:

"VH told the class to work with the following fact, to write it down, think deeply about it and not let it escape: **You stay neurotic in an attempt to prove that the false self exists.**" (Tom Russell)

## INSPIRATION:

1. One cannot make a slave of a free person, for a free person is free even in prison. (Plato)
2. Wisdom is to be sensitive to THIS situation, to THIS person, uninfluenced by any carryover from the past, without residue from the experience of the past. When you have attained wisdom, who can enslave you? (Anthony De Mello)

## RELATIONSHIPS:

1. How much easier it is to live in simplicity, than to be obligated to those who might enrich me. (Sufism)

2. If you let yourself be made out in the right by another, you must no less let yourself be made out in the wrong by him. If approval and reward come to you from another, you must also expect his disapproval and punishment. (Max Stirner)

## **EXERCISE: SuperWisdom Notebooks**

Let everything that comes to you first be filtered through your understanding, whatever amount you have of it. Don't let what comes to you pass directly to the old nature. Let there be a filter present that judges correctly and sees clearly.

## **THE POWER OF SILENCE: SuperWisdom Notebooks**

Who you really are does not need to be kept in place by you. It is there all by itself, in silence. Simply allow the silence to be all that it is, not trying to add a single thing to it.

## **CHALLENGE: The SuperWisdom Notebooks**

You've manufactured an identity of being a weak and wavering person. It is all a story written by you. You must stop creating this fictitious, fearful self.

## **INSPIRATION: SuperWisdom Notebooks**

You are loved. You are loved only by Righteousness, by Goodness. But the only way you are going to know the existence of this Love is to be within this Love itself. There can be no "I" that is apart and separate, living an isolated life. You must be totally immersed in the Higher World; only then will you know that you are loved, for there is no separation between you and Love.

## VERNON HOWARD LESSON: “Esoteric Mind Power”

1. How unknowing we are if we try to prevent natural change in our life, and how much we suffer needlessly. Since the very nature of the universe is change, our efforts to remain in familiar places can only frustrate us. You and your world are one. Let yourself remain in oneness, never fighting change, and watch your world become new. In taking an airplane trip around the world, you may change airplanes several times, but you still remain one with the flight. Life is like that.
2. Reality is like a very generous employer, but one who pays your wages at irregular and unexpected times. If we have done our work as best we can, we need have no concern over time and nature of payment. It may be an intensified feeling that we are on the right track at last, or it may be a fresh delight in being both your own teacher and student.
3. If you have the possibility for an interior storm, it will be aroused by an exterior storm, for both vibrate on the same psychic level. But if through self-insight you have achieved mental fair-weather, there is no way for an exterior storm to touch you, for you reside above its lower vibrations. Do not take this merely as an illustration, nor as philosophic idealism, but as a practical fact which can become your healing experience.

## SUCCESSFUL SPIRITUAL STUDY:

1. Do not think of esoteric wisdom as being far off in some remote temple in Tibet. It is as close as your own mind. (Vernon Howard)
2. A man should learn to detect and watch that gleam of light which flashes across his mind from within. (Ralph Waldo Emerson)
3. Welcome the truth on whatever horizon it appears . . . do not become narrow-minded or fanatical. (Dr. Paul Brunton)

## INSPIRATION: SuperWisdom Notebooks

You see, Higher Knowledge is in existence right now. What really happens is that as you ascend up the side of the spiritual mountain, you come into possession of what has always been there. As you climb, all that is on the higher level becomes yours - naturally and effortlessly. You will see the difference between where you are now and where you once were.

## MENTAL PICTURE: SuperWisdom Notebooks

Finding Truth is like the flying trapeze in the circus. The man up there swinging high above the crowd -- he must leave one bar to reach the other bar. And the two bars never meet! At exactly the right time, he must RELEASE HIMSELF from one bar, travel through the air all alone and with no supports, and catch the other bar.

Of course, it takes practice, but there is always a net under you so you can never be hurt. You will fall thousands of times as you let go of one bar to reach the other. You will miss it. But Truth says that as you release yourself each time, your spiritual eyesight grows sharper. You become more integrated in your efforts. The day arrives when you make the connection and swing over to the other side.

## LIGHTS ON HUMAN NATURE

1. Towards the throne they all strive: it is their madness - as if happiness sat on the throne. (Nietzsche)
2. The less a man governs himself the more he feels qualified to govern others. (Vernon Howard)

## CHALLENGE: SuperWisdom Notebooks

Spiritual ideas, lessons, are constantly raining down on this earth. They may take the form of a book (of which there are many that I didn't write, VH added). But the Truth is bouncing off of you. You are not receiving it.

## INSPIRATION: SuperWisdom Notebooks

Remember the two letters, I.I. They stand for Individual Insight. You see, Intelligence, Reality, God, is one thing. It is not divided up and placed in human beings. It is just one thing. Therefore, when two people know the Truth, they know the same Truth. There can never be any division between them, no arguments at all. For the same Truth that inhabits one also inhabits the other.

## VERNON HOWARD LESSON: “Pathways to Perfect Living”

Suppose you stand on a high place to enjoy the beauty of the sparkling sea below. You need do nothing to create that beauty; you need only BE IN THE SAME PLACE WHERE IT IS, and let nature do the rest. So it is with the inner life. There is nothing we can DO to gain psychic beauty. It already exists without our effort. We need only be where we belong, that is, in self-union. Then, beauty IS.

## INSPIRATION: SuperWisdom Notebooks

Encouragement is when you hear a truth that you faintly know to be true. What you suspect is true meets what is true. This is necessary at the start of the spiritual journey, but the time can come when you no longer need any outer encouragement. You are your own encouragement.

As you grow, you can actually feel yourself being lifted up. You begin to leave this world behind. And as you do, you rise above all problems and difficulties. It is like the quote from Shakespeare where you rise so high that the bows and arrows can no longer reach you.

## EXERCISE: Tom Russell

In a talk once Vernon Howard said, "From the heart say, 'I want to solve the mystery of life.'" Learning to talk with your real and deeper voice activates your Essence – the central part of you that already sings with comprehension of cosmic verities. More and more your awareness inhabits the buoyant hub around which life moves effortlessly.

Let your inner speech be like a strong rudder that makes corrections (and connections) and keeps your ship of life sailing in the true direction. Do not hesitate to boldly and enthusiastically state the Truth to yourself. Reading aloud is another dimension of wise self talk that is very effective.

## RELATIONSHIPS: VERNON HOWAD

Do not let others rule your life. Never mind what they think of you. Do not assume that it is essential for you to keep their goodwill. To do so is to exchange what is true in you for the worthless beads of their good opinion of you. You must stop all this. It is wearing you down and gaining you nothing, for they have nothing to give you.

## SELF-OBSERVATION: SuperWisdom Notebooks

You can learn to see that any nervous state, any worried state or negative emotion that you see in yourself IS NOT YOU. It is not who you really are. Your authentic self has never in fact been nervous. You've never been hurt by another – none of these things have ever happened to who you really are. What happened was that an immature, undeveloped mind met another immature mind. But none of the experiences that arose from that meeting have anything at all to do with YOU. They have only to do with a false self and the memories and experiences that surround that false self.

## PERSISTENCE: Maurice Nicoll

This awareness of something higher is a critical point in a person's movement towards internal awakening, and at this point everyone who has got as far as this has to undergo a long, difficult, and yet quite simple and straightforward struggle to tilt the balance which eventually makes the unforgiving personality passive and merciful Essence active.

## **CHALLENGE: SuperWisdom Notebooks**

You are going to have to be different and do something different. Hearing the facts and the explanations are not enough. You must act on what you hear.

## **SELF-RELIANCE: Walt Whitman**

What do you suppose will satisfy the soul, except to walk free and own no superior?

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