



# Super Wisdom

AUG 2008 MONTHLY NEWSLETTER



**Gordon Rand**

## The Teacher in the Green Socks

He was sitting on a small stage giving a talk on how to handle psychological threats from others. He spoke about how to take verbal critical attacks without giving back reactions in kind. A young man raised his hand and said,

“Do you intend to say that when you are challenged verbally, scorned, disliked or disapproved of, that’s it is possible to have no reaction?”

For a minute the speaker sat back, relaxed, crossed his legs and smiled. It was then we could see the bright green socks and penny loafers. With a quiet sigh he slowly said, “Now let’s leave the surface observations and look more deeply into what takes place from inside. When someone attacks us psychologically, they do not “see” us at all. What they see, without knowing it, is a picture...a picture they have of us in their own mind! Remember, this is all unconscious.”

He continued saying that if you or I react, that reaction comes from either a self-picture in our own mind that we think needs defending or an acceptance of the picture of us that the other is generating.

The great gift of understanding is to see that we are not the pictures that others have of us AND we are none of the pictures we hold in our own mind. From this state of transparency, all attacks would find no lodging within. And then, of course, there would be no need for retaliation!

For a moment the room was suspended in silence and the young man who had raised the question was quiet. The teacher in the green socks glanced at the audience and then said, “Take this concept into your day tomorrow. It will begin to remove unseen suffering from your life. Good evening.”

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## Self-Reliance Tips of the Month

- We prefer to follow the creative rather than the compulsive way, to help men find their own way rather than force them to travel our way. (Dr. Paul Brunton)
- Ask for more and receive more. Asking Truth to solve some petty problem is like asking Michelangelo to paint your front door... Be audacious. (Vernon Howard)
- The most dangerous shackles are the ones which are invisible to us because we do not see them for what they are -- namely, authoritarian demands for obedience which have been internalized and re-framed as unchallengeable moral certitudes that are justified by an ideology one has been induced not to question or critically reflect upon. (Sufi Writings) -- “Read again!”

### Featured Podcast of the Month

#### “Your Life as Realization, Not Acquisition”

*You’ll receive many insights, including:*

**ONE:** In order to free yourself, you must first mentally extend freedom to others.

**TWO:** Let esoteric ideas lift you to direct realization.

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## Quantum Physics and the Mystics

by Tom Russell

An ancient Buddhist sutra speaks long ago of the new findings in Quantum Physics: “In the heaven of Indra there is said to be a network of pearls so arranged that if you look at one you will see all the others reflected in it. In the same way, each object in the world is not merely itself but involves every other object, and in fact, is every other object.”

It is indeed fascinating that Quantum Physics is now proving through science what the Mystics have long declared--that the world we see with our eyes is a vapor, an interpretation by the mind of invisible waves that traverse an implicate order. The men and women on the frontier of this new science have, for the last 30 years, been hounded and fired by the best universities and “un-think tanks” in the country. But they could not be stopped because Truth can’t be stopped; it just casually rolls forward with enthusiasm.

The attractiveness and vitality of truth and discovery trounce the lure of security and position every time, and

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the statues of “tradition” just can’t understand it. The statues say to each other, “How could anyone dare to appear so stupid and ‘out of the mainstream?’” My observation and experience is that the “mainstream” is not a safe place to be; it is the branch of the stream that heads over the waterfall. However, let’s at least give society credit for its consistency over the centuries in trying to squash anything revolutionary.

Here is a connection from Vernon Howard with the theme of Quantum Physics: “You can contribute everything you need to yourself. This is because you are a miniature representative of the Cosmic Whole and this representative contains within itself all the elements of the Cosmic Whole. It is similar to a sycamore tree in the United States

which has every characteristic of every other sycamore tree in the world. Your contribution to yourself is of a special kind. It consists of RECOGNITION of what you already have. And what you have is unlimited inner power.” (700 Inspiring Guides to New Life)



## Quoting Vernon Howard...

(From *Pathways to Perfect Living*)

Always remember that you are trapped only by your wrong thought toward a situation, never by the situation itself. This does not mean that you necessarily remain in an unwanted position; it means you must first see your own faulty thinking toward it. Unless this is done, you will merely leap from the battered ship into the stormy sea.

An anxious attempt to destroy enemies must certainly fail. Don’t try to destroy enemies, whoever or whatever they are. Even if you succeed, you fail, for they disappear only to be replaced by other adversaries, as your experience has shown you. This forces you into battle after battle until you are worn out.

The right way is to let enemies destroy themselves. You start by seeing that enemies are not external to you. No, your enemies are not cruel people or frustrating conditions. It only appears so because you do not as yet understand. But you can start all over with a fresh mind. You can replace THINKING with KNOWING.

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## Healing Challenge

by Anthony de Mello

“Calamities can bring growth and Enlightenment,” said the Master. And he explained it thus:

“Each day a bird would shelter in the withered branches of a tree that stood in the middle of a vast deserted plain. One day a whirlwind uprooted the tree, forcing the poor bird to fly a hundred miles in search of shelter — till it finally came to a forest of fruit-laden trees.” And he concluded: “If the withered tree had survived, nothing would have induced the bird to give up its security and fly.”

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