

# *The Inner Treasure*

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*The Inner Treasure* is published monthly for SuperWisdom's Vernon Howard Study Group. These ideas are taken from my class notes and observations while in attendance at Vernon Howard's classes. It is important to clarify that *The Inner Treasure* is **not** the writing of Vernon Howard; however, it would be an omission to neglect crediting him with the origination of the ideas and concepts. The writing is by Tom Russell.

**Newsflash:** Future issues of this publication will revolve around the energies discussed in *7 Secrets to Light Up Your Essence*. We want to delve deeply into these seven precious powers. Each *Inner Treasure* issue will also include categories for *NowFacts*, Challenges, Higher Glimpses and Concise Super-Truths.

## **Energy #1: Awareness**

VH asked if anyone in the audience has experienced suddenly waking up and realizing where you were, without thinking about where you were?

He then explained how darkness slips in unnoticed at the very moment of wakefulness to make the spiritual seeker feel guilty for having been asleep. Darkness is sly! You wake up for just a moment and the devil enters to try and make you feel ashamed for having been asleep. Could guilt ever be a part of the kingdom of Truth? The club is the thought, "You should have been awake for the last twenty years."

How do you solve this problem? Be alert to darkness when you experience those brief moments of wakefulness. Remain twice as aware as you normally are and watch it try to sneak in to make you feel guilty for falling asleep. Ignore these dark suggestions and stay awake as long as possible. If you leave it in Truth's hands this moment will gradually increase, for it is Truth that initiates this brief period of wakefulness in the first place, not (your name).

## **Energy #2 Self-Observation**

When you resist something within yourself you are giving it power. If you're not resisting, you're not giving it power. To resist means to believe in it. "Resist not evil." Simply let these deeper dreads and negative thoughts pass through your mind without trying to push them away. The very attempt to push things away draws them to you.

### **Energy #3 Instant Recovery / Instant Choice**

**a.** Anger can be dropped instantly, right now. Once you see how angry you are, let it go. Release it internally. Drop it. It can be done. Anger covers the negative parts of you with charged emotion so they can never be seen.

**b.** In order to learn, you must participate. There is no other way you can learn. Sitting on those bleachers watching the game, admiring and hating the players, is not going to teach YOU how to play. You must risk the mistakes and get out there and play! Yes, you will make mistakes, but just like the baby who is learning to walk, there is no problem. You can recover instantly from all blunders. You eventually learn, and learn very well.

### **Energy #4 Independence**

**a.** A favorite trick of darkness is to keep human beings satisfied with the way things are going and with promises of the future. Darkness wants you dependent on false promises. That's why the greatest concern of darkness is the person who becomes dissatisfied and knows that he or she is. He or she can no longer be held with promises of false rewards.

**b.** Disconnect yourself from the entire world, psychologically speaking. Always stand alone. You'll shake for ten years, but what is presently dependent on your own false nature and that of others falls away. You stand alone with Truth. Nothing could be more rewarding than this. Truth says to listen to *no* man or woman.

### **Energy #5: Letting go / Forgiveness**

Let go of all frantic efforts to break out. When you thoroughly understand that you are not imprisoned and never have been, that the prison is an illusion, efforts to break out cease and you abide in quiet Understanding. Stop pounding and dare to be still.

### **Energy #6 Efficiency**

Tension is associated with fast, unnecessary movement. It is highly inefficient. Have you ever asked yourself, "Where am I rushing to?" If you will practice letting go of tension, starting with the body, the mind and emotions will naturally follow. VH then gave this *NowFact*: "Teach me to relax in spite of myself."

## Energy #7: Prayer & Receptivity

There is no one there to protect. Understanding this is the highest form of prayer. Look how we walk around in a constant state of defense. We are defending someone who in reality is not there. VH added: “This one principle solves a million problems if you grasp it fully.”

### *NowFacts* (Wise Self-Talk for Spiritual Awakening)

- a. “I’m not going to wreck myself like that any more.”
- b. Say to yourself: “Instead of \_\_\_\_\_, I will understand.” For example, instead of being timid, I will understand. Instead of being haughty and puffed-up, I will understand. Instead of being falsely nice, I will understand. VH added: Understanding is everything. All you need do is work and work hard for genuine understanding. It will come.
- c. Here is an amazing VH *NowFact* from 9.5.82: “I want to love you but I can’t.” You must grow to recognize the huge resistance you have to the Truth. Of course, the Real You does not have this resistance, but what has taken over your life does. So understand that you want to love the Truth, you really do, but you presently can’t. VH added, “When God/Truth/Reality hears a prayer like this he sends his angels down immediately to help in any way possible.”

### Challenges:

- a. You have a choice of one of two ways to live. You can be either self-driven or spirit led. It cannot be both, and the sooner you stop trying to find a grey area in the middle the better off you will be.
- b. Another one of your tricks is to think about practical things when you don’t need to. Why? Because you are afraid to be alone with yourself.
- c. How can self-laceration be intelligent? You pick up trash so you will have something to keep you company. You are afraid of silence. Try this sometime: *Try being lonely without doing anything about it.*
- d. What is the aim of darkness? It is to torment you at your weakest point. That is where darkness will attempt to discourage you.
- e. Go ahead and face the fact that you are going to have to abandon your favorite companion – that useless nonsense going on all the time in your head. It is “you” or Truth; there is no room in the entire universe for both.

## Higher Glimpses

- a. Your life can be one of continual WONDERMENT. God/Truth/Reality will to see it, without fail, if you have a sincere Heart.
- b. You have an inner glow. You can learn to turn it on. No matter how viciously you are attacked, if you stay in the light of your inner glow you cannot be touched.
- c. VH spoke briefly about the resurrection from the Bible. He said when “you” are absent, I, the Real I, is present. When you have no isolated little life of your own, God’s Life with a capital “L” moves through you.
- d. Understanding is performance. When you understand, you act. Action is a natural and effortless outcome of understanding. What you know you can do.

## Concise Super-Truths

- a. Your very fear of your own thoughts is the only thing that gives them power.
- b. Walk right into a problem and you will see there is no problem except where you made one.
- c. The absence of pain will not injure you.
- d. Since the ocean of God is there, do you have to seek it?

**Feel free to forward *The Inner Treasure* to friends, but keep your access codes to the SuperWisdom Study Group Website private. Look for good candidates for the class – responsible people who are earnestly seeking for Truth and want to learn.**

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