

The Inner Treasure

August 2008

**Collection of Back Issues of
the SuperWisdom Ezines**
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May 5, 2004

VERNON HOWARD LESSON:

A man journeyed a thousand miles to seek acceptance as a student of a Zen teacher. The teacher met him at the door to ask, "What is the first thing you want from your studies?"

The seeker replied, "To be known as a spiritual person."

"Go away," the teacher told him.

"To be able to help others."

"Go away."

"To have a clear mind."

"Come in."

Until we clear our minds we are no good to ourselves or others, though our vanity fools us into thinking we are such precious little beams of sunshine. When a confused mind tries to do good, it does so with a secret motive of ego-gratification. Reaching out in its own darkness, it mistakes

the bottle of poison for medicine, making everyone sick.

Take politics. Do not be dismayed if you cannot understand the arguments of opposing parties on political or social issues. You cannot understand because THERE IS NOTHING REAL IN THEM TO UNDERSTAND. They make no more sense than the babble of small children, playing a game of cowboys and Indians. Neither side is really interested in peace or human betterment; their aim is to win their infantile points. By this they hope to blot out their awful fears of being nobodies.

You see, desperate people plead to the world, "Please tell me I am somebody." If only they could see that there is no reply, for none is needed.

(Quoted from: "Pathways to Perfect Living")

LIGHTS ON SOCIETY: Sufi Literature

One day in the middle 1960's, a crowd of people had assembled in a university hall to hear a professor whose main Current interest seemed to be the denunciation of Idries Shah (a modern writer of Sufi literature and history) as "a psychologist perhaps, but no man of wisdom."

When the Professor had finished his diatribe there was considerable applause. Shah was sitting in the hall but he said nothing. Suddenly, from the other end of the chamber one of the scholars present, a calm and dignified little man, stood up and asked the lecturer, "If this man is so undesirable, why are you treating him like a truly great man?"

The Professor stamped his foot, and then said, "Do you call triumphant denunciation 'treating someone like a truly great man?'"

The other scholar said, quietly but in a way which made his voice reach every corner of the hall, "May I have the name of a truly great man who has NOT been treated in this way?"

There was silence and then suddenly, a roar of applause. Over a thousand years ago, I recalled, the Sufi Junaid had said, "None attains to the rank of Truth until a thousand otherwise sincere people have testified that he is a heretic."

"Those who love psychic sleep have a mascot - the ostrich."
(Tom Russell)

Anthony de Mello

"What action shall I perform to attain God?"

"If you wish to attain God, there are two things you must know. The first is that all efforts to attain him are of no avail."

"And the second?"

"You must act as if you did not know the first."

COMMUNICATING HIGHER IDEAS: Dr. Paul Brunton

The philosopher is not discouraged because the number of those who adopt philosophical ideas is so small. He is not seeking the success of a movement, group, program, or sect. Even if he were the only man who held these ideas he would still not be discouraged. For he knows that he has not been put in the world to reform it but to reform himself.

The Essence of Spirituality, by Tom Russell

Question: What is it, more than anything else, that holds us back in our spiritual quest?

Answer: We have spiritual amnesia. We forget what we know. This is why authentic spirituality is in essence one thing: REMEMBERING.

The upward path toward the higher life is full of twists, turns, rocks and boulders. On the way up there is a part of you, an enemy, that wants to stop and not go higher. Whenever this happens always keep the saboteur in sight. Look directly at it and bring forth all your knowledge about its tactics and methods. If you remember what you know, there is no stopping you!

The saboteur is nothing more than forgetfulness - falling asleep, settling down in cozy illusions, and forgetting the source within that is the center of our very being. Here is cause for great good cheer: The more you REMEMBER the more you WANT to remember. Truth has a built-in appeal. Like a new galaxy that draws its contents in toward its center, Truth collects more of itself, to itself.

To attain Knowledge,
add things every day.
To attain Wisdom,
remove things every day. ~ Lao Tzu

Marcus Aurelius

"If anyone can show me, and prove to me, that I am wrong in thought or deed, I will gladly change. I seek the truth, which never yet hurt anybody. It is only persistence in self-delusion and ignorance which does harm."

May 19, 2004

VERNON HOWARD LESSON:

Self-renewal is natural to the mind, so our task is to open ourselves to its freely flowing naturalness. It is like purifying the air in a room by opening opposing windows to a current of fresh air. We open fresh currents of thought by releasing yesterday's thoughts, especially those which seem to provide security, but which actually make life stale. Self-release brings self-renewal.

Nothing blocks inner progress more than the assumption that we must be what is called "intellectual" or "spiritual" or "authoritative." These are mere labels, like a book with an attractive title, but containing blank pages. We need only be sensible. We know what it means to be sensible. It means to

cease to be our own punishment. It means to refuse to accept bitterness as a topic of our own mental conversations. The only salvation we need is our own sensibleness.

EXERCISE: SuperWisdom Noetbooks (The "Notebooks" contain ideas originating with VH. They are expressed in my own words after I heard them while in attendance at his classes.)

Let's suppose that you've had a hectic and busy day at the office. You get in your car for the drive home. The mind is foggy and the body is tired. The temptation is present to turn on the radio and drift away to familiar mental theatres. You pause and declare to yourself (perhaps audibly since no one is around), Time to take the next step up! Feel your hands on the wheel. Take a deep breath and release tension. Know where you are! When you arrive home you will be refreshed and revitalized.

"Time to take the next step up!" is a very effective example of how wise self-talk can be used in endless ways to remind you to wake up and live! Any temptation to anger, for example, can be instantly countered with this super wise statement.

LIGHTS ON HUMAN NATURE: Anthony de Mello

A disciple confessed his bad habit of repeating gossip.

Said the Master, "Repeating it wouldn't be so bad if you did not improve on it."

COMMUNICATING HIGHER IDEAS: Tom Russell

Someone who wishes to be a speaker and communicate higher ideas of wisdom and spirituality has a vast education ahead, and a wonderful opportunity for their own development. The communicator should study history, mythology and all kinds of subjects and look for good examples and mental pictures that serve as cups to hold the water of wisdom conveyed by language. The best pictures are often personal experiences, so a speaker can no longer be careless and preoccupied because even simple experiences can be valuable material for a talk.

Connected to this, I have discovered something really interesting regarding listening to speakers. What do they leave you with? The phony ones may absolutely enthrall you during their presentation with their amazing surface-level skills. Part of you is thinking, "Wow, this is really good."

But the moment their talk is over, nothing real stays with you. The feeling generated while they were on stage disappears.

Whereas, an authentic speaker imparts something that rightly lingers - star dust that may not necessarily dazzle, but the impact stays with you. This is why even a 3 minute talk by someone who has really had their heart touched, and seen something for himself or herself, has a way of touching a deeper part of you.

SUCCESSFUL SPIRITUAL STUDY: Dr. Paul Brunton

All methods and techniques - and of course all human beings who propound them - are merely instruments to help the student attain a methodless technique-free teacherless state. Let him

not get enslaved by the thought of their necessity. Let him not confuse the attitudes towards life which they provide, with life itself. Let him not turn the way into the goal nor the means into the end. All techniques were originated for the purpose of opening a door to the inner essence. But indiscriminating people cling stubbornly to the door and do not permit it to open! The wise student will keep his attitude subtle, elastic and dogma-free.

May 26, 2004

VERNON HOWARD LESSONS: (Quoted from "Treasury of Trueness")

1. You are not required to act in any way that sacrifices your wish to grow in spiritual strength. For example, you are not required to support the weakness of another person. Also, you are not required to relieve the anxiety of anyone whose anxiety is caused by his preference for delusion over reality.
2. If you do not have a good and mature relationship with yourself, it is foolish to think you can have a good and mature relationship with another person.
3. You see, it is not selfish to live your life as you see fit; it is selfish only to insist that others live as you see fit.

RELATIONSHIPS: Anthony de Mello

Spirituality is awareness, awareness, awareness, awareness, awareness, awareness. When your mother got angry with you, she didn't say there was something wrong with her, she said there was something wrong with you; otherwise she wouldn't

have been angry. Well, I made the great discovery that if you are angry, Mother, there's something wrong with you. So you'd better cope with your anger. Stay with it and cope with it. It's not mine. Whether there's something wrong with me or not, I'll examine that independently of your anger. I'm not going to be influenced by your anger.

Only a very aware person can refuse to pick up the guilt and anger, can say, "You're having a tantrum. Too bad. I don't feel the slightest desire to rescue you anymore, and I refuse to feel guilty."

CHALLENGE: J. Krishnamurti

It was once the authority of the priest that held us, and now it is the authority of the expert, the specialist. Have you not noticed how you treat a man with a title, a man of position, the powerful executive?

"It is surprising how much contentment with your own company saves you from carrying around a dependent world."
(Vernon Howard)

SUCCESSFUL SPIRITUAL STUDY: SuperWisdom Notebooks

In the beginning of our quest we see assistance as being from outside us. As we continue to develop, we increasingly discern inner sources of invisible help; they become as real and tangible to us as visible help. There are books, knowledgeable people, etc., who are sources of help. But we come to know that there is an invisible source of help as well. And the more we receive it the more real it is.

June 2, 2004

VERNON HOWARD LESSON **(From: Solved - The Mystery of Life)**

You don't have to take thought for anything except for daily life. You have to decide what you want at the grocery store or what you're going to do tomorrow about your car repairs. But you don't have to think about yourself because there's no self to think about. All self-doubt is gone because there is no identity there to think about. There is Awareness. There is Purity. There is a Knowing and this Knowing is absolutely 100% confident. That means you, having this new state, are truly confident.

INDEPENDENCE: Tom Russell

Years ago Vernon Howard gave his class an exercise to practice when driving. If you pass an automobile accident that is already being handled by the authorities, refuse to look at the accident. Keep your eyes on the road in front of you. Watch the false self protest! Practice this exercise just once and you'll taste the rightness of it, the independence,

and you will find yourself wanting to practice it for the rest of your life.

Remember, the key to independence is to DENY the false self the agitation of dependency it craves. To get rid of the weasels of negativity, cease to feed them. Yes, the weasels will indeed protest. They will all assemble outside your door and bare their teeth yelling, "Where's our food? How unkind of you, how selfish!"

We must resolve to go through this experience, or stay as we are. Here's a great secret: Calmly and intelligently invite the protests to intensify. It is our attempts to find a truce with the weasels that is the source of all anguish.

You do not encounter this type of information in self-improvement and "success" books. You see, the aim of all true teachings is waking up -- transformation at the core, not surface changes that inevitably fade. So true teachings are tough and challenging at times, seeking QUALITY of interest, not quantities of people.

June 9, 2004

VERNON HOWARD LESSON

(From "700 Inspiring Guides to a New Life")

When making a mistake of any kind it is vital to not build a second mistake on top of it. It would be a second mistake to fall into mechanical emotions over an error, such as condemning yourself or feeling bitter toward those who victimized you. Such reactions pin you down to the very level of mechanical behavior which causes mistakes. Instead, refuse

to go along with your usual reactions. Try to see how unclear thinking causes the error. This separates you from mistakes, just as you might depart from an angry and dangerous mob.

"He is great who is what he is from Nature, and who never reminds us of others." (Emerson)

RELATIONSHIPS: Tom Russell

These teachings are a tremendous catalyst for enjoyable interactions with others. But the path to truly productive relationships is not the path of pretense with its false and heavy ideas of always being the one who is "nice" and smiling. Productive relationships are based on honesty and a willingness to be true to yourself and the other person, which can sometimes include a right kind of sternness. True communication can blossom only in this relaxed and honest atmosphere, when mouth and manner are connected to heart. "Let essence speak to essence."

"Stand apart from circumstances, and do not permit them to influence the mind." (Zen)

SELF-RELIANCE: Tom Russell

I love the movie High Noon with Gary Cooper. It beautifully teaches the lesson of staying true to what you know you must do, in spite of everything. It shows how weak the herd is, and how they primarily seek safety which is in fact great

danger. But it is the lesson of facing the challenge, and not backing down, that is so wonderfully illustrated in this movie. The hero valued his integrity more than his physical existence, which is the doorway to Life with a capital "L" while passing through this existence.

Though everyone will give praise to the virtue of self-reliance, you and I must actually practice it. Through the practice of self-reliance, we disconnect from all that is false on the lower level, in order to merge with the Oneness of Life on a higher level. We must be independent of the world in order to be dependent on Reality. Only the self-reliant can have authentic humility. The weak are proud, and brittle.

"There are thousands hacking at the branches of evil to one who is striking at the root." (Thoreau)

June 16, 2004

VERNON HOWARD LESSON:
(Quoted from: Pathways to Perfect Living)

We must expose ourselves fully to life's experiences. Nothing is discovered in isolation, any more than a rainbow is discovered in a closet. To harmonize with life we must be with it altogether, without resistance, with no concern for what it may bring us.

Break out. That is what you must do. Break out from behind

your shield of self-protection.

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.

"Don't like screaming, 'Nothing works!' Instead, just see that nothing works. Be calm and insightful about it."
(SuperWisdom Notebooks)

INSPIRATION: Ralph Waldo Emerson

You think it is because I have an income which exempts me from your day-labor, that I waste (as you call it) my time in sun-gazing and star-gazing. You do not know me. If my debts, as they threaten, should consume what money I have, I should live just as I do now: I should eat worse food, and wear a coarser coat, and should wander in a potato patch instead of in the wood - but it is I, and not my twelve hundred dollars a year, that love God.

SPIRITUAL EXERCISES: Anthony de Mello

A student asked his instructor:

Q. "Is there anything I can do to make myself Enlightened?"

A. "As little as you can do to make the sun rise in the morning."

Q. "Then of what use are the spiritual exercises you prescribe?"

A. "To make sure you are not asleep when the sun begins to rise."

"Even in your early years, when you were out for a party with your high school friends, you had the feeling that you weren't a part of this - that you didn't fit in. This was heaven's early call to you." (SuperWisdom Notebooks)

SELF-RELIANCE: Vernon Howard

Q. You say it is folly to submit to human authority, yet you sometimes mention the spirituality of men like Christ and Buddha.

A. There is a vast difference between worshipping the human personality of such men and receiving the truths coming through them. Millions of people worship human personality as a cover for rejecting cosmic impressions. Christ could not qualify for membership in many Christian churches.

"Sir, don't struggle so hard to know. When all effort to know ceases, then there is something which the mind has not put together." (J. Krishnamurti)

June 23, 2004

VERNON HOWARD LESSON: Solved: The Mystery of Life

Here is a rule that becomes a valued prize for all who follow it earnestly: SEE THROUGH OTHERS BY FIRST SEEING THROUGH YOURSELF. So be pleased when self-study reveals you to be different than you believed! This is exactly what lifts you to higher levels each day. So study yourself boldly. Just be more curious than you are timid. That will do it.

ESSENCE...HEART...CENTER: Vernon Howard

It's a very interesting word called quintessence. Look it up in the dictionary, quintessence. You know what essence is. Essence is the very center of things, the heart of things, what is real, what is true, the very heart-that's essence. Quintessence is the pure of the pure, higher than essence even, the very best. Think of the word quintessence and remember that word applies to this new nature that we've been talking about.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."
(Ralph W. Emerson)

July 14, 2004

VERNON HOWARD LESSONS: Secrets for Higher Success

When you have separated yourself from all which is foreign to your true inner nature, anything foreign in the exterior world cannot harm you. Your own psychic health is perfect immunity from whatever is unhealthy on the outside. In this perfect health you can experience everything that everyone else

experiences, but you are never disappointed or frightened. Why? Because there is nothing in you which corresponds to the exterior illness, therefore there is no invitation to it to enter. Health invites only that which is of its own nature. Health invites only health.

INSPIRATION: SuperWisdom Notebooks

Once upon a time a marvelous poem was written called "Recessional" by Rudyard Kipling. It is very good poetry and also has a solid spiritual message.

For example, there's one line that says, "God gave us dominion over palm and pine." Those of you who like to write, I want you to remember that as an example of how to write briefly, to the point and with powerful symbolism.

The British Empire was mighty in those days -- seventy, eighty, a hundred years ago. At that time, the British Empire had conquered a good part of the world. It dominated from "palm to pine."

"Palm" representing the warm countries like Egypt, which Britain conquered a good part of the world. It dominated from "palm to pine."

"Palm" representing the warm countries like Egypt, which Britain controlled at that time. "To pine" referring to Canada, a cold country where pine trees live. The poem told of man's conquest, including his conquest of other men, and finally it gets to the beautiful and marvelous lesson.

Now I'll quote it to you. "Lord God of Hosts, be with us yet, Lest we forget-lest we forget!"

We come into this world and we make our petty little conquests; set ourselves up as the conqueror. For example, we control the family and/or the business. We have dominion over our little parts of the world, which is parallel to what Rudyard Kipling was talking about of the British Empire conquering and having dominion over "palm and pine."

We've forgotten. That's the lesson. We've forgotten where we belong. Along with all the responsibilities of daily life, we must develop our power to remember -- remember God - remember Truth -- remember who we're supposed to be.

Wouldn't you think that the Creator of the universe is qualified to take care of you? Then why don't you let him do it!

VH concluded, "I suggest you read that poem by the way, "Recessional" by Rudyard Kipling and remember the message of it."

To read the entire poem, go to:
<http://www.bartleby.com/101/867.html>

July 21, 2004

How to Awaken Your Cosmic Riches

By Vernon Howard - From "Pathways to Perfect Living"

The contrasting lives of two famous teachers show the difference between Forced Living and Easy Flow.

Confucius was an advocate of correct public behavior. He taught good manners, social reform, and submission to man-made moral codes. He offered shallow formulas for getting

through life, admitting that his platitudes were borrowed from other men. The inner life of cosmic peace was unknown to Confucius; he himself was a victim of Forced Living.

Lao-Tse was the exact opposite. He cared nothing for the public parading of self-proclaimed virtues. He pointed out that human rules of conduct do not make men truly moral; to the contrary, they supply clever masks for hypocrisy and cruelty. As for living by popular slogans, they create mass misery and national neurosis. Lao-Tse stressed individual effort toward personal freedom, teaching that happiness lies in a spontaneous outflowing of one's natural self. Lao-tse was himself a living example of Easy Flow.

Confucius was in his thirties when he visited Lao-tse, then a sage in his eighties. We might picture what the wise man said to the young inquirer. For one thing, Lao-tse might have pointed out that human reformers never seek justice for their followers; they wish only to grasp the power of injustice for themselves. He might also have said that a formal education does not mean intelligence, for true intelligence is to live within the spontaneous rhythm of life, without cunning and deceit, and with sanity and naturalness.

“Sir, don't struggle so hard to know. When all effort to know ceases, then there is something which the mind has not put together.” (J. Krishnamurti)

ESSENCE, HEART, CENTER: SuperWisdom Notebooks

1. If you will choose to live from the honorable center in you, you'll have the water of life. The water of life is love. It is present now in your center, your essence nature, your true self. But you've covered it up.
2. What your heart wants is to have something inside of you that likes you. Your heart wants a blessing (a good general word) -- your heart wants a blessing that endures, that does not fade away. That's what's called having spiritual peace in your heart twenty-four hours a day.

"Always, always, always, always, always do what you are afraid to do." (Ralph Waldo Emerson)

"We know so many things, but we don't know ourselves! Go into your own ground and learn to know yourself there."
(Meister Eckhart)

July 28, 2004

VERNON HOWARD LESSON: The Power of Your Supermind

Freedom from negativity is attained through a strange but certain process. We must first be aware of the negative item, perhaps hostility, before we can see its non-connection with the real self. As a first step, therefore, the hostility must be quietly observed, not suppressed, denied, rationalized, or

even condemned. After that, we must cease identification with it, we must not call it our own. In unawareness, we call it our own, and so fall under its power. But awareness without personalization carries us into the clear, like a ship breaking through fog.

Awareness of any negativity within us is first unseen, then perceived, then shocking, and then liberating.

"Wisdom is a secret art of thinking, feeling and breathing thoughts of unity at every moment of life." (Hermann Hesse)

THE POWER OF SILENCE:

1. As the soil renews itself during the winter time, so, when the mind is allowed to be quiet, it renews itself. (J. Krishnamurti)
2. There is nothing in all the universe so much like God as silence. (Meister Eckhart)

VERNON HOWARD LESSON: From: The Power of Your Supermind

You don't need to think of yourself as a spiritual seeker. It is a back-bending burden to go around with a self-picture of being a spiritual or religious person. A man is genuinely spiritual when he has no conditioned ideas of what it means to be spiritual. To be real is to be spiritual. A cat is normal because no one has fixed him with the neurotic notion that he should be a tiger. A man

loses neurosis when he is what he is.

India's advanced teacher, **Sri Ramakrishna**, told the story of some men who wandered around a mango grove, examining the branches and leaves. But another man was much wiser. He ate the mangoes. That is what we must do. We must not waste ourselves with pointless theologies or by endlessly talking about esoteric matters. We must consume the very fruit.

SELF-RELIANCE:

To know what you prefer instead of humbly saying Amen to what the world tells you you ought to prefer, is to have kept your soul alive. (**Robert Louis Stevenson**)

VERNON HOWARD LESSON: From "Esoteric Mind Power"

Do not see the badness or weakness of others as being necessary to them. Give them the same opportunity for self-awakening you have given to yourself. This does not mean sentimentality toward them, nor the attributing of non-existent sincerity to them. It means to see them as frightened and confused human beings who can, by turning around, save themselves from themselves. This helps you break down the false division which the words "you" and "I" seem to create. Also, it is a psychic law that whatever gentleness you give to others you also give to yourself.

SUCCESSFUL SPIRITUAL STUDY

1. There is no path to truth. Truth must be discovered, but there is no formula for its discovery. What is formulated is

not true. You must set out on the uncharted sea, and the uncharted sea is yourself. You must set out to discovery yourself, but not according to any plan or pattern, for then there is no discovery. Discovery brings joy - not the remembered, comparative joy, but joy that is ever new. Self-knowledge is the beginning of wisdom in whose tranquility and silence there is the immeasurable. (J. Krishnamurti)

2. Truth is discovered through direct realization. It is in what the true teachers point to, and not their image or personality. This is very important, because if we identify too strongly with a teacher, something inside hardens, creating a huge obstacle to development. High and healthy respect for a true teacher never includes worship or fanaticism; these symptoms indicate a severe misunderstanding posing as sincerity and loyalty.

(Tom Russell)

CHALLENGE:

1. If you let your mind dwell on ghosts, you'll become a ghost yourself. If you fix your mind on God, your life will be filled with God. Now, which are you going to choose?
(Sri Ramakrishna)

2. A troubled man asked a wise teacher, "What is my greatest fault that blocks self-command?" The teacher replied, "Your anger when corrected." (Vernon Howard)

3. In the beginner's mind there are many possibilities. In the expert's mind there are few. (Shunryu Suzuki)

4. I want to put hot coals underneath those people. . . I come like a storm, and when I go people are relieved.
(J. Krishnamurti)

5. Waste no more time talking about great souls and how they should be. Become one yourself! (Marcus Aurelius)

HIGHER GLIMPSE: Kenneth Walker - (Gurdjieff Studies)

It is at this moment of inner quietness, of newly revealed freedom, of heightened being, that something of a much more real nature makes its presence felt. Perhaps we have been seeking truth all our lives, or else asking to be led to it by some teacher whom we believe to know more than we do, but we have never succeeded in finding what we sought. And now at this quiet moment, because we are ready for truth, and have transcended that which has hitherto stood between truth and us -- truth comes to us uninvited, bringing happiness with its magic touch.

September 8, 2004

VERNON HOWARD LESSON

Inner Oasis is pure wisdom and energy. In a happy and healthy person this energy flows through open channels to the mind and then to the body. Upon receiving these right instructions the mind sends them along to the body where they turn into beneficial actions and wise words. This natural flow of inner rightness makes personal wholeness. Nothing in life can block the healing power of open channels. You just flow gently.

PRESENT MOMENT LIVING: Tom Russell

* Making Connections, Entropy and The Fourth Way *

Spiritual growth is a matter of connecting your awareness with the present moment, and from that connection increasingly connecting to all the trueness that exists in the universe. The more deeply you enter the present moment the

more you see Truth manifesting as you go through your day. Energizing insights arise.

Steve Jobs of Apple Computer, in an interview in Wired Magazine made a shrewd observation along these lines: "When you ask creative people how they did something, they feel a little guilty because they didn't really DO it, they just SAW something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things. And the reason they were able to do that was that they've had more experience or they have thought more about their experiences than other people."

For those sincerely seeking wisdom, it is essential to be multi-dimensional. Take in new impressions. This helps with making connections and recognizing truths you may otherwise have missed. Perhaps you're not a scientist, but how about reading a science magazine? Or a musical instrument - what a marvelous thing to learn. Haven't read a good spy novel or mystery story in years? Why not do something different and pick one up. Poetry, lauded by so many but read by so few, may have more to give than you thought.

Openness to new information and challenges outside your normal routines, as well as continually probing new heights in your area of expertise, are necessary counters to entropy. Entropy is defined by Webster's as:

"The measure of the degree of disorder in a substance or a system: in a closed system, entropy always increases and available energy diminishes."

The answer is to have an open system -- a mind and heart continually learning and making new connections! Entropy is the force in this universe that seeks the comfortable groove, the rut. We all must face it and transcend it. YOU can do so!

Personally, I have found that this tendency to settle down, even in spiritual studies, is the primary enemy. I have discovered that learning, openness and new experiences, on all levels of life, increase flexibility and foster meaningful spiritual connections. Also, the importance of quietness, of daring to touch ever new depths in Silent Sessions, is a crucial counter to entropy.

Entropy is relentless, but it is dull and mechanical. You can be calm and intelligent in your response and supremely successful. There is no law that says YOU have to settle down. Individuals have the power to transcend entropy. If enough INDIVIDUAL participants in any business organization or wisdom group transcend entropy, the group improves. If not, it decays. The key lies with the individual.

One of the rotating columns in this E-zine is "Challenge." Here's a challenge: Will YOU stand up and counter entropy, or, will you wait on the sidelines waiting for someone else to go first?

The path we're walking is what Gurdjieff originally called The Fourth Way. It is right out in the midst of life where all kinds of new connections flourish. The Fourth Way is an opening and expansion, not a restriction and retreat. Are you headed to a monastery? Probably not. Shake things up.

HIGHER GLIMPSE: SuperWisdom Notebooks

The day will come when you break through the ceiling and the light from the spiritual world floods in. As this happens, it

will feel so good that you will want to triple your efforts to clear away the ceiling so that more light can reach you.

VERNON HOWARD LESSON: "Pathways to Perfect Living"

Whenever a spiritual system is offered to you, try to see everything you can about it. Try to see whether you accept it as relief from anxiety, or reject it because it contradicts your usual beliefs. Both reactions are wrong. Also, try to see the personal motives of those offering it to you; find out what they want. Ask the repairman in advance what he is going to charge you.

Do not think of esoteric wisdom as being far off in some remote temple in Tibet. It is as close as your own mind.

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