

SuperWisdom

JULY 2008 MONTHLY NEWSLETTER



Tom Russell

How Resilience Flourishes As We Dare the Difficult

Rainer Rilke, a German poet from the earlier part of the last century, once wrote, "The purpose of life is to be defeated by greater and greater things."

The purpose of life is not to "win" or settle down in a comfortable place, but to use

life in a special way to awaken inner springs of strength and vitality. These springs percolate when we are challenged by the difficult. However, to attempt the difficult we must be willing to stumble forward awkwardly in the pursuit of true wisdom, learning from failures how to live with courage.

I quoted my first mentor, Dr. Chester C. Chapin in the book, *SuperWisdom—Seven Vital Secrets for a Rich and Purpose-Filled Life* "Errors are always stepping stones to one who walks the path of Truth."

If we settle down in a given belief system, we are doing the easy thing, the petty thing. We'll defend our actions, saying it is the right thing to do because this given teaching, philosophy or religion we've clutched is so "superior." The difficult road is to know from yourself, which means to make wise use of knowledge from others but

to realize its limits, and never settle for this alone.

Ralph Waldo Emerson often said things so well, as when he wrote, "Our strength grows out of our weakness. The indignation which arms itself with secret forces does not awaken until we are pricked and stung and sorely assailed. A great man is always willing to be little. Whilst he sits on the cushion of advantages, he goes to sleep. When he is pushed, tormented, defeated, he has a chance to learn something; he has been put on his wits, on his manhood; he has gained facts; learns his ignorance; he is cured of the insanity of conceit; has got moderation and real skill. The wise man throws himself on the side of his assailants. It is more his interest than it is theirs to find his weak point."

In the past perhaps we sought soothing spirituality. We did not know we wanted to be lulled to sleep. Something new has happened.

Now we are deeply grateful for life's challenges and blows, since we understand it is a compassionate and highly effective way, designed by the Universe itself, to jolt awake the sacred resilience within.



Self-Reliance Tips of the Month

- "The great mistake of all spiritual organizations is to overlook the fact that progress or salvation is a highly individual matter." (Dr. Paul Brunton)
- "To see that certain other people do not know what we thought they knew is another necessary step toward your own true knowing." (Vernon Howard)
- "The entire universe is your Teacher. You learn from everything, if you are alert and intelligent. Were your mind clear and your heart clean, you would learn from every passerby." (Nisargadatta, 'I Am That.')

Featured Podcast of the Month

"How to Dissolve the Inner Critic & Review of the Movie *Fearless*"

You'll receive many insights, including:

- ONE:** The inner critic; what's behind it?
TWO: Jet Li's movie *Fearless* as a perfect "prodigal son" story. Listen now at:

<http://snipurl.com/2swtn>



Vernon Howard on Resilience

Only a constant series of tough blows from life **taken rightly** can convert you from a sleeping human being to one who is spiritually awake. Now you have lots of blows but you take them wrong so that they're not blows that could wake you up. You soften the impact with your tears and accusations. The point is that a series of assaults, defeats, blows, a series can be used by you to finally arrive to being the kind of human being who never ever has another problem or difficulty or trouble in his whole life. (VH 5/11/88)



Q. Mr. Howard, please explain how self-freedom protects us from the hurts of life.

A. There can be attacks toward you but not against you. Attacks from others have no target to hit, for the free man is psychologically invisible. How can a tossed brick hurt the air? Attacks can hit and hurt only the hardened ego-self. If this disappears, who is there to hurt? (*Pathways to Perfect Living*)



Anyone falling into a crisis yearns for release from tension. One great release occurs when he is told, "It's not your fault." Cosmic insight supplies authentic release. When in trouble of any kind do not believe that you are connected permanently with the faulty self that is always in trouble. There is no such permanent connection, any more than a ship is connected with dangerous icebergs presently surrounding it. The ship can sail to a clear sea. So can you. What release! (700 *Inspiring Guides*, p.156 #617)

**Meet friendly people all over the world.
The SuperWisdom Membership is unique.**

Next Tele-class Topic is this month's
theme explored in depth.

SAT • JULY 5 • 8 a.m. Pacific Time

Go to: <http://www.superwisdom.com/public/10.cfm>

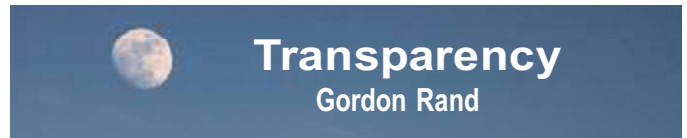
Practice Project of the Month

Relationships are a productive laboratory for inner growth and you can learn to use them for maximum insight. Here is one way:

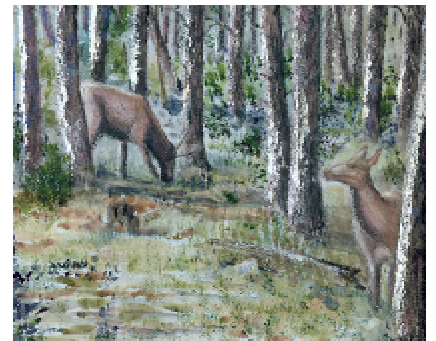
Any encounter is a perfect opportunity to observe yourself. What did you say to yourself the instant you saw this person? What were your feelings? Did you tense up in any way? This exercise can be extended to receiving an email, letter or phone call. That quick little reaction – what was it?

The secret is found when you avoid trying not to react or modifying the reaction once it occurs. Just give the reaction space to be there, without suppression or expression. Don't dissect or analyze, but see the whole with every nuance of movement.

You're a secret scientist now and what pure enjoyment it is!



It was 5:30 a.m. and I was driving west on the Mogollon Rim in northern Arizona. Two elk interrupted their grazing to watch the truck pass by.



A few moments later the morning sun appeared over the Eastern mountain range. In the Western sky, the moon was a faint round ball, which slowly became more and more glassy.

As the rising sun became more brilliant, the fading moon became translucent. The high mountain view of sky and planets brought an even higher message to mind:

As the part (ego) becomes less, the whole takes center stage.

"In this world, how few are they who lose their egos." (Huang Po, 9th century)