



# SuperWisdom

MARCH 2008 MONTHLY NEWSLETTER

## Finding the Innermost Meaning in Life's Experiences



by Tom Russell

The theme for this month's newsletter and class study at SuperWisdom Foundation is: "How to Reclaim Your Life with Instant Recovery and Authentic Forgiveness." Instant recovery (starting fresh right now) and forgiveness flourish as we perceive the reason, the purpose, for our experiences here on earth.

Life is full of ups and downs, joys and blows. It is replete with a wide variety of experiences. From a spiritual viewpoint, what is the meaning of this myriad of events? Why are we here?

Maurice Nicoll writes, "Once a man understands that he is down here in time and space **in order to awaken to another state of himself**, everything that happens to him, whether good or bad, comes to have a new meaning."

Though we often take challenging and/or shocking experiences as enemies, or at least as something to "overcome" by will power and determination, there

is a much higher way to view them. Once our attitude is clear and we discern the core meaning of "time and space," so-called good and bad experiences convey precious energy for growth. Why resist? We now see how encounters from this higher viewpoint facilitate the awakening of what is most essential within.



*"Dawn Silence" Watercolor by Ruth Rand*

For a **FREE BOOKMARK** with this watercolor by Ruth Rand, email: [SunLandArt@npgcable.com](mailto:SunLandArt@npgcable.com)

Ask for Free Bookmark

### Featured Podcast of the Month

#### "Savoring the Sweet Taste of Life and Freedom"

A Rich Variety of Audience **Questions & Answers**

*You'll learn:*

ONE: A sure formula to get out of the intellect alone and into the deeper, wiser parts of ourselves.

TWO: Is true enlightenment possible and how do I tell the difference between the Truth and what I believe to be the Truth?

THREE: Ralph Waldo Emerson has the mob turn on him when he gives a talk at Harvard University.

**Click Here to listen now:**

<http://www.TimeOutforTruth.com>

### Self-Reliance Tips of the Month

- "Self-Command: When you don't care whether the world throws stones or flowers at you."  
(Vernon Howard)
- "Every person born into the world is a new starting-point. Every person must discover for himself all that has been discovered before. Every person must find truth for himself."  
(Maurice Nicoll)
- "To say to authority, 'I'm dumb. Please think for me,' is like saying, 'I'm thirsty. Please drink for me.'"  
(Anthony de Mello)

## Three Principles of Authentic Forgiveness

by Tom Russell

1. The inability to see another's viewpoint is the foremost cause of individual quarrels and national wars. Authentic forgiveness is not emotional or sentimental. It is a spiritually scientific procedure where you sit quietly and untie your mind from your own personal viewpoint, and allow your vision to drift over and see the world as another sees it. Animosity can only exist in a single polarizing charge of energy. When two sides are seen at once, the charge is diffused and you are at rest.
2. People usually think of forgiveness in terms of someone else. They carry painful grudges and would like to let these go away. The secret to inner healing and forgiveness is in seeing how the false self doesn't want to let them go! The false self uses grudges to recharge itself. Grudges are its most prized possession. In fact, the false self likely maneuvered you into actions where it would have plenty, later, to stew over. These are strong facts but they heal. Soothing statements, so popular today, never really change anyone. Challenging facts are friends since they jolt us out of complacency.
3. When we perceive how thick the spell of psychic sleep is, how almost everyone is enveloped in it, we are far less apt to judge others harshly. After all, we recall how often the spell has acted in our name without our awareness. The question is, "Does this person want to be free? Do they truly want to know God/Truth/Reality?" If there is a spark in them that does, how could we ever withhold our good wishes? Growth of the spark in them is growth of the spark within us. It is all One World. Leave competition and comparison out of the spiritual journey. Remember what you wish on another is ultimately what you receive yourself.

### Ruth Rand, Newsletter Editor

Welcome to the SuperWisdom Monthly Newsletter where each month we focus on a topic.

The topic for upcoming April 2008:

*Impartial Self-Observation: The Core of Inner Work.*

If you would like to contribute favorite quotes, insights, observations, comments, questions, please email me at: [RuthR@NPGCable.com](mailto:RuthR@NPGCable.com).



## Vernon Howard's Secrets on Forgiveness

"Forgiveness is not necessarily a matter of going to these people, but of psychic understanding. You must forgive yourself for being spiritually asleep; this is possible when you see things as they really are. This pardons you from every offense you have ever committed, for you knew not what you did; you were out of your true mind. Forgiveness has nothing to do with the offended person; it is solely a matter of your own awakening. This will become increasingly clear to you." (*Pathways to Perfect Living*;)

Q: "I would like to ask you something that has puzzled me for the last month. You say we can be free of the past. But how can it be so? Past follies are like wolves inside our minds. Every few days they leap out to attack us."

A: "The past can exist in your memory without affecting the present moment, for you do not live in time; you live only in Now. See this, and the illusory power of the past falls away."

Q: "You know, I was afraid to ask that question."

A: "For fear there might not be an answer?"

Q: "Right!" *(There is a Way Out)*

You are not chained to an unhappy past. Truth has no interest in anyone's past mistakes or shames. It simply wants you to realize that today is not yesterday. You are not tied to a foolish self of yesterday. You are only wrongly tied to an unhappy memory of an experience of yesterday. Study these two sentences for several weeks. Did weeds grow in the meadow last year? New seeds will fill the meadow with springtime flowers.

*(50 Ways to Get Help From God, booklet)*

*You are cordially invited to the next SuperWisdom Tele-class on this topic. Meet friendly people all over the world. Open up to new possibilities.*

**SAT • MAR 1 • 8 a.m. Pacific Time**

Topic is this month's theme explored in depth--Details at:

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