



SuperWisdom

Seven Vital Secrets for a Rich & Purpose-Filled Life

Tom Russell

SuperWisdom



SuperWisdom Foundation

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Table of Contents

| | |
|---|-----------|
| TABLE OF CONTENTS | 3 |
| INTRODUCTION..... | 6 |
| Life's Most Vital Discovery | 6 |
| Flexibility Is Life..... | 9 |
| SECTION ONE | 12 |
| Early Meetings with the Wise..... | 13 |
| My First Great Lesson – Learning to Fly | 13 |
| Meeting Dr. Chapin | 14 |
| Aunt Ruby Discovers a New Direction | 17 |
| Go West, Young Man..... | 18 |
| Vernon Howard and His School..... | 21 |
| Self-Reliance – Catching the Gust..... | 23 |
| Heart Hints | 25 |
| SECTION TWO..... | 27 |
| The Four Gardens of Growth | 28 |
| Vitality Through Flexibility | 28 |
| Garden A : Gathering Knowledge | 28 |
| Garden B: The Language of Awakening..... | 28 |
| Garden C: Quiet Time..... | 29 |
| Garden D: Rest and Recreation..... | 29 |
| Garden A | 31 |
| | |
| Garden B | 47 |
| The Language Of Awakening | |
| How NowFacts Originated | 48 |
| The 7 Energies of Your Awakened Heart..... | 48 |
| Vital Secret #1: Awareness..... | 51 |
| Vital Secret #2: Self-Observation | 63 |

| | |
|---|------------|
| Vital Secret #3: Instant Choice..... | 73 |
| Vital Secret #4: Independence..... | 85 |
| Vital Secret #5: Forgiveness..... | 101 |
| Vital Secret #6: Efficiency..... | 112 |
| Vital Secret #7: Receptive Request..... | 125 |
| Master The Language of Awakening..... | 137 |
| The Healing Power of Voice Awareness..... | 143 |
| More Ways to Enhance Your Practice..... | 144 |
| Garden C..... | 145 |
| What are Silent Sessions?..... | 146 |
| Seven Tips for Silent Sessions..... | 146 |
| Summary..... | 151 |
| Garden D..... | 153 |
| Rest And Recreation..... | 153 |
| SECTION THREE..... | 155 |
| The Power of Vertical Thinking..... | 156 |
| The Self-Imprisoned Bird..... | 156 |
| Horizontal Thinking..... | 157 |
| Examples of Horizontal Thinking..... | 158 |
| Desert Thinking and Resistance..... | 161 |
| The Spiral Staircase..... | 162 |
| Horizontal Thinking vs. Vertical Thinking.... | 163 |
| The Value of Self-Improvement..... | 168 |
| The Superwisdom Dictionary..... | 172 |
| Grand Summary of the Greatest Journey | 188 |
| Resources for Your Journey..... | 194 |



Invitation

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Introduction

Life's Most Vital Discovery



Several people were on a walk with author and spiritual teacher Vernon Howard. While crossing a large paved parking lot, he called everyone's attention to a little flower that had broken through. He pointed out its perfect relevance to our inner task. The seed's yearning to express itself was so strong that a thick layer of concrete could not stop it.

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People possess many different fears, but perhaps the largest one is unseen. It's the fear that we'll not be able to handle or contain the tremendous power of the awakened Heart. Therefore, we hold ourselves back. We live a life of reluctance. In this reduced state of energy all our problems "miraculously" appear.

Our inner difficulties are not what they appear to be. Worry, regret, fear, anger and loneliness are symptoms, not the cause. What is the *real* problem? It is a dormant Central Power Source. What is our purpose? To *awaken* this source and shatter the concrete of false beliefs and shallow thinking.

It is fascinating to discover that the location of the Central Power Source has been known for thousands of years. Throughout the Bible the power of the Heart is referenced more than 800 times. The dictionary defines Heart as: "The vital center and source of one's being, emotions, and sensibilities, the central or innermost part of a place or region." People often point to their physical heart as their spiritual heart, but ancient wisdom places this source in the region of our breath.

Different cultures have highlighted the Heart's supreme value in life and spirituality, even health and well-being. The Japanese have long referred to this domain as *Hara*. The Chinese have named it *Dan Tien*. One of the Bible's most interesting statements is in Proverbs 4:23, "Keep thy heart with all diligence; for out of it are the



issues of life.” Shakespeare chimes in, “Go to your bosom: Knock there, and ask your heart what it doth know.” Buddha declares, “The way is not in the sky. The way is in the heart.”

At the turn of the century Russell Conwell wrote a great little book that illustrates this thought entitled *Acres of Diamonds*. The book opens with a story about a wealthy man who sold his farm and journeyed to foreign lands in search of diamonds. Some time later the richest diamond mine in history was discovered, and it was found right on the land he once owned! The good news for us is this domain is still entirely our own. We can rediscover the rich life we have in fact never lost.

Sufi mystic Al-Ghazzali declares the glowing Heart wisdom:

“The first step to self-knowledge is to know that thou art composed of an outward shape, called the body, and an inward entity called the heart, or soul. By “heart” I do not mean the piece of flesh situated in the left of our bodies, but that which uses all the other faculties as its instruments and servants. In truth it does not belong to the visible world, but to the invisible, and has come into this world as a traveler visits a foreign country for the sake of merchandise, and will presently return to its native land. *It is the knowledge of this entity and its attributes which is the key to the knowledge of God.*”



Flexibility Is Life


In this book you'll learn how to stay energized through rotation and flexibility. You'll never stay bogged down for long, but will quickly recognize the signal to make a change to a different inner development activity. Anyone who has walked the spiritual path in earnest knows this to be a major issue. Things have a tendency to get stale if we stay with them too long. The answer is not to desert them, but to *move to something new* for awhile. Later we can cycle back with replenished reservoirs of vitality and insight.

The old Tareyton cigarette TV commercial stated, "I'd rather fight than switch." Well, in this book we learn a tremendous secret that's just the opposite: "I'd rather switch than fight!"

This book reveals four primary areas of inner development activity, referred to as The Four Gardens. They are:

- * Gathering Knowledge
- Daily Life Practice
- Quiet Time
- Rest and Recreation.

Cheerfulness blooms as you grow increasingly sensitive to the inner signal to make a change and work in another garden for awhile. You don't try to take something past the point where it




serves its purpose. You are free of the prison of “should.”

You’ll discover an amazing way to apply spiritual principles in Garden #2--your daily life. The method revolves around *The Language of Awakening*—a highly efficient form of spiritual self talk developed by author Vernon Howard. Right here, in your daily life, is where you can utilize and develop your seven secret powers of:

- Awareness
- Self-Observation
- Instant Choice
- Independence
- Forgiveness
- Efficiency
- Receptive Request

The Language of Awakening addresses a core challenge every seeker of wisdom confronts: How can I remember what I already know more often, and with greater intensity?

Wisdom seekers tend to have an idea of arriving somewhere, “enlightenment” perhaps. This *destinationest* mentality places our mind on the end and not the process. The wisdom we seek is *on the way*. It is in stirring the tea, walking to the living



room or taking your next breath. It seems paradoxical, but the highest wisdom is found in the simplest acts. You'll discover in this book how to mine the lofty wealth in the simple. The rich life of your purpose-filled Heart will be yours.

This work gets to the core of things. Though we feel the purity and rightness of this restoration, we also experience the desert at times. So proceed with persistence and intelligent diligence, but be patient and gentle with yourself. Let the powers of your Heart unfold at their own natural pace. We're simply nudging them on with a friendly nod.

Tom Russell

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