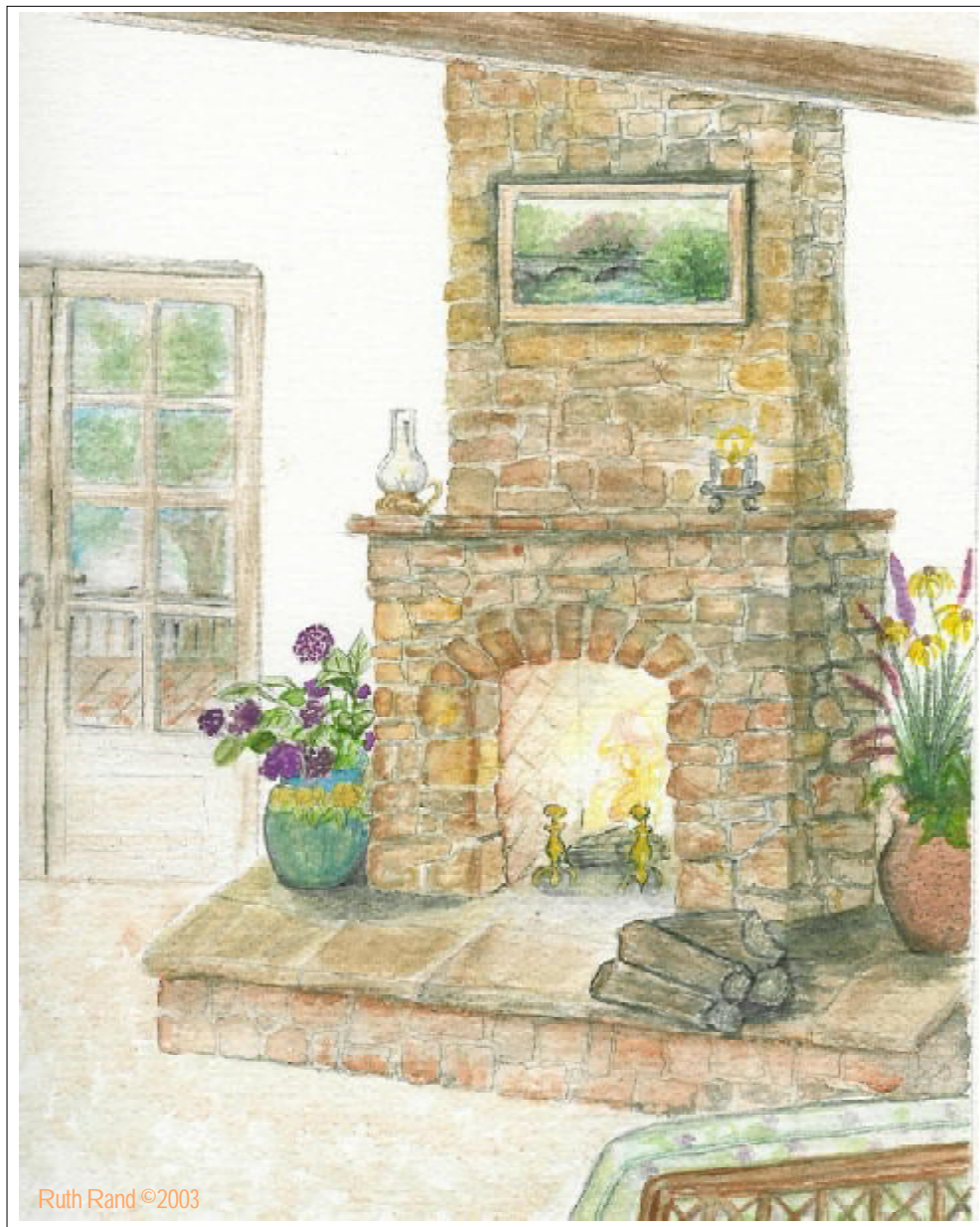


The Best of SuperWisdom Notebooks *Volume 1*



Ruth Rand ©2003

Thomas H. Russell

The Best of *The SuperWisdom Notebooks* **Volume 1**

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SuperWisdom

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About the Author:

Tom Russell is editor of the SuperWisdom eZine. He conducts the SuperWisdom Workshops that reveal the practical secrets of *NowFacts* for high-energy living. He is the author of several eBooks, including *7 Secrets to Light Up Your Essence* and *The Power of Vertical Thinking*. He has been interviewed on more than 200 radio and TV shows. Tom's work has been influenced dramatically by author Vernon Howard, with whom he studied personally for twelve years. You can read "How I Met Vernon Howard" at: www.SuperWisdom.com/tr.html

The Origin of this Material:

For twelve years I attended Vernon Howard's classes. He spoke several times a week until his death in 1992. Immediately on returning home after each class I sat at the typewriter and reconstructed the talk in my own words. I sometimes took "word for word" notes during the talk, but mostly used key words to jog my memory later.

From 1980 to 1992 the Notebooks grew to over 1200 pages of material. Very powerful ideas can now be published for readers all over the world. We will have many volumes in this "Best of" series. Credit is given to Vernon Howard for the origination of the concepts in this publication, but, for the most part, they are presented in my own words.

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1. Receiving the Pure Truth

- The only value in life is something that lasts all by itself; something that you do not have to hold on to or fight to keep in place. True Life is just there. When you really have it, you need not struggle to hold on to it because you have become what it is. It is there all the time, permanent, without you having to hold it in place. Something outside your private manufacturing company has produced it for you.
- Truth gives you a new feeling. Cherish this feeling so it can grow and multiply.
- There is a circle of light deep inside just waiting for you to put it first above everything else. As it expands you increasingly take orders from this Source of Life within. You see negativity the moment it approaches and reject it, giving it no chance to enter your mind to cause pain and suffering.
- You can live your life like a river. A river just flows. It doesn't worry about what will happen to it tomorrow. That is how your life can be. VH added, "What a simple illustration this is, and how accurate."
- Truth is complete and whole this very instant. You can stop all frantic efforts to understand and simply receive. Truth is just waiting for you to slow down and come to a stop. In spite of your fear in doing this, do it anyway.
- The state of spiritual receptivity is a very high state of development where you receive gifts that are already created. For example, you can't create a right relationship but you can relax and receive it. In this thought is the secret of the ages.
- 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 you will triple your efforts to clear away the ceiling so more light can reach you.
- All you have to do is want more of the little feeling of rightness and trueness you occasionally have. "You know what I'm speaking of," VH said. "You have felt it, though you can't describe it. Want more of the Truth and you will have it. Your desire for more is all Truth asks for."
- Higher Knowledge is in existence right now. As you ascend the spiritual mountain, you come into possession of what has always been there. As you climb, everything on the higher level becomes yours, naturally and effortlessly. You see the difference between where you are now and where you once were.
- Fortunately, there is just one simple solution you need: **TURN ON THE LIGHT – ENTER THE LIGHT.** Then all that is not a part of the Light will leave you, not being able to stand it.
- Truth's pool of pure water is waiting for you. But you can't think it into your life. You can only receive it into your life.

- What you REALLY want for yourself is always trying to break through, just as a cooling breeze flows through an open window on a hot day. Your part is to open the windows of your mind.
- The whispers of Truth are constantly being sent down to this earth. They are not being sent down in whispers, they are sent down by the tons!
- Reality will tell you who you are. Reality will give you your newfound identity. This knowledge will pass quietly through your intellect. You will still have the mind, but there is now a new and very high understanding passing unobstructed through it.
- Transformation will happen without you of yourself trying to make it happen. As you rise in spiritual insight and understanding, the very light itself transforms you.
- Will you be daring enough to start to see, instead of always frantically trying to do? Will you just relax and let wisdom, light and insight come to you, instead of trying so madly to go to it?
- Cheerfulness comes by having no blocks to the Light. It is a state that comes to you from above this world. It enters in when you are relaxed and receptive to something higher than your own mind.
- Now, you're on your couch. You relax and let everything come together. You understand. God and His revelations come to you instead of you trying so frantically to go to them. You no longer try to force life. You know the Truth because you FEEL the Truth. You feel good because you ARE good. And you know this marvelous feeling will last forever. You know that this is the purpose of Life, and you have found it because you are living it.

2. The Power of Spiritual Memory

- It is possible to remember every single truth you've heard in a talk or read in a truly right book. All true facts are stored in your spiritual memory. Learn to go to your spiritual memory and let all the facts you've absorbed return to your consciousness. **RELEASE YOUR SPIRITUAL MEMORY!**
- You hear a truth and it is stored in the memory. You're able to recall the truth but the truth, but the Truth does not yet have much power. As you continue working, the truth in memory combines with feeling. Feeling joins the Truth. Now you have Understanding.
- Think of the times in the past when you have **CONSCIOUSLY RECOGNIZED** the appearance of Truth. You felt something different. You've had this experience many times. It is of great benefit to remember them. Truth loves you. It is constantly sending its healing waves toward you. When you feel them, slow down. Take in as much as you can.

- Let everything that comes to you first be filtered through your understanding, whatever amount you have of it. Don't let it pass directly to the old nature. Let your filter of understanding judge correctly and see clearly.
- In order to remember, the facts first had to be inside of you. They're there. You CAN remember!
- More and more you will be able to stay awake, starting with an hour, then a day, then a week, then a month. And you will find that you are able to stay awake in more and more difficult situations. Finally, nothing will be too much for you.
- More and more you receive spiritual flashes. And as you do you will see the difference between time life and everlasting life. You will then want to put yourself on the side that's forever.
- Enrich your wish to learn. With your wish to learn and Truth's wish to get through to you there is growth, and growth is the purpose of life.

3. Secret Keys for Harmonious Relationships

- You can develop to the point where you're in a room full of people and totally at ease. Why? Because you don't want a single thing from anyone there.
- Do not let another's behavior toward you tell you how to behave toward him. Do not respond to gloom with gloom, or rashness with rashness. Behave from your own self.
- One of the many rewards along the spiritual path is you'll no longer fear silence. While talking with someone and the conversation goes silent, you will not get nervous and anxiously feel that you must say something to keep the chatter going.
- It is immoral to permit anyone to behave badly toward you. Weakness harms you and drives the other person further from Reality. Dare to be true to yourself.
- When you're arguing with someone, who said you have to continue? Why not just stop right in the middle of the argument? Refuse to continue! The same thing can happen within. You don't have to keep up the riot. You can walk away!
- "Never forget that a person is as kindly or unkindly to others as he is to himself. This is unbreakable psychic law." (Vernon Howard in *Secrets for Higher Success* – www.SuperWisdom.com/discovery.html)
- When you are a true and awakened human being, you enjoy both education and entertainment. Both are right. Both are natural.
- You can go to work, talk and relate to people, do everything in this world in a state of complete happiness, where there is not the slightest trace of suffering. Suffering is all unnecessary, and Truth says so.

- Think how you would feel, VH said, if you REALLY didn't care what other people think of you. Think of the tremendous burden that would drop from your back. You think other people can tell you who you are. *You spend your time thinking about what they are thinking about you.* Think about that.
- Never expect anyone to put you at ease. Just be at ease!

4. Stay Sane in an Insane World

- Watch out for the Remark Shark. This is a person who passes on his gloom and doom in the form of a quick little remark.
- Most people have no intention whatever of making it out of the prison. They like the arrangement they have set up for themselves. The prison of egotism is one in which the person guarantees himself all the enemies in the world. Anyone who thwarts the ego's desires, becomes an enemy. This constant opposition is what keeps people enslaved, which is what egotism wants. The goal of egotism is to keep itself attached to as many parts of a human being as possible.
- The newsmakers want you to get personally involved with what they put on the screen. They hook you when you personalize their program, when you calculate and determine how their story impacts you. This is their tactic! If you fall for this, you give them power over you.
- It is possible for you to learn how to see the world's flood of insanity from a detached viewpoint, realizing there is a flood, but you're not in it! This fact is filled with spiritual enthusiasm.
- Picture this world surrounded by fog. Everyone is walking in a psychological fog. You can be a bright lamp that is always lit! You can go anywhere and never be invaded by the fog.
- As you acquire more and more spiritual light, a wonderful thing will happen by a definite spiritual law. What happens is people in love with darkness will move away from you. They want absolutely nothing to do with you. The torment of being unable to pull you back into the mud is too great for them.
- You can live in a high spiritual state where you see evil, wherever it may appear, including on the TV screen, but you don't join it. You see it, but you don't claim it. You live in a quiet awareness that evil is out there but you give it no power and remain 100% separate from it.
- There was once a low, barren land with ailing apple trees. One day the people of this land discovered a hillside where beautiful, healthy apple trees grew. They said, "I wonder what is wrong with those trees. Look at them! See how different they are from the apple trees down where we live."
- A respectable institution is simply a small delusion that has grown into a large delusion.

- When you live a sane life, you will never again be jealous or competitive with anyone. Even in business, if the man sells more tires than you in a day, you won't be jealous.
- God will show you how to live sanely in this insane world. It can be done. His spirit, his essence, can penetrate you and be your life and protection. God's spirit is both outside you and inside you. The two meet and become one.
- VH explained that this All-Powerful Gaze originates in heaven. It comes down and passes through you. It is not you, of yourself, of your egotism, that defeats the maniacs of this world. It is Reality itself that has already won the victory, and you allow that victory to pass unobstructed through you.
- When you're not in practical thought, turn to the Library of True Knowledge. Study yourself, your gait, your surroundings, your thoughts. But when it is required that you be in practical thought, be there 100%. When it is no longer needed, return to the Library of Yourself. This is the powerful efficiency of a sane and spiritual mind.
- See how people use words to hurt others. Words in themselves have no power. But weak people, not understanding the way their minds work, fall under the spell of words by giving them power within their own minds. Remember, it is what YOU add to words that gives them power.
- Here is an extremely interesting point. When you are not on a sinking ship, you don't have any of the problems connected to the sinking ship.
- VH said that he wanted to convey a simple but very powerful point to us: All we need is a little food, a shelter, clothing, entertainment occasionally, exercise, but we need only these. And they're easy to get. In fact we get too much food sometimes (audience chuckle). These are all you need to be happy. But still they are not enough. For now you need only devote your life to making contact with the creator of the universe. That is the purpose of life. That is why you are here.
- One day you will reach a very valuable insight. One day you will thoroughly understand that you cannot afford the troubles of other people. The price is too great.
- When the High Authority of God takes over the operation of your mind, then you will indeed be born again. You will live in 100% victory. Your days will be an uninterrupted pleasure. And when this happens, your business life and family life will go on as before. In fact, they will be improved a million times over. It will be very easy now for you to converse with people and do all the things you need to do in daily life. Nothing will ever be a problem to you again.
- Doing your work right in the world expands your mental powers, allowing you to rise from there to spiritual powers.

- An awakened man never worries about money, whether he has a little or a lot.

5. Your Many Benefits of Awakening

- You can have the power of spiritual prophecy. Whatever comes up around the next corner is no problem. You have left your problem-creating self behind. Now, through God’s wisdom and energy, you can handle anything.
- One day if you diligently apply these principles you will be at the level where you no longer bother yourself.
- As you travel the true spiritual trail, the periods of sunshine grow longer and the stretches of darkness where you are preoccupied become shorter. Especially when alone, you notice something different happening to you. This is the miracle of self-transformation.
- Do you enjoy your own company? Use this question as a gauge to see where you *really* are on the spiritual journey. You feel good when you’re awake.
- Turn your True Self loose and the miracle will happen. All will be new, all will be different.
- You can live your life, every day, knowing that today you are going to learn something new. It is not going to be the same day that it was yesterday, because you allow Truth to reveal a new insight, a new principle to you — something you have not seen before.
- God will give you everything! The entire world! He will give you a treasure worth more than all the trillions of dollars on earth. He will hold nothing back. Tear up the false contract you’ve made with pain. Tear it up and stand alone and God will make a new contract with you.
- Yes, every day can be new. You can be overflowing with energy all the time. For that is the way Reality is. And this is the incredible life you can have for yourself.
- Your walk on the spiritual path is one of having things “fall away.” You know you are no longer carrying with you what you used to carry.
- Someday, as you continue with this work, darkness will not be able to find you. You will soar high above the level of this world. You see, darkness can’t breathe the pure air up there. It must have hot and gaseous fumes to “live” on. So as you ascend up out of this world, darkness cannot go there with you. That is why darkness works so hard to discourage you before you reach a certain key point in your inner development.
- **EVERY SINGLE EFFORT IS REWARDED.** The reward may not come immediately, but it always comes. Anytime you make an effort to understand spiritual truths and apply them, you are always rewarded. Isn’t this wonderful news! It means that all spiritual work you do will be rewarded.

6. Present Moment Awareness

- Nothing lives outside of this moment. All Life is now and forever. You will comprehend with tremendous clarity that you are not your body, not your past, not your thoughts. You are one with the Creator of the Universe.
- For ten minutes, whenever you do something, place your full concentration on that one task at hand. If you catch yourself drifting off, bring your attention back. This exercise in self-acquaintance unifies all your parts.
- Shorten the interval between the inner storm and the clear sky. Suddenly switch your allegiance and throw as much knowledge, energy and right intention as you can gather to cancel the storm. The storm dissolves and you return to the clear sky.
- Picture yourself walking down a rocky trail. You reach out to pick sour fruit from a tree. You stop your hand before it reaches the fruit. This is what you must do a thousand times if you're going to change. You must stop yourself BEFORE you pick the fruit of a sour reaction.
- It is possible to start all over this very moment. In spite of all you may believe, you can do it. Drop the past with its useless ideas and start over now.
- How often today did you interrupt unnecessary thinking patterns and return to the present?
- Catch yourself throughout the day in a state of FOREBODING. See yourself drifting away from the happiness of the present moment, and falling into foreboding of some kind. And see others in this state. The whole world is doing it!
- You have to learn the spiritual art of doing only one thing at a time, and doing it thoroughly. The next time you are faced with any problem, stay with the problem until completion. Don't run away. This will force you to walk through a different door. Take each task through to completion.
- Remember the letters WUN. They stand for Wake Up Now. Place your secret letters someplace where you will see them often. Let it be a reminder to you to drop all racing thoughts and come back to yourself right now. You can and must practice this a thousand times. Let WUN be your secret code to remind yourself to cancel time and walk into the Light.
- Darkness is always trying to get you to think you will be happy tomorrow. Just as soon as you get married, or unmarried, or get more money, then you will be happy. Happiness is right now, or it is not at all. Disobey darkness when it says you will be happy when some-

thing outside yourself changes. It will never be so.

- Living moment to moment places you in contact with a Higher Intelligence that knows how to instruct your mind, body and actions in every circumstance.
- You don't have to wait ten years to find the open gate. And if you apply what you've learned to your daily life, you can cut the time down. You can lower the time down from ten years to eight years, and you can lower the eight years to five years, and you can lower the five years to two years, and you can lower the two years to one year. You can lower the one year to two months, and you can lower the two months to right now!
- See how long you can go without falling into useless thinking. If it is only for ten seconds, that is marvelous, for in that ten seconds you are a decent and alive human being. Every time you catch yourself in dreamland shake your head and realize that a second ago you were asleep. The spiritual level, your inner height, is determined by how often you do so.
- When you live the awakened life you talk to yourself 90% less than you do now. You still need to think to drive your car, do your work, etc., but you no longer throw your life away in useless internal conversation.
- Here is a definite way to separate truth from falsehood. Truth is a friendly force that gives its rewards NOW, this instant. There is no waiting, there is no future. Falsehood, on the other hand, always promises rewards of happiness and "change for the better" in the future. Falsehood says it will happen tomorrow, when time passes. Truth declares it will happen now.

7. Find Your True Self

- Your Center, Essence, True Self flows with the water of Life. Choose to uncover it.
- 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. You can have spiritual peace in your heart twenty-four hours a day.
- In a talk once Vernon Howard said, "From the heart say, 'I want to solve the mystery of life.'" Learning to talk with your real and deeper voice lights up your heart.
- In this life, things pass away. Nothing is constant. Things appear young today and are gone tomorrow. What you can do is join that which endures throughout the centuries and eternity. You can form an ALLIANCE with the King of the Universe.
- You are loved by Righteousness and Goodness. The only way you are going to know the existence of this Love is to be within this Love itself. There can be no *I* that is apart and

separate, living an isolated life. You must be totally immersed in the Higher World. Only then you will know you are loved, for there is no separation between you and Love.

- You have abdicated the throne of your own Heart. You are wandering restlessly around, trying to find solace and comfort. It doesn't exist out there at all. You must return to the Center, for that is what you were created for. It is your only rightful place.
- Here is a startling fact: Your essence is free and complete right now. This is why inner-transformation is a FALLING AWAY PROCESS. In fact, inner-transformation is just one thing: FALLING AWAY.
- You are surrounded by falsehood out there and in here. What you have to do is to let all the falsehood go and let only your inner spark of pure light remain. This is your True Self. When you dare to do this your spark will begin to grow swiftly and you will be resurrected into Eternal Life

8. The Healing Light of Self-Observation

- You need only face everything that happens inside you, while knowing your spiritual nature is stronger than everything you see.
- A super point to remember is that we are not our angers, our fears, our hatreds. I give you many points to focus on, but this one is especially important.
- To maintain flattering self-images, people water down with weak words what self-observation reveals. For example, they use irritation to describe anger. Be accurate. Call jealousy, jealousy. Call fear, fear. Call anger, anger. Don't call them something else. This leads to endless self-insights and healings.
- Work for self-honesty. With it Truth can do the rest. Without it, Truth can do nothing.
- There are three layers. The surface layer is pretense, where practically everyone lives. The second is the actual layer, the way you really are beneath the pretenses. The third is the healing layer. It is possible to leave the surface, travel THROUGH the actual and reach the healing layer.
- The truly spiritual person will ask God, Truth, Reality to reveal more of his inner darkness. Light heals. It never condemns. Light is Life. Like dry land stricken by drought, the river returns and restores life to all in its path.
- The mind operates incorrectly when it creates the illusion of barriers. These barriers cannot exist unless given life by another part of the mind *which creates them by fighting them*. An illusion is conquered by calmly watching its strange antics, not by *fighting* it.

- Thoughts either spring from light or darkness. It is your work to rightly perceive from which place they come. It's simple. Thoughts coming from darkness cause a sting of pain. Thoughts coming from light always provide insight and inspiration.
- Catch the thought that says, "Time is running out so I have to rush faster." You must do the exact opposite. You must slow down.
- See what happens to you inwardly as a result of what you see; that advertisement, for example. Be aware of your reactions as you meet the world and events.
- Practice the exercise of seeing your thoughts and observing which ones are unnecessary. When you are spiritually healthy, you will alternate between spiritual awareness and practical thought. There will be no unnecessary thoughts at all.
- Take advantage of the endless opportunities for INSTANT PERCEPTION. See yourself as you really are at any given moment.
- VH gave a very special exercise tonight. He told us to work with it day after day, year after year. That exercise is: SEE NEXT THOUGHT.
- When you first wake up in the morning say to yourself, 'TIME TO GO TO WORK.' Immediately notice as much as you can about yourself. What is your mood? What thoughts are there? What feelings are present? Give yourself this healthy shock first thing in the morning.
- Light from high spiritual places can go into all the nooks and crannies of your mind and heal. The Light can penetrate down into hell, but hell cannot touch heaven.

9. The Crucial Virtue of Self-Reliance

- In this teaching we are going straight to the source of self-reliance. We don't need to look to other people, for they are relying on other people, who are in turn relying on others for answers. We must go to the Source itself.
- When are you going to allow the Spirit of Truth to teach you? When are you going to stop looking around for a physical teacher? You can drop the anxious burden of trying to find someone who will help you out of yourself. Your clear spirit becomes your teacher. (July 23, 1983)
- You must dig your own well. The well I've dug will not directly benefit you. In order to be happy, you must dig your own well.
- Be aware of how you try to depend on outside sources, like classes, books and tapes. True, it is right and necessary to acquire knowledge, but knowledge is not enough. You must see this for yourself. You must see there is a limit to what knowledge can accomplish. This

is why people attend truth classes for years and do not change. They want to think knowledge is enough, and all they have to do is be in the room, read books and listen to tapes, and they can walk right into the kingdom of heaven.

- You cannot lean on me or anyone else. *You* must do the work! You need to be given the knowledge to abandon your old nature. But no one can abandon your old nature for you. This you, and only you, can do.
- Remember the two letters, I.I. They stand for Individual Insight. You see, Intelligence, Reality, God, is one thing. It is not divided up and placed in human beings. It is just one thing. Therefore, when two people know the Truth, they know the same Truth. There can never be any division between them, no arguments at all. For the same Truth that inhabits one also inhabits the other.
- Encouragement is when you hear a truth that you faintly know to be true. What you *suspect* is true meets what *is* true. This is necessary at the start of the spiritual journey, but the time can come when you no longer need any outer encouragement. You are your own encouragement.
- Be thankful that God has placed within you the *recognition* of Truth, and that nothing— no circumstance, no person, can ever take that away from you. It is there permanently.
- In the beginning of our quest we see assistance as being outside of us. As we develop, we discern an inner source of invisible help; it becomes as real and tangible as visible help. There are books and knowledgeable people, who are sources of help, but we come to know that there is an invisible source of help as well. The more we receive it, the more real it is.
- There is an old World War II movie with a very good scene in it. In a restaurant a Nazi stood up and started singing his party's song. The singing started softly but grew in intensity as people joined in. But there was one man who held out and did not join in. He sat there quietly with a resolute face and manner. Be determined to abide in the clarity and good cheer of your True Self. Included in this real independence, by the way, are good manners and an effortless, pleasant disposition.
- There is truth, and there is action. You must go into action with what you have heard, and let it push you beyond yourself.
- The world is comfortable with weakness; uneasy with strength.
- Here is a powerful fact you can say to darkness and negativity: "I am not going to suffer because of you." See what a great declaration of independence this is!
- Self-reliance and Truth are a marvelous combination. They blend.
- A description of a free mind: You can never give it more than it can bear.

- *Message to Garcia* was one of VH's favorite writings. He recommended it to his audiences on several occasions. It illustrates society's serious "molasses mind" problem, which has most certainly grown worse since this writing was first published in 1899.
- Learn to calmly state to yourself what your problem is. Rely on no one to help you, for no other human being can really help you. A problem fully revealed is no longer a problem.
- Always return to self-responsibility. It will take you to higher and higher places.

10. Advanced Challenges for Sincere Seekers

- VH gave a special exercise to look at any thought or activity and ask, "Will this raise me above my present level or not?" He added, "This is a tall order, and from it, you can have tall rewards."
- The intellect is ten yards high. Above that mark is unlimited spiritual intelligence. The question is, "How do I break through the ten yard mark?" The answer is *you* don't. There is no one there to break through. In the full and complete understanding of this fact *is* the breaking through.
- At a seminar in Los Angeles someone asked Vernon Howard to define God. He replied, "That is the entire problem. For to be asked the definition of God means that the questioner himself has a definition of God. If *I* answer, then we have two Gods."
- In a talk in November of 1988, Vernon Howard gave the following list:
 1. Do right even if you are tempted to do wrong.
 2. Do right even if it means losing a friend.
 3. Do right even if you fear the consequences.
 4. Do right even if you don't want to.
 5. Do right even if it frightens you.
 6. Do right even if it feels strange.
 7. Do right even if it arouses criticism.
 8. Do right even if you must go against the entire world.
- Spiritual ideas, lessons, are constantly raining down on this earth. They may take the form of a book (of which there are many that I didn't write, VH added). But the Truth is bouncing off of you. You are not receiving it.
- VH explained beautifully that the reason we don't change and make authentic contact with Higher Powers is we are hypnotized by our circumstances. We're always thinking about our finances, our love life or lack of one, the people around us, etc. Our attention is focused hypnotically on our circumstances and this fixation blocks off the entrance of Higher Powers and Awareness.

- Try living without enemies. Darkness alone has enemies—one side fighting the other side. Truth, Reality, has no enemies. Dare to give them up and the false self that thrives on them will fade away.
- VH gave a special exercise to practice for the rest of our lives. He told us to set aside time every single day to think about these higher ideas. Think about all the right plans you have for transcending this nutty society and dissolving the false nature that has gripped your mind and life with such persistence and intensity. Think about *Righteousness*.
- The people you know out there are all suffering terribly from a heavy invisible burden. Dark ideas have invaded them and made their home in the cellars of their mind. And the saddest part of it all is that they have made a “false contract” with these dark ideas. Why? Because they don’t want to be left alone. They don’t want to dare risk being without something to ‘talk to.’ Dare being all alone! Dare to have nothing to turn to and no one to consult. Stay in this ‘alone’ place inside yourself, for that is what gives the Kingdom of Heaven a chance to break through and be your True Life.
- Remember this key point: “Stop loving to burn.” This is a sign on the side of the road to heaven, and if you follow it all the way, it will lead you to the top of the mountain.
- “In his childishness, a man looks for exciting surprises instead of healing revelations.” VH asked the class to think deeply about this. He said the meaning is very deep.
- Think how different your life would be if you did not grab hold of the problems that come your way. What if you could just let them pass you by, without frantically jumping in and clutching them to yourself? What if you did not feel compelled to try to do something about them? What a different kind of human being you would be!
- Every person is either his own enjoyable castle or his very sad prison. For nothing outside the individual determines how he feels.
- All our experiences since we were a child combine together to formulate ‘the way we see the world.’ Spiritual Awakening develops a new faculty, an inner sight. We cease to place so much value on what is seen through the physical eyes. When we see FROM the Spirit, we see the Spirit.
- There is great wisdom in asking, “How can I get out of this?” There is even greater wisdom in asking, “How did I get into this?”
- Darkness places an electronic device in the areas in which you want something from this world. It is just the same as a tracking device that detectives can place in a car to know at all times where the car is going. Where do you want something from this world? That is the place where darkness will monitor you and do all it can to bring about your downfall.
- The great weapon of darkness is imaginary virtues. Darkness gets people to believe they

actually possess virtues they do not have. You have neither sin nor virtue, and when you see this you are above both and you are free!

- You hit the stars by aiming for the stars. You do not hit the stars by aiming at the moon. Settle for nothing less than complete inner healing. These super high standards, if you have the courage to adopt them, attract enormous spiritual resources that work within you day and night.
- One thing that determines how much progress you've made is how fast you recover from a blow. Just how soon can you start fresh?

11. Persistence

- The journey to Truth is like the journey of a train up a mountain. Time and time again, the train passes through tunnels and exits into sunlight. The tracks are on a slight incline at all times. What this means is that every time the train passes through a dark tunnel, it always exits on a higher level.
- Gradually, as you grow into spiritual adulthood, the cosmic energy is received purely. It is not diverted into the maintenance of a false self. You'll see yourself changing. You can remember a year ago when you nervously walked into that office. Now, you walk in with a calm mind, with a poised manner. It is right for you and the other person, though he or she will probably not be aware of it.
- VH said with great power that our purpose here on earth is one thing: To find the spiritual cure, to grow, to develop, to rise to the spiritual heights and leave this world behind. He also reminded us of what Christ said, "It is the Father's good pleasure to give you the Kingdom." Go further! Keep going! Nothing can stop you if you don't want to be stopped.
- Real spiritual growth is its own evidence. You know it is happening. You see what is beginning inside of you.
- Remember this tremendous fact: Reality fights for you in spite of your resistance to it.
- All of these spiritual facts are like signs in the middle of the desert, pointing toward the oasis. Seeing the signs, you realize that all you really have to do is keep walking.
- Human beings rarely think about forever. But that budding rightness that you sometimes feel, that makes itself through all the dark clouds and layers of resistance, THAT is what will live forever. And even though your diamond of true self-understanding may be a small diamond at this point, it is still ALL a diamond. All of what you really understand is ALL pure, with no trace of deception or cloudiness in it at all.
- The water of your life is very frozen, and it's not going to thaw out without a long exposure to the Light. The thawing process will be gradual. But as you move uphill and the heat

increases, little by little the frozen ice will transform itself into running water again. Eventually you reach higher ground and you discover a beautiful waterfall that you can stand under and cleanse yourself completely of the past. The water itself will do the cleansing. All you have to do is place yourself under it.

- If we say, “There is a vastness to life which is unseen at present” we are stating a fact. It may not be our experience as yet, but it is still a fact which nothing can destroy. So we are in a good position. From this position we can begin to see life in a different way, the way of non-division, of wholeness. We can begin seeing the entire ocean instead of individual waves. What are some of these waves? Obsessive ambition. Finding false comfort in crowds. Demanding respect. Pretending to know. Individual waves cannot support a ship. But the smooth and entire ocean easily does so.
- You have to ask God to break open the stale room from the outside in. It has to come from the higher to the lower. More and more light will come into your mind, clearing away all your pain and mental cobwebs. You’ll be happy.
- Picture yourself finding a book that would be of great help to you in your business. You sit down to read it, but interruptions start occurring. Someone knocks at the door. Someone phones and asks if he can talk to you. But instead of saying, “I can’t talk right now, maybe later” you give in because you don’t want someone to think you are rude. Return again and again to your important work. Don’t let interruptions out there or inside stop you from doing what must be done. YOUR LIFE IS YOUR LIFE!!!
- Think of the beautiful symbolism of the sky. There’s no end to it – the atmosphere, the stars. It goes on and on - just like spiritual knowledge.
- There is no problem that is unsolvable, if you keep going.

12. Longer Selections & Rich Mental Pictures

- **FALLING IN LOVE WITH THE LIGHT**

Picture yourself down in a deep, dark cellar. There is a beam of light that breaks through the door above. Your work is to fall in love with the beam of light—to become fascinated by it. Falling in love with the beam of light increases the light. It opens space inside of you for more of the light. Now, without really thinking about it, your love of the dark cellar begins to fall away.

Eventually you climb out of the cellar and on to the earth. You can go anywhere you like. For example, there are giant libraries full of books for you to read. As you continue to love the light more and more, you are lifted off the face of the earth (spiritually speaking). Your home becomes the stars.

VH added, “The beam of light will tell you everything - even what books to read.”

- **MIRRORS AND SELF-OBSERVATION**

There was once a man and a woman who went to the local gym to exercise. After a few visits, the instructor approached them and said that he wanted to show them something special. He pulled back a large curtain revealing mirrors surrounding the entire exercise area. He didn't explain what they were for, but told them to continue as normal, with the intent to notice something new.

For the next few visits the couple exercised in front of the mirrors. Then they talked it over. “Yes, there's something different in the way I feel,” the man said. “And I know what it is. It is the mirrors. I can see myself exercising at the very moment that I am exercising. I see all my movements and I am aware of myself as I move.”

This is what we must do inwardly, VH said. We must “pull back the curtain” and see ourselves in action. Watch yourself as you walk and as you talk. Let the mirror of spiritual awareness reflect back to you all that you do, say and think.

- **BLASTING THROUGH BLOCKAGES - The Secret of Spiritual Success**

There is a way to think toward a surrounding threat that is stronger than the threat. There is a way to think toward a loss that is stronger than the loss.

Once upon a time there was a train that traveled from Abilene to Sacramento. It was back in the old days when there were often blockages of all kinds that fell across the tracks—things like fallen rocks, broken rails, floods, etc. When this happened, the engineers would have to stop the train and move the blockage out of the way.

On the inner journey, blockages do not really exist. You think you see a blockage of some kind cross your path. But with your increasing insight you blast right through the blockage without slowing down. The blockage is not really there. The only power the blockage has is the power you give it by believing that it exists.

The invisible is stronger than the visible. This is a spiritual law. An interesting side thought, VH added, is that miracles do exist. You've read in spiritual literature about miracles. I want you to know that they do exist, because the invisible world has power over the visible world. The visible has to stop for the invisible. But the invisible need not stop for the visible.

What you must learn to do is behave as if perceived blockages do not exist, which in fact they don't. Delusion has no solidity.

- **THE WORKERS, THE LOAFERS, THE SABOTEURS**

“*The Workers:* They understand that it is good to work. They have fun sailing. They were once loafers, but now they’re sailors. There are very few workers in the world.

“*The Loafers:* These can be taught. Of course, not all loafers become workers. Only a very few do. Loafers as yet do not understand that in order to have Higher Understanding you must apply the principles to your daily life.

“*The Saboteurs:* They are completely worthless human beings. They are dead to the spiritual life and they want to make everyone else into what they are. They seek to destroy, for they are themselves being systematically destroyed by the evil they have chosen. But they cannot destroy Truth, for Truth is far beyond their destructive reach.

“At the 51% point in your development you cross a special inner line and become a worker instead of a loafer. You finally see that it is to your eternal benefit to work and apply spiritual truths. Truth is very patient with loafers who want to become workers.”

- THE FIRST GLIMPSE

Whatever conditions you now find yourself in, everything you experience, is a result of what you are. In order to change what you experience, you must change the experiencer. To change the experiencer you must change your reactions. This you can do, because all of your reactions are the result of an internal choice. You choose everything that you experience inwardly, and the choosing of certain inward states reproduces itself outwardly.

You send yourself out into the world, which reproduces you; then you experience yourself. If you want to *experience* something different, then *be* someone different. Try to understand this statement on a deeper level. Don’t just hear it and connect it with memories of other times that you’ve heard it. See to its deeper meanings. You must have a nature that thinks differently and as you uncover this new nature, watch with delight how your former experiences fall away.

Detect moods and sensations when they arise. See them trail off and come to an end. Then be aware of the space that is there before the next one starts. Watch any worry or anguish as it begins to fade out. Be alert to the brief moment of silence. Then see yourself starting to assemble a new worry or anguish. Know that at the very moment of the change from one mood to the next there is the possibility for change. This possibility will expand as you more and more value the silence.

This priceless little space is the first glimpse. Once you have truly had the first glimpse nothing can ever make you forget it. This is why the first glimpse is so very important. You will remember it forever and you will work for more of the same.

- **THE DOVE**

There was once a dove who fell in with a bunch of ducks. He would imitate them, waddling as they do, quacking, etc. He was discouraged when he was unable to be what they were. Above all though, he wanted the ducks to like him.

When you know you are a dove, you can fly away, free forever. Give special attention to the fact that you are a dove, not a duck. Think about this for a number of days. You have settled for the cheese and quackers of duckland. But it need not continue to be so.

- **THE LAW OF SPIRITUAL OVERFLOWING**

There is energy from On High that all human beings receive. All but a handful distort this originally pure energy and transform it into something destructive.

The pure energy runs into the false personality, the independent illusionary thinker, and is then used to build the illusion of a separate self. The result is punishing, for the inner Cosmic Cop always catches those who use God's energy for wrong purposes.

Gradually, as you grow into spiritual adulthood, the energy is received purely. It is not diverted into the maintenance of a false self. As a student you will actually see yourself changing. You remember a year ago when you walked into that office. Now, you walk in with a calm mind, with a poised manner. It is right for you and it is right for the other person, though he or she will probably not be aware of it.

THE LAW OF SPIRITUAL OVERFLOWING is available and abundant for everyone. Every person will have to make a decision— whether they will refuse it or receive it.

- **THE WISE SALESMAN**

There was once a salesman who sold heavy machinery. His job was to travel around to different towns and find buyers for his products.

One day he drove into a small town and found it to have a rather large factory. Thinking that this might be a good prospect for his products, he drove in and spoke to the manager. "Yes," the manager said, "We are always looking for better ways to do things. So I am interested. Right now I'm busy. Could you walk around for 30 minutes or so and then we could talk?" "Most definitely," the salesman said. So he roamed around the plant to see what the operation consisted of. Everything looked as it should—there were ovens and conveyor belts. The facility was a bread factory.

But the salesman began to notice something that he couldn't put his finger on. Something was wrong; something was missing. Further investigation revealed what it was. **THE BREAD FACTORY NEVER PRODUCED ANYTHING!** Not even a single loaf of bread! There was plenty of action but nothing was ever produced. There was no final product at all.

Nothing!

This was a great shock to the salesman — so shocking that he knew he could not continue his sales work that day. He left and drove back to the office. When he arrived he began talking with other salesmen. He told them about his experience at the bread factory.

The other salesmen explained that he had been in Lunaticville. They knew about it, but as he was new, he'd not yet learned of this place. The other salesman explained that only lunatics live and work there. Nothing is ever accomplished. In spite of all the activity, there is no final product at all. Hearing this, the salesman understood what had happened to him.

Isn't this the perfect description of man's inner world? Look at how much mental activity you have during the day. Yet honest observation reveals that all that activity never produces anything. It is all wasted motion that accomplishes nothing. These are the advanced insights that lead to rapid inner development, yet few are willing to let them penetrate to do their good work.

You can learn, VH continued, to be efficient within yourself. You can learn to be efficient over every single thought. The day can come when you refuse to waste one ounce of energy on anything that does not produce a worthwhile result.

The level of your actions decides the level of your results in life. You get what you give, and you get what you are.

- **LIVE TODAY!**

There was once a man who was driving his car. He drove past a big gray wall. From the looks of it, he surmised that it was a prison of some kind. He drove around to the back of the prison and what he saw astounded him. He stopped the car suddenly, gazing at a sight he could not believe he was seeing. The gate to the prison was wide open and no one was standing guard!

He turned the car around in an effort to get on the opposite side of the street. A guard walked up. He rolled the window down and yelled, "Are you aware that the gate to the prison is wide open, and no one is guarding the exit?"

"Yes, we're aware of that," the guard calmly responded. And not only is the back gate unlocked, but the front gate is unlocked and open as well."

"This can't be," said the driver. "There must be a reason for this. Can you please explain?"

"The facility here is a prison, and it is a lunatic asylum as well. But the prisoners are free to leave anytime they want to. They've served their time. But they all stay. You see,

there is something wrong with the people here. As you recall, I said this is a lunatic asylum as well. The inmates are afraid to leave the prison and walk free, in spite of the fact that the gates are open 24 hours a day.”

“And there’s more,” the guard continued. “Do you know what these inmates do all day long and all night long? You won’t believe it when I tell you. They spend all their time planning an escape! All they have to do is walk out but they spend all their time planning and scheming on how to get out.”

VH then said, “Live right now instead of planning to live! Why do you look forward to anything? Why do you place confidence in the future when the future doesn’t exist?”

- **THE ENTIRE SECRET OF SUCCESS**

VH began the talk by placing special emphasis on the following three words: **GO BEYOND YOURSELF**. He said they were the entire secret of success. He asked us, before telling us the secret, to observe our reaction as he gave them to us. He said afterwards that if we were watchful, we would have seen that a part of us was thrilled by the secret, whereas another part of us was alarmed by it.

Then he gave us what he said was an enormous thought: **HIGHER ENERGY ACTS THROUGH YOU**. The same energy that raises your hand is the very same energy that created Mars, this galaxy, the entire Universe. There are not two or more Gods. There is only One, and the same energy that animates your body is the same energy that created and sustains the entire Universe.

VH then told the story about seeing a tumbleweed outside his house. It was lodged in a certain place. A few days later, he noticed that the tumbleweed was no longer there. It had given way to its purpose in life, which was to move freely with the wind. It was not meant, as we are not meant, to be tied down to the ground. It was meant to be open and free!

He concluded by saying there is something we must understand deeply: There is a mind that thinks, and there is a mind that **KNOWS**. The mind that thinks must not interfere with the mind that **KNOWS**.

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