

About Vernon Howard



Vernon Howard brings to life the underlying harmony of a wide variety of carefully selected and supremely valuable wisdom teachings, spanning thousands of years. This saves you a great deal of time and helps you focus in on the practical and essential. His publications are enjoyed by more than eight million readers in several languages. www.SuperWisdom.com
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Parables with Punch: Inspiration and Healing in Concise Mental Pictures

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Introduction

Vernon Howard writes in *Secrets for Higher Success*: "Stories and anecdotes have been the teaching tools of the great instructors and philosophers throughout the ages. Stories serve as clear channels by which life-transforming truths flow gently into the receptive mind, to heal and refresh."

Mental pictures help us see powerful new connections we might otherwise have missed. They have spiritual glue – they stick with us better than what facts alone might do.

This Special Report has three sections. We begin with 12 concise picture ideas called *Open Doors to Happiness*. Each sentence conveys a complete mental picture. They are all from Vernon Howard.

We then move to excerpts from several of Vernon Howard's publications.

The third section contains pictures from the SuperWisdom Notebooks. This is a vast collection of material consisting of notes I took while present at Vernon Howard's classes. The writing is in my own words, though the ideas originated with Vernon Howard.

1. Open Doors to Happiness

1. Permitting your life to be taken over by another person is like letting the waiter eat your dinner.
2. Growing up into the fullness of inner strength is as exciting as seeking gold and as rewarding as finding it.
3. A warring world has no power to injure your real nature any more than darkness can shake a tree.
4. Society is like a crowd in carnival costumes with everyone fearful that others will see through his disguise.
5. Remove the dark cloud of negative thought, and the guiding star of understanding brightly appears.
6. Inner liberty can be judged by how often a person feels offended, for you can no more insult a mature man than you can paint the air.
7. Life is never too tough for your higher self, any more than a rock is too much for a river.
8. Just as a single wave is powered by the entire ocean, a sincere mind has vast resources at its command.
9. Inner guidance is heard like soft music in the night by those who have learned to listen.
10. Men who fall from a canoe while standing up to attract attention always claim someone pushed them.
11. Your life makes sense when you don't need other people to confirm that it does, which is the true independence of a soaring eagle.
12. Just as a piano responds to the touch of a musician a sincere request for solutions will always be answered from a higher source.

2. Concise Pictures from Various Vernon Howard Publications

The Oasis

Life is not static. You either grow or you regress. The choice is yours. Here is a mental Picture to make it clearer.

Picture a green oasis in the middle of the desert, rich with cool water and refreshing shade. It offers a beautiful and healthy life.

A mile away, out in the hot desert, a man is lost. But he is close enough to the oasis to catch a glimpse of it. He can see the difference between the greenery of the oasis and the gray sands around him. **BECAUSE HE CAN SEE MERELY THAT MUCH, HE IS ENCOURAGED TO FIND MORE.** And so he heads for the oasis, growing closer, richer, with each step.

But take another wanderer, three miles distant from the oasis. Because he is further away he is less likely to look and be encouraged. So he turns in the wrong direction and wanders even farther and farther away. Because he can see nothing of the oasis he wanders in despair and bitterness. In that state he is likely to see an illusionary oasis, a mirage. And so his life is wasted in stumbling toward one illusion after another.

The point is this: The closer we come to the Truth the more we value it. Then, because we value it more, we come even closer. That is why the rich get richer. They earn it with their own effort.

Any wanderer can change direction at anytime. No one needs to be lost. Any man or woman, through right action, can find the oasis.

Imitation

"What prevents simple and natural living?"

"Unconscious imitation. A nervous businessman was part of the madness of a large city. Wishing a calmer environment, he moved to an unspoiled island in the tropics, inhabited by a few natives. But the businessman brought his nervous mind and manners with him. Believing that his agitation was a sign of normality, the natives eagerly imitated his jumpiness. After awhile, anyone who was not nervous was considered abnormal."

Meteorites

"What prevents the saving truth from reaching man?"

"Nothing but man's own resistance. Meteors provide the perfect illustration. Astronomers tell us that millions of meteors hurtle into the earth's atmosphere every day. Only a few succeed in penetrating this outer zone to land on earth. The rest are burned up by the atmosphere. The successful ones are called meteorites. Man surrounds himself with a psychological atmosphere of resistance and negativity, thus preventing truth from reaching his innermost being. But the individual who welcomes a mental meteorite will feel a wonderful impact."

Awakened Center

"It has been said that a certain small center within us knows the truth, even when our other parts remain asleep. If only we could build this awakened center."

"That is the whole idea. This right center resembles a man standing on a foggy hilltop at dawn. As the rising sun slowly dissolves the fog the man is able at first to sight nearby rocks and bushes. With more sunlight he sights distant trees and slopes. As the sun continues to rise he recognizes more and more of his surroundings, whichever way he turns. Build your awakened center with daily action."

True Individuality

"How can we work for our real benefits?"

"Imagine yourself standing in the middle of a stream. The flowing water tends to push you downstream. If you give in to the pressure you do what most people do, that is, you permit yourself to be carried downstream.

"You must be truly individualistic. You must not let a negative self or a negative society carry you away. Instead, go against the common social flow and work your way upstream. There are astonishing sights at the source of the stream."

Conscious Businessman

"Can these teachings help a busy businessman to remain calm and efficient?"

"They help anyone, anywhere, but take a businessman who has seen the light. To all outward appearances he may seem to be all wrapped up in commercial competition, but the man himself knows better. While one part of him conducts business, another part remains in detached command of everything. These two parts are not really divided, for a conscious man possesses self-unity. The two parts simply work together, like two hands. Free from concern over results, the awakened businessman works calmly and efficiently at earning his living."

Swift Traveling

"How can we travel more swiftly?"

"Two Arab merchants left their homes on the same day to make separate journeys by camel to a distant city. One arrived several days earlier than the other. The slower merchant asked the speedy Arab for his secret. The swift traveler replied that he had traveled at night as much as he could, as well as day. The swift psychic traveler is one who has learned to use dark experiences for progress."

In the Coliseum

"I have just read an interesting story that illustrates what we must do. The story was about Marcus Aurelius, the adopted son of a Roman emperor. As a

young man, Marcus was taken to the coliseum to watch the battling gladiators. But while the crowd shouted at the violence below, Marcus sat quietly in the royal box and read a book of philosophy. Later, when becoming emperor of Rome, he set down his philosophical discoveries in a book of meditations."

"Yes, the story has many lessons. For one, we must stand aside from human uproars to reflect upon the meaning of our lives here on this planet."

Source of Light

"It took several years, but I finally saw that I had been seeking answers in the wrong places."

"A teacher of esotericism wished to illustrate a certain principle to some new students. He gave two of them unlighted candles, then asked one of them to light his candle from the other's candle. It could not be done, of course, for both candles were unlighted. The teacher then explained that only an illuminated man or book can spread light to those who need it."

Driving Home

"At the end of your last lecture you advised everyone to listen to himself, not to his friends. What was meant?"

"A story will explain. Six friends attended a truth-lecture together. While driving home the conversation was dominated by the most neurotic and deceitful person in the group. In hostility and fear of the truth he had heard he criticized the speaker and told many lies. This is a true story, and the way it often happens. I gave the advice because I did not want the darkness of one man to injure the seed of truth by which others could grow."

Superior Wisdom

"Whether we admit it or not, we feel trapped!"

"Man feels like a prisoner condemned to inhabit a remote lonely island. He finds a small boat which carries him a short distance out to sea. But he is then sighted and intercepted by a roving prison ship which returns him to the

desolate island. His pattern of escape and capture is repeated endlessly over the years. His great chance for escape consists of full knowledge of the island, the sea, and his captors. Man is really more intelligent than his captors, but fails to exercise his superior wisdom."

Freedom From the Storm

"Everyone yearns for freedom from the world's chaos."

"Your physical body is in the world, but your cosmic self can remain detached from it. Think of a ship's light penetrating into an ocean storm. Though in the storm, the light remains unaffected by its fury. See why? Because the light has a different nature than the storm. This is why all the great teachers reject surface changes in favor of a totally new nature. By the way, all this is not just lofty words. You have heard about a fact which can be personally experienced by anyone with enough endurance."

The Secret Room

"What about the disappointment felt upon self-examination?"

"Archeologists digging deeply into the ruins of ancient Athens were disappointed at their first discoveries. Expecting to uncover rare vases and other valuable objects, they found only cheaply made products. But with more digging, disappointment turned to delight. Below the worthless objects they discovered a secret room containing dozens of unique works of art. Those digging into their psychic systems will always uncover useless objects at first, but disappointment must be ignored. Keep digging. Beyond the worthless is the priceless."

3. Mental Pictures from The SuperWisdom Notebooks

The “True Self” is often discussed in spiritual literature. What, or who, is the True Self?

Like a freshwater geyser on the ocean floor, your True Self is the inner location from which all vitality flows. Underwater geysers are very rare places in nature and great quantities of life are found there. Likewise, spiritual ideas of tremendous power and clarity are hovering around our Essence, but we are asleep to this paradise. It is the purpose of all authentic spiritual teachings to awaken us to the treasures we already possess within.

How can I avoid discouragement and stay focused on the spiritual task at hand?

I’m sure you’ve seen the Tarzan movies. Have you ever noticed there’s always a vine for him to grab hold of? This is the way Truth is. There’s always a rope there for you to swing over the lions and tigers gathering at the base of the tree.

We often forget the immense resources that exist in favor of our unfolding soul. In fact, the power that created all the galaxies, and there are billions of them, is the very same power that wants you to develop. Its aim is to lift you to a higher level where a magnificent blending can occur.

Picture a man walking in a deep canyon with high cliffs. He is having to constantly dodge falling boulders. He thinks that he if just goes far enough the canyon will eventually come to an end. This is the cause of discouragement – doing the same thing time after time while expecting different results.

Is it possible that people are actually afraid of happiness and peace of mind?

There was once a man who spent his entire life in a deep, dark jungle. One day he finds his way to the edge of the jungle where there is open sky and bright light. But not knowing what the light is, never having experienced it before, he feels great reluctance and fear in taking that final step out of the jungle and into the light.

Though the light dawns gradually, there is a point where we step into the light with powerful finality. The intensity of the light we experience equals the degree to which the following fact is understood: *Fear of the light is not your fear and when you see this you step into the light.*

But hardly anyone steps into the light. They are so comfortable with the familiar.

There was once a man who owned a house. He built a fence around his house to keep the wolves out. But the wolves were hiding in the basement so what he really did was fence the wolves in. The man decides to keep the wolves as pets. The wolves have pups. Later the pack gets together and chases the man off his own property.

But this does not have to be our story. If we see how painful it is to live with the psychological wolves we'll do something highly intelligent – we'll dare to let Reality smash our fences and teach us its silence. Don't expect the wolves to be overjoyed when the fences are torn down. Be willing to experience their wrath in order to facilitate their dismissal.

How can everything really begin to change for us?

Think of a man whose job it is to guard a large plant. He carries with him his flashlight wherever he goes. When he sees movement he shines the light in that direction. When he hears something, he turns his light in that direction. His light is always with him. And if he ever forgets it he goes back immediately for it.

Gradually we gain a clear contrast between the light of awareness and the dull existence of preoccupation. We begin to feel the sunshine of the spiritual world with increasing depth and frequency. Awareness has a magnetic quality, a built in appeal. The happiness unfolding within attracts to itself more of what it already is.

Other people, especially those close to us, often resent our choice for change.

There was once a man who roamed the seas in an old and fragile little motor boat. The motor often didn't work. He would have to stop at islands and hire the savages to help him with repairs. Tired of being dependent, the man acquired a high powered wind vessel. He was no longer in need of the savages on the islands. He sailed right by them. His journey was his alone to love and enjoy.

This is what we want to do in our Essence. We want to sail past desperate and immature people who are clutching at visible things in order to try and satisfy their inner aching. This illustration also has an inner meaning. We learn to stay in the open seas with the full wind in our sails and cruise right past negativity, feeling no obligation to stop and pick it up!

How can I see through this aggressive world?

There is only one way – see through yourself! Remove the inner fog and the outer fog can have no influence over you. Yes, the fog is aggressive and it's always looking for recruits. *But if there's a clear sky in you the fog has no anchor.*

Just like a scarecrow in a cornfield has only mechanical movement as it is blown about by the wind, so does this world, with all its endless activities, have nothing but mechanical motion. Also, most human beings live in suppressed energy, which sometimes releases itself like a steam engine. Knowing this frees you from the painful demand that people act on a level higher than they actually occupy. There is tremendous relief in understanding this.

What is the difference between the spiritual student and almost everyone else?

Picture the ardent spiritual student getting up before dawn to read and reflect. It is dark. But the student studies in the dark and gradually the light dawns. Now contrast this with what most human beings do. They get up and clean their psychological guns, getting read for another day of fighting with themselves and with others.

Also, the spiritual student has a whole new category of doubts and confusions. He is losing confidence in this world. He is wobbly and sometimes clumsy because everything old and familiar is falling away. He is like a puppet whose strings are being cut and he is sagging. The dedicated citizens of this world, by contrast, often appear very confident and sure of themselves. They have no doubts. Everything is settled. Their strings are tightly in place.

It feels like something is acting in my name.

There was once a man who left town for three weeks. When he returned he found that his home, his office, everything he owned had been used by someone during his absence. You have been absent from your life, and in your absence something has used your tools, furniture and appliances.

What has taken you over is a vapor. The problem is not the vapor – the problem is the deeply entrenched conviction that the vapor is you!

Can you give us an example of a healing revelation?

There was once a man who was locked in a warehouse at night. He started searching desperately in the dark to find a flashlight, but none could be found. Finally the idea came to him to stop the desperate search and just relax for awhile. New ideas came to him and he remembered a certain turn that he made to get back into the dark part of the warehouse. Retracing his steps, he worked his way back to the lighted sections.

Healing revelations enter when frantic efforts to know are released. This frantic state often tries to label itself as sincere, even spiritual, but a thrashing mind is a thrashing mind, no matter how it labels itself. We are receptive when we consciously don't know and are not disturbed by this fact. Silence is a willingness to receive.

So many things, both inwardly and outwardly, are clamoring for my attention. What do I do?

No matter how severe the noise, you can find your True Self in the midst of it. There is an old movie with a good scene in it. Back in the Nazi days a man stood up in a restaurant 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 was a holdout. He sat there with his arms crossed and with a firm look on his face. Likewise, be resolute in your determination to abide in the wisdom and silence of your intuitive self. Be a holdout.

We become whatever we attend to. If we allow our attention to wander in the slums of preoccupation, we absorb the contents of the slums. If we regain our power of attention and focus on higher themes, we blend with the higher themes. We must resolve to reclaim our power of attention from flighty mental pursuits.

It is like we're trapped in a prison where everyone is frantically rushing around.

When you finally leave the prison, you actually don't go anywhere. You stay where you are and the prison disappears around you. The walls disappear, the blueprints, everything. All faulty mental possessions vanish once you see that they are utterly useless.

We dissolve this illusory prison self as we learn to consciously participate in its meanderings while remaining free of its grip.

May we return to my original question, "What is my True Self?"

Back in the middle ages there was a man known as The Finder. The owners of large castles hired him to search their property for secret rooms. In these concealed rooms gold and valuables lost for centuries were sometimes discovered. Your True Self is The Finder, a bright light that illuminates treasures that already exist within. Surrounding these treasures are pockets of darkness. So have no concern if your confusion seems to temporarily increase as you study these ideas. *A false idea must be stirred up in order to be dissolved.*

Your True Self is also like a big island out in the middle of the ocean. High winds, storms and hurricanes often surround it. The island appears to

be isolated but beneath the surface it is connected to the entire globe. It is rock solid and nothing can move it. You are on that island, secure in your home. Your True Self is forever untouched by all the noise of this world and all mistakes made prior to the Light's activation.

Please give me an idea that will jolt me toward spiritual realities.

There were once two young children who always had their father get apples for them from the apple tree in their yard. But one day, the father told them they would have to start getting their own apples. The children were confused, angry and afraid. "Why is father treating us so badly?" they asked.

In the beginning we need knowledge and we can acquire it from people who may have more than we presently have, but the more the teacher is placed on a pedestal in the student's mind the less inner work he or she actually does. Dare to walk alone and maintain your independence. Be a learner, not a joiner. See through dynamic personalities.

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