

VERNON HOWARD -- November 23, 1983

YOU ARE EITHER IN THE KINGDOM OF HEAVEN OR YOU ARE NOT.  
SICKNESS IS NOT PART OF WHOLENESS.

DON'T BELIEVE IN PEOPLE! NO HUMAN BEING EXISTS AT ALL. I  
DON'T, YOU DON'T. LABELS EXIST, BUT NO PEOPLE EXIST.

YOU HAVE A NAME, A BODY, THE TONE OF YOUR VOICE. YOU HAVE  
EDUCATION OR NONE. YOU ARE AMERICAN OR BRITISH. ALL THESE ARE  
ATTRIBUTES, AND YOUR ATTRIBUTES ARE NOT YOU. IT IS BECAUSE  
YOU BELIEVE THEY ARE YOU THAT YOU HAVE EVERY GRIEF YOU HAVE.  
AND I KNOW YOU DON'T UNDERSTAND THIS AT ALL.

I KNOW RIGHT NOW WHILE I AM TALKING TO YOU THAT YOU ARE NOT  
YOU. YOU STILL THINK YOU ARE YOU, A DISTINCT, SEPARATE  
PERSON. YOU ARE NOT. WHEN YOU UNDERSTAND THAT ALL YOU ARE IS  
A TEMPORARY VEHICLE FOR THE EXPRESSION OF LIFE, THEN THINGS  
BECOME CLEAR TO YOU AND YOU CEASE TO ASK WRONG QUESTIONS  
BECAUSE YOU ALREADY HAVE THE ANSWER.

LIFE / GOD / THE WHOLE EXPRESSES ITSELF FOR A CERTAIN  
PERIOD OF TIME THROUGH A PHYSICAL BODY WHICH IS YOU. THEN  
AFTER A WHILE GOD CEASES TO EXPRESS HIMSELF, CEASES TO SEND  
ENERGY THROUGH THAT TEMPORARY TIME BODY AND IT CEASES TO WALK  
AROUND.

BUT AT NO TIME DID GOD SAY THAT YOU ARE YOU AND THEREFORE DISTINCT AND OPPOSITE FROM THE PEOPLE IN THE NEXT AISLE. WHOLENESS, ONENESS, IS LIFE WITHOUT NAMES. PLEASE DON'T BELIEVE NAMES ARE ANYTHING BUT A TEMPORARY CONVENIENCE. TO HAVE A BODY IS ONLY A TEMPORARY CONVENIENCE, WHICH IS ANIMATED BY COSMIC ENERGY. AND WHEN THIS IS WITHDRAWN, YOU DON'T DIE BECAUSE YOU WERE NEVER BORN.

A PHYSICAL BODY CAME INTO THE WORLD, AND SOMEONE SAID, "THIS IS MR. AND MRS. SMITH'S BABY DAUGHTER, OR TWENTY-YEAR OLD SON GOING OFF TO COLLEGE," BUT IT WAS NOT YOU. BUT BECAUSE YOU WERE UNENLIGHTENED, YOU THOUGHT IT WAS YOU--AND EVERYBODY ELSE SAID IT WAS, SO YOU SWALLOWED IT ALL. COSMIC ENERGY CAME INTO THE WORLD, BUT IT WASN'T YOU.

YOU SWEAR YOU WERE BORN, SO THEREFORE YOU THINK YOU ARE GOING TO DIE. YOU FEAR THAT YOU ARE NOT GOING TO CONTINUE. THE PURPOSE OF THIS CLASS IS TO WITHDRAW FALSE INFORMATION THAT YOU HAVE ABOUT YOURSELF WHICH CAUSES FEAR. YOU FEAR FOR THE EXTINCTION OF THIS TEMPORARY HOUSE YOU WALK AROUND IN.

YOU THOUGHT THAT YOUR HOUSE WAS REAL, THAT WHEN YOUR PHYSICAL BODY WAS NO LONGER ANIMATED AND WALKING AROUND, YOU DIED. YOU DON'T DIE. YOU THOUGHT YOUR NAME AND EXPERIENCES WERE REAL. UPON EXTINCTION OF THE ENERGETIC ANIMATION OF THE PHYSICAL BODY, ALL THAT YOU CALLED YOURSELF DISAPPEARED. BUT

ALL IT WAS WAS A COLLECTION OF THOUGHTS AND IDEAS THAT THIS BODY HOUSED FOR A WHILE, BUT YOU DON'T TAKE IT INTO ETERNITY.

THERE'S NO WAY YOU CAN DIE BECAUSE YOU WERE NEVER BORN. YOU DON'T DIE--THERE'S NOTHING TO DIE. THERE'S NOTHING TO GO INTO ETERNITY--NO BIRTH, NO DEATH. ETERNITY HAS NO BIRTH NOR DEATH. THE REASON THAT YOU ARE AFRAID IS BECAUSE YOU'VE IDENTIFIED WITH YOUR NAME AND EXPERIENCES AND YOU SAY, "I WANT THEM TO CONTINUE!" BUT YOU KNOW THEY WON'T.

YOU'RE SURE THAT YOU'RE YOU. I TELL YOU YOU DON'T EXIST. THE FEAR OF DEATH WILL VANISH--AND CAN ONLY VANISH--WHEN YOU KNOW THAT YOU WERE NEVER BORN!