

GEMS OF WISDOM.....by Vernon Howard

While there is no you who can rescue you, there can be an impersonal awareness of the rescuing process. The rescue is complete when the awareness is complete.

Your silence cannot give out its wisdom as long as your mouth is giving out its nonsense.

When you quietly admit that you do not know a particular answer about life, notice that you now know your ~~XXXXXXXXXX~~ emptiness. This kind of knowing changes everything.

You hope for a miracle in your life. It is possible for you to experience a real miracle. It happens when you hear your silence speak.

The problem is not that you have it but that you are not outgrowing it.

Tell a woman fifty times that you like her, after which she will pause three seconds and then ask, "Yes, but do you still like me?"

If you were really as strong as you imagine you are you would have no thoughts at all about your strength.

Has it ever occurred to you that you are on a collision course with yourself?

People like to claim they have no hatred in them, which means a main hate is to see and admit their hatred.

If you are what you think about all day long, what are you?

Sorry, but I don't permit your nonsense to judge me.

You have your friends and your finances, you have your activities and your tomorrows. How pathetic that you have everything but your own life.

I will give you a guaranteed method for keeping yourself dull and dejected: Just find pleasure in another person's real or imaginary mistake.

When something that is not of your world begins to change your world you will know it, and know it surely and silently.

Your wrongness is your present idea of happiness. Try to see how it is wrecking your life. You have one real chance. That one chance is to find yourself wrong. Never forget the first sentence of this paragraph, which is, your wrongness is your present idea of happiness. Replace that idea.

Vernon, you said that one day this inner work would be a lot of fun. Vernon, I'm still waiting.

If you want to know why things are the way they are it is because things are the way they are. If you try to change the way things are you will just keep them the way they are. Knowledge of this changes the way you are, which places you in a new and commanding relationship with the way things are.

I annoy me.

You really have only one problem--you refuse all the clear evidence that you are wrong. Change all that. Just now, the most important thing you can be is to be wrong. Be as fearful as you like of being wrong, but be wrong, just be wrong. It is not wrong to be wrong; it is right to be wrong, and it is also healthy and liberating.

Weakness invites contempt from weak people.



Only noise makes mistakes. Silence never makes mistakes.

The guaranteed way to be through with it is to go through with it.

The devil is a raging worry to himself and loves it. He therefore works fiercely to make you think that you have worries so that he can continue to masquerade as you. Your detection of this trick frees you of both the devil and his worries.

Stupidity consists of not seeing the danger you are to yourself and others.

An inconsiderate person does not see how much unnecessary work he selfishly piles on others. Not seeing this fact he hurts with disbelieving indignation when told about it.

One cruel trick of a sick teacher is to take a harmful human trait and use clever words to make it appear to be a healthy characteristic. This succeeds in popular lectures and articles because this is what most audiences want to hear. For example a sick teacher declares that shyness is a type of modesty, a form of consideration for other people which lets others do the talking. The fact is that shyness is a form of unwholeness, and a million words of deceitful flattery will not reduce the shy person's pain one ~~XXXX~~ bit.

I didn't know there was a law against ignoring someone you don't want to talk to.

Once seeing that something is truly natural, you can stop right there; you need not go on to decide whether it is good or bad. Naturalness contains nothing of the usual kind of human goodness or badness, being neither a hawk nor a dove, but only flight itself. Now your mechanical mind will probably ask what is meant by being natural. I expected that common question. The fact that you ask that question means that you would rather ask about naturalness than find it.

Truth will show you what to do with yourself every day just as soon as you no longer know what to do.

Dear Boy Friend: No doubt you remember that last night I gave you a kiss. I hope you realize what this means. It means you must marry me and support me for the rest of my life.

Here is the difference between mental sickness and spiritual health: Mental sickness dramatizes human suffering, which makes it incapable of offering the cure. Spiritual health understands human suffering, which qualifies it to present the cure.

The reason there is so much wrong with the question is because there is so much wrong with the questioner.

If you want to know who you are not, you are not your biography of yourself.

I falsely love what I see because I falsely love what I am. I see only what I am. I am only what I see. When seeing through the net of ideas stops, inner division stops.

You are terrible, but happily for you, you are not you.

If you really understand human nature you will know everything needed to know to live skillfully in this world. But if you merely pretend to know human nature you will be the helpless victim of people and events. Now do you think it worthwhile to really understand human nature?



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If you have no spiritual initiative of your own you will unknowingly try to steal initiative from those who have it, but you will go nowhere and you will feel your emptiness.

If you don't conform to the way things are you must suffer from the way things are not.

My dear friend, for the last several minutes you have talked steadily to me about yourself and your activities. May I ask you a question about it? Might it occur to you that I have no interest at all in what you are saying? Or does your sickening self-centeredness prevent you from seeing this?

My rights consist of ignoring your idiocy when you scream for your rights.

The secret of spiritual success is to repeatedly let the house collapse on top of you so often and so watchfully that you finally see that there is neither a house to collapse nor anyone for it to collapse upon.

No matter how stupid the activity, self-interest always calls it intelligent.

There is one question you can ask a person that determines whether or not he has a chance to be different. That question is, "Are you a confused human being?" If he answers yes from his heart he has a chance. If he lies and says no, or if he answers yes while thinking no, he has no chance at all.

Do-gooders are do-badders.

You are trying to reach the place where you can say, "No one can hurt me now." Trying to reach it prevents you from reaching it.

I know a man who changed his name in hope of changing his fortune. Well, I know the perfect change of name for some of you. Call yourself Mr. Perry Noid. Or, if you prefer, call yourself Mr. Cy Kopath.

Remember, there is nothing wrong about something being true.

Your repentance is false if you ask only for forgiveness. Your repentance is true only if you ask for both forgiveness and enlightenment.

Lostness does not know it is lost, which is why a lost person has neither understanding nor interest in his lost condition. Only awareness of his lostness can arouse a person toward finding himself.

The world is out to get you all right, but if you are not the you the world thinks you are, it cannot get you.

When the unreal condemns or praises the unreal, everyone gets sick.

Don't expect immature minds to be interested in mature topics.

An insane human being wants you to doubt your present false position so that he can replace it with his own self-serving false position. A sane human being wants you to doubt your present false position so that you can replace it with the effortless ways of sanity.

My worry has nothing to do with me.

Teacher, help me by making my daily decisions for me. Student, I will help you even more than that. I free you to develop inwardly by letting you make your own daily decisions.



The fact that you do not know is not your main problem. The fact that you do not know that you do not know is not your main problem. Your chief difficulty is that you do not know that you do not know and a hostile spirit in you insists that things remain as they are. How weird and how pitiful. You worship your own ignorance.

When you don't know what to do, do nothing, for that is something..

Know that distress and disappointment are states of stupidity and nothing else. Do not trust them. They have no intelligence whatever in them; they can only lead you astray. You are very foolish in being lured after their ~~XXXXXXXX~~ frantic shrieks. They shout that they are right, but they are always wrong and wrong for you personally. Do not follow the deceitful lures of distress and disappointment.

The world is simply an immense insane asylum, and there is no difference between the patients and the doctors.

It is right and natural, not weak and irresponsible, for a woman to want a man to take care of her.

Please tell me something. If I were to describe your actual mental condition as it operates in secret, how would I describe it? Once again, if I were to describe your actual mental condition, how would I describe it?

There is something seriously wrong with you. There is no way you can deny that fact. So does it make sense to refuse to do something about it?

The habitual mind cannot know of the existence of the alternative to the habitual mind.

The time-self does not have everlasting life, the timeless-self does.

Happiness consists of knowing the answer to the question, "Who is this defeat happening to?" The answer is, "No One."

One day you may meet an old friend and say silently to him, "You don't know it but you are ~~XX~~ not talking with the same man you used to know."

To wake up means to no longer unknowingly toss coals onto your uncomfortable inner fire.

Noise has no poise.

The it in you is doing all those things that are done in your life. The it performs all your actions, no doubt about that. The only way to tell the difference between the good things and the bad things that are done is to take the you out of the it. Then, once understanding the mental it you will do everything only from the cosmic it, which is the naturally flowing action of Reality.

If you take, you will have less. If you give, you will have more. This is spiritual law. This higher kind of giving will be easier understood by thinking of it as release. You release your old nature, which in turn causes the releasing and the giving of the new nature. In this higher state there is no personal giver and no personal receiver; there is only the natural and healthy giving of the Universe to itself.

The burning feeling of hatred is the hater's idea of happiness.