

EXERCISE GIVEN BY VERNON HOWARD

When you begin to see that you have created your world in your own image, it will shock you. Here is an exercise for you - when you are pained (I can't begin to tell you what a marvelous change this will make in your life) - every time you feel pain, agony, hurt - instead of thinking about the pain which you now do, you will do something else -

- when you think about it your attention is directed toward the pain.

From now on, each and every time you feel a pain, a disappointment, a hurt of any kind, from now on instead of thinking about the pain, you are going to think about something else -

- you are going to think, "I don't understand the pain."

Just think - there is a demon there, something that is lashing at me, and it hurts, doesn't it - but you are not going to get a false pleasure from the pain, you are going to go to the right department and say, "I don't understand that pain." THAT'S IT!

Then you never ever have to think another thought about the agony you are experiencing. You are through. You have done your part.

I HAVE GIVEN YOU THE WAY OUT.

God himself has just come to your rescue. This is what is authentically religious. God himself says, "Don't think about and swim around in the pain. Simply sit back in your chair, relax and say, 'I don't understand the anguish that is terrorizing my system'".

If you don't understand it, there is nothing you can do, is there. DO NOTHING.

When you complain and cry and moan and groan and think "How did I get into this mess", etc., nothing will change. With this exercise, you are putting yourself in a entirely different department and you will get the products that that department has ready for you.

Do you want the product of not having to make worried decisions all day long? Just say, "I don't understand" - that crisis that came up. AND STOP. GO THROUGH YOUR WHOLE DAY NOT UNDERSTANDING IT.

It is your spurious understanding that got you in your inner mess. Don't be afraid to have no intelligence of your own. God is willing to make the grand magnificent substitute for you. God gives you his life in exchange for your life.

The majority of people sell their souls to the devil all day long.

If you are willing to say, "I don't understand anything at all about my life", your false understanding will fall away and in its place will be the insight from Heaven itself. That insight from a very high place is all you need for this world and the next world.