

## **The Reason You Resist Truth**

An excerpt from a talk by Vernon Howard  
given on 09-13-78, Side 1 at 13 minutes.

We understand the reason why people won't give in to truth, won't give in to something higher than their own sanity, their own sickness.

The reason for this is – for anyone in this room or anyone else – the reason you won't listen to anything that is higher than your own sick mind is because you are afraid of death. Next step.

The reason you resist truth is because you are afraid of the death of your insanity. Now follow that. You fear more than anything in this world the death of your insanity.

Are you following? Do you know what the next step is?

You fear the death of your sickness and insanity because this is the only life you have, and you are afraid that if someone takes your violence away from you, your hatreds away from you, you're afraid of nonexistence.

Now carry it still deeper than that.

The nonexistence you fear is the nonexistence of your sickness.

You don't know who you will be, how you will behave if you don't hate someone ten times a day as you now do.