

## **What Will Happen To Me When I Die**

An excerpt from a talk by Vernon Howard,  
given on 06-01-79 at 22 minutes.

Student: Vernon, what happens to people that never have exposure to this class, this forum, or spiritual books of any kind?

Vernon: What happens to them? They cease to exist. They never existed in the first place. I just mentioned that. They exist only in – all right. Let's see how many ways we can put it. The vast majority of human beings exist only – first physically. There's a physical body there. They exist as a *thought* about themselves and then that thought can go into all sorts of varieties.

They exist as a nice person which means they are not nice. They exist as a person whose really going somewhere in this world. They exist as someone who is scared now but when they go to church they won't be scared anymore.

We consist – people consist of tens of thousands of thoughts, of *ideas* about themselves. Thoughts and ideas, therefore, constitute the present "identity" – quote marks – of that person. Thoughts are born, appear briefly, and fade out. Do they not?

Now the only way a person can keep his hope going, his delusion going is by staying in a state of psychic sleep and permitting all his thoughts to come up, to go into a certain channel that recreates his accidental identifications of himself over and over and over until he comes to believe in the lie about himself that he has built up.

Upon death, the mind ceases to function, therefore – as thought. His thoughts – therefore where is he going to be recreated?

Is it clear to you that if you are going to live in eternity you can't be a thought person? Because when your mind dies and thoughts don't recreate themselves, what happens to you?

Well, I told you you never existed in the first place except as thoughts *about* yourself. So when the thought ceases to be at death what happens to you? See, even the question is wrong. What happens to me after death? You never existed while you were alive.

If you understand that and you abandon your thought-self by understanding the whole thing and have the courage to get rid of all the false notes. To get rid of these over and over hardening of the kind of a person you are. You know, "I want my life." The whole confusion.

When you die while you are still alive in the physical body then eternity lives on, God lives on, and you as a part of God – look. Already you can understand this. This will all make sense to you.

You as being a part of the Whole Essence – capital W, capital E – Whole Essence then you live eternally but yet not *you*. Because you understood that you had no existence at all except in delusion. As you die to your delusion the essence lives on and don't you dare ask me to describe who you are after you die because that's an equal illusion based on your unconscious fear of dying. And you'll never understand it because you are playing a trick on yourself.

You want to continue after death and look how all the religious organizations and all the phony philosophies play right into the hands of people by telling you who you are going to be and what you are going to be after you die.