

How To Go Beyond Thought

An excerpt from a talk by Vernon Howard given on 03-10-84 PM at 5 minutes.

(Note: The first five minutes of the talk, the story of Simpleton Q. Sheepish was not transcribed.)

Thoughts, wild thoughts, blocking thoughts, careless thoughts, unconscious thoughts, are blocking every good you could have. You don't know that. Don't you think all the time and wonder why you're missing out? You come to these classes and you hear the possibilities of you living another way, feeling another way – plain old feeling good.

You don't know what it means to feel good. You know what it means to feel excited, to feel thrilled over something, or to feel laughter or feel a certain sort of sadness which you love to feel.

You don't know what it means to feel good, and I'll give you a brief description of it and then you have to find it for yourself.

To feel good means to not feel bad. Now all you have to do is get those blocking thoughts out of the way – with all their emotions, and be aware that something is trying to reach you.

What is trying to reach you is something that is not at all part of your very lonely state. I know you are lonely. I don't care whether you're married, have children or family or lots of friends and activities. I know and you know that you're very lonely. Loneliness meaning isolation. Being cut off from who you really are.

You must give more attention to the wastage that you incur in your life by doing nothing but thinking. And you go nowhere and you still have the nerve to wonder why the rescuing sheriff doesn't come out and give you the good news you want.

You can't figure it out. You don't have to figure it out any more. You just have to listen to what I told you and understand that your lack of understanding about the overwhelming thoughts that rule your life – understand that that is the entire problem.

Get thoughts out of the way, use them only for the necessary things of daily life and for storing up spiritual facts. That's good. There's two good places for them. Doing your daily business and storing up spiritual facts.

If you used your mind only for that, the road would always be open to the intimations, to the revelations of something that is good for you that will take away your isolation.

Oh how strange it is that men and women can *seem* to be so happy, can *seem* to be so occupied. Look – let me tell you something – physical occupation and activity mean nothing as far as the spiritual life is concerned.

Motion by itself is empty. You know that. You are always going places, you're always doing things inside your mind. You are always feeling something, always going some place emotionally and nothing ever satisfies.

Now, that means there has to be something different from you trying to think away your isolation, your apartness. Why don't you see and you must see conclusively once and for all, there is no point whatever trying to feel complete by adding *thoughts*, by using ideas, by turning things over in your mind.

Nothing outside of you happens when you only think. Thoughts go nowhere as far as your spiritual life is concerned. They go horizontal, not vertical.

The beginning awareness that thinking, ideas, beliefs, so-called convictions, opinions are not going to do it, will face you with the necessary crisis – where you're going to have to face the very fact that the way you operate now is only going to keep you the way you are. No change, no uplifting, no banishing of the sense of isolation.

When you have so courageously faced that *fact*, that you cannot go anywhere upward by thinking about it; when that has been faced – thought ceases – except for practical operations where it should operate.

And when thought ceases you understand all the time what you have been doing. And when you see what you've been doing all your life – trying to do the impossible – oh how fast you want to go beyond the original hint, suggestion, revelation that you can't think your way out.

I had a phone call the other day from the whole world. This is the whole world represented in this one little phone call. This lady represents what we are talking about. I answered the phone, said, "Hello." And the lady started off saying, "I've been using your medicine and," – and I understood she got the wrong number so I quickly jumped in and told her that. And she very shakily and nervously and unhappily – her voice showed it, of course – she apologized and I said that it was all right and we hung up.

See, the perfect – just a little example of someone whose life is so jumbled. She's drugged on life. You are drugged on life. She couldn't even make the right contact. Her fingers were so nervous she got in the wrong phone slot and phoned the wrong number.

You are always going to get the wrong number until you see that there is no point letting your nervous nature do the dialing for you.

See, you suspect that but you're afraid to face it because you're afraid to stop using the psychic telephone. You're afraid you won't to know next. It is essential, I have told you, I repeat to you. You must never, never know what to do next in your spiritual life. Because if you know what to do next, you will do it, and you will repeat yourself.

When you don't know what to do to make yourself happy, then you have stopped the wrong operations of your mind and in the cessation of ordinary ideas there is room for something else. And that something else does not include *you*.

That's the problem. See, you always want something to include you as the center of the operation. You've got to understand – and do it now – that thoughts that create you are false thoughts. They are destructive thoughts.

You do not have to be the thought-you. Try that one again. It is not necessary at all, in fact it is disastrous, for you to be your thought-nature. The nature that says, "I'm sad!" or "I'm so glad!" or "I'm going to go some place exciting."

Wherever you say "I", "me" and "mine" that is thought plus fantastic imagination and emotion working. Whenever you say "I" you have put yourself in a position where you'll never understand what you are supposed to, in reality, be doing with your life – because you have already settled it.

You've settled what you want to do with your life. And I'm talking to people right now and you know it and I know it. I'm talking to people both in person and on the broadcast, I'm talking to people who have decided what *they* want – the kind of life they want. You have also decided what kind of misery you want to experience now and in the future. You have settled it and you had better stop.

Try to understand what it means to withdraw yourself from your own life; to not care about the suffering self, the bewildered self. What on earth, please tell me. Now I'm asking you to tell me something. Why do you value and cherish and hug the self that suffers? You are and you don't see it.

It's the old story of you not at all being very daring, not being willing to see what happens as result of a spiritual experiment by which you no longer recreate *anything*. Not of five seconds ago! I'll give you an example. Now I want you to work on this. You *must* work on this.

Five seconds ago what happened? Well, you were embarrassed by something and a flood of emotion took you over and you're looking at the other people, them seeing that you did something foolish. That is one event of five seconds ago. You were terrified of something five seconds ago and you recreated yourself on and up through those five second. It happened five seconds ago but you recreated it and brought it up to the present, so you're still vibrating.

Understand *this* and I guarantee the light will dawn: When you have any kind of a harmful, lonely, horrible experience of any kind, you can know what happened to you right at the moment that it happened to you and escape thought.

Escape thought means to escape the past, means to escape your self-created neurotic nature, means to escape all pain. It means to be fresh any second that you want to be fresh. Now this is very important for you to understand and I want to go over it.

Let's say during the course of just one hour that you had several painful experiences, embarrassing ones, uncomfortable experiences. Let's say five within one hour. Each time that you had one of those experiences – which happened because you were asleep, by the way, and living on the level of the intellect. Each time that that lonely afraid experience happened, at that moment that each of the five happened in one hour, you can become *new*.

The first one happens and you remember what you've learned and you want to be in a spiritual world instead of a mental one. And for that moment – right as the embarrassing experience happened – you *refuse* to take it! You are not going to be an embarrassed person any more – I don't care what happened to you.

You spilled your tray in the cafe and everybody looks at you – anything. I don't care what happened – anything. At the minute that tray down at the cafe crashes onto the floor, you are going to see yourself instantaneously with the crash of the tray on the floor, and you are going to know that something happened in the exterior world which is called by the exterior world a careless, foolish, embarrassing experience. But you are not going to behave anymore like you always did. First you look around to see who is watching you and criticizing you. You watch your own thoughts. How you start to criticize yourself and call yourself clumsy.

Enough of that! You've got to stop. You've got to break it and do it now.

The next time that platter – when the whole thing clashes to the floor, you're going to stay awake and you're going to look inside yourself and see the flood of forty, fifty years wanting to do to you what it *always* does to you – to make you feel idiotic, to hurt you, to take your feelings over, to make you worried about whether others are going to still approve of you or not because you're so clumsy. And worried about your

self-image of being a gentle person or whatever you want to call yourself – a careful person. You're afraid that image might vanish.

Why don't you *let* it vanish. That all images are pains and unnecessary.

All right. The tray crashes to the cafe floor. You stay awake for one tenth of one second and that is light that cancels out one percent of the familiar flood of self-reference and worry over the incident.

Because you're still a sleeping human being, but one who wants to change his nature, the second event within that same hour comes along to you. You blurt out something that you shouldn't have said and the minute you say it you clap your hand to your mouth and wish you hadn't said that. At the same second that you say it, you catch yourself right in the act of doing it, you let in the light of awareness instead of going into condemning thought about yourself and you slow it down just a little bit more.

Now this is called – this daily work. Five times in one hour and five times the next hour – this instant alert attention to *anything*. It makes no difference what it is. You can even catch yourself doing something that you call good and if you look at it carefully you'll see it's bad not good. Oh, what a revelation that'll be. A shocking one. But each time you are with yourself as the event occurs, you are canceling yourself, time, habit, pain, a repetitious life that you've led before.

Over a period of time, and now I'm using the word time deliberately and consciously because the physical self lives in clocks and calendars. Over a period of time, you will see for yourself – not from the books or tapes – the marvelous meaning of a changed nature.

In front of your own invisible eyes you see one self disappearing and something else that is not part of that self coming in to take its place. And now something that you've *heard* in these classes begins to get clearer and clearer to you which is this: You don't have to be you at all. As a matter of fact, you mustn't be you any more.

What is the 'you' that you now live with? You know it's nothing but junk and trouble and suppressed anxieties. You will suspect and see what it means to lose yourself in order to find yourself. Right in front of you is this transformation that is a real spiritual experience.

With that, something else – this new nature – begins to push out, knock out of your physical life, your emotional life, your mental life, begins to push out everything that has kept you an isolated and sad and scared human being.

The loss of yourself, the old self, automatically means the loss of everything bad that went with it. You toss out the whole mess. Knowing now that there is a power besides thinking, besides hoping – knowing that there is a spiritual force that enters your physical self, your psychic self, knowing that it is there, this is also the beginning and the continuing of a completely natural effortless confidence and wisdom that all is really going well with you.

Oh, I tell you, people live in imagination, don't they? Do you live in imagination that things are getting better? You couldn't believe it when you said it. That's because you were *thinking* it.

I'm not talking about you building yourself up, giving yourself a pep talk – that's the last thing. I'm talking about something coming to you that you made no effort to

create yourself but did one thing – you left room for it. You left room for it because you saw there was nothing else to do.

It is so important for you to stop trying to save yourself. You know what it means to be saved only as long as you stop calling in these sheep-like thoughts that are always blocking the path to rescue. You are afraid to do that now. I know something about you that you don't. I know that in back of the information that you have been getting in this talk, I know that there's a great reluctance, a great fear of *doing* what you know.

You know it's right and I know you know it's right but you won't do it. You want to be what you are and you refuse the grand experiment, the grand adventure of seeing what is beyond your present life.

I was reading an article – saw an article entitled, "Be What You Want To Be." Oh, how dreadful. You know what I'm talking about? That's exactly what you *shouldn't* do, is try to be who and what you want to be.

Who's the individual who's going to be different from what he is now? The same old person. The old recreates the old. Out of your very determination to 'be what you want to be' and 'be strong' and 'be powerful and command the world' that is self-deception which you go along with because you think it is essential. Again, it is essential for you to try to save yourself.

There is another source than you and your thoughts for your spiritual and eternal transformation. You will know what the *true* power is when you expose the false. Which is thoughts masquerading as *you*.

All right. And final few words here. You don't see it yet but I'm going to give you the facts of the matter. You don't at all need to be what you call 'you.' For you to continue to be what you call 'you' is the worst thing that could ever happen to any man or woman in life.

You were not put here to stay as you are. You were put here to become new, fresh, different, changed; to not be hostile, to not be afraid, to not huddle up inside of yourself and wonder what you're doing here on earth. You will *know* what you're doing here on earth because you will be pleurably, joyfully even, working at it every day. To instantly, at the moment of any crisis, to realize and even say – as best as you can understand it – "I dropped the tray in the restaurant because I was careless. I wasn't paying attention. I did something that was wrong because I was asleep. All right. I'm going to stay awake so that doesn't happen again."

And know what? Little by little, *all* mistakes will begin to dissolve. Little by little – not overnight. I used the dropping of the restaurant tray as a simple example. You find your example of where, all day long, you're now condemning yourself. You're now thinking that you can change yourself. You're now hoping that if you just use your mind in a slightly different way that something good is going to come your way.

When you make any kind of mistake at all from now on you're to know that you made the mistake and know that five times an hour you can start life all over. Five times the next hour you can be a fresh human being. You do that as best you can and one day you will know that it is absolutely true.

Then you will know who you are.