

No More Cup of Self; No More Painful Evil, Or They Didn't See The Warning Sign; Too Late – They Went Over

A talk by Vernon Howard given on 03-08-85

Evil hurts. Badness aches. You know that? You know that. Evil, badness must be ended as a presence, as a power, and as a punishment. Isn't that what you want? Isn't there something in you that does not want to be the puppet of your own darkness, your own wild wild life in general?

All right. Now I will tell you that if you want it badly enough, to the exclusion of all the other things you want, personal evil will depart from you, and then you won't be tormented and punished anymore. You will be a man or a woman who, by the grace of God, has escaped from what has controlled you all the time. Your cooperation with the plan of real deliverance is required.

The first thing you have to do is gain knowledge about evil. You already – in case you didn't know it – you already have baskets and baskets full of that knowledge. But you have to have it. You know very well how wicked this world is. You know it by everything you encounter. Everything you see out there tells you. Everyone is crazy; everyone behaves badly. Human beings don't even have common good manners in social relations. They're too nervous, going somewhere too important to them, to even know that anyone else exists.

You feel inside of you your own badness. That's knowledge of it. You know how often you accuse yourself of being a little hypocrite, don't you? Sure you do, because you know the difference between what you portray to others and what you really are. And you just hope they won't find it out. But why don't you find it out, that's the important thing, isn't it? We're talking about you having complete knowledge of human evil wherever it may present its ugly head, as they say. You must know it deeply.

Now, listen to this! I told you you already know a lot about badness, wickedness, viciousness. You know a lot about it, don't you? You have a lot of knowledge about it, don't you? Nothing changes. You can read about a thousand wars and crimes in books and you can see your own inner wars all the time. Loads of knowledge, tons of it – and your personal evil doesn't end! You know all about human sickness and you stay sick.

What's the problem? I'll tell you what the problem is. The problem is that you don't understand that knowledge by itself does not eradicate evil. I say it is necessary and you have to face what you're like inside, but ponder that a little bit before I go on so you don't miss it. It's a stupendous revelation. Let it be one to you.

The whole world knows, senses, feels, and suffers from its own wickedness. You do. Everyone else does. So, plenty of facts, plenty of evidence right in

front of us all the time and that evidence is right in front of you all the time and you don't change and neither does anyone else. Nobody else changes either.

All right. Now, have you got it fixed in your mind that just knowing that the world is mauled by evil doesn't change a thing? And you can continue to read a whole library full about all the variations and aberrations of sick human minds, and you could devour those tens of thousands of books and still be as evil and still have all the badness inside of you that is contained in the books.

Ah, now we're here with a definite aim in mind, and that aim is not to collect knowledge endlessly. That aim is not to say that we are free of evil simply because we read in a book that if we read a book you'll be free of evil and God will save you from evil. Something has to happen to you as an aspirant of the spiritual life in which evil no longer wants to live with you. A very definite – and I'll underline that word definite – spiritual happening must occur to you, after which there will be a falling away of your eagerness to snap at people. Where they'll be a gradual but definite disappearance of you living with hatred and living with hostility as a brooding way of life. I've described you, haven't I? You know, low-level, undercover, hidden, concealed hostility down there and it doesn't take much to set it off, does it?

All right. We've established a marvelous fact that knowing about human badness – your own and of others – does not change you. Doesn't turn you from sick to healthy. Then what does?

Something else. There has to be a blending, a fusing, a connection between the facts that you have accumulated about human badness, a fusion of that with something else. That something else that must connect with your knowledge of badness is your knowledge that you do not have a separate self!

Oh, we have just brought something together that when you see it, something will flare up in the right way. A flare up of light. You'll understand and that will begin this miraculous process of badness no longer wanting to hang around you, because you are no longer making it welcome because something in you doesn't want it anymore.

Okay. I said to free yourself from the torment of evil, and evil is always a torment. It can't be anything else. To be free of your psychic headaches and your worries and your fears, you must connect your knowledge of human badness with the fact that you do not possess a separate self which can be evil all by itself. In short, you are not at all who and what you think you are. I'm telling you that. You think about yourself and you think you're that person you think about. You're not. You're not at all.

Here's your false invented personality, way of life, the way you talk, the way you think with your brooding hostility. Here it is. You know what that is? It's a cup. That false personality is a cup into which evil can flow into and remain intact. If you smash, toss down and wreck the cup of your invented self, where's evil going to exist?

Oh, you'd better think about this. Do more than that, better act upon what you're now thinking about. The knowledge that you are receiving higher type of knowledge now, because you see, we have brought in two things: something that is on the intellectual level, facts in the mind, now we're bringing in a spiritual process.

Evil has to have a place to live. Oh, where's your evil been living? You know the answer to that, don't you? I'm talking about you personally. Where has that pressure, that tension, that frustration – "I am going to get out of this" – where's it been living in you? You're the cup.

Your fury and your rage and your hatred of people and your wish for revenge, that's all part of the cup. That's what the cup is. You're the cup! If you ask reality to shatter the cup – which you must do – it will shatter it. Then where is evil going to live if it can't get into you? And what evil you have will fall away because nothing is going to hold it.

You now are holding yourself together, aren't you? The question is who and what are you holding together with all this fierceness? I just described it.

Ah, this is the way you are. I know that, you know that. Not here in public – at home! And when that bad letter comes, you call it a bad letter. You make it a bad letter. The letter isn't bad, you're bad. Then you get that tension and your face changes. You're glad no one's around to see that facial expression, or that clenching of the fist, or that verbal oath that you swore out. Aren't you glad nobody heard you say what you said? You heard it yourself whether you said it with your tongue or whether you kept it inwardly. That's the cup.

I hope you see with great perception what you have to do. And I've told you, you have to break it up, toss it out. Toss out the cup, then evil can't find a place to live in anymore and it goes away.

Now we have to find out why you want to be that receptacle for something that is making you absolutely miserable! That is robbing you of the easy poise of walking among people and walking through life very lightly and easily, not being afraid of what's going to happen to you at the hands of that event or that other person. If a man robbed your house or your car you would do something about it and yet inwardly you do nothing about it. You allow yourself to be robbed all the time.

Now I've given you some burglar protection advices so far. I've told you what you – not as a member of a group of people who have come here to learn, but as a very individual person who has to take home what you've heard and remember everything and see how exactly your mistake has been described.

Now I'll tell you why you don't want to smash the cup so that evil no longer has a place to live and torment you. You're so fond of the argumentative, hostile way of life and that cup has become so hardened, it's not just porcelain or glass but it's made out of very very hard steel. It's taken a few years to build it up but you've finally managed to make yourself pretty hardened, haven't you? Hardened and therefore an easy prey for any evil

that wants to come in and stay inside of you. Look at arguing now. Look at hostility. Look at the brooding hostility that we talked about and again see how common it is.

You listen to me. Let me ask you what's important to you. And I'll ask the world out there, "World out there, what's important to you?" Ah, come on. Not peace among nations or among communities or among families. Peace is not important at all. If it was important it would prevail. Because it's not important at all, it has no power at all.

Let's see. Peace is not important. Insight into the problem isn't important. No. Because if everyone on earth wanted insight into the difficulties they would solve it. Peace, insight's not important. Uh, decency and goodness are not important. People are not decent and they are not good, therefore they do not value it. Then what is important? I'll tell you and you'll have to nod your heads. I know you will. Virtue, godliness, goodness is not important to human beings, and I'll ask you to judge where you come in on this. What is important is arguing, which hardens the cup.

Ah, two warring countries after they've slaughtered each other long enough and bankrupt their countries and they're tired of fighting for awhile – they'll go back again – but they're tired of fighting because they live in opposites. They meet at the peace table and they argue for six months. And in that six months humanity is wrecked even more. They sit around that table and argue! There was one incredible peace treaty, speaking of peace treaties, where they argued over the shape of the table.

Now, come on. I've told you and I tell you again, never never mind if they want to fight and argue and quarrel and have a brooding hostile spirit. You are called to come out from among them. You are called to do the great work, to make the great discovery of what really is important for you!

Oh, we can change that a little bit. To find out what is really real, not the sham, not the hypocrisy, not the lies of doomed humanity, of doomed human beings, of people who have no place to go but to the so-called peace table then go back home and brag how they brought about the end of the conflict.

You are called upon to find out what is important for you, and you do that by finding out what is trash. To be evil is very trashy. To be punished by it, to be a slave to it is very trashy.

All right. I will ask you a question. Will you give up your love of an argumentative way of life? Just give it up so that you don't keep the cup in place. Give it up in spite of all your fears. You see, you argue because you think you have to. You argue for your rights, you argue that you haven't been treated properly. You're always – see you're always arguing for a self.

I told you there's no self there for you to have to do anything with. Nothing good, nothing bad, you don't have to fight to protect it. You don't have to shield it against other people who seem to be attacking your good name. You don't have to protect who you really are and you don't have to protect it against the advances of time.

Ah, that hit you somewhere, didn't it? I know it did. See, you die your hair. Does that stop time? You go to the beauty parlor. Does that stop time? And you work out down at the Gym. Does that stop time? Why, you're doing something impossible, no wonder you're frustrated. (Laughter) Always, always arguing!

I am going to tell you a story about an arguing couple. It was a husband and wife. How many of you married people have ever known your neighbors – husband and wife – to quarrel? (Laughter) Your home is okay, right? They were quarreling.

All right. Husband and wife were on a highway and they were quarreling, fighting with each other, which was a habit which they enjoyed very much. And they were on their way to a business conference. All they thought about was money making. That was their life. That's what kept their cup of false human personality in place and which got filled with evil afresh everyday until it flowed over onto everyone they met. Evil spreads, flows over. You know that.

So they're on this highway going to a big business conference and they were arguing over how much they should invest and how they should play their cards in order to come out with more money than they had before. That was their life. Their thrill was to make five dollars more. That was their big thrill in life. That's where they lived.

But they saw they were a little late. They were driving so slow in arguing that they got behind schedule so they saw a sign that said "Shortcut." So they turned off the road and went down the road and it got bumpier and bumpier and bumpier. They never noticed that that shortcut was taking them away from where they wanted to go. They didn't notice the bumps got increasing bigger and more jolting as they went along.

See, there's a great truth right there well worth discussing a little bit. You, because you're arguing with life and demanding and claiming and worrying – hostile – you don't notice the bumps. You don't know you're headed in the wrong direction. You've got certain aims that you want like proving that you're right.

See, when you prove that you're right, you prove you're wrong, right? Try to prove you're right, you'll prove that you're wrong because there's no person there, no identity there that you have to prove right. God is right. God is right. That's all you need to know. God is right. That's all you need to know.

They went along, the road got bumpier and bumpier and they didn't see the warning signs that told them wasteland ahead, vicious animals, bumpy roads all the way. They didn't pay any attention to that, they just fought with each other. The man would take his eyes off the road just – you know – long enough to look over there and fight a little bit, and then back again. They were so engrossed – they were so engrossed with the love of their evil that they didn't see the last warning sign.

You know what it said? There's a last warning sign in every human life, by the way. We in this room are learning to see the signs early, before it gets

too late. We want to become sane before it gets dark. We are doing it, by the way.

They were so mad, so crazy they didn't notice the darkness. They didn't notice the darkness. They didn't want to know it was dark; they were having so much fun fighting and calling that the light. They didn't see the last warning sign that said, "Warning: Bridge Out Ahead." Too late – they went over. They crashed. He put his brakes on too late. You know it's too late once you go past the warning sign. The bridge is gone and down you go.

Now look. I'm talking right now about your little mishaps. You go past the warning sign many many times in every twenty-four hours. Oh, that's why you get in wrecks. That's why you feel hurt. That's why you get your feelings hurt, because you didn't pay any attention.

Have you ever been on a physical shortcut? Gone somewhere? You said, "I'm going to save a half a gallon of gas." And so you turned off and the shortcut proved to be the long way after all. I'll tell you – I've given you an example of what a foolish shortcut is: a feeling you haven't been treated fairly.

Now come on. Listen. You didn't hear what I just said. I said one of the false shortcuts that gets you in danger is you feeling that you haven't been treated fairly. Question: Who is feeling that?

Come on. You're all angry. You got involved with that person and you don't know how to get out of it and you're trapped, tormented. "How do I get out?" And you feel sorry for yourself. You feel, "Life hasn't treated me fairly." The reason you got into that mess is because you were quarreling within yourself and with everybody else so that you made that mistake.

Now the best way to keep making more mistakes is to continue to live in your time-torment. That is, do the wrong thing when you find yourself inside the trap, inside the cage. It didn't look like a cage when you walked in, did it? Had nice food set out on the table there. There's a handsome man there or a pretty girl there in the candle light and the pretty music. Didn't look like a cage then.

That proves that you're not very intelligent, that you don't know a cage when you see one. Little by little, the candles went out, huh? The food disappeared. Instead of the fifty dollar dinners – something from the nearby supermarket. And you wonder how it could have happened to you.

I'll tell you. It didn't happen to you at all. It happened to who you are not. It happened to who you are not. Not to you! That's your problem. You think it happened to you. You're not you. I tell you that and you don't get it! It happened by being caught in the trap, and there's the dishes to wash instead of the dishes to dine off of. (Laughter) Ah, you ladies reacted to that.

You are going along the highway not noticing the bumps and not noticing where you are going because you wanted to argue. And you wanted to argue with yourself. For example, to tell you that you're doing the right thing. You're never doing the right thing if you ever have to argue about it,

if you ever have to convince yourself.

I've given you so far a marvelous way to be a new kind of a human being who knows a bump when he feels one. Who can read a warning sign when he sees one. And your great aim in life will be to back up and turn around and get back on the main highway where there are no more bumps. But you – I keep telling you – you're not tired enough. You still want to fight.

Look. There is no need for you to ever ever to be sad, distressed, argumentative, hostile. There is no need for you to ever do that again, so stop it right now. Stop it and see the miracle that happens to you.

I'll tell you how to make it. How many would like to know how to make it? I'll tell you how to make it. Don't you ever listen to anyone who says you can't make it. That's it. That's it. Don't you miss that. How do you make it? You will never again listen to anyone or anything that says you can't make it. You have been listening to the false prophets. You've been listening to yourself.

Haven't you been listening to yourself? Which self have you been listening to? You know very well which one. You've been listening to something that has been lying to you. You've been listening to something that loves to keep you sad, that loves to keep you on that bumpy road. Why are you going along with a vicious traitor?

You own your own life. Here's what I mean by that. That's your car. You can turn around any time you want and you can start to drive away – you can start to drive away from the way you now feel. And I don't care one cent what your present circumstances are! I don't care who you're wrongly involved with! I don't care how you feel trapped. That has no meaning. You want it to have meaning because you're lazy! Because you want to argue and say, "Why did that man do that to me, that woman? This is a vicious world."

Yeah, you've got the knowledge of it but you won't give yourself up and go beyond that knowledge. You won't destroy the cup. Why are you limiting God? You do it because you're thinking from the intellect, which always has severe limits, which can only collect knowledge and not do anything more than that. And that's where you'd rather stay.

You know, have you ever noticed throughout your life you'd like to have a nice friend, someone who's stronger than you are? You never found him really, did you? (Laughter) But you thought at the time you were. I'll tell you, the Supreme Power, Truth, God, that is the only friend you'll ever find. And God himself says to you, "If you will let go of your present life, what you call your present life, if you will let go of that, you'll know what it means to have new life."

Take a break.

Ponder the following: No more cup of self, no more painful evil. No more cup of self, no more painful evil.

Good night.