

INSIGHTS INTO LIFE.....by Vernon Howard

When a truly mature man has sex with a woman it is the same with him as if he had lunch with her. Afterward he casually remarks to the woman, "That was very nice"---while referring to either the sex or the salad.

One evil loves to pounce upon another evil in an effort to trick people into thinking that it is not evil. It usually works because foolish human beings automatically believe that only goodness denounces evil. It seldom occurs to the limited thinking of most people that evil delights in condemning evil.

If fierce dragons constantly appear and disappear in your life, your own mind is the mad magician.

I am not yesterday.

Never tell vultures what you plan to have for lunch. If you tell them you are having cole slaw they will swoop down and corner the cabbage market.

Inner liberation can be described as a condition in which you no longer take either credit or blame for anything.

Your unhappiness consists of what you cannot be told about yourself.

In the entire history of speeches and lectures and sermons there has never existed a good and a brave audience. An audience of hearers is always weak, always cowardly, always violent and always wrong.

The only sane thing to do with the world is to let it struggle with its own problems. You can do this only when seeing clearly that the world prefers to struggle painfully with its problems, never really wanting solutions.

I don't know a more relieving statement than, "I don't know."

You will be rescued from yourself upon one condition. The condition is that you endure being called what you actually are inwardly. Rescue consists of going beyond your habitual and hostile reaction to being called what you actually are inwardly.

If you lose something wrong you will find something right.

A reminder: You are not here on earth to live up to the expectations of others. You are here to develop into a whole and happy human being.

It is easy to bear the sorrows of someone else.

A foolish rabbit entered the den of the king of wolves to complain about his vicious treatment from other wolves.

From time to time you will hear someone starting an accusation with the phrase, "But you told me...." When hearing this, know that you are hearing someone who demands that you think for him, but who is eager to blame you when things go wrong. Beware of weak and revengeful people who accuse, "But you told me...."

If you love, you don't.

You need not complicate your definition of Truth. Truth is simply what remains after human delusion has been removed through self-insight.

A powerful question: How can you discover the reality beyond fakery unless you dare to venture beyond fakery?

A sickly is very grateful to another sickly who gives him something to be sick about. For example, a rude person eagerly awaits another rude person's sarcastic remark, after which they fight with grateful enjoyment and destruction.

The intellect angrily fears its dismissal as the hero of the universe. The very knowledge of this helps you to get on with its dismissal, which makes you sane and happy. What you have just heard has no meaning whatever to those who insist upon remaining insane and unhappy.

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The way to inner success is utterly simple. Just do what is unpopular but right.

You delay your inner advancement by failing to recognize both active and passive violence. You can now only recognize active violence, as when one man physically strikes and injures another man. You must equally recognize the passive violence in the wife or mother of the actively violent man who are silently pleased at the brutality and injury.

You hurt people outside of you because you hurt inside of you.

My so-called independent decision consists merely of my dominating desire of the moment.

Each time you admit to yourself that you were wrong about something you become right about something and instantly win the resulting reward.

Human beings almost always prefer familiar errors over unknown truths.

There is great wisdom in asking, "How can I get out of this?" There is even greater wisdom in asking, "How did I get into this?"

Only an insane mind tries to bring peace between two other insane minds.

The tormenting feeling of hopelessness exists only in a person who still thinks he must be who he thinks he must be. The agony of hopelessness falls away from anyone who really sees he need not be anyone at all in the eyes of himself or the world. Then, hopelessness is replaced by living with complete power and peace--a new kind of power, a new kind of peace.

He is the kind of man who wants his modesty known by everyone on earth.

Critical statement: "I don't like your plan." Reply: "I would be absolutely delighted to have the complete details of your superior plan."

Fifty years of internal damage done by the time-self is healed instantaneously by the entrance of the eternal self.

The professional experts in mental health are driving everyone crazy.

Only when you finally confess that you cannot win in your way will you start to win in the way.

One thing that you don't see is that you are seen through. Wrongly taking yourself as being real you foolishly assume that spiritual wisdom is under the same delusion. This leaves you helpless. So you must remember that only someone who sees through you can help you. But you must let your help help. It will pain your vanity, but the pain will finally pass. The sooner you submit to the lesson the sooner you will nicely feel right about yourself.

The purpose of this class is not to scare anyone, as most newcomers think, but to forever scare the scares away.

Since logic is a sure road to rightness, a wrongness-loving person will refuse to travel it. A spiritually-wrong person is incapable of even elementary logic, for he senses that logic will take him away from himself. And since he loves only himself, he must dodge and despise logic.

Hell consists of sensing that you cannot turn your lie into the truth.

The following is a definite spiritual law: Only when you are truly nice yourself will you attract truly nice people to you. If you have a mere idea that you are nice you will attract other people who also merely have an idea they are nice--and you will deceive and hurt each other.

All can be well because all can be understood.