

**An excerpt from a talk by Vernon Howard  
given on 10-14-78 PM S2 at 29 minutes.**

I want to give you a sentence then I want to comment on it. If you want to write it down.

If I live constantly with pain it will dissolve. If I live constantly with pain it will dissolve.

Now don't put your emphasis on the last part or you'll deceive yourself. I have to state the full facts of the matter. If I live constantly with pain – now you understand what that means. It means that I am not trying to escape it, I am not trying to do anything about it. I simply know that it is there. Know that it is there and do nothing about it. Cause if I do something about it then that activates a false solution to it.

As long as I stay with my pain and understand that I am the pain itself. I am the very pain itself. That very knowledge will begin to show me that it is not me; therefore, there is something other than that for me to have.

And when that happens – this is not an action on your part at all. Our part is surrender. Our part is yielding. And part of your yielding is to yield to the fact that there is nothing you can do about your pain because you and your pain are one thing. A man – a wolf with hydrophobia cannot cure another wolf with hydrophobia. They both have got the same thing.

When I see this very clearly it becomes so clear to me what I have to do that I do it. And what I have to do is to do nothing because there is nothing I can do. The seeing that I can't do anything about my pain, means that I see it so clearly that I give up and when I give up, I and my pain being one, then the pain gives up. It dissolves too. The death of me is the death of my suffering. The death of my suffering is the death of me.

Now go into action on that.