

Man Has Created The World In His Own Image, Or Say, "I Don't Understand The Pain."

A talk by Vernon Howard given on 01-05-85

Man has created the world in his own image. The nature of man and the nature of the society he lives in are exactly the same thing. What you are inwardly is what you experience outwardly.

Man – and women – in their un-development, in their pettiness, creates the kind of an environment, physical world, that they are then, of course, forced to live in. Whether they like it or not, they are compelled to live in a world of their own making.

Man has cement and he has nails and he has wood and he has ideas and he mixes them altogether and builds the kind of visible, physical world that he woefully inhabits. In his mix-up, in his infantile nature, instead of taking the raw materials of earth like nails and lumber to build what could make him comfortable here on earth, make him happy physically, instead of doing that, he, to repeat, creates the world in his own image and his own nature, his own image of himself being vicious creates the vicious world.

He builds institutions, big enormous buildings which have no meaning to them at all. All that goes on inside of those vast enormous offices, the financial office, the religious building, whatever, all of it has no meaning at all. It is simply a physical thing that looks good. And he builds gigantic guns and bombers and nuclear submarines. He takes the raw material and turns it into evil. Having built, having built the entire world according to his own evil he now suffers from it.

Oh, you would think that a human being would be able to look out and see the war, and see the burglar's tools and see that and say that is bad for me, that's bad for us. No, because he has no other way to think than from his own evil, he in his insanity assumes that the products of his evil are good. Therefore, the machine guns and the bombers and the burglar tools and the assaulting of other people becomes good things to them. As a matter of fact, man thinks his survival depends upon the physical monstrosities that he creates.

Having created them, having created them out of his own madness, he then admires them. Look what we have done! We have the biggest army in the world! Isn't that great! And underneath the surface, underneath the surface of their minds everyone is thinking, "Isn't it great! We have a monopoly on coconut oil." – whatever – "We have a monopoly on this product. Isn't that great? Look how powerful we are!"

Evil human beings, therefore, admire and worship the products of their own evil minds and hands. What do you expect from a world like that? But from a world in which everyone is at everyone else. All pretending that they're not in competition, while fierce competition is the way of life for them.

Now follow carefully the next point on this because this is the climax of this idea

of man building the world in his own sick image. Having built the insane asylums called financial institutions, called social reforms, called the League for Better Higher More Government, having created that he now plunges to the depths of his atrocious insanity and prays to it. He prays for deliverance from evil to evil. He prays to evil from evil. Is that, is that not about as far as you can go in madness?

Listen to, listen to this next sentence. Men all over the world in dozens of different nations pray to their big bomb to protect and preserve them from the other man's big bomb.

You, look, I want you to get this. I want you to see it as clearly as I do. I want you to see that human beings actually and unconsciously, of course, pray to that bomb, "Save us from the enemy!" – which man has created, of course.

Now you tell me, you tell me in a world which is dedicated to faster missiles, to bigger explosions, oh, to more cutthroat competition; get every penny you can from everyone else. Gouging the customer. Screaming for more profits, for more wages. What place does a person doing that have in his life for God? The answer, of course, is none at all.

There are hidden reserves within you undetected in which you unknowingly create, admire and pray to this world. Wherever you have an insecurity you create your outside world according to your fantastic and fatalistic notion of how that threat is to be removed. And now you build up, just as man builds external madhouses calling them reasonable places, you build up within yourself, not the physical world in this instance, but the inner invisible world where you are going to be protected.

Do you see the parallel? A violent mind is the big bomb. An attitude that you understand yourself already, therefore anyone who tells you anything different you can put the machine gun of your own mind and your own words against them.

The human situation is so horrible that thank, thank Heaven you only do see one little bit at a time, otherwise you would go crazy. It would be too much for you. You wouldn't believe it. Now you're protected. You're protected by your pillows. But I tell you and I have given you many many ways for you to – little by little – remove that pillow which cushions, which separates you from the full shock of understanding what I am talking about.

Having established the fact that the world outside is the same as the world inside a human being, having established that as an absolute fact which no one can argue about and no one can deny, you now, you now know why the external world is so bad. It is because human beings are bad inside themselves and they don't want to change. They have become an – and where do you enter into this statement? – worshipers of destruction and lifelessness.

See, observe physical violence. And understand of course that for every one physical violence there are a thousand mental violences. See how this violence is what people choose, what they prefer, instead of goodness, instead of God? I'm asking you to see the overwhelming authority that evil has in this physical world. I'm asking you to see it so that you can trace it back as a spiritual

student within yourself to see where you, in your own cowardice, are still agreeing with the sick world because you fear it. You fear you're going to be left out of something. Of the friends, of the companionship, of the income, of the extra money. You fear you're going to get left out. You fear, you fear you're going to get left out of the more violent ward in the lunatic asylum. You're afraid they won't let you in the nut house. Now what kind of a mind would think that thought? A mind that's already inside.

The violence in your own mind must be and can be observed by you from moment by moment and I'll give you a specific area so that you don't have too much generalities to think about. The complete madness and maniacal wildness of your mind must be observed in bedtime, during bedtime, when you start to fall asleep and when you wake up or you lay down to take a nap. Watch how your body stops but your emotions don't. Watch how there's a madman at the switch of the railroad track and the various switches on the railroad track. The train goes hurtling down the track, there's a madman at every junction where the rails veer off. Two, three, five rails and the switch, switch, switch, you switch back and forth. That wild ride inside yourself is what creates not only the evil exterior physical world but creates your fear of it.

You are, you are one with creation. If you create guns and you create burglar tools and you create physical things, it is because your nature matches them. And that nature which matches physical horrors, that nature will be completely, completely wild and you won't have any control over it and you won't know how to start changing it.

In here, in here, in this room, we give you the clue, we give you the start for you getting your own life back so that you no longer, you no longer love an extra five dollars. You no longer get excited when you see the world and you see the way its going. You, you no longer scream out in happy anticipation, "Let me in on it."

To call people sheep is an insult to the sheep. People you read in the paper, you see on the news, something that's exciting to the world – and the news reporters they know. Look, they don't want you to think, they want you to get emotional. They want you to take sides. They want you to get excited over what you see so that when you get excited you remain part of the madness. You're being led to the slaughter and you don't even know it. You don't know, you don't even know that news is propaganda.

I've never been inside a broadcasting studio or a big newspaper office where the high-powered decisions are made, but I know what goes on there. I've never been there but I know exactly what goes on there. I know who's seated around the table. Human beings who are the enemy of every other human being, including themselves, but madness does not know itself, does not understand itself.

I'm telling you to no longer want to get in on the excitement of the big guns and the big financial killing that you're going to make by investing in the right stocks or by buying up the real-estate over here and there. I am asking you to say the exact opposite. I am asking you to say, "Let me out of this excitement. You can have it! You can have the whole world! Take it. I don't want anything to

do with it anymore. Take it! Take it! Leave me out! I've had it." You've had it.

You've studied yourself going to bed at night and you laid back there with your head on the pillow. No longer any exterior distractions and you looked at your mind. You looked at it so long and so carefully, wanting revelation from it rather than the excitement from it. You laid back there on your pillow and gradually the mental dawning came and you know what causes every human horror you saw during just your few hours that you were awake. Ten, twelve, fifteen, twenty-hours you were awake before, you understand. And when you understand that very understanding becomes a major spiritual decision for you.

You decide that you are not going to take orders anymore from this world.

Taking orders from madness! From deceivers who don't tell you what they're doing to you! Of course there not going to tell you what they're doing to you with these enormous buildings, with these million member organizations. Do you think they're going to tell you what's happening back at the meeting, the board meeting, once a week in which they plot more destruction of you?

Ladies and gentlemen, you don't know what is happening! You don't see what goes on behind the scenes. And they know you don't know.

See, evil people in power, while evil has no real intelligence, it does have sneakiness. Everyone is a sneaky Judas.

They had arrived at the point of total abandonment of their own soul and they so worship and pray to power over other people. Power in the magazine, the book, the broadcast; power to manipulate, to deceive, to hurt, to kill. They have arrived at the abandonment of their soul so completely that they worship lifelessness.

They worship themselves and in that self-worship they get so excited over thinking that they have power, that they have – this is what they live for. I'm asking you to track it back again. I've told you about this business of wanting power over anyone, to hurt them, to make them feel good. Power of any kind at all. You don't need power over any other human being at all and you must not seek it. What you need is to know that you don't have to have power over anyone. I talked to you gentlemen last night about that.

Following spiritual orders is another thing. Following spiritual orders comes as a natural relaxed state in which you have gone through the process of shouting out, "This is as far as I'm going. I've seen it. I finally see what stupid gullible me never even suspected before. That an evil force, a malicious force, an insidious force is loose in this world and fooling everyone."

That nice kindly man is not nice and kindly. He is worshipping Satan because he is worshipping his next demand for a pay raise. He is worshipping his demand that you should vote as he votes. He's demanding that that woman should behave as he wants her to behave. He's demanding that his local club give him honors and make him feel that he has lived his life.

He belonged to the local club for forty years now and demands at every meeting – just being there is his demand that this group of fifty people or ten million people, that this group, this group, this club he belongs to demands, demands that they make him feel good. And what he takes as being feeling

good is a jolt, a shock, a charge to his egotism. He calls that feeling good. Which means he is totally insane.

The understanding of what I've told you will lead you into increased, increasingly dark places inside yourself. You will come face to face with ghosts and demons that you didn't know inhabited your haunted house.

It is very good, it is necessary, it is marvelous that these new demons and angers and hatreds have been exposed to your spiritual vision. That is good. Nevertheless, there is a stun, a period of you being stunned when you first see them.

All right, so you've been stunned. The question is what you will do with it next after being stunned by seeing the new ghosts. Most people, when they're told the truth about themselves that they're, to put it mildly, that they're tricky and a sneaky Judas, after the stun of it they get mad. You won't. When you get shocked by seeing these new demons which cause you so much pain, after this you will go into – after the stun you will go into – instead of going into anger you will go into wonder.

Wonder. See, now that suspends anger doesn't it. Wonder. When you're wondering you're not angry. What's this new experience? You know, I came face to face with the fact that I had been very mentally cruel person to other people. Even the waitress doesn't bring me what I want and I shoot a little small arrow of hatred toward her. It was small, I didn't see it, but it was there. A small arrow of hatred is a small arrow of hatred. It was there.

And you begin to wonder about it and all the other connections come. For example, you see that you, you have contributed to the world as it dreadfully is. Beneath the apparent contentment and peace and victory of the people you see in the street and your own friends and relatives, beneath that is a scared, cowardly, dangerous human being.

If you see that in yourself and you want to cut yourself off from your own dangerous maniac inside, that desire will extend itself outside and you won't want to do – have anything more to do with it inwardly or outwardly. The people who not only are inward maniacs but build buildings that are maniacs.

Sure! The physical building is filled with crazy people. It's a crazy building, isn't it? They've used it wrongly. A brick is neutral. You can build a nice place with it. You can build a place like this where there's – where the aim is to understand something instead of to destroy anything. People who want to destroy, by the way, have no – they don't care what they destroy. It's the nearest person, the nearest enemy that they have created. Just as long as they can get the thrill of it, the thrill of looking and feeling a sense of power. That's the Devil operating. And he operates in churches. Oh! Operates in churches. He's in control of them. And every other organization in the world.

All right. Now, when you begin to see that you have created your world in your own image it will shock you in pain. And now we'll switch to discussing pain.

And here's an exercise for you. Very valuable. When you are pained, from now on, here's what you're going to do. And I can't begin to tell you how marvelous a change it will make in your life. It will make you a good man, a good woman.

The next time you feel pained, and you feel it all the time, don't you? Every time you feel pain, agony, hurt, instead of thinking about the pain, which you now do, you will do something else.

But I want to cover the fact that when you're pained, your attention and your energy is directed toward the pain itself. You shake with a "Why do I feel this way? What caused this?" At the same time I want you to understand that you love being there.

From now on, each and every time you feel a pain, a disappointment, a hurt of any kind, instead of thinking about the pain, you're going to think about something else which will change everything with true spiritual magic. Instead of thinking about the pain you're going to think that you don't understand the pain! That's it! You're going to think, "I don't understand that pain." Now you're in another department.

You go to a big store and you want tires. You don't go to the bakery department, you go to the right department. Now you're in the right department. You just think, "Hey, there's a demon there. There's something that's lashing at me. And it hurts!" It does hurt, doesn't it?

All right. It hurts but you're not going to get a false pleasure out of the pain. You're going to, all of a sudden, go to the right department and begin to use your mind properly and begin to be rightly spiritual too. You're going to simply make the honest statement, "I don't understand that pain." That's it. That's it! When you say I don't understand that pain you never ever have to think another thought about the agony you're experiencing. That's it. You're done. You're through. You are through, you've done your part.

Remember when the anguish arose and you put your attention on it. You started talking to it and started talking about it. "Why, why did this happen to me? How did I get into this mess? Who dragged me into it? How could I be so stupid? They're not going to do that to me anymore if I can help it." But you know you have no intelligence to back up that statement. You're putting your attention and energy in the exact place which will increase its intensity and permanency the next time.

I've given you the way out. God himself – oh, isn't this beautiful – God himself has just come to your rescue. This is what is authentically religious. God himself says, "Don't think about and swim around in the pain, but simply sit back in your chair, relax, and say, "I don't understand the anguish that's now terrorizing my inner system. I don't understand it."

Now, if you don't understand it then there's nothing you can do is there? See, you still think there's something you can do. Which is to whine, complain, fight. If you don't understand, there's nothing for you to do. What you do is to do nothing. Now, now you are withdrawing your consent to the insane buildings and the insane factories putting up machine guns. Now you are withdrawing your life, backing out of the insane asylum.

Now you are putting yourself in an entirely different department, and since you are where the right product is, in this case, salvation – since you are in the department of the big building called total life, you are in the right department.

You will get the products that that department has ready for you. You have – you want the product of not having to make worried decisions all day long? You want that product? Just say, "I don't understand that crisis that came up. I don't understand." Now stop! Stop! "I don't understand." You go through your whole day, you go through your whole life not understanding.

It is your spurious "understanding" that got and kept you in your inner mess, your inner warfare. Understanding in quote marks because it's madness, it's not real understanding.

When you know that you have no intelligence of your own that is it! Don't be afraid to have no intelligence of your own, no integrity of your own, no goodness of your own, no wisdom of your own. Don't be afraid to have nothing at all. Be absolutely delighted that God is willing to make the grand magnificent substitute for you. God gives you his life in exchange for your life.

The majority of people sell their souls to the devil and kill each other in their minds all day long. God has given you a different choice. If you are willing to give up your life as you now live it, and give up your belief that you must continue in your life, as you now non-live it, if you are willing to say, "I don't understand anything at all about my life. I don't understand anything at all." If you are willing to do that, your false understanding, which is the same as being stupid and vicious, that will fall away and in its place will be the insight from Heaven itself. That's insight coming down from a very high place. Listen to me. That insight that you received by first giving something up, that insight is all you need for this world, for this world, and I'll use a time figure, and for the next world.

However, explaining the time reference, all you need is the soul, the true life that God will give you here and now on this earth. And since here and now is all that exists, that is what eternity is, and therefore whether you have a physical-self or you don't have a physical-self you will always have the one and only thing you need which is the gift of God, of his own spirit.

Take a break.

Here is an exercise to write down and ponder until tomorrow morning. Before I give you the sentence of the exercise let me point out that the two selves mentioned in the sentence are entirely different selves. The sentence is, "Self-absence creates self-presence. Self-absence creates self-presence."

Good morning.