

Vernon Howard Quotes

*Self, Mind, Men, People, Thinking, Inspirational, Hurt, Truth, Reality, Needs,
Trying, Spiritual, Life, Understanding, World, Running, Secret, Way, Happiness,
Simple*

A truly strong person does not need the approval of others any more than a lion needs the approval of sheep.

~Vernon Howard

Always walk through life as if you have something new to learn, and you will.

~Vernon Howard

Our freedom can be measured by the number of things we can walk away from.

~Vernon Howard

A cheery relaxation is man's natural state, just as nature itself is relaxed. A waterfall is concerned only with being itself, not with doing something it considers waterfall-like.

~Vernon Howard

You have succeeded in life when all you really want is only what you really need.

~Vernon Howard

No one on earth can hurt you, unless you accept the hurt in your own mind. . . The problem is not other people; it is your reaction.

~Vernon Howard

You cannot stop destructive actions by others, but you can stop your own destructive reactions to them

~Vernon Howard

Run forward when possible, walk ahead when you can, stagger onward when you must, but never cease your forward movement.

~Vernon Howard

We can accept God becoming Man to save Man, but not Man

becoming God to save himself.

~Vernon Howard

Be teachable. That is the whole secret.

~Vernon Howard

Happiness is not the acquisition of anything; it's the understanding of something.

~Vernon Howard

Every day that you attempt to see things as they are in truth is a supremely successful day.

~Vernon Howard

The need to impress others causes half the world's woes.

~Vernon Howard

It is against the law to permit weak people to steal your strength. Never permit it.

~Vernon Howard

Whenever encountering a troublesome person, do not identify him as being cruel or stupid or rude or anything else like that. Instead, see him as a frightened person.

~Vernon Howard

To change what you get you must change who you are.

~Vernon Howard

The only way to do something truly important every day is to seek to understand yourself every day.

~Vernon Howard

Worried thought prevents practical thought which could prevent worried

thought.

~Vernon Howard

Truth does not really hurt, rather it is our resistance to its message that causes us pain.

~Vernon Howard

Inner guidance is heard like soft music in the night by those who have learned to listen.

~Vernon Howard

A false path must be tensely and angrily defended by those it has deceived.

~Vernon Howard

Truth is not a matter of personal viewpoint.

~Vernon Howard

It is a thousand times more sensible to climb one foot up the mountainside than to chatter for years about the mountaintop.

~Vernon Howard

You can not escape a prison if you do not know you're in one.

~Vernon Howard

What you really want for yourself is always trying to break through, just as a cooling breeze flows through an open window on a hot day. Your part is to open the windows of your mind.

~Vernon Howard

Just be honest with yourself. That opens the door.

~Vernon Howard

The leap is made by dropping vanity over knowledge and by a

willingness to become nothing in order to become everything.

~Vernon Howard

See human nonsense as nonsense and save years of trying to make sense out of it.

~Vernon Howard

Our life-transformation is in exact proportion to the amount of truth we can take without running away.

~Vernon Howard

Healing fails to occur because it is much easier to injure another than to heal oneself.

~Vernon Howard

Don't look for someone in whom to believe. Believe in yourself. The only authentic authority is your own original nature.

~Vernon Howard

One false idea is that anyone can hurt you. Events can ruin your reputation, take your money, mistreat you, revenge itself upon you, deceive, betray, abandon you, but cannot hurt you.

~Vernon Howard

We must become acquainted with our emotional household: we must see our feelings as they actually are, not as we assume they are. This breaks their hypnotic and damaging hold on us.

~Vernon Howard

The reason why most people are frustrated is because a lie cannot be turned into a truth.

~Vernon Howard

You have it made when you don't care whether you have it made or

not.

~Vernon Howard

The miracle of self-healing occurs when the inner patient yields to the inner physician.

~Vernon Howard

Human sickness is so severe that few can bear to look at it...but those who do will become well.

~Vernon Howard

One of society's absurd delusions is that the spending of money can cure something.

~Vernon Howard

Can you think of anything more permanently elating than to know that you are on the right road at last?

~Vernon Howard

Beauty is only skin deep, but it's a valuable asset if you're poor or haven't any sense.

~Vernon Howard

Procrastination is illogical from every viewpoint. It is like the man who wanted to cross the stream, so he sat on the bank to wait for all the water to run by.

~Vernon Howard

A clear understanding of negative emotions dismisses them.

~Vernon Howard

Instead of fighting your problems, picture your way out of them.

~Vernon Howard

Pseudo-mysticism seeks to evade reality; authentic mysticism wants to live it.

~Vernon Howard

The search for truth is really a lot of good fun.

~Vernon Howard

We are slaves to whatever we don't understand.

~Vernon Howard

Remember above all that mental stability comes by examining the contents of the mind, not by avoidance.

~Vernon Howard

It is a true miracle when a man finally sees himself as his only opposition.

~Vernon Howard

Anger or bitterness toward those who have hurt you will block your path to higher ground. You can have anger toward people or you can have freedom from people, but you can't have both.

~Vernon Howard

If heaven existed as a physical building on earth, human beings would remodel it to make it right.

~Vernon Howard

The world consists of imaginary people, claiming imaginary virtues and suffering from imaginary happiness.

~Vernon Howard

Realize that the surface personality has no interest in anything which might disturb its darling delusions.

~Vernon Howard

Just as surely as distress must follow self-deceit, healing must follow self-honesty.

~Vernon Howard

Society is like a crowd in carnival costumes with everyone fearful that others will see through his disguise.

~Vernon Howard

The answers come when you are quietly willing to be without them.

~Vernon Howard

Inner liberty can be judged by how often a person feels offended, for you can no more insult a mature man than you can paint the air.

~Vernon Howard

Persistence prevails, like a stream that is temporarily blocked by boulders and then collects force enough to overflow onward.

~Vernon Howard

The terrible immoralities are the cunning ones hiding behind masks of morality, such as exploiting people while pretending to help them.

~Vernon Howard

Who asks a king for a penny?

~Vernon Howard

All heartache is caused by wrong viewpoints.

~Vernon Howard

You can end half your troubles immediately by no longer permitting people to tell you what you want.

~Vernon Howard

Your central self is totally untouched by grief, confusion, desperation.

~Vernon Howard

Genuine kindness is not what we do, it is what we are.

~Vernon Howard

Resistance to the disturbance is the disturbance.

~Vernon Howard

A person obsessed with the need to be happy will never be so. The obsession is the obstruction.

~Vernon Howard

When you are genuinely strong, you neither attack nor defend and so retain your energy.

~Vernon Howard

Change is never a loss - it is change only.

~Vernon Howard

Freedom begins as we become conscious of it.

~Vernon Howard

You must never fear anything at all.

~Vernon Howard

Learn to see things as they really are, not as we imagine they are.

~Vernon Howard

A perfect method for awakening is to examine the results of our daily actions. If they are harmful, we know we need more consciousness.

~Vernon Howard

As incredible as it sounds, an unhappy man does not realize that happiness is better than unhappiness. Knowing only his own concealed

anguish, he worships it, which is the same as self-worship.

~Vernon Howard

Ignorant people remain ignorant because they have a secret agreement to call one another intelligent.

~Vernon Howard

When the mind is exhausted in trying to find the answer, the answer dawns.

~Vernon Howard

When told that man lives in delusion everyone thinks of himself as the exception; hence his delusion.

~Vernon Howard

Mysticism is not this or that particular cup on the table; it is the water poured into all of them.

~Vernon Howard

Self-knowledge is the great power by which we comprehend and control our lives

~Vernon Howard

Truth breaks you down so it can rebuild you according to its specifications in Heaven.

~Vernon Howard

It is utterly useless to try to change the outer world, for it is but a reflection of inner causes. The true seeker seeks to change himself.

~Vernon Howard

We are enslaved by anything we do not consciously see. We are freed by conscious perception.

~Vernon Howard

Do not mistake desire for love. Desire leaves home in a frantic search for one gratification after another. Love is at home with itself.

~Vernon Howard

We are exactly where we have chosen to be.

~Vernon Howard

Study carefully the law of cause and effect.

~Vernon Howard

We can become slaves to things we don't understand

~Vernon Howard

We cannot be free of nagging desires through suppression. This is like trying to keep a rubber boat beneath the water. But we remove compulsive desires altogether by understanding their nature.

~Vernon Howard

We clearly realize that freedom's inner kingdom cannot be touched by exterior attacks.

~Vernon Howard

Quit thinking that you must halt before the barrier of inner negativity. You need not. You can crash through... whatever we see a negative state, that is where we can destroy it.

~Vernon Howard

Interpretation blocks reception while masquerading as reception. Rightness does not need interpretation; it requires simple acceptance and nothing else.

~Vernon Howard

Don't try to live. Let yourself be lived.

~Vernon Howard

A desperation to escape a problem is the wrong way. A passion to understand it is the right way

~Vernon Howard

Find yourself for courage and confidence are as easy as breathing to the person who really knows who he is.

~Vernon Howard

We find the light only after total defeat of our attempts to deceive and outwit it.

~Vernon Howard

Genuine effort is success.

~Vernon Howard

All forms of self-defeating behavior are unseen and unconscious, which is why their existence is denied.

~Vernon Howard

The outer storm ceases the moment the inner storm ends, for they are the same storm.

~Vernon Howard

Cruelty practiced as a matter of social principle or public policy, and presented to the community as a means to a higher goal is the most obscene and decadent phenomenon of any civilization.

~Vernon Howard

Aloneness is a wise teacher. Kierkegaard remarked that one sign of spiritual maturity was the ability to be comfortable when alone.

~Vernon Howard

Insight into the two selves within a man clears up many confusions and contradictions. It was our understanding that preceded our victory.

~Vernon Howard

The most marvelous experience of life is to transform life according to reality, not imagination.

~Vernon Howard

Men have the illusion of having a duty to make the world spin properly, which is precisely what makes it wobble.

~Vernon Howard

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