

INSTRUCTIONS
FOR THINGS YOU
WILL NEVER
DO

VERNON
HOWE

WILL NOW
DO

FIRST OFF - GIVE YOURSELF A BREAK

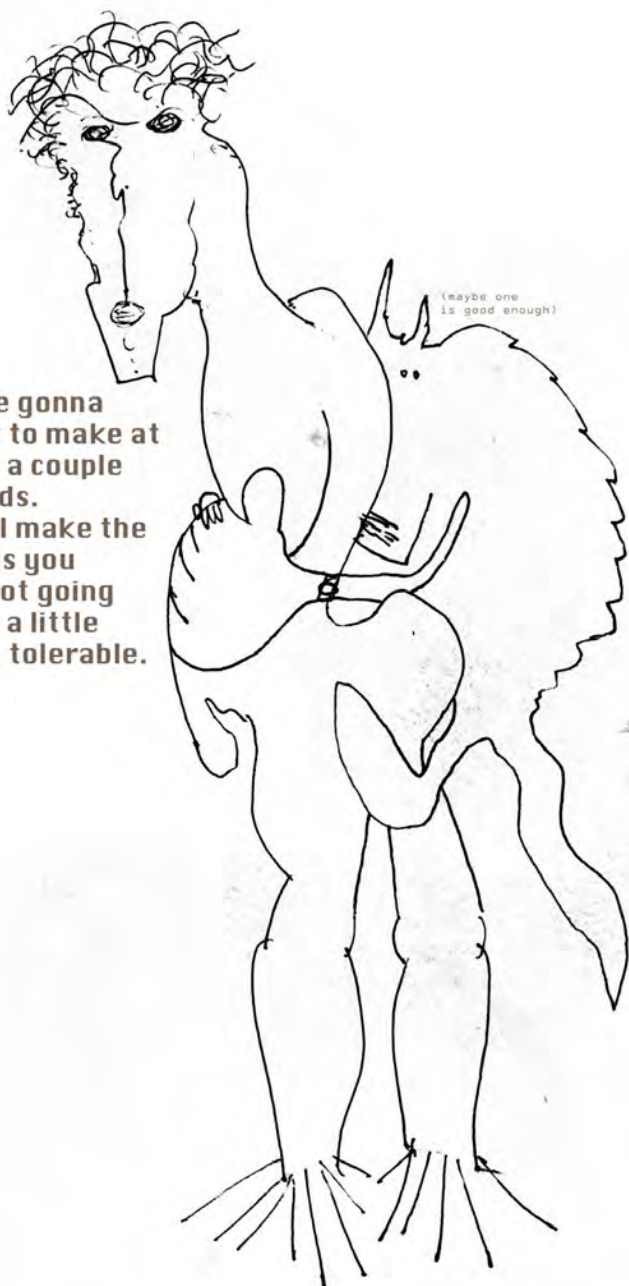
It's OK. A lot of people never do things. Most people don't do things actually. You might need to watch out for the people who do, in fact.



They can make
your life a living
HELL.

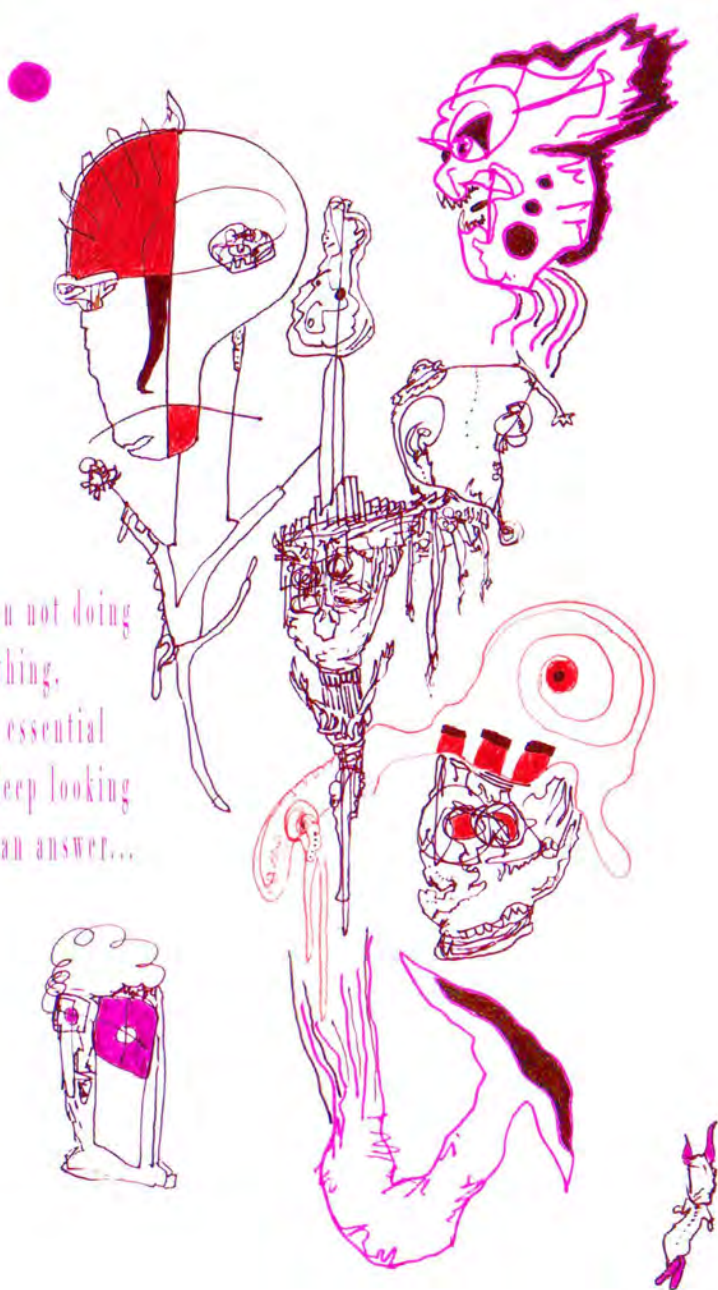


**youre gonna
want to make at
least a couple
friends.
it will make the
things you
are not going
to do a little
more tolerable.**



(maybe one
is good enough)

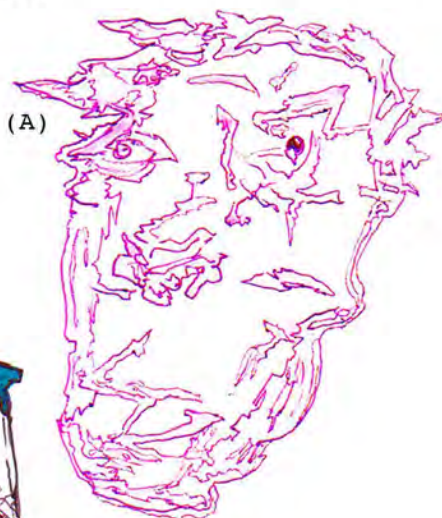
When not doing
anything,
it's essential
to keep looking
for an answer...



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WHY?

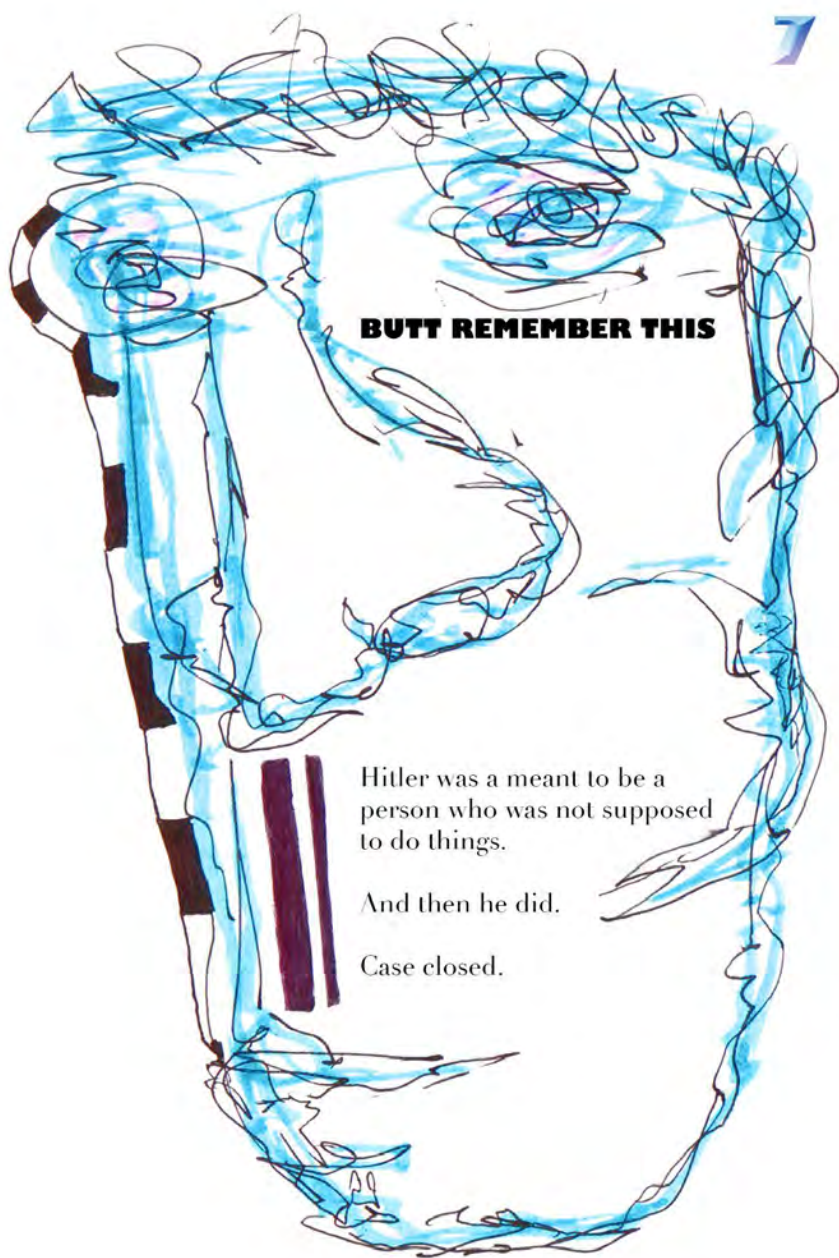
CONSIDER THIS: THE FACE OF MAN WHO
DOES THINGS (A) VS. THE FACE OF A MAN
WHO DOES NOT (B)





There is no greater tragedy than being a person who is unsure what kind of person they are this person is destined to live a sad life somewhere in between.





BUTT REMEMBER THIS

Hitler was a meant to be a
person who was not supposed
to do things.

And then he did.

Case closed.

THE PATH OF
DOING NOTHING
IS SUCH A RIGHTEOUS

PATH!



You will soar

*to new
heights*

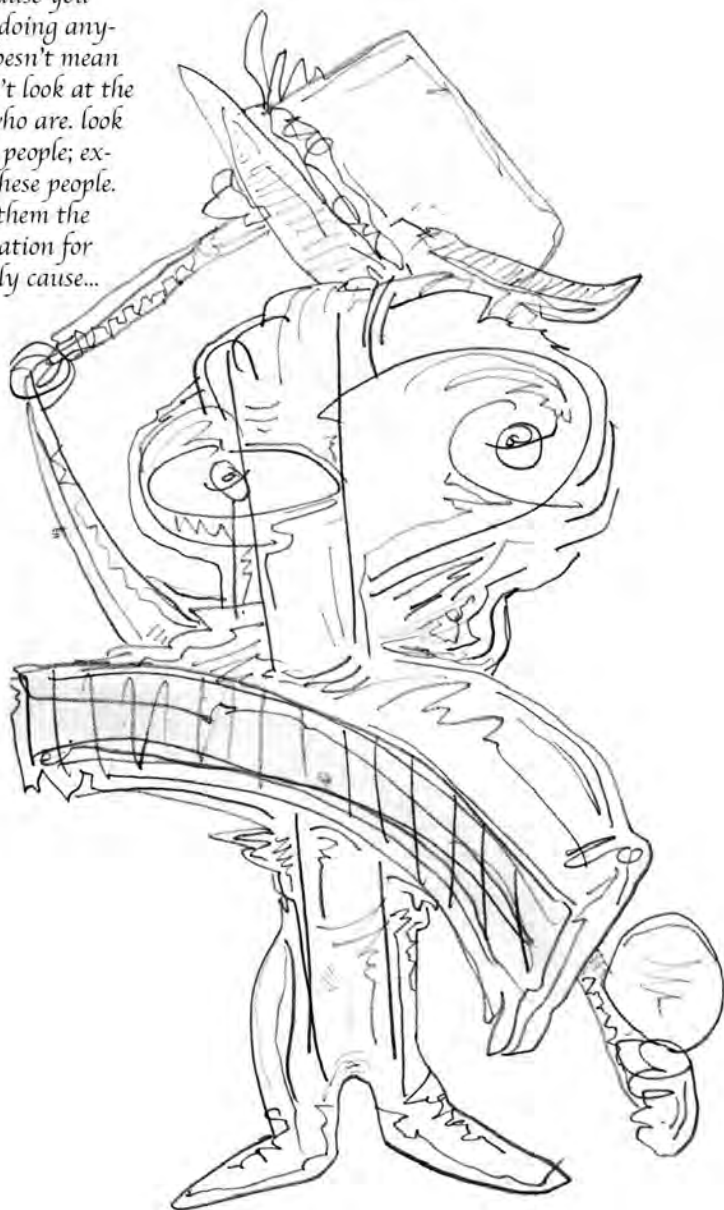
*in search
of...*

UNFATHOMABLE

LOWS



just because you
are not doing any-
thing doesn't mean
you can't look at the
people who are. look
at these people; ex-
amine these people.
find in them the
confirmation for
your holy cause...





Catching one of these people in the act of doing can be one of the most thrilling things a person not doing anything can do. When you do, make sure to shame them into submission and admit the folly of their ways



YOU MIGHT COME ACROSS AN INDIGNANT DEER
THAT'S OK. DON'T PANIC.



*Even the most wild among them
can be transformed
Over time*



but remember: it is not your job to change them or set them free.
 they yearn for the state of mind of the non-doer. but it is their
 p l a g u e
 that they will never get to our niravana; the best we can do is leave
 them a blank slate. then it is up to them whehter or not they heed
 the call and simply stop doing things. the choice is 100% their own.
 s t o p
 trying to fix something or someone that clearly does not want to be
 f i x e d



they need to get here on their own.

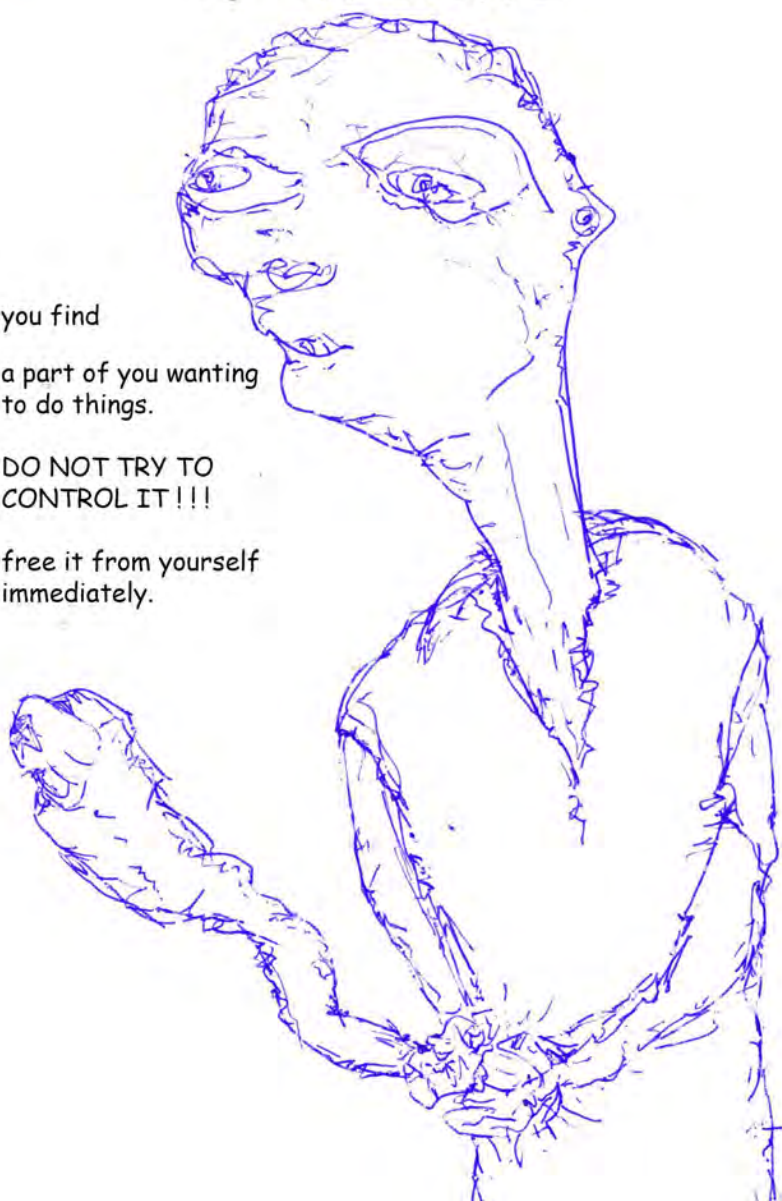
if in time

you find

a part of you wanting
to do things.

DO NOT TRY TO
CONTROL IT !!!

free it from yourself
immediately.



&



RETURN TO YOUR
JOY POSTHASTE.





FOR THESE IMPULSES
INSTEAD





**NOTE: YOU MAY
HAVE A PSYCHOTIC
EXPERIENCE IF YOU
INGEST THE MILK.
BUT THAT DOESN'T
MEAN YOU SHOULD
NOT TRY.**

SOME OF
THE
FORCES
WILL BE
TOO
STRONG

AND THEY
WILL GRAB
YOU

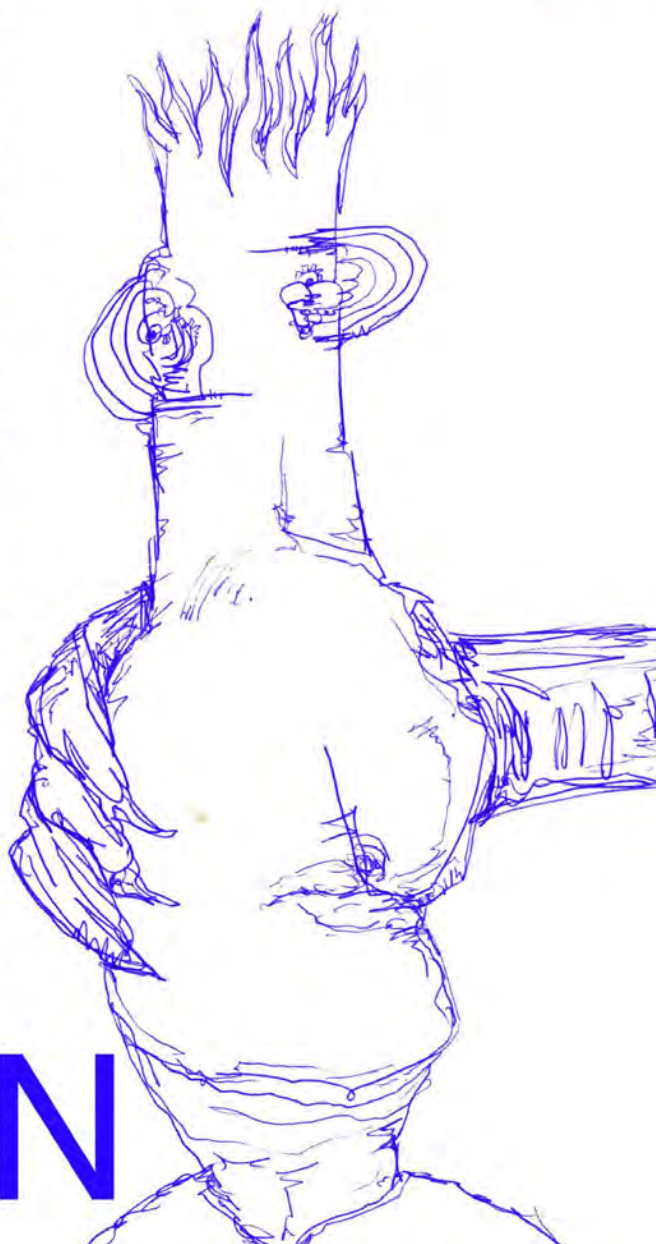
YOU
WILL FIND
YOURSELF
DOING
THINGS

AGAIN:
DO NOT
PANIC

EVEN
WHEN YOU
FIND
YOURSELF
DOING A
THING
ANYTHING
JUST
PICTURE
YOURSELF
NOT
DOING
ANYTHING

AND YOU
WILL BE
HOME SOO

N



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**WHEN YOU HAVE
RETURNED HOME,
LIGHT A CANDLE**

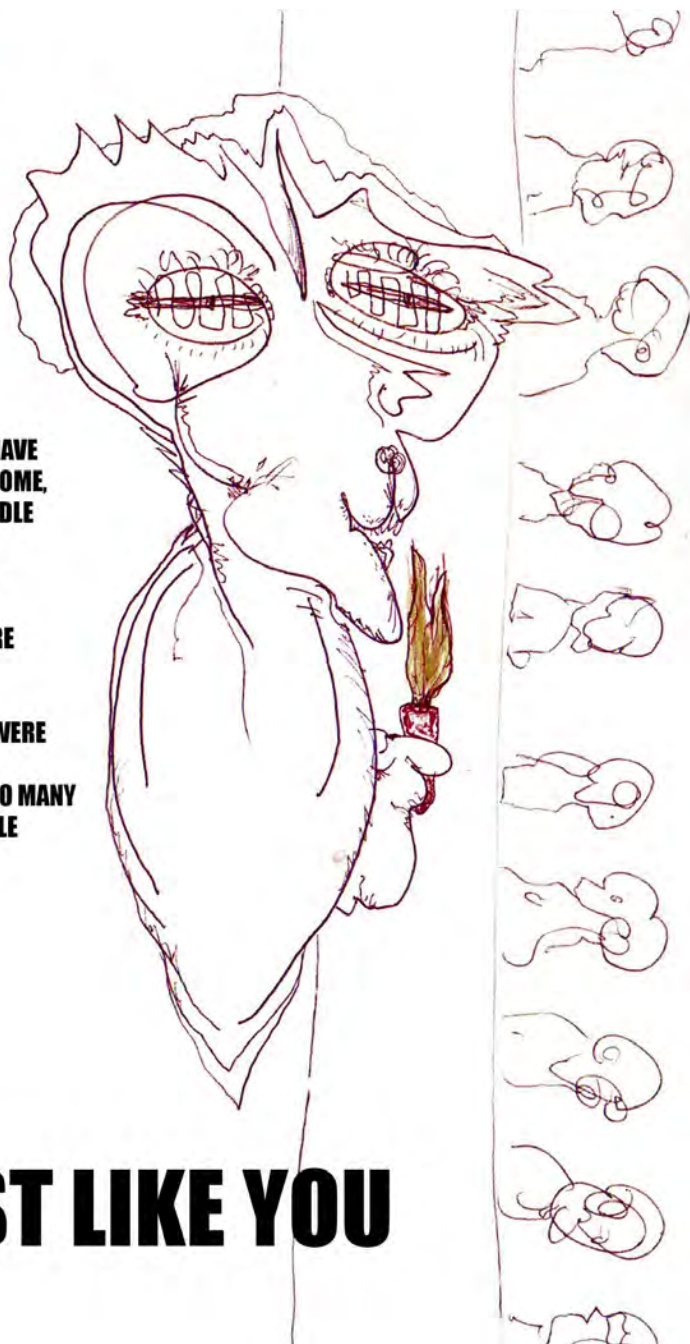
AND KNOW

**THAT YOU ARE
NOT ALONE**

YOU NEVER WERE

**THERE ARE SO MANY
OTHER PEOPLE
OUT THERE**

JUST LIKE YOU





**GROWING THEIR
ORBS, THEIR BULBS
PLANTING THEMSELVES
DEEP INTO THEMSELVES**

A teacher once spoke to me
before I learned the ways



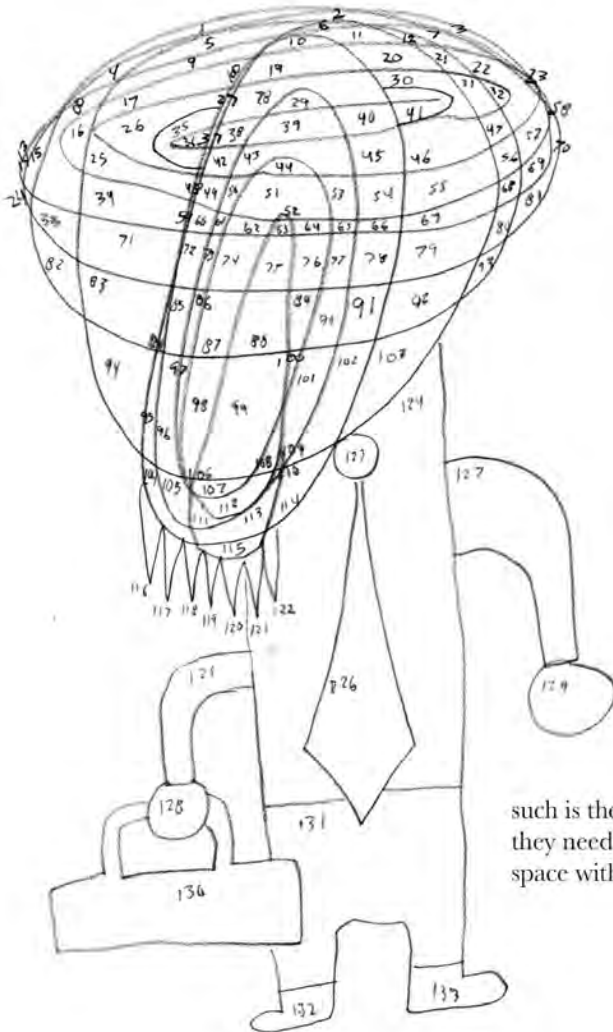


and I fell asleep.

didn't listen to a thing he had to say



IT ALWAYS COME DOWN TO ONLY TWO CHOICES



such is the fool who thinks
they need to fill in every
space with different colours

Dear Reader,

You might ask yourself, by making this book is the author himself not “doing something”? It is a fair query. My only retort would be that you cannot trust me, just as you truly cannot trust anyone. I can’t in good faith say that making this book is “nothing” — it is “something”...

All I ask is that you see in this something the possibility of some kind of nothing. If I am reformed, I am stained. This is book is less a set of instructions and more: a warning.

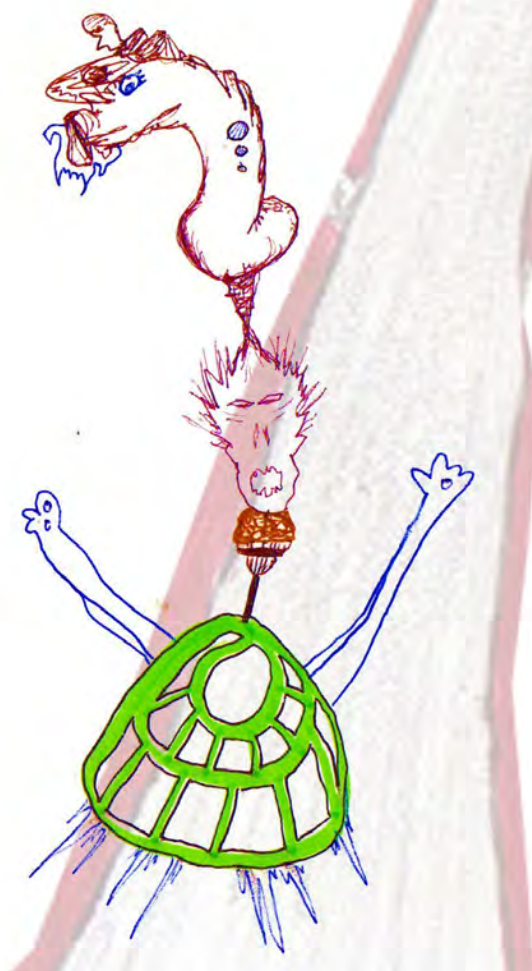




FOR I AM A DOER AND A
NASTY ONE AT THAT.
WHEN I WAS 37 YEARS
OLD I STOLE AWAY TO A
TROPICAL ISLAND AND I
FOUND A SMALL
STRANGE CREATURE
WHO LEFT A BLACK INK
DEPOSIT ON MY LAP. NAT-
URALLY I LAPPED UP
THIS LIQUID AND MY LIFE
WAS NEVER THE SAME. I
DIDN'T TRIP BALLS OR
HAVE SOME ENLIGHTEN-
ING EXPERIENCE. NO. IN-
STEAD INGESTING THE
THIS CREATURE'S DIS-
CHARGE MADE ME FEEL
NOTHING AT ALL AND I
FELT CONTENT IN THIS
NOTHINGNESS. PERHAPS
YOU DON'T BELIEVE A
WORD OF IT. NO BOTHER
TO ME. THE GREATEST
THING YOU CAN DO IN
THE WORLD IS GET
DRUNK ON YOUR ON YOUR
CREATIONS. I LEARNED
FROM THAT SMALL
BEING THAT I HAD THE
CAPACITY INSIDE ME TO
MAKE MY OWN LIQUID.
AND THAT IS WHAT I SUR-
VIVE ON. I DRINK IT
EVERY DAY. AND I DON'T
TELL A SOUL ABOUT IT.
NOBODY NEEDS TO KNOW.



**ONLY WHEN YOU FIND THE INWARD
GROWTH CAN YOU EXPAND AND IN
THAT EXPANSION FIND THAT IT WAS
ALSO NOTHING AND THAT IS GOOD.**



FIND THAT PATH

**AND RIDE IT
FOREVER
DESTINATION:
NOWHERE.**



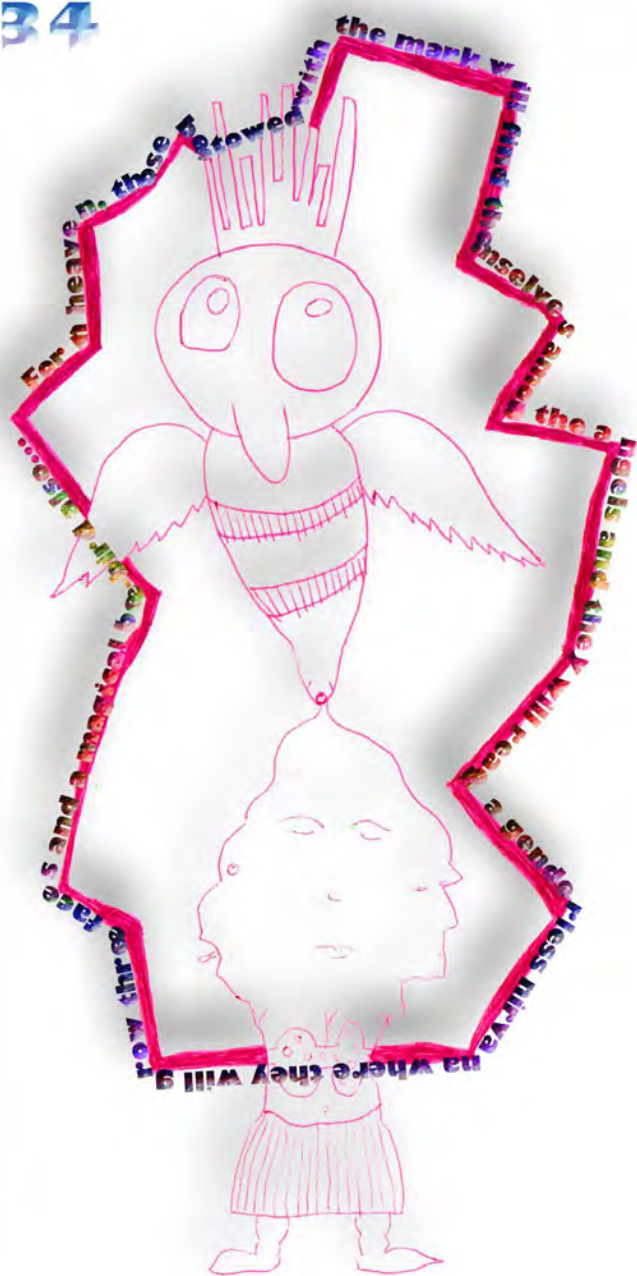
If you do it right, and really live a life of not doing things, and you find yourself an old man or lady...



Allow yourself a single gift.

The gift of a butterfly tramp stamp.

The only gift that will live on long after you die.



AS FOR THE DOERS

Yes, their fate is mostly sealed. However, if they are ever struck with the realization that they have been doing it all wrong (by doing anything at all) then they shall be permitted one dog and a yellow ball of yarn in the afterlife. BUTT they must wear a mask at all times....





and one last thing

