

NEW LIFE NEWS

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Vernon Howard Founder • Richard Wooldridge Director

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Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we have heard over the years. The responses should help to give you a better understanding of these life-healing teachings. Take them in with a receptive spirit and many mysteries will be dissolved in the light of higher understanding.

Q: What is Truth?

A: That is like asking "What is God?" It can't be explained in words but we can join Truth by discarding all that is false within. Then all is well forever.

Q: Why doesn't everyone want the pure truth?

A: Most people prefer to remain where they are, while believing they already know and that they know who they are. They go on blaming the exterior world for their difficulties instead of learning to do the right thing, which is to change the inner. This is the cause of all earthly woes, including war, but they will fight anyone who tries to disturb this identity (their ego) and will never know what they could have had. We can be different. We can choose to go all the way with this.

Q: How can we tell a true teacher?

A: Unless he continually urges us to work on ourselves by trying to wake up, to be aware, to turn our attention back on ourselves, to watch what is going on inside and to be honest about our actual inner condition (which is much different than the picture we have of ourselves), he is just another phony teacher. A true teacher doesn't believe in the artificial identities we have built up for ourselves and doesn't go along with them. He knows we are suffering from what we are hiding from ourselves and will help us to see it in order to be free. He will also help us not to be deceived by the exterior performance of others. He knows that everyone is especially terrified and confused when first hearing the truth and though right encouragement is given, there is no compromise. False teachers,

not having first found the inner treasure themselves, are very shrewd at deceiving the masses. It is much worse than we think. But those who really want to know can begin to discern the difference by working according to these principles. All of this is good news but to see how good it is we first must see how bad it is.

Q: What if none of my relatives or friends supports my interest in these teachings?

A: As long we are more concerned with and attached to worldly things rather than focusing upon our own spiritual aims, we will be in danger of being dragged away from those higher aims. Until we're living from real self-command, our relatives are often those who can 'push more of our buttons' than anyone else. We grew up with them; our sense of 'I' is strongly attached to them. We continue to believe we are still that small child or that person we remember, or the spouse, the mother, the brother, the sister or whatever label we place on ourselves. But truth reminds us we are not these identities that tell us how to feel, how to think and how to

("FAQs" continued on p. 3)

The Desert Tortoise

by Vernon Howard

While flying over the desert, a sea gull paused to rest on a rock. A desert tortoise came along to state, "I have never seen a bird like you before. Where are you from?"



The sea gull described the ocean, mentioning its main features, including its enormous size

and its waves.

As the sea gull flew away, the tortoise went home to tell his wife about the conversation. "At first I thought that the bird had something new," said the tortoise, "but then I saw that we have the same

("The Desert Tortoise" continued on p. 5)

Points to Ponder

by Richard Wooldridge

I was watching a group of deer the other morning interacting with one another. There were some does and four or five yearlings, three of which were young bucks. They were all munching away on plants when one of the does looked up and suddenly made a quick move toward one of the bucks. It had misbehaved in some way and she was correcting it. She actually took her right front leg and gave the young buck a whack across its backside.

The buck knew it had done something wrong because it tried to move out of mama's reach, but to no avail. A couple of years ago I had the privilege of witnessing exactly the same scenario in which a mother doe disciplined her young one. For the young deer, this was a life lesson that would help him later on in his journey through deerdom.

As a young boy I remember being spanked and disciplined. One of the lessons I was taught was not to talk back to your parents or to misbehave. You were taught to be courteous and mannerly. Just as the doe corrected its young one, my parents

("Points to Ponder" continued on p. 5)

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Spiritual Exercise "Make Up Your Own Ads"

Transcribed by Sally Forrest from class lecture

Vernon Howard gave us the following practical exercise:

Ads are everywhere. They're in magazines, newspapers, on radio and television. This project is for you to see how all advertising appeals to ego interest. If you see even that, it would begin to cut off its power to control and influence you to spend your money wrongly.

On the highway when you see an ad, at the same time you look at it, see how you reacted to it. If you hate the ad or love it, you are reacting to it instead of seeing it clearly. Intelligence can see the ad without any agitation, either pleasurable or adverse, because there is no message

"Know your own mind."

coming from you to the ad back and forth. You know it has nothing to do with your true values in life.

Now you can look at ads and see how you used to fall for them. Because a part of you was so desperate you said to the world, "Give me something to fulfill me, give me something to excite me, give me something to take away my loneliness." But you saw that it didn't work.

Make a practical experiment by making up your own ads about the Higher Life and place them in conspicuous places around your home. For example one could read "End self-deception," and another "Know your own mind."

Now you see everything in the world and in yourself too in an utterly different way. You're not at all who you thought you were, and aren't you glad? You're not at all this person who had to go around straining to have people accept you and like you. You lived that way so long and got utterly tired of it.

The Truth is available to you right now and at any time you can honestly and sincerely ask for its help.

Pagosa Springs Banquet Report July 2009

by Regina Netherton & Judith Anderson

Refreshing! That's what it was. Where else can you go to truly refresh the spirit and sense the presence of something higher penetrating one's being while enjoying powerful spiritual talks, good food and fun entertainment?

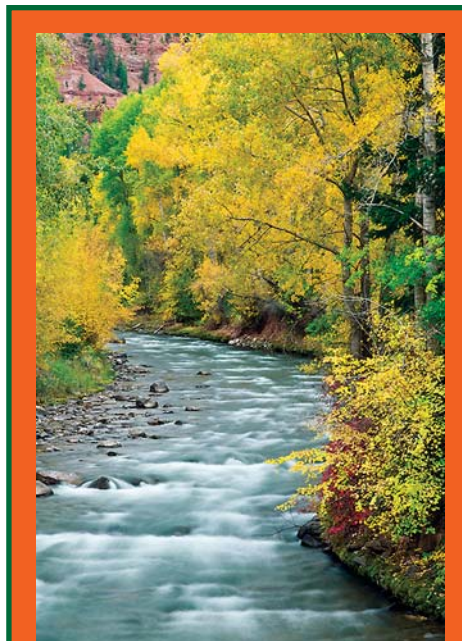
We're talking about the New Life July 2009 banquet weekend in beautiful Pagosa Springs, Colorado, where a group of us from all over the west gathered for

our annual Colorado banquet. One newcomer hailed from the Pacific Northwest while another was originally from as far away as Iran.

On Friday night talks and snacks were provided at the Pagosa Lakes Clubhouse, where Moe Janosec began the class by noting that every banquet weekend is a celebration of Truth. He reminded us that God is trying to get through every second, but we of ourselves are blocking the healing message. Moe reminded us that New Life is "a safe place to reveal myself to myself." He said, as Vernon before him, "Take the leap and God goes with you." Dave Hearst mentioned that he had no idea what people were talking about when first coming to these classes, but with persistence, things gradually became clearer. This is the actual state of everyone when first meeting with truth teachings, so persistence is essential.

On Saturday, New Life director Richard Wooldridge asserted in his talk that our most important task in life is to wake up. There is another world above the level of thought, but we are asleep to it. You could have heard a pin drop when Richard forcefully told everyone to fight to wake up. Disturbing to our dream state? Of course, but absolutely necessary as an urgent reminder of our true purpose here on earth. He said to fight to drop thought and to just know where we are all day long. It is crucial that we fight to stay awake where God, Truth, Reality can reach us. Genuine contact with the higher cannot occur as long as we are immersed in the prison of our own mental movies and daydreams.

(Pagosa Report continued on p. 3)



Indispensable Rewards of Attending a New Life Banquet

by Dr. Bruce Tracy

We all really need to do whatever it takes to get our physical selves over to each and every New Life Banquet by any means possible. Why? Because every time you do, you will go home changed — absolutely guaranteed.

In fact, of all the means for self-change Vernon Howard devised for us, surely attending any New Life Banquet looms as perhaps the most powerful "crowbar" any of us can wield in our endeavors towards recovering our sanity. And those who miss these opportunities miss a whole lot.

While spending a weekend among other truth-students and sharing talks by various speakers, a delicious meal and surrounding events, we are kept in that class environment that everyone finds so energizing and healing over a period of several days — and all in especially pleasant, attractive, and clean settings too.

Vernon Howard continually emphasized the real possibility of authentic inner transformation, not the kind of change you have to keep talking yourself into every morning (the type of change that receives so much praise in modern-day society). For indeed there is a "Something Else" that is available to anyone who wants it; a "way out", as he repeatedly calls it. And one major key is to over and over again saturate us with the timeless truths about our lives as human beings here on Earth. The hard facts — that's what can begin the inner change our hearts long for, but which we've never seemed to initiate convincingly thus far, if we're honest about it.

As well as persisting in our individual studies, we students have been told for years to 'come to every class.' It's really this 'class atmosphere' that we're to keep returning to — 24-hours a day and, truth be told, throughout all our remaining days here — if we value our lives and fulfilling the true purpose of those lives, that is.

Certainly there are situations when our primary attention needs to be directed elsewhere for good reason, as when driving in heavy traffic. But in all things, a part of us at least can maintain a watch on our inner states as they pass through us and out into the world, for good or ill, by the way. And thus, right in the middle of life, we can experience directly how genuine truth principles illuminate and explain everything in our daily lives, no exception,

("Indispensable Rewards" continued on p. 3)

FAQs (continued)

behave. True freedom lies in getting free of all of these identifications and the emotional baggage attached to them. The incredible fact is that their dissolution rids us of the fear of disapproval and rejection once and for all, allowing a genuine enjoyment of our human contacts and relationships for the very first time.

Q: People attend New Life classes but is New Life a church or a school?

A: New Life is both. In a higher sense a church is a place where people gather to make a connection with God and that is certainly true of New Life. Anyone who has been to a New Life class, however, will not mistake it for a conventional church service. There are no people in robes, no religious ornaments on the walls, no statues in alcoves, no choirs, hymns or group prayers. New Life is a school for higher spiritual education where you learn that none of those things have anything to do with contacting God. With persistent effort, called 'The Work', you'll come to understand the real purpose of your life and why you're here on this planet. You'll see that you can actually enjoy life instead of suffering from it but you'll be asked to give up your old dark nature as the price. Incidentally, there's no degree awarded in New Life classes because you don't graduate from the Truth, you become one with it.

Q: There are areas of these teachings that I simply do not understand and this is causing me stress and frustration. What do I do?

A: It is great to admit you don't know. To know you don't understand something is a big, first step. That in itself is not a problem. Now don't go on to make it a problem, to misunderstand. Stop right there and stay with that. This is a perfect example of the false ego-self trying to get an identity — "I am frustrated" — and therefore causing a difficulty in order to get a thrill, a vibration out of it. You only add more difficulties and pain by thinking and stirring up the waters. Just quietly watch and stay with not knowing. Let understanding come to you. It can't come when your mind and emotions are full of "me" and "my stress." If we already understood everything, why would we need Vernon Howard's explanations to understand and receive the truth? We are like the child sitting in the highchair screaming "I want my food now." We have to give up our childish demands and wait on God.

Pagosa Springs Banquet Report (continued)

An enlightening Vernon Howard tidbit from Richard's talk was made available at the book table on Sunday morning, which in part said: **Q:** What determines the intensity of my desire to get out? **A:** Your intensity of desire to get out is determined by how much you reject the false pleasure of pain.

The barbeque meal, the lighthearted dancing and the fun entertainment that followed the Saturday class fulfilled their purpose of helping us to defy any psychological heaviness and to fully enjoy the energized atmosphere.

Sunday greeted us as a beautiful and perfect morning, and after a welcome breakfast in the New Life house out in the country, old and young alike climbed up the Happy Trail to a brand new garden pergola, built by local New Life students, amid the blue spruce and fresh mountain air. Class was held in the pergola, an attractive wooden arbor with a roof of trelliswork which filters the sun. The beauty of the setting in itself was worth the climb up there, but more importantly by this time in the weekend, everyone felt and sensed beyond a doubt that he/she was in a right place spiritually, far away from the clamor and demands of daily life. And the old mechanical self had been corralled to one degree or another, if only temporarily, making room for higher impressions, which with a welcoming spirit can truly begin to heal our souls. Even nature itself seemed attuned to the unique atmosphere as we were serenaded with a delightful chorus of birdsong all during Sunday's talks.

Continuing to use the MP3 **The Secret of Spiritual Awakening** as a basis for talks, Bill Brown likened everyone to being a spiritual teenager, a rebel without a 'pause'. He said that's because our attitude (mostly unconscious) is this: "Don't tell me anything. I already know everything." One theme of the morning's talks was that "God will take care of you. Why don't you let him?"

Other weekend speakers also helped to motivate and inspire our aim to wake up. In his Saturday talk, Dr. Bruce Tracy mentioned he was a 'recovering fundamentalist'; then in a more serious vein, Bruce too affirmed that God will live our lives for us if we will let him.

Altogether the weekend left us with the

increased urge of wanting more of these healing vibrations and to reach a higher place within ourselves and within the universe. Vernon Howard set these banquet weekends up many years ago to help us to grow spiritually. Dr. Bruce Tracy goes in to this in detail in his article starting on page 2.

(The photo to the left is of Craig Martz speaking to the class in the pergola on Sunday at the New Life property. It seats about 30 people comfortably.)



Indispensable Rewards (cont.)

for within the understanding lies the healing.

So it's clear that the injunction to immerse ourselves in the class atmosphere means that we're to persist as students inwardly and in our individual study of right books and lectures. But does the physical immersion matter? You bet it does — which is why Vernon early on allowed a class to grow up around his books and lectures. And out of that emerged the special self-study-context known simply as a "banquet weekend". And from that start to this very day, every single New Life banquet a student has managed to attend remains a significant

("Indispensable Rewards" continued on p. 5)

Banquet Invitation

New Life Foundation has been having banquets for over 30 years. These special weekends were established by Vernon Howard for the purpose of teaching unique spiritual lessons. So many elements of both the spiritual and physical are brought together in one congenial setting. It is pleasant being with like-minded people who are trying to work on themselves.


**Join us for one, two or all three
Thanksgiving in Westminster, CA**

Thursday • November 26
(Classes on Wed, Thur, Fri and Sun)

Christmas in Strawberry, AZ
Friday • December 25
(Classes on Wed, Fri, Sat and Sun)

Irish Banquet in Strawberry, AZ
Saturday • March 13, 2010
(Classes on Wed, Sat and Sun)

(For more details call or visit our website.)

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2	Treasury of Positive Answers		\$5	
3	Solved – The Mystery of Life		\$7	
4	The Esoteric Path to a New Life Album (Two cassette tapes + The Esoteric Path to a New Life Guidebook)		\$10	
5	Be Safe in a Dangerous World		\$1.00	
6	Live Above This Crazy World		\$1.50	
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Up to \$40 - \$6 • \$40.01 to \$80 - \$9.50 \$80.01 to \$120 - \$14 • \$120.01 Up - 10% of subtotal				
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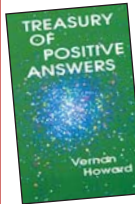
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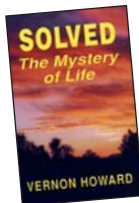
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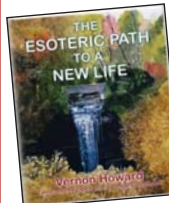
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Solved – The Mystery of Life

This book is for anyone who wants to know what life is all about. You'll learn amazing facts about evil and how to release the cosmic power within you which will keep you safe and protected at all times.

Normally \$10 • **Now \$7**



The Esoteric Path to a New Life

Two cassette tape album with guidebook. This beautiful album is the perfect introduction to Vernon Howard's teachings. Topics include Contact the Source of Permanent Power.

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Be Safe in a Dangerous World

Powerful principles for personal security.
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Points to Ponder (continued)

did not allow me to get away with it.

In order to make it in the spiritual world, to become a different kind of human being and to be transformed and awakened into the spiritual realm, we must first be a good householder. You can't be a smart-aleck. You can't be disrespectful. You can't be wrongly defiant. You have to be a responsible person. But in order to be a truly decent person, you must wake up.

Discipline and correction should play an important role in our spiritual development. In **Be Safe in a Dangerous World**, Vernon Howard says, "Command of your day comes by correcting self-defeating actions." Also on page 35 #8 says, "Command of your day will arrive just as swiftly as you allow the arrival of spiritual correction. Truth is an experienced guide who knows how to safely direct you thru the human jungle."

We cannot continue to live the same kind of life we always have and expect different results to magically appear. As a young boy or girl you don't know the difference between right and wrong, so your parents are supposed to guide you and point you in the right direction. Tolerating or putting up with your wrongness or nonsense is not loving on their part. Where do you think today's 'anything goes' attitude and lifestyle is going to lead? It will lead to even more chaos and misery. There must be rules. Do you not think there are spiritual laws? Indeed, there are. When not followed, the suffering just continues on and on.

The doe didn't have to think about what it was doing; it knew what it was doing and what was best for the young buck. It simply obeyed the invisible laws governing its existence here on earth. If certain elements on this earth witnessed what I did, they would immediately determine in their insanity that the doe would need counseling and would have to go thru sensitivity training. She would have to sit on a couch with a deer psychiatrist and go thru intensive retraining as to how she should deal with her offspring. If you think this is an exaggeration, think again. That's how far downhill things have gone on this planet.

None of this insanity is recognized as a spiritual problem. The reason mankind and this planet are in such bad shape is because of the refusal to follow the heavenly plan that was set down for us. That's why we're so miserable. That's why the headlines are filled with negative news. That's why the economy is so bad. That's why people who supposedly care

for each other get into fights. That's why people wonder why bad things happen to "good" people. I could go on and on.

The truth explains everything. It is amazing that so few people want to find out the facts. Well the fact is they don't want to know the truth. They want to stay as they are. As Vernon Howard used to say quite frequently, "Stupid human beings love their pain."

In **Expose Human Sharks 100 Ways** in a section entitled **Realize This**, Vernon Howard says, "Every man is a small child who would like to have a birthday party every day, with tables loaded with toys and cakes — all for him. Take away his toys of business or politics or sports and he breaks down sobbing and snapping." Everyone is engaged in these pointless pursuits while all along believing they are purposeful and will provide security. That's the problem; no one sees that the trinkets offered by this world are empty of any real value. That's the big hoax. We must begin to see the hollowness, the shallowness of all these things. How many people do you know who have a lot of money or have the big career or the family or are famous in some way and you know they are not happy. Maybe they have serious problems with anger or depression or are alcoholics or whatever it may be. They may have a million distractions but you know that peace and lasting contentment have eluded them. We have to look much more deeply at what is going on. I think the old expression is that we must learn 'to read between the lines.'

Success in the spiritual realm is all a matter of direction. You can't change the world but you can change yourself. This is the big correction that must occur in order for us to go higher. We've been led to believe that somehow we can make a difference and change the outcome of where this planet is headed. Sorry, or I should say yahoo, because there is no hope for this planet but there is a chance for you and me to evolve and to wake up as Vernon Howard and a few others who have walked this earth did. Thank God for the fact that universal laws of spiritual development do exist and can be understood and lived from. We can take a giant leap and cross the chasm between being dead asleep to being a pleasant human being who has no need for suffering or pain anymore. By making the necessary correction, we can make a connection to the higher world. It's something that can be done. The correction can be made.

The Desert Tortoise (continued)

things. It is simply a matter of words. What he calls the ocean we call the desert. What he calls water we call sand. Guess there is nothing really new in the world."

A closed mind interprets everything according to its own familiar thinking habits.

(This is from the book **Inspire Yourself**)

Indispensable Rewards (cont.)

inner-growth 'event' in their life, a sort of watershed mark from which to move on.

Nor is any of this accidental, for an awakened man set it all up. With the practice, for example, of making sure abundant food and more is prepared for those dining, a higher principle regarding how "Truth's banquet is spread" comes across powerfully. With the dancing (a unique experience for everybody), we're helped to "get outside ourselves" as well as to sharpen our powers of perception, inner and outer. With the entertainment portion of every banquet, again there are more opportunities for studying all that's going on inside us and around us. And the extra-special 'bonus' lessons involve helping with the clean-up following the festivities. Now, that's as complete and tidy a package of assorted milieu for growth as anyone could wish for — not to mention dealing with the challenges of getting yourself to these extraordinary events in the first place.

You will return from every single banquet changed — elevated, in fact, if you've allowed the healing to proceed. It's odd, but true, that one of the sternest trials the new, typically depressed student faces turns out to be "having fun". In fact, as you will quickly discover for yourself, your whole notion of 'fun' changes and matures under the highly intelligent influences that a New Life banquet exposes you to.

This was abundantly in evidence at New Life's latest banquet held in mid-July in beautiful Pagosa Springs, Colorado.

(See the report starting on page 2.)





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**All New Powerful
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Insightful Q & A Quotes

By Vernon Howard

How can I see myself as I really am?
Ask whether other people might see you differently from the way you see yourself.

It's hard to even ask intelligent questions. I'm just waiting for someone to ask if they'll be tap dancing in heaven.

When will I see the value of tearing down the inner haunted house?
The minute you start tearing it down.

Give us a first step for ending suffering.
Stop denying that you suffer from being you.

Why must we depart from our present beliefs?
Because you can't reach the mountaintop by staying in the valley.

My mind is a mental museum.
Only because you choose familiar and dreary sights to the new world outside.

Help me to understand my artificial behavior.
You try to make other people feel liked by you so that you will feel liked by them.

What is an example of social slavery?
Giving your attention to a demanding person when you really don't want to give it.

Photographs



Sunday class during the Pagosa Springs banquet this July.



Dave Netherton speaking in front of the Sunday class in the pergola.

More Insightful Q & A Quotes

What does it mean to think from my cosmic mind?
To NOT think from your conditioned mind.

Help us conquer anxiety.
Self-detachment teaches you to not be anxious over your anxiety.

Does sadness connect with resistance to truth?

You can have a thousand reasons for resisting reality and all of them make you sad.

I lust after every pretty girl I see.
Lust is loss of self-command. You can see her without losing yourself to her.

What's the difference between knowledge and wholeness?
You can be given knowledge but you must develop wholeness.

I try to be myself but fail.
Stop trying to be yourself and you'll be yourself.

In simple language, what must I do to change everything?
Let higher understanding break through the wall of habitual thoughts.

Does a conscious man have eternal life?
A conscious man IS eternal life.