

# 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:** These teachings state that we can become free. It seems to me that I'm already free. What do you mean?

**A:** Are you free from psychological suffering? Are you free from anger, jealousy, anxiety and other negative states? Do you go about your day happy, knowing that God is truly in charge of this life that you're living? Or do you feel a haunting and compelling need to protect the things in your life from being taken away from you — like money, people, power, possessions? Is that freedom? We must earnestly ask, "Who is this person that these things can be taken away from?" Any description of this person is not a description of your True Self — your Kingdom of Heaven within. There are no words to accurately describe the True Self — it is something that must be lived by you. As Vernon Howard wrote in **There is a Way Out**, page 104: "Describe to me the nature of this new life." "Describe to me the taste of a peach."

Freedom is like that. You must taste it for yourself. You must see what it is not and it is not worrying about a past or future event. It is lived in the present moment, consciously.

**Q:** I'll have a higher insight that I know does not come from my mind but then I'll fall back into depression. What's going on?

**A:** What you'll encounter when truly working on yourself with these principles is that a period of light will be followed by a period of darkness. It was once explained that when you start out, the periods of darkness last for a long, long time with relieving insights coming at short intervals. The further you go, however, the longer the

stretches of light become and the shorter the periods of darkness until you are living 100% in the light. The key is to persist during the periods of darkness. Do not give up. Do not give in to the feeling of being overwhelmed and helpless. God wants you to succeed. But the reward will come on Truth's terms, not on our terms. The light comes because we've gone through the wrenching process of giving up what we call ourselves. Spiritual success hinges on the willingness to leave the old nature behind without knowing what will replace it. If we'll do this, the empty space will be filled with Truth's light.

**Q:** Why do these teachings continually emphasize being aware and awake and staying in the present moment?

**A:** "Instead of falling asleep and becoming more of yourself, stay awake!" This is the way out of all problems because what we call ourselves is the problem maker. Staying awake where higher help can reach us is what our hearts really want.

**Q:** What does it mean to be saved?  
*("FAQs" continued on p. 3)*

## The Parrot

by Vernon Howard



There was once a parrot who trained himself to speak excellently. This enabled him to teach other parrots to speak, for which he was honored and applauded. But he had a secret sorrow. He did not know how to fly. But he devised a clever method for concealing his humiliation. Using his superb command of words, he told other parrots how to fly.

His lectures on flying were a huge success. Thousands assembled each week to hear his dynamic exhortations.

And few of his hearers ever suspected that the parrot himself did not know how  
*("The Parrot" continued on p. 5)*

## Points to Ponder

by Richard Wooldridge

Vernon Howard once said, "This is the greatest message ever given to mankind." Whenever you are in the presence of truth or are genuinely working with truth principles your spirit is elevated. The problem is that most people are so thoroughly entrenched in imagination — in a fantasy life — that they believe they're already in a state of bliss or some other nonsense. The word is not the state. If I were in a real state of bliss or happiness, how could it possibly be shaken?

I can eat a deliciously ripe, juicy, succulent and sweet Colorado peach — if you're from Georgia it can be a Georgia peach — and I can tell you all about how great it tastes, but you don't really know what it tastes like unless you personally partake of this marvelous fruit. A truth teacher can tell you all about an incredibly rewarding world that exists right now for any human being who does the hard work of pursuing it but until you actually experience this state for yourself, you really don't know what it is like.

I was listening to the first talk on the  
*("Points to Ponder" continued on p. 5)*

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## Spiritual Exercise

### "Right and Good Associations"

Transcribed by Sally Forrest from class lecture

Once upon a time there was a good and noble King who turned over to his citizens a marvelous beautiful castle where they would be comfortable and happy and safe from surrounding enemies.

**"Once upon a time there was a good ..."**

For a while everything went just fine and they grew their agricultural crops inside and outside the castle land. But there was something wrong with them. They had careless minds. They were just plain careless and lazy about the development of their own inner natures. They paid attention to their outer world only where it could do them some good in body and appearance. So something happened that would not have happened had they not been asleep inwardly. Enemies who did not love the good King, who bequeathed the castle, infiltrated the castle grounds and the surrounding yards, and they began to bring their evil into it. And more and more they came into it and more and more the people lost control of both the castle and of their own inner lives.

Malicious monsters took over and little by little they took over one room and the next room and the next one until the people themselves were forced out of what was once a marvelous happy place to live. While it was happening they did not realize that evil forces were being infiltrated into the castle, and they didn't even notice that they were becoming unhappier day-by-day. So the monsters took over just as evil spirits have taken over the world. Now that fact is not clear to you, you're afraid to face it. Face it anyway.

When the people did not rise to the challenge of taking back their castle, the King decided the only thing to do was to send a Hero down in human form, someone who represents Truth, to assist them in driving the enemy out of the castle.

And here's where we're going to have to go to work this morning. The Hero led the people in going from room to room to drive these monsters out — those sufferings, those arrogances, those prides, those vanities — drive them out one room at a time and finish it before starting on the next room, until the whole castle is cleaned out.

Your exercise is to begin cleaning out

*(Exercise continued in next column)*

the first room in your inner castle, which is to take paper and write "What I Know About Healing" then write everything you know about it. For example, one could be what does healing mean? Well we're not talking about the physical body. And another could be everything that goes contrary to the good King. By doing this exercise it will put you into right and good associations. And those associations will become new sources of light on how to allow healing to happen.

## Pagosa Springs Banquet Report July 2010

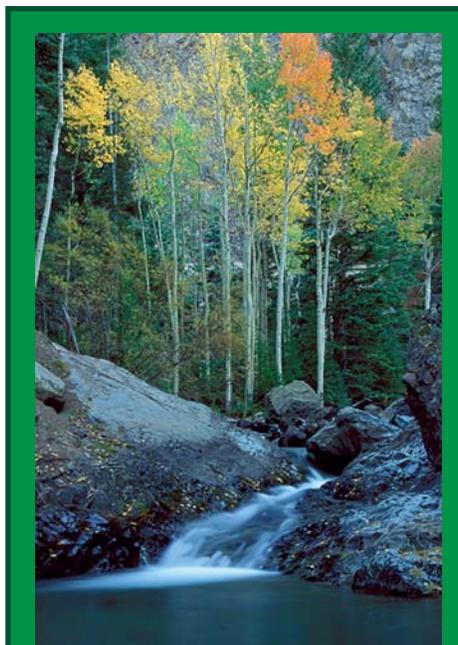
by Regina Netherton

On the weekend of July 9, 10 & 11, New Life held its annual summer Southwestern Banquet in natural settings surrounded by flowers, birds and views of Pagosa's peaks.

We're not going to tell you about the speakers or the entertainment or the fabulous food this time or even of our Sunday morning meeting in the New Life pergola nestled against the mountains. We follow the same schedule Vernon Howard set up years ago to provide plentiful opportunities available nowhere else to study our esoteric lessons. And though the activities are familiar, Truth is experienced only in the present moment, which makes it fresh and new.

One new addition after the break of Friday evening's class was a duet by Lynne and Bruce (a pair a' docs) of one of Vernon's favorite songs, "Let the Rest of the World Go By," with strong, pure harmony in sharp contrast to the screeching and screaming that the world now calls music.

*(Pagosa Report continued on p. 3)*



## Vernon Howard's Higher World New MP3 CDs by Doug Stewart

In that wonderful old Warner Bros. classic film, "The Treasure of Sierra Madre", Humphrey Bogart, Tim Holt and Walter Huston play prospectors who climb the rugged mountains of Mexico looking for gold. Bogart and Holt know nothing about prospecting but grizzled old Huston does. In a famous scene, Bogart and Holt argue about what gold looks like. Huston bursts out laughing and dances a jig. He tells his partners they're so dumb they can't see the riches they're standing on.

Only a trained eye could see that what looked like dry and worthless soil was really unrefined gold. Huston explains that to get to the real source of wealth, they're going to have to climb up the mountain. The same story might apply to the new series of "Dated Talks" released by New Life in the MP3 CD format. They're called "Vernon Howard's Higher World."

Here is an opportunity to own all of the talks Vernon Howard gave from 1986 through 1992. Nothing new about that, you might say, because those talks have been available on audiocassettes for years. This new series in the MP3 format, however, provides students with all 638 listening hours of genuine spiritual gold, but now in a manageable and more convenient form. There are prayers, higher instructions, spiritual laws and a treasure trove of tough truths all given by Vernon for your lasting benefit. He explains how Truth solves all of the difficulties you may have with business, sex, male-female relations, money, family and more. You'll also come across all of the priceless stories told by Vernon as only he could. Here, indeed, are the authentic answers to life, showing you what real gold is so that you can drop the useless, false gold you've been carrying around all your life.

New Life Director Richard Wooldridge spent months converting old analog tapes to digital files. "It was important," he said, "to move these wonderful recordings to a more lasting format because cassettes and cassette tape players are being phased out in the technological world. The MP3 CD format makes them much more accessible for people to use today." This collection is the equivalent of 437 previously issued audiocassettes plus a special bonus talk, The Writer's Class. This lecture hasn't been available since Vernon Howard's passing in 1992.

*("New MP3 CDs" continued on p. 3)*

## Frequently Asked Questions (continued)

**A:** Can you see that there is something wrong with the world and with your life in particular? Honesty and self-study will reveal that a sinister force within is lying to you day and night. Its purpose is to hurt you and to prevent you from rising above yourself. This force does not want even one human being to escape. One of its lies is to place the blame outside — to point the finger at other people and events for the choices we ourselves have made. To live an authentically free and happy life, to make it out, to be saved, we must take full responsibility for our thoughts, feelings and actions. We cannot blame anyone for anything but must come to the freeing realization that the inner determines the outer. The inner state is like a magnet that attracts people and events to itself. Work to release negativity and to raise the level of your state with these workable principles and all will be different. For example, do we need fear or anxiety or anger? NO, of course not! But we must face the fact that if we suffer from these painful and destructive emotions, we're somehow inviting them into our psychological home. We've been hoaxed into believing they are our friends. To be saved means to boot out all of the nonsense so that it can be replaced by genuine celestial guidance. While this is bad news for the artificial nature that's controlled us for so long, it's wonderful news for who we really are.

**Q:** My friends say I don't need this. They say what I need to do is to believe in Jesus because the bible says we have to believe to be saved.

**A:** Haven't you met a lot of people who say that but who are still secretly sad and hostile? Notice people, people of all ages, when you go out into the world. Notice the facial expression of those elderly people as you pass them in the grocery store. Do they look relaxed and happy or do they look defeated? Just believing is self-deception and is an excuse for not doing the hard work required to wake up, which is what Christ really taught. Did he not say "Awake, awake, thou that sleepest?"

Nothing that is worthwhile is ever going to be attained without work. We understand this in relation to our efforts in daily life — on the worldly level — but why do we think that merely saying we 'believe' is going to result in spiritual awakening? In this work, we're told to not believe anything but to prove the validity and viability of everything we're learning here for ourselves.

Truth offers us ample encouragement. For example, when trying to be aware of what's going on both inside and outside of you, have you personally felt a sense of true power in awareness? Awareness and thought are very different states. Thought is circular and repetitive; awareness is alive and vibrant. As Vernon once said, "Why believe when you can know?"

## Banquet Report (continued)

And something else brand new at the book tables were all 35 volumes of the recently recorded dated talks (from 1986 thru 1992) on MP3 Compact Disc. (All available online too at [www.anewlife.org](http://www.anewlife.org).) Listening to these make the talks seem very fresh and alive. You feel as if you're hearing them for the first time; even if we were there personally, we missed so much! Talks for the weekend were based on the MP3 CD "Let a Higher Spirit Guide You."

We'd like to convey something much more than just the facts or words, difficult to describe unless you were there and open to the higher energies, which came thru especially in some of the talks. We were being lifted out of our usual mundane, pretentious and heavy lives to experience new and higher levels of being.

As one student said, "The banquet atmosphere is so energizing. This is the first place I've been where people are honest with me. It makes you realize that it is possible to actually do what truth talks about — to begin to see things as they actually are."

So these teachings are not about believing anything but a means for finding our True Self, our essence. Banquets help most of all to value what Vernon Howard left us by applying it to our lives. Work with what we've been given, and find a way to attend banquets, where we can really discover true spiritual wisdom, not to believe or to parrot the words, but to experience the higher life for ourselves.

## 50% Off Special

All cassette tapes are now 50% off. Any item in our online bookstore or in our brochure having to do with cassette tapes is ½ off. If you order online it will automatically reflect the discount when you add the item to the shopping cart. If you order from our brochure by mail, simply take 50% off the listed price. Once we sell out of our present inventory of cassette tapes we will no longer carry them. All talks are now on MP3 CD.

## New MP3 CDs (continued)

New Life has heard from many people who are grateful for all of the hours of instruction now available in this convenient and up-to-date format. A lot of students listen to this new series of MP3 CDs in their cars, enjoying the ease of having about 25 or more talks on each disk in their player. This is a big change from having numerous audiocassettes tumbling around in your vehicle, getting lost or damaged. One student who recently traveled by car from California to the New Life Colorado banquet said that it was a most pleasant and relaxing trip because of being able to listen to these marvelous talks non-stop. The new MP3 CDs are economical too, with an average cost per talk of \$1 instead of \$4 as was the case in the cassette versions. There are even greater savings if you purchase the entire collection of all 35 disks. Check with the bookstore at any class or go on to the New Life Website for more details. MP3s also load easily on to your personal digital device giving you even more of an opportunity to take Vernon Howard wherever you go. Get one or more of these new MP3 CDs and start digging for your spiritual gold today!

*Doug Stewart has been attending New Life classes in Southern California for the past nine years. He has been in the entertainment industry for over 35 years. He has worked as a producer, director and editor and has had a long affiliation with*

*("New MP3 CDs" 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.

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**Saturday • March 12, 2011**  
(Classes on Wed, Sat and Sun)

*(For more details call or visit our website.)*

ITEM #	DESCRIPTION	QTY	PRICE	TOTAL
1	Vernon Howard's Higher World MP3 CDs (Volumes 2 thru 5)		\$95	
2	The Laws of Spiritual Development MP3 CD		\$15	
3	The Esoteric Path to a New Life MP3 CD (MP3 CD + The Esoteric Path to a New Life Guidebook)		\$15	
4	The Power of Your Supermind		\$10	
5	Practical Exercises for Inner Harmony		\$1	
6	The Laws of Spiritual Development (Cassette Tape Album)		\$5	
<b>SHIPPING &amp; HANDLING</b>			CA residents add 8.25% tax	
Up to \$40 - <b>\$6</b> • \$40.01 to \$80 - <b>\$9.50</b> \$80.01 to \$120 - <b>\$14</b> • \$120.01 Up - <b>10%</b> of subtotal			 SHIPPING	
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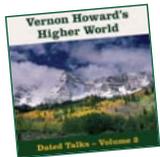


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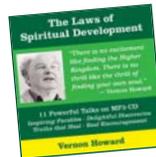
### — Super Special Offers —



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(74 listening hours of instructive spiritual wisdom)

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#### The Laws of Spiritual Development

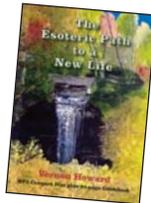
New MP3 CD with nine exciting life-healing talks. Discover the supreme laws upon which all true happiness is based. (+ 2 bonus talks)

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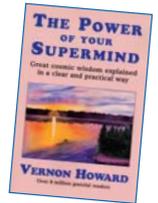
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#### The Power of Your Supermind

This book provides esoteric wisdom, including many answers which at first seem strange. As you follow the step-by-step guides, strangeness is replaced with new insights.

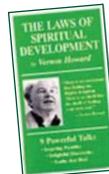
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All items on this page are available at our online bookstore. Go to [www.anewlife.org](http://www.anewlife.org) and click on Bookstore.

## Points to Ponder by Richard Wooldridge (continued)

new MP3 CD, Volume 7 and was blown away to hear what Vernon Howard had to say, which was, "God exists. There is such a thing as the opposite of human badness." Thank Heaven. Something in me knew beyond any shadow of a doubt that this statement was 100% true.

I heard about an incident that occurred at the New Life book table at a recent banquet. A man commented, someone who has attended the classes before, "There's nothing new. It's the same old material with new covers or in a new format." This is someone who professes to be a truth student and who loves Vernon Howard. Why would they make such a foolish and wrong statement?

Let's say you pick up a truth book that was written 3000 years ago and you read something that came from heaven itself. And as you were reading it, it made perfect sense. It struck a chord inside and you felt its healing power. You were inspired by what you just read. There was an instant recognition of something beyond words. So even though it was written 3000 years ago it still had the same impact now as it did when truth came down on earth and inspired a man to put it into writing for someone to discover 3000 years later.

What sleeping human beings fail to see is that the Truth is always alive because it doesn't live in time. There is so much more to be gleaned from these principles than you presently realize. The reason that people don't get it is because it is remaining only on an intellectual level. We sometimes receive e-mails from people who are baffled or puzzled by what Vernon says. To them it seems contradictory. This is because they are trying to process it thru the noggin, thru the cranium crony, which is what we sometimes call the mind in our classes. God exists forever. The mind cannot comprehend this. Observe your self as you read this to see what your mind does with it.

As I was working on the new MP3 CD project over the last few months it became startlingly clear to me that the teachings of Vernon Howard are a living thing. They have a much deeper meaning because if we allow it, they go directly to the heart, to a higher place within. They bypass the mind. It wasn't just words, it was so much more than that. I loved what I was hearing. There was an opening there, like when you walk out into a clearing into the bright sunshine after trekking thru a dense forest for a while. There was less resistance to what was being said. As

a result I was able to hear something that was always there but was unable to grasp before because of the incessant noise of the mind. It's like when you're trying to tune in a radio station you want to listen to. You get nothing but static until the dial is precisely/perfectly tuned and it finally comes in loud and clear.

It is extremely exciting and uplifting to take in the refreshing and healing words of truth. It actually meant more when I heard it recently than when I originally heard it in person for the first time, some 24 years ago. Our ability to hear the deeper meaning of truth is dependent upon our receptivity level. The less there is of me/you, the more we benefit from its powerful and illuminating (enlightening) message.

This has nothing to do with memorization or our ability to remember things. It is a million miles above the mind. It has to do with perceptive powers, our level of being, spiritual intuition, something beyond this world. Part of the equation of us seeing more has to do with seeing evil as evil. Vernon Howard said that one prerequisite for waking up is, "You have to feel hell as hell."<sup>1</sup> Right now we call hell, heaven. If you were to ask someone if they are happy or not, most people would say they are happy. We refuse to see how miserable and lost we really are. A fundamental step that counselors for alcoholics use is to get the person to acknowledge that they have a problem. They can no longer be in denial but must admit they're an alcoholic. It's the same with us; we are in denial that we are in hell. You'll hear people say, "Oh, I didn't mean it" or "She's not like that normally." If this is so, why do human beings spend their lives getting upset, getting angry, being sad, lashing out? Are you happy when you are angry? If we examine/observe ourselves more closely we will see we've been wrong about many things. When we finally admit we are wrong, the healing process can begin.

Perhaps I should define hell. In **Freedom from a Life of Hell** Vernon Howard says, "A negative nature is hell, including evil intentions and self-obsessions. Whoever chooses any kind of harmful behavior burns away his life." Any kind of human torment is hell. Heaven or hell is right now. It doesn't exist in the future or the past. "The higher spiritual level does not employ thought or imagination but sees and acts from pure wisdom. The mental level thinks but the spiritual level knows ... The wisdom you

are now absorbing will elevate you from the mental level to the spiritual level."<sup>2</sup> I always liked it when Vernon told us that God can reach down into the deepest depths of hell and pull you out to safety. There's nothing that God can't handle. Isn't that marvelous to hear? We should be thrilled.

This is an opportunity of a lifetime. We must take advantage of it. This is very serious. Your life depends on it. The new MP3 CD series is one of the most valuable tools any individual can have to help them wake up, solve problems, conquer whatever, become an enlightened human being. It's all there for any person who wants it.

<sup>1</sup> **Vernon Howard's Higher World · Volume 7 ·** Talk 155 · Track 1

<sup>2</sup> **Freedom from a Life of Hell**

(For more detailed information on the new MP3 CD series go to page 2.)

## New MP3 CDs (continued)

television shows like the Oscars, the Emmys and the Screen Actors Guild Awards. "As glamorous and exciting as having a career in show business appears to be," he says, "I was still confused about life and was not very happy. I started searching for the reasons why and found that nobody had any answers that made sense. One day I picked up a Vernon Howard book and later started going to the classes. I had found the answer to all of my questions! Now my life is so much more rewarding because of the authentic truths Vernon Howard reveals."

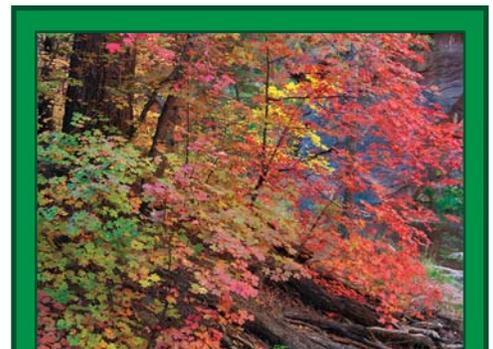
Technical data on MP3 Compact Discs: 863 talks – 21.35 GB – 638 listening hours mp3 Pro® (FhG) (\*.mp3); 80 kbps, 44100 Hz, Stereo (17:6:1), CBR (Constant Bitrate)

## The Parrot (continued)

to fly.

*A man seldom realizes that spiritual lessons apply to him personally, thus making him an eager reformer of other people.*

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





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### **Insightful Q & A Quotes**

By Vernon Howard

My life is like a movie I've seen fifty times. This class will show you how to get out of the boring theater.

You said a feeling of futility can be used wisely. How?

See the futility of solving problems with usual thinking, which is an upward step toward cosmic wisdom.

What causes frustration?

Trying to do the impossible, like trying to prove you have a separate self apart from the cosmic whole.

My life spins dizzily.

You can live from the part in you that **doesn't** spin.

Give me a fact I may not want to hear.

Where you can be hurt by others is where you would like to hurt others.

How can I behave rightly in a crisis tomorrow? If you have to think about it you'll behave wrongly. Only a time-free nature behaves rightly.

Why do you teach that we must **first** drop our wrong thoughts?

Because the pebbles must make room for the pearls.

### **Photographs**



**Kyle and Karen speaking at Sunday class this July banquet.**



**Happy Trail sign on the way up to Sunday's meeting place in Pagosa.**

### **More Insightful Q & A Quotes**

How does it feel to rise above ourselves? It's like dropping heavy oars to let the sail carry you forward.

We're so careless with our minds! We wouldn't let wolves and tigers prowl our home yet we permit all sorts of beasts to prowl the mind.

I have a strange loyalty to hardened ideas. How odd to be loyal to self-injury.

I feel like a captive on a pirate ship. Dare to leap into the sea and swim to shore.

Will the obtainment of these ideas help family problems?

When the underground stream breaks up to the surface it makes everything green.

How can I find a real teacher? Be a real student.

If a new life is offered how come I don't have it?

You live on a mountain of gold but you have to start digging.

Why do I get hostile when told I don't know what I'm talking about?

Because you don't know what you're talking about.

I sense the decency of these teachings. Right.