

NEW LIFE NEWS

Richard Wooldridge Director Vernon Howard Founder

New Life • PO Box 2230 • Pine AZ 85544 • (928) 476-3224 • Fax (928) 476-4743 • E-mail: info@anewlife.org

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Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we hear and 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: I have followed dozens of different philosophies and teachings over the years but none of them have ever led to lasting contentment or have ever given me the real answers.

A: Just because a hundred false paths haven't worked doesn't mean the authentic one doesn't exist. You're reading about it right here.

Q: What are these teachings and classes all about?

A: Everything taught at New Life is about you reconnecting with the natural higher energy that created you. You can call that energy God, Truth, Reality, the Higher Force — whatever you like. This energy, which does exist, is extremely high, supremely intelligent and 100 percent pure. It is the same eternal energy that causes the flowers to grow and that allows you to walk across a room. Your duty is to realize that while you are not living from this supreme source right now, there is something existing within you that is not a part of the habitual nature. It is this unique part within that responds to the Truth when you hear it and that is eager to uncover your true purpose in life.

Q: What is the true purpose of life?

A: Your true purpose in life is to attend Cosmic College. This Work is the Cosmic College! Forget how others choose to spend their time and their energy here on this earth. You were placed here to grow, to develop, and to be guided by what Vernon Howard has termed the "Sacred Spirit." Part of your duty is to see how everything on the repetitive, horizontal level of life is trying to fritter away your energy in order to prevent you from reconnecting with the

source of all higher energy. The problem is that almost everyone has allowed the noisy chaos of the world to take over his or her inner resources. People constantly lose themselves in other people and events. But you can learn how to turn all of this around by using the physical power of attention rightly. Directing a concentration of fresh energy toward self-study is what is needed. Don't waste one more minute of one more day fearing that the task is too overwhelming or that no one else supports your efforts. If you put conscious awareness of all that passes through you first and foremost, you will be supplied with both the power of persistence and with the very valuable ability to put your attention where it should be.

Q: But I don't understand how turning my attention inward is going to help anything.

A: This question has brought up a vital principle that always makes up a cornerstone of any true spiritual teaching. It can be put very simply but what a world of revelation can be opened when it is understood by a receptive mind and spirit.

("FAQs" continued on p. 3)

The Wild Horse

by Vernon Howard

A wild horse roamed the fields and hills according to his own pleasure. On one occasion he wandered over to a pasture where a tame horse immediately began a



conversation, telling the wild horse about the advantages of being owned by a master. "In exchange for carrying a man

on my back," explained the tame horse, "I get food and shelter and whatever care I need. Never do I have to think for myself. I wonder why you do not join me in this carefree life."

"I wonder why you try so hard to convince me," said the wild horse as he galloped away.

("The Wild Horse" continued on p. 5)

Points to Ponder

by Richard Wooldridge

We must never put someone up on a pedestal, worship, idolize, venerate or adore anyone. This kind of idolatry interferes with spiritual growth and creates a roadblock to individual freedom. It prevents us from seeing things as they really are.

If we were to examine more closely the human tendency to glorify others, we would begin to understand that this mindset puts us in a position of compromise. We are saying that someone else knows more than we do. We are also abdicating our responsibility toward ourselves and toward our God-given right to live with true self-command. This awe of other human beings sets us up for experiencing not only the torment of jealousy and envy but also grave disappointment and bitterness when we realize our idol has "feet of clay."

We must begin to see for ourselves that when we live only within the walls of the intellect we are part of the limited world of opposites. For every exhilarating feeling we experience, we must also swing over to the opposite gloomy feeling. So we're forever trapped in a time warp. We will just

("Points to Ponder" continued on p. 2)

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Spiritual Exercise "See Thru The Hoax"

Transcribed by Regina Netherton from
a Vernon Howard class lecture

Tell yourself forcefully and at the same time very calmly, "I have much better things to do with my life than to spend it in pain." Now you say that several times a day. You will not know what you are talking about but the words are beginning guidelines so that you can go from words to feeling, to comprehension, and the light

"... and the light will burst upon you one day ..."

will burst upon you one day in which you won't have to say it with your mind anymore because you will know it

internally. It will be with you twenty-four hours a day so that pain of any kind — emotional, physical, psychological suffering — so when it tries to intrude into your life, you will have more power than it has because you will have received the inspiration and the explanation from the higher place that you don't have to submit anymore!

Good morning, submitters! You know that's accurate. You know that what I just said is true. You submit. Now, you've already had an enormous clue. The clue is you have been telling yourself what your life is all about. I have to tell you something very special about pain, about anguish. Of all the evil forces on this earth, anguish, hostility, any kind of pain is one of the most cunning in disguising itself as a needful friend. I want you to understand for yourself what I just said. The next time you feel any kind of apprehension or doubt about something and you start to shake, I want you to look at it so closely that you can see through the bluff that it has had on you. You can see that it is nothing but a faker that you thought was your friend.

It is never necessary for any of you to be in, or to fall into a state of anxiety, tension, any kind of pain at all. I just told you the fact of the matter. Now which are you going to believe? Well, you're going to have some hard work in tossing out your beliefs in the necessity for you to be thrown off the track. And New Life teachings will show you how to do it, how to encounter the enemy with a new kind of strength and fresh vigor and higher intelligence so that pain, worry, feeling inferior, the whole business, so that you meet it with the light of heaven itself and that is what makes you strong; that godly presence living

(Exercise continued in next column)

through you is stronger than the trillions of types of fear, tension, feeling awkward, feeling unworthy.

Identify to yourself the wide variety of pain and sufferings there are. See how they can grab you anytime they want. You're not going to spend your days feeling at the mercy of other people, of the news headlines, of anything at all. The fact is freedom from agony exists. Shake those chains off. Don't be afraid of anything! Instead of being afraid of your life, you're going to be interested in it. You can do this! You can say, "Oh, I'm going to understand you. Instead of shaking before anything, I'm going to look at it as a scientist would look at a problem." You're walking around and you catch some small or large

(Spiritual Exercise continued on p. 5)

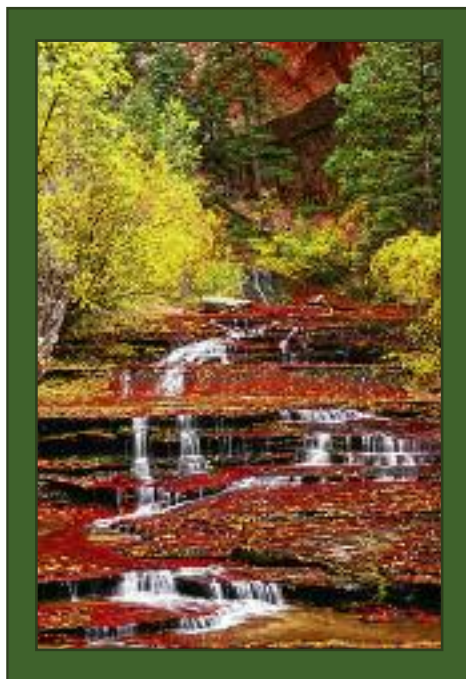
Pagosa Springs Banquet Report July 2013 by Judith Anderson

A group of truth seekers including travelers from both coasts met in Pagosa Springs, Colorado July 12–14th for another New Life Foundation banquet and for a truly good time in an unmistakably higher atmosphere.

Classes reflecting the teachings of Vernon Howard and esoteric Christianity were spread over the three-day weekend, ending Sunday morning on a Rocky Mountain hillside far above our daily cares and routines.

When you enter a New Life banquet you are leaving the world to "come out from among them," for banquets offer experiences quite unlike anything else in the world. Our activities — events originally planned by Vernon Howard — provide ideal circumstances to practice true principles.

(Banquet Report continued on p. 3)



Points to Ponder (continued)

keep making the same mistakes again and again until we start to see beyond any shadow of a doubt that a higher world exists above the mind. In *Psycho-Pictography*, Vernon Howard puts it this way, "Tranquility arrives as we lose our negativities."

All of these things we are talking about must become a reality for you. They must be taken out into the world and used in every personal daily experience so that they can prove their accuracy to you. I recently received a jury summons. The court supplies a phone number to call the day before the impending date you are required to be there. So a part of me was hoping I would call and get a recorded message saying the case had been settled out of court. It didn't happen that way and I was required to report for duty the next day.

Something in me knew I would have to work very hard to try to stay above the level of the setting I was about to enter. As you know we have a free quote service that you can sign up for in order to receive a Vernon Howard quote in your e-mail inbox every morning. This particular morning the quote could not have been more appropriate. It was from *1500 Ways to Escape the Human Jungle* and it read, "Each time a man excuses weakness in himself he lowers the quality of life in the entire world."

So my work project was to apply that particular truth to every aspect of the jury experience. I had also vowed to myself that I was going to work harder than I've ever worked before in my life. It turns out I needed that and more. It was one of the most difficult things I've ever had to do because the whole atmosphere was extremely oppressive. Over one hundred prospective jurors were crammed into a courtroom with a maximum capacity fire rating for just 70 people and from the beginning, it was apparent that no one wanted to be there including the judge.

It turned out that the jury selection process took more than one day. So I had to return for a second whole day. That night I purposely picked up *50 Ways to Get Help from God*. I opened the booklet up to page 29 and found another gem waiting for me to take with me into battle the following day. Number 37 starts off, "Don't be impressed by leaders of society. Don't be in awe of anyone. No one created himself. A man walks across the room with energy supplied by God, not by himself."

(“Points to Ponder” continued on p. 5)

FAQs (continued)

That principle is: "The inner always determines the outer." In other words, the inner psychological life of the individual is what determines the quality of the outer life. This has nothing to do with financial status or with attaining all of the external trappings that society equates with happiness. It has to do with the kind of energy that is being generated inside of you and being put out by you every day. Is there fear in there? Is there rage? Is there depression? Is there a feeling of being cheated and left out? Those negativities go out into the world around you and always come back to the source that put them out in the first place. The problem is within and that is where conscious awareness that has neither desire nor egotism must be placed. Turning the arrow of attention inward and simply observing what you see there will eventually reveal that you are under no obligation to feel bad. This is the means by which the higher in you can connect with the higher above you.

Q: As I study these teachings and apply them to my life, I have noticed my idea of what's funny isn't the same as it used to be. I now find myself recoiling when friends tell off-color jokes. Even humor on television seems really offensive. I listen to what people are laughing at and I think, "That's pretty bad." Whatever happened to clean wholesome entertainment?

A: You are beginning to see how vile and low the world really is. Truth opens your eyes to what is actually going on. You have no doubt noticed that society's idea of humor becomes more tasteless and vulgar with time. These are simply dark forces diligently working to bring the world down further into self-destructive chaos. It is done through shocks and assaults on what is good and right. As society sinks lower, the offensiveness becomes more brazen. Once people get used to a new "low", the next assault is going to be more forceful than the last one. Have you noticed that what is "acceptable" today on television and radio would never have had a chance of being broadcast just a few years ago? Unfortunately, the world is so sick now that it's just going to get worse but you don't have to be a part of any of it anymore. There's a very insightful talk Vernon Howard gave called "The Devil Is a Chipper" that explains it all. The date of this talk is June 6, 1987 and it's on the MP3 CD "Vernon Howard's Higher World" Volume 12, Track 3.

Pagosa Springs Banquet Report (continued)

As student David Hearst said, "The point is not to think a truth but to live it."

Here's how the July banquet in Pagosa was different from the world: Talks were very high and practical. The men were in charge and the ladies wore flowers and dresses. Dancing was wholesome and pretty; the songs were old-fashioned and harmonious; jokes were clean, fun and not vicious or sarcastic. Set-up and cleanup was well organized, orderly and corrective, anticipating sleeping human beings and the unexpected (like the temporary loss of electricity).

Arriving before class on Friday evening, students greeted other students from different parts of the country. Speakers based their talks on a Vernon Howard talk entitled "The Original World," one of the five transcriptions available in the newly printed publication **Powerful Guides for Spiritual Freedom*** (see end of article), about how distorted our money system and values have become. The basic message was "the only thing you have to do is make it back home to the Father's house." The moderator for Friday evening's class, Moe Janosec, told us we must "go against our lethargy" and "be active toward Truth." We must welcome it into our lives because everyone lives from either the higher force or the lower force and "cannot serve two masters."

On Saturday after breakfast (almost a banquet in itself with its array of quiches, coffee cakes, fruits and hot drinks), director Richard Wooldridge exhorted us to **speak up** louder and to not mumble when behind the microphone and when talking to others. This forces us to be more aware and prevents the forces of unconscious timidity from being in charge. Based on the talk transcription "Let's Play Fair," he illustrated with his experience of being called for jury selection and using that to work hard to stay awake for two days. "You must be learning from every experience and to be given more insight, you must want to understand the actual state of human nature." Like the baby birds flapping their wings and leaving the nest, we also have to learn to fly all by ourselves; it's individual work.

The banquet table was a bountiful display of BBQ beef, chicken, sausage and baby back ribs, homemade potato salad and cole slaw, fresh green salad and much more, together with a favorite feature — the dessert table — mostly prepared by the New Life ladies. Student-provided entertainment followed. The southwestern theme of the entertainment brought to life

beautiful old and new Western songs like "Cattle Call" and the joyful and exuberant "Thank God I'm a Country Boy." One outstanding act was the harmonizing by Lynne, Kyle and Craig on "Wild Montana Skies." Jokes and skits took us from the beauty parlor to the golf course, and the Pretties' dance was the best and liveliest ever. The man in charge of the clubhouse building where the banquet was held was quite impressed by our efficiency and the thorough cleanup. Perhaps best of all, a transformation of one's state was a definite result. Participants found that they were able to do much more than they ever thought possible. And this was perhaps the most positive and cheerful group of students ever to assemble at a New Life banquet. During the weekend, it was observed, people became more alive, more bright and cheery.

Sunday's class was held on the New Life property mountainside pergola, where deer sometimes grazed and an occasional golden-mantled squirrel could be seen scampering about. Speaker Dave Netherton called our attention to being aware of all of the physical senses and to the setting in the forest where gentle breezes wafted and sunlight danced through the trees. He said you have to work to climb up the "happy trail" but the result is an unmistakable feeling of elevation.

(Banquet Report 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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Points to Ponder by Richard Wooldridge (continued)

This is why you need not fear anyone or anything, including your own weakness.” What a tremendous relief to read that.

I was able to remember the two quotes and fight for myself and stay awake through the entire process. They were not just words on paper. They were and are living truths which when used properly can provide an explosion of insight and keep you infused with a higher energy to deal with the utter madness of this world. This world is literally designed to put you into deeper sleep, drive you more insane, exhaust you, put you through hell, keep you from thinking from yourself, sell your soul and much, much more. By the end of the two days I was tired from expending so much energy. But I knew it was not from resisting but from working hard to stay apart from the fray, from watching all my reactions and from constantly bringing myself back to awareness.

It requires a super effort on our part to wake up. The sleep is incredibly thick and human beings are disgustingly weak and pathetic. If there was sanity on this planet, these heinous crimes would not be committed and we would not need courtrooms. But unfortunately with man being on such a low level, crimes are going to continue and more than likely get worse. Fortunately for you and me escape is possible if we work hard enough and want it badly enough. Remember our class motto is “If you can take it you can make it.”

Another negative state I’ve observed a lot lately and one that is very closely related to worship and idolization is boredom. Remember what was said earlier about every positive feeling being followed by an equal and opposite negative feeling when we are living only from the mind? So when we identify with what we think is an exciting experience, sooner or later it will swing back to the opposite feeling of boredom.

Recently I was talking with an acquaintance and he began to tell me how he is ready to enjoy his retirement and start traveling. He had worked hard and now feels like he can finally have a good time in life. So I could only conclude that up to this point in time he has not been enjoying life. He had also once said that the place we live is one of the most beautiful places on this earth. So why would you want to go on some dumb trip and spend a bunch of money foolishly if this is such a marvelous place? I know why. He’s bored.

Vernon explains it perfectly in *The Power of Your Supermind*, “Boredom occurs when you run out of distractions, when you have

nothing to supply a false feeling of life, of aliveness.” So then you are compelled to go somewhere, do something, keep yourself occupied for fear of facing your own nothingness/emptiness. You see, like almost everyone, he’s only living on the intellectual level. Human beings actually believe that the penultimate experience in this life is to develop the intellect to a level way above that of most other human beings. They can then outsmart, outthink, outwit, out-accomplish, and outdo anyone. This somehow equates to superiority, puts them at the top of the heap and protects them from the bullies of this world. Little do they know this only increases the fear.

Our protection, our elevation comes from seeing through the hoax. It all goes back to an earlier topic. If you look up to someone you are lost and if you look down on someone you are lost. Neither one of these alternatives is where you want to be. Not really. We can escape being torn apart by the constant swing of the pendulum back and forth. Truth urges us to rise above the world of opposites to live a life of real revelation and genuine spiritual excitement. See all these things for yourself.

Spiritual Exercise (continued)

anxiety, whatever, and then remember what you’ve just read. Don’t forget it! Write it down. Look at it fifty times today. Put a little note in a prominent place at home that says, “I don’t have to be afraid or in anxiety over anything. I just have to be interested in understanding what is going on.” Already you’ve struck a blow against the enemy; you’ve taken some of the chains off and heard them clank down at your feet. You will understand the deeper meaning of this as you practice it.

Banquet Praises from Visitors

“Every chance you get to come to a banquet, take it. It will save your life.”

“I get so much help here and it’s fun.”



Sherry, Judy & Connie at New Life Pagosa

The Wild Horse (cont.)

Dependence upon others may appear to have advantages, but our real nature never consents to it.

(This is from the book *Inspire Yourself*)

Pagosa Banquet Report (cont.)

Bill Brown retold the story of the Veteran and Apprentice angels who came to earth looking for just one person who wouldn’t sell his soul for earthly riches, then asked us the deeply profound question from the story: “Do you qualify?” The stories about “Vet and App” and the Angelic Weekly reminded us to be aware when we think we’re sincere and know it all; then the Veteran angel must tell App, “You’re still fooled by people — that’s why you’ve been an apprentice so long.”

Comments after the break about the banquet experience included one from a new student from the East Coast who said she felt like a beginner and was reminded that Vernon said “God loves a beginner.” And the new people all jumped in to participate fully with a right spirit. Long-time student Regina Netherton spoke of what she learned: “It is almost unfathomable to realize the immense amount of work that was put into bringing about the banquet. So why do students work so hard at it? Because the invisible rewards of sensing a new existence and beginning to live above the crazy mind and this crazy world provide more than enough reward.” There is nothing more exciting than truly embracing this work.

A main object of the Vernon Howard teachings is to see ourselves as we actually are. This is hard on the vanity and why Truth classes will never appeal to the masses. As Moe said, “Most people won’t even get close to seeing their negative states unless they’re pushed to do so.” A banquet provides the atmosphere to see our “spilling level” [see *The Power of Esoterics*, p. 113], which we must determine to raise higher every day and at each banquet. As Bill said, we must allow ourselves to be uncomfortable and stop lying; only then will we receive help in spite of ourselves. This is why New Life is such a contrast to the world — which wants to be falsely comforted and flattered. We use the activities to see more deeply into human nature, welcome healing correction and rise above our fears and delusions, all the while being given new flexibility and natural spontaneity.

**Powerful Guides for Spiritual Freedom*
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Gratitude for Teachings

Man from Virginia via email:

I embarked on a serious study of these principles more than 3 years ago, but first began reading Vernon Howard's books about 10 years ago. At first, I didn't even know what the teachings were about though I was attracted to them.

Now my life is much simpler. There is more clarity, less problems, more efficiency, more time to accomplish things, less involvement in useless activities, far less association with lost people, more ability to organize, less debt, more peace, more ability to understand cause and effect, more spiritual perception, more relaxation, improved health, cleanliness, far less interest in watching TV or movies, improved intelligence, more compassion and understanding, etc. Now I take as much time as possible throughout the day for contemplation and practical awareness.

Lady via email:

He really helps me as a student see in depth what I ordinarily wouldn't notice.

Man from Australia via email:

Isn't Vernon the greatest? I thank God he came to me and that somehow I was able to appreciate him straight off the bat.

Lady from Texas via email:

I have been listening to the talks I ordered last week and I have to say that of all the spiritual studies that have come my way, Vernon's work far surpasses all of it. His work is food for the soul and the weary sojourner. Thanks so much for making all these wonderful gems of spiritual wisdom available to all of us. I am eternally grateful and hope I can visit New Life sometime in the near future.

Man from Indonesia via e-mail:

I take this opportunity to thank you from the bottom of my heart for the daily Secrets of Life quotes. I thank God for providing the wisdom of Vernon Howard and wish you all the best in 2013.

Lady from Minnesota via e-mail:

I am so delighted with my new entire collection of the Vernon talks on MP3 CD. I have them on my iPhone and my iPad and I have access wherever I go. Vernon is the best friend I've ever had! Since I got this collection, my blood pressure has actually gone down. Thank you for making these available. It feels good to know that they are preserved in a manner that is more lasting than the tapes. I am so grateful. And even the cases are covered with works of art!

Lady from California via e-mail:

I have just come across your website and am very impressed. I came upon a copy of Mr. Howard's book *The Mystic Path to Cosmic Power* in a metaphysical bookstore. I am reading the book now and am amazed at how clearly he presents his point. I have read self-help books for over 20 years trying to find a better way. Mr. Howard has so beautifully captured what he wishes to say and reiterates each point often enough so that it can all sink in.

I am truly grateful for finding this book. I don't believe in accidents. I was meant to come upon it. I suppose when the student is ready, the master will appear. Thank you for your good work in spreading this important word.

Lady in Pennsylvania via e-mail:

While I appreciate all the Vernonisms received, the following one particularly exposes one of my secret vanities. It goes something like "If there were something existing in the universe other than my mind, certainly I would know about it!" Thanks for the revelation. Wishing you continued success and great prosperity.

Man from Pennsylvania via e-mail:

Thank you for publishing the new booklet *Powerful Guides for Spiritual Freedom*.