

NEW LIFE NEWS

Richard Wooldridge Director Vernon Howard Founder

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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 want to introduce my friends to Vernon Howard's teachings because I've received so much help from them myself. What book would you recommend to tell them to start with?

A: Mr. Howard's classic book is considered to be **The Mystic Path to Cosmic Power** but all of his writings and talks are jam-packed with messages that will both inspire and challenge any sincere seeker. If you give a friend our catalogue, they'll often come across something that they're personally drawn to. Vernon himself said a person wouldn't go wrong if they start with the book or books whose titles and descriptions are most appealing to them.

Q: I'm amazed at what a master Vernon is at presenting these principles in clear and understandable language from every conceivable angle.

A: Cosmic principles express themselves in a myriad of ways and he wrote in a variety of styles to reach the widest possible audience. For example, **Inspire Yourself** is full of parables and stories while **Treasury of Positive Answers** is composed in a question and answer format. Other books focus on visual pictures (**Psycho-Pictography**) while some are written in a narrative style like **The Power of Your Supermind** and **Pathways to Perfect Living**. But within all of these different elements is contained the pure truth with its combination of classic wisdom and practical guidance that will provide new life-command and lead the way to inner freedom.

Q: I've always gotten bored very easily but that isn't true of these teachings. I keep coming back to them over and over again.

A: Your continued attraction to the teachings has created a spark of excitement for

what you're learning. Whether you are aware of it or not, there is a part of you that is not of your usual nature and it is this unique part that responds with interest to the various truths presented here. These authentic spiritual principles will always give you something real to do with yourself so how can boredom set in? And if you persist, your love for what you're hearing will increase and you'll come to see that self-work with the aim of self-understanding is great fun. In fact you'll be stunned to realize that in all honesty every other pursuit, every other thrill you ever went after led absolutely nowhere. As Vernon once put it, "There is no thrill like the thrill of finding your own soul."

Q: When I fall into a bad state, how do I get out of it?

A: In a recent class, a student told of a humorous but valuable experience she'd had years ago, before she ever found this work. When she was young she'd had a romantic breakup of some sort and was going around putting on a "Sarah Heartburn" act. One day, a song came into her mind and she said to herself, "What is that song?" —

("FAQs" continued on p. 3)

Bird in the Bush

by Vernon Howard

Two students paused in a journey to rest beneath a tree. Their attention was attracted by a small bird perched on a bush a short distance away. One of the



students suddenly shouted and waved his arms, at which the bird darted away.

In surprise, his companion added,

"Why frighten a harmless bird?"

The other man sighed. "That is how we all misunderstand. I saved the bird from a hawk you did not see."

We misunderstand life's lessons, taking them as harsh treatment, when they are really our rescuers.

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

Points to Ponder

by Richard Wooldridge

We recently held New Life's July banquet in Pagosa Springs, Colorado. We have spoken about the banquets in the past and when Vernon Howard was alive we used to have them once a month. They are a highly intensified, usually 3-day event where we hold classes each day over a weekend. The banquet day itself requires a tremendous amount of effort as it normally lasts around 8 hours from start to finish. For some it can be as much as 12 hours depending on how much they put into it. This doesn't include all of the time, energy and money that is involved for an individual, especially if they travel from somewhere else to attend the event. But it's all worth it.

So why would Vernon Howard put so much emphasis on these banquets? There are many reasons but to try and simplify it, it's about taking time away from your worldly life so that you can get a taste of a different world. We obviously offer the class, which is spiritual food, as well as provide physical food that gives nourishment to the body, and have entertainment along with physical movement when we dance.

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

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Spiritual Exercise "Stop Yourself"

*Transcribed by Regina Netherton from
a Vernon Howard class lecture*

This is your starting point. This is an exercise. You will stop yourself right in the middle of that glorious sentence of yours in which you're letting off steam, boring, or hurting or whatever, someone else.

**"You're to stop
... so you can
wake up ..."**

You're to stop right in the middle of it so that you can wake up and see what you're doing. Look, do you know

what the meaning of the word **sin** is? Sin means to live without knowing what's happening inside of you. To sin means to be a person who thinks he knows what to say and what to do but really doesn't. Every destructive, every weak, every foolish word or action is always called good by the person throwing out his junk.

Listen to me when I tell you that when you are just ready to go into your usual routine and there's the target there, you're going to catch yourself after five words of releasing your tension and you're going to be shocked at the kind of person you have always been.

I tell you, only the energetic are going to make it. Only the brave are going to endure. Only the true are going to survive to the end where they practice this simple exercise — not 10 times, not 100 times but 5,000 times. You can do it 80 times a day, at least.

So, instead of talking, you are reflecting on what's going on every minute: "Why am I saying that?" You're reflecting on why you do what you do and you come to the conclusion you've been a part of this sick conspiracy that's around you. Work hard at this.

Summary — Plea: Please don't bore your friends, your spouse. Look, they're stuck with you in that house. Please show a little mercy. Please let them have their minds to themselves. Stop interfering. That other person has a right to his own mind just as you have, but you trade. You allow him to intrude into your life, now it's your turn. No more turns. You will be the one to stop. One of the greatest loves of your life will be when you hear that voice that will teach you how to change.

Phone Call of Gratitude

I am so grateful to Vernon. This is it! I'm also grateful to Richard when he mentioned on the 2006 Christmas Banquet DVD that he had seen Vernon before his death and he did not get negative. How inspiring to know!

Pagosa Springs Banquet Report July 2014 by Jack C., Judith A. & Regina N.

Beautiful Pagosa Springs, Colorado was the setting for the three-day annual New Life July banquet. Those who have benefited from the higher teachings of Vernon Howard and want to know more came for the powerful classes on Friday evening, Saturday and Sunday mornings.

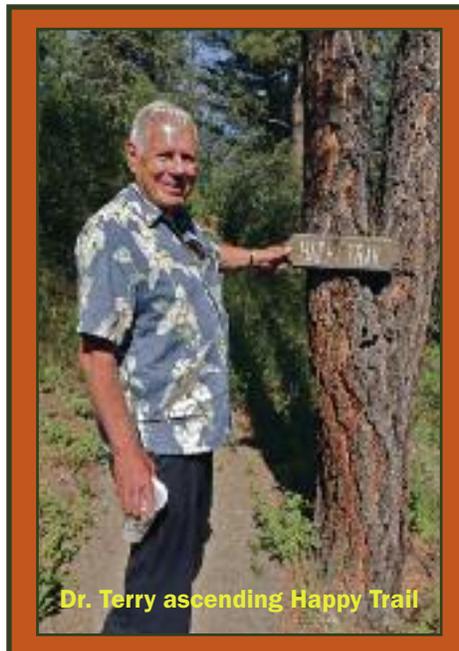
July 11: Arrivals on Friday evening found an irresistible array of appetizers and fruits awaiting them. Even more captivating was the colorful display at the book table which highlighted all of Vernon Howard's books, CDs, DVDs, MP3CDs, flash drives and more.

Friday night moderator Doug Stewart invited students to think about and comment on "Why you came to banquet." Speakers used the MP3CD "The Key to Spiritual Life-Healing" as the basis for their talks. Doug made this point: "The tragic mistake is, we always turn to ourselves for the answer. Truth is the healing medicine that just about everybody doesn't want to take." Dave Netherton reminded us to "Ask Heaven what to be, not what to do." Craig Martz emphasized that obstacles exist only in the mind.

July 12: Saturday's all-day activities were launched with a bountiful breakfast buffet provided by the New Life ladies that included trays of summer melons and a variety of mouthwatering quiches, omelets and sweet rolls.

New Life Director Richard Wooldridge led the Saturday morning meeting and opened his talk with this light-hearted but serious comment, "Dave, will you close the doors? We don't want the outside world to hear what we're going to talk about. We're going

(Banquet Report continued on p. 3)



Dr. Terry ascending Happy Trail

Points to Ponder (continued)

Banquets are designed to be well rounded and balanced. Everything is structured to give a human being the opportunity to experience something natural and higher. It is nourishment for your essence not for your ego or as it is referred to in these teachings, the false self. There is nothing contrived or artificial or worldly about it. All this world can do is to give you a quick thrill, which does nothing but lead you away from The Truth and leave you with an emptiness after it's all over with. And then you have to go and do it all over again.

The local Chamber of Commerce has to constantly come up with new events to sponsor to give people something to do with themselves. Somehow you have come to believe it's the world's job to entertain you so you won't have to face your own emptiness. You're caught in a tiring circle where you have to work like crazy to earn enough money to pay the bills and to have enough money to pay for all the things you want to do and all the things the world says you have to do or buy in order to be happy. And then there are those events you feel obligated to attend because they are a 'once in a lifetime experience'. How many times have you fallen for that trap and then later regretted it or discovered it really didn't fulfill the craving you had to do it in the first place? Society is giving you an escape route that is placing you further and further away from the protection of God rather than leading you toward self-facing, to see what you are really like so that you can eventually discover true contentment.

It's high time we put ourselves in a position where we can begin to actually feel and experience a higher energy. It does exist. It is a spiritual consciousness; an advanced state of being that is far above the level of the ordinary mind. It's a taste of real fulfillment that is very different from ordinary life. It is fresh, alive, truly exciting and can help us deal with anything without the mundaneness and fear and worry of doing or saying the wrong thing. But we are going to have to want it more than we want the mere appearance of being a confident, content, happy human being.

A conscious man is 100% in charge of himself. He has conquered any and all negativity. He consciously has power over his intellect; it does not dictate to him anymore. He rules over his thoughts. He commands his emotions, instead of his emotions telling him how to feel. He has authority over his body. He has control over

("Points to Ponder" continued on p. 3)

FAQs (continued)

finally realizing it was "Happy Days are Here Again"! In that moment of recognition, the spell of despair and depression she'd been under was completely broken. This was an early experience of something higher becoming conscious in her and breaking the false power of that negative state. Always remember that a painful state is lifted by the power of the higher. Our aim is to more and more invite that healing force in to do its good work.

Q: New Life has helped me tremendously to understand life and myself. But I still feel like I'm standing in my own way. The principles work but I don't. Am I hopeless?

A: Never forget that evil does not want one person to escape, to get free from its clutches. So as soon as you realized that Vernon Howard's truthful message was real and necessary, dark forces unmercifully attacked you. These forces give people who are not interested in truth the rewards of this world: perhaps they get money, a great sex life, a big family or career, travel and adventure, whatever is needed to keep them distracted and deluded. Yet when you learn there is a way out and turn your heart towards escape, the demons of hell are put on alert: they must go after that one and bring him back. Now is when you must work, fight for yourself. Truth is stronger than anything. Let God do the fighting for you; you only need fight to stay awake and watch. This is when seeing is everything: that you are not a victim, that only your thoughts are tormenting you, that you can indeed be free. Then the upward horizon becomes limitless.

Points to Ponder (continued)

his sex center, so his desires no longer tell him what to do. He has control over his own destiny instead of circumstances dictating the outcome of events. An awakened man is in charge of everything because he is in touch with reality and no longer lives from fanciful imagination. He is no longer gullible. He has discovered the way out and now lives from something above this world that is without strife and strain.

The banquets put us in a position to receive this higher energy so that we can begin to take charge of our lives. The healing atmosphere gives us a special opportunity to receive something that is not from this world. The classes and the banquets are here to heal not to hurt. But to many people it doesn't appear that way on the surface. I've observed some things

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

Pagosa Springs Banquet Report (continued)

to wake the dead. Satan does not want you to be here but this is the most important thing you'll ever do in your life."

Richard said, "Vernon Howard used to ask when arising, 'What else can I learn about myself today?' Very few people like him have ever walked this planet. Vernon asked us, 'Please work together. Please get along.' See, right now, you are contrary. You're unable to submit to discipline. We must stop being contrarians." Richard also called us "thinkaholics" — always in thought. "Realize that thought cannot change you!"

Speaker Bill Brown emphasized the need to recognize we are stabbed by pain and we easily forget that Truth wants to come to us. He cited the vital Vernon quote, "Human interest in studying human evil produces the miracle of self-transformation." Bill said, "We're all sentimental idiots! ... Anyone who doesn't want Truth is your enemy and an enemy of God.... Only Truth can combine the Blunt and the Beautiful."

Dr. Terry Roche of Southern California, who made a tremendous effort to attend the banquet, provided this insight: "Our false self is evil to the core. That is the greatest secret of this class, that evil exists. My real nature has no pain. Start watching the false nature. Find out what's running your life — it is not you."

Richard reassured us that "there is a healing atmosphere here that's going to heal you." And as the day progressed, the atmosphere became more electrified with higher energy, which is mysterious but real and can be felt at all New Life banquets.

The activities surrounding the classes are all situations perfectly constructed years ago by Vernon in order for us to apply and practice the ideas presented in the talks. The healthy work required for the event illustrates what Vernon and both Richard and Lynne often emphasize, that you must exhaust yourself in order to go beyond your limits.

The huge western banquet table was spread with endless choices of BBQ beef, pulled pork, moist delicious smoked turkey, chicken and sausages, together with potato salad, cole slaw, and baked beans — just for starters. A separate dessert table held fruit pies, brownies, cheesecake, key lime pie, berry and pineapple fruit salad, ice cream and more.

With emphasis on the Western theme, students then performed songs, skits and humor in the formal entertainment. The singers were particularly outstanding this banquet, presenting both old standards ("I Want to be a Cowboy's Sweetheart") and new favorites. A group of ladies, Kyle,

Lynne and Vanessa, joined by Doug, beautifully harmonized on the lively and playful "If I Had a Wagon." The peak of country singing (if not of harmony!) had to be the "Woe is Me" HeeHaw songs, "Where O Where are You Tonight?" and "Gloom, Despair and Agony," which made fun of our love of suffering and misery (Woe!).

Many jokes and skits were exceptionally funny and well done. Regina surpassed herself in roles as shopper, grandmother and an 80-year-old marrying for the fourth time. A high spot was when Pagosa Dave offered to donate his "grandmother" to the man collecting for the old people's home. In another well-acted joke, the be-wigged Karen impersonated the proverbial beautiful but dumb blonde on an airline flight. One student added that Dave did "a remarkable job memorizing 'Paul Revere's Ride'" in honor of July 4th.

To conclude the formal entertainment, the Pretties' dance was extraordinarily vivacious and bouncy. Informal dancing followed, while the last dance of the day was once again a highly rewarding experience.

July 13: After a generous breakfast buffet on Sunday morning everyone scampered (and some struggled) up the Happy Trail to the open-air Pergola where a final class took place. The walk was humorously described by someone this way: "It makes you happy when you finally reach the top." Dr. Terry was rejuvenated

(Banquet Report continued on p. 5)

Banquet Invitation

New Life Foundation has been having banquets for over 35 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)

about the banquets over the years. People come and they are so used to feeling the negative vibrations of this world and listening to what their minds are telling them that they run away from the very thing which could change everything. Their egos feel threatened and so they do the only thing they can do which is to hate the truth. Their allegiance is to darkness and frivolousness. So they run away back to the world from which they came.

I recently was in a conversation with another person and while they were speaking I was watching them carefully. We are instructed by truth to study ourselves and to study others. While the person was talking I clearly saw that a mechanical force was in charge. There was no consciousness there as he repeated something he had said a million times. And because there was no awareness and no higher state of being, the expression of the way in which he had lived his life became visible. Pursuing only the rewards of this world while neglecting the real purpose here on this earth, which is to seek truth and understand human nature, he was left with himself. It was a summation of what he is really like deep down inside. This is true of all of us but in this case what I saw was defeat and depression. After all the things he had done and all the accomplishments he had attained he was left with nothing. That's who he is, not what he says he is or what the world says he is.

I saw the same principle in action with someone who was recently cutting my hair. She came into the shop in a negative state but had absolutely no awareness she was in a contrary state. The average person can function in this world, make a living, be married and have children, go to church, accumulate memories, see the sights, etc., etc. but their lives are a mess and they haven't a bit of perception about any of it. They'll defend themselves till the end. And even though they have trouble pretending things are all right, they keep on trying to convince themselves that everything will turn out OK. Everyone is asleep. No one is happy. It's all show. The contrast between the average human being and an awakened man or woman is startling because they are not pained and tormented like that.

At a certain point, when I was speaking at the recent Pagosa banquet, a spontaneous question came to me to ask the audience and it led to a very humorous and light moment. I asked how many people had been divorced. To my astonishment

and amazement, about 75% of the audience raised their hands. It didn't say much for human intelligence and the choices we make especially when we are young. But it was great because one of the requirements of coming to a truth class is self-honesty. We no longer have to pretend.

All the pain and suffering can end. All the pretense can be dropped. We can truly live a life free from all the nonsense. All the bad memories and bad experiences can be transcended including the pain and regret left by that divorce or any other awful experience that we have gone through. All we have to do is stop pretending everything is OK when it is not. See things as they actually are. See the human predicament and want nothing more to do with it. As Vernon Howard said on a number of occasions, "All Is Well!" We must work intensely to see and feel that for ourselves.

Pagosa Banquet Report (cont.)

and left Sunday's class from the Pergola hopping down the Happy Trail.

Sunday's moderator Moe Janosec set the stage with a light and jovial air. He quipped, "Paul and I just made a truce of sorts. I agreed he was slightly better looking than me, and he agreed I was vastly more intelligent than he is." This brought a big laugh. "See? We can have a good time with this." Moe began by stressing that we have to remember what we're here to do. "We always forget spiritual facts. It's up to me to remember the facts and apply them. You don't need a priest or any other authority; no higher 'intermeddling' is needed. All organized religions will lead you further away from God." Moe offered these encouraging comments: "It is possible to become a different kind of human being. We're here to lose that evil false nature that's trying to ruin our lives."

The extra effort required for banquets was clarified in Paul Wolfe's talk on Sunday: "In order to be transformed, great heat and great pressure are required, like

Pagosa Banquet Report (cont.)

turning coal into diamonds." This idea related to the Vernon Howard talk entitled "The Field of Diamonds," which concludes with the fact that you absolutely cannot lie about your nature. Paul added, "Your job is to see your actual condition. Something higher is just waiting for you to not do anything else about your problem." Speaker Tom Geiger from California also stressed we cannot keep on living a life of pretense.

Following the talks, comments about the banquet and its benefits were made by participants. Richard addressed the issue that there is something sinister which does not want even one person to escape. He noted, "Many people faced difficulties and obstacles getting here and some who had planned to attend didn't. Be very watchful for the attack that comes when you're about to do something right." He said you shouldn't miss classes. "Only a true class will ruffle your feathers, for it challenges and 'offends' your false self."

Sherry Day was one of many who overcame difficulties to be at the banquet and sensed that by calling the bluff on these barriers, she went beyond them. She said with emotion: "Darkness does not want me here. I have to say, No! You're not keeping me from the banquet because I want to know the Truth."

Jeff from Arizona, who attended a banquet for the first time, was more than a little excited to have finally found other people with whom he could share these truths.

Doug said, "I was corrected this weekend. I would not have experienced or gained from the correction if I hadn't come to banquet." Dave of Pagosa encouraged us: "Never lose your enthusiasm for the Truth. Don't take these classes for granted."

Before leaving for home, everyone enjoyed one last buffet meal set out on the deck at the New Life property and found a place to eat at picnic tables in the scenic surroundings of giant spruce trees and the rippling Rito Blanco stream on a pleasant summer day. (By the way, Vernon Howard once mentioned in a 1986 talk that "New Life may have a branch by a stream someday.") A little begging golden-mantled squirrel delighted all, and quickly trained visitors how to feed him from their hands.

The highlight of this special weekend was an awakening life force felt within, but which cannot be described with words. It is what true teachings are referring to when told we are asleep but with work can awaken.





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Vernon Howard on Video Project

In June a project was started at our request by one of the premiere digital video facilities in Hollywood. All 136 Vernon Howard talks on video have been captured and upconverted to a "Pro-res 422 HD.mov" file. This company has used the latest video color correction, image enhancement and audio improvement equipment to dramatically improve the picture and sound quality.

We have already seen a sample of the conversion of the first talk and the improvement is incredible to say the least. The project is due to be completed sometime in September. We then have to decide exactly how they will be made available. In speaking with the president of the digital film company it became clear that the age of DVDs is on its way out. Blu-ray is taking its place but we were told that Blu-ray is probably going to be the last hard disc that will be made, as the industry is moving toward an all-digital format where everything will be streamed or downloaded from the Internet. At some point in the future this will be the only way to get video other than by satellite. We are going to have to join them in the clouds.

These talks, now in high definition, are

being readied for downloading from the Internet. Once this project is completed, anyone in the world will be able to go online, download and watch Vernon Howard giving a talk at anytime. As we begin to get a clearer picture of what to do, including the possibility of producing Blu-ray discs, we will let you know. This is a very costly project. If you can possibly make a donation it will be greatly appreciated. Be sure to check the **What's New** page of the New Life website for updates and availability!

eBooks and Audio for Digital Download:

We have also begun the project of converting Vernon Howard books and booklets into eBooks. **The Mystic Path to Cosmic Power** and **50 Ways to See Thru People** are presently being converted to ePub and Mobi formats. The conversion process is in a state of flux as the industry hasn't agreed upon a standard format that will cross over and can be easily used on the most popular eReader devices such as iPad, Kindle, Google, Samsung and Nook. We will have a file version that can be read on all these devices. Vernon Howard eBooks will work on smart phones, other tablets and computers, though you may have to download a free app for your particular device to work. These files will

more than likely be made available from the New Life website.

Also all of Vernon Howard talks which were originally recorded on cassette tape are presently available on MP3 CDs and USB flash drives. These talks are already saved in an MP3 Audio (*.mp3) format so we intend on making all the titled talks available for download from the Internet this winter. The cheapest and best way to get these talks is on the USB flash drives which you can put on your computer and transfer to whatever digital device you wish. We realize that this is not for everyone but as cassette tapes, VHS and other mediums have gone or are going by the wayside (plus over time all these mediums physically deteriorate) it is imperative that we keep alive, as Vernon Howard personally said, "...the most marvelous message ever given to mankind."

e-Mail of Gratitude

To have come across New Life Foundation and to have known Vernon Howard through his writings and talks has been a privilege hard to express in words. Sometimes I simply say: "Who and what would I be without these vital principles, especially in a world like the one we live in today?"