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**Special Offers,
Lessons, Exercises,
Powerful Quotes
and much more inside**

Insightful Q & A Quotes

by Vernon Howard

How can I have the power of awareness?
Once you see the difference between
thinking and awareness you can stop
thought and be aware.

What do you mean by cosmic power?
The True Power residing above all human
deception.

Life demands answers, but I don't know
what to say.
It's marvelous freedom to have nothing to
say.

What is a first course in the Cosmic College?
Never fear that these lessons may be too
much for you — the entire universe is your
patient teacher.

Can my willingness open the door?
If you're willing to be mistaken.

I don't know how to act with other people.
Your inner self always knows how to
behave outwardly, so find and live from it.

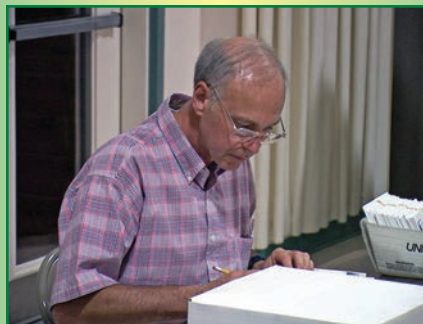
I cry over the loss of the man in my life.
Believe me, he's not worth it.

Is blabbermouthery connected with
unhappiness?
Blabbermouthery is an attempt to convince
oneself, but only succeeds in self-torment.

Informal Snapshots



Dr. Lynne Wooldridge speaking



Bill Brown working on mailing

More Insightful Q & A Quotes

What is suffering?
A message that something needs correction,
which a wise person heeds.

I don't know how to change myself.
What's that got to do with it? Keep going.

Why do I tremble before life?
Who said you had to?

Everyone is afraid. Please give us a fact
about fear to memorize.
Fear is an unnecessary agitation that
supplies a harmful distraction from what
must be faced.

I feel accused and condemned.
Only by your present misunderstanding of
yourself.

Why is criticism so popular?
Because it requires no intelligence.

Maybe I have wrong ideas about goodness.
Wrong ideas about goodness make you
the victim of charlatans who'll hurt you.

Why don't I understand these teachings?
Because you can't see above your own
level. But cheer up — you're raising your
level.

What am I?
You are what you actually value, not what
you **say** you value.

Points to Ponder (continued)

who can help the bad to be good. He leaves such imaginary and ego-centered goodness to the self-deceived. The bad man thinks about goodness with personal gain in mind, while the truly good man impersonally expresses goodness.

Because a rose is a rose, it never needs to think of itself as one."

If everyone were basically good then why do they continue to hurt one another and themselves? Why are the jails and courts filled with criminals?

Why is decency and politeness scorned and ridiculed? Why are there such crude things on television? Why don't people feel safe? Why is man destroying the planet he lives on? Why is the air and water so polluted? Why does there not seem to be a cure for all the horrible maladies of this planet? Is this a sign of a healthy society? It all connects.

If we're ever going to truly understand higher things, at some point we must come to the realization that everything was perfect to begin with. There's no need to try to control anything. We have been given everything but we don't see it.

Here is a quote from one of the CDs offered by New Life entitled "The Freedom of Being Good." On it Vernon Howard says, "Never be grateful to anyone for anything. What have they got to give you?" He goes on to explain that human beings are like little children who have never grown up spiritually and that all they care about is alcohol, ambition, power, their next excitement or thrill, and so on and so on. All of these things are shallow pursuits that lead nowhere. How many personal stories have you heard about people who over their lifetime here on this earth have pursued the rewards of this world, have gotten the position of

power or fame, made a lot of money and after accumulating all these things are still unhappy? I have personally heard and seen perfect examples of this throughout my life. Perhaps your parents were miserable human beings. That doesn't mean you hate your parents, but you must see things as they are. Be honest! We must ask ourselves these very pointed questions and answer with every ounce of self-honesty that we can muster.

We've all heard people say and if we were paying close enough attention we may have heard ourselves say 'if only' I had more money, 'if only' I could have one more chance, 'if only' I had a new boyfriend or girlfriend, 'if only' things were different. That lie 'if only' has tormented us all our lives. It's just another in a long line of tricks we've fallen for over the years. At some point we've got to get a clue that nothing this world has to offer will ever make us happy.

Now you ask, "What will make us happy?" Seeing all these things one begins to realize that God, Truth really does exist. We must first admit and realize something is very wrong, both within and without. Then there must be a sincere wish to understand. A right and strong emotion of a different kind must arise within us that wants nothing more than to discover the truth. Then at some point we must give up our pain, our suffering, our problems, and mean it. We have to give up the childish and immature behavior.

There is a way out. No matter what this world says, there is a way out. Here is another inspiring and encouraging quote from Vernon Howard: "We have affection for whatever is natural, simple, innocent, untouched by man, like a rainbow or waterfall. The spiritually natural has the same appeal. So let others nervously scramble for the unnatural rewards of wealth and praise. Just think of the grand prize of winning permanent victory over life."

Truth will give you and me the strength to see and know all the things that must be understood in order for us to finally find real happiness.

Forgiveness by Vernon Howard

What you really long for is to feel right about yourself. One obstacle in your way of working is to feel unforgiven. You try to do good acts to cancel the bad. As you progressively become spiritually good, not humanly good, you'll understand that forgiveness is the same as waking up, as instant recovery. When you instantly recover, you're forgiven for any badness you've ever done. When you fall asleep and go under the doom spell, no problem, just relax your physical body, see and know. Consider, ponder and never forget this: YOUR AIM IN LIFE IS NOT TO DO BUT TO BE. Only tired man can be saved. If you are weary enough, tired enough, willing enough, God is right there. Here are two guarantees: If you go along with the world it'll destroy you. If you go along with the teachings, they'll heal you.

How I Use Vernon Howard Principles (continued)

Judy Poston (continued)

that directive but if I do allow a little imp of negativity to enter in, I can use these principles to learn and to grow. Perhaps I see irritation rise up within me when a child misbehaves in the classroom and I'm tempted to express that feeling outwardly. I am capable of seeing the irritation take



me over and I'm capable of separating from it. The separation itself is a call to a higher power for help. If I'm very alert, I can see and feel the unwanted state arise, separate from it and even drop it so that it doesn't create a wave of negativity that goes out into the atmosphere of the classroom. Of course this doesn't mean that I'm not firm with the children. It simply means that I don't impulsively fall into an irritated or angry state but that I handle the challenge consciously. This work is all about submitting to the lessons that life is trying to teach us. And in yielding to the lesson, life becomes new and different and much more enjoyable. Thank you Vernon for showing me how to use everything to grow.

(If Vernon Howard principles have helped you in your daily life, please send us your specific examples by mail or e-mail.)



GENUINE LOVE

"Genuine love does not start with an emotion. It begins with a state of consciousness, of clear awareness, of deep understanding of both the self and the other person. Then, the emotions arising from this are legitimate, natural fruit. Tenderness and affection are among them."

From the book, "THE MYSTIC PATH TO COSMIC POWER"



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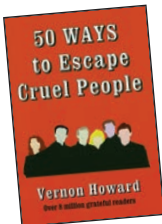
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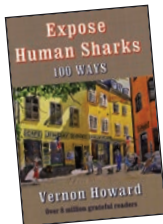
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A 40-page booklet which explains how to rise above intimidation and attack. Find out the chief cause of shock and sorrow in this world and other revealing facts about human cruelty. Learn all about the fifty escapes and about how you can be safe from Cruelians.

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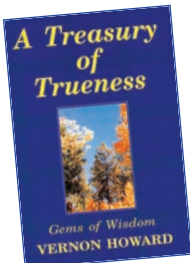
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Purchase previous editions of the two booklets above for only \$1 each. (See order form above.)

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A Treasury of Trueness



This magnificent 264-page volume is filled with 2303 beautiful gems of wisdom given by Vernon Howard over a 20-year period in his personal classes. These nuggets of higher knowledge are arranged into 250 categories and at the end of each chapter there are 4 inner work exercises. Instant help awaits any sincere student.

Normally \$12 • **Special Price \$8**

(This offer good till September 1, 2007)

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Normally \$20 each — **Now \$5 each**

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New Life Christmas 2006 Banquet DVD



Experience a delightful look into a New Life banquet. You will hear eight different speakers giving invaluable lessons. Hear other students explain how they have applied and profited from using these life-healing teachings in their daily lives. Also included are highlights of the entertainment consisting of pretty music, singing, dancing and good humor all provided by the students themselves.

Only \$10

All special offers on this page are available at our online store.

Visit our other website: www.vernonhoward.org

How I Use Vernon Howard Principles (continued)

Regina Netherton (continued)

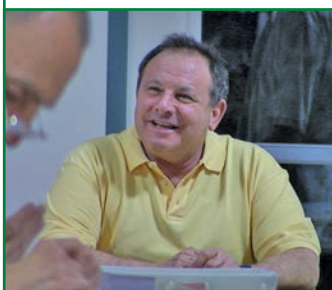
don't work hard enough and I fall back to sleep! And there are still many parts which would rather sleep and parts that want to be lazy. So I have to see I can't do anything for myself except to ask Heaven to keep me awake and to do for me what I can't do for myself. And then I must try to work all the harder.

It is truly thrilling when one sees that by really doing the work, outer problems start to disappear. What was a giant crisis for me recently became a little molehill by following the instructions of turning my attention to the inner condition and staying with the pain, the fear, the inner chaos. By not trying to find an answer to the problem with the thought-self and by practicing self-release, I can move up the mountainside. Amazing, isn't it, that nearly everyone rejects these principles, our only friends?

Vernon gave us a chance for something incredible. Here's how unique it is. Vernon said he doubted if 10 men in history have gone this far (DVD #35 — FIVE STEPS TO SANITY AND CERTAINTY). How far? He said it takes many years of going through the stages of giving up calling oneself either a right or a wrong person, of not calling it 'me' at all, and of "finally approaching the stage of sanity and certainty, where there is no you there anymore." Vernon offered us a chance for a new and eternal life, but we have to persist and to put these Truth Principles first every day.

By Roy Pascal

A while ago, my life was overrun by my family. My father had me take him to work before I went to work. My stepmother felt she had a right to call me any time to



make repairs to her house. My niece and nephew who got into a lot of trouble always called me to solve their problems. I was up to my neck in family life.

They were draining me of my life. I knew it, I felt it, but I saw no way out.

It was a "yes-mess." Then I began to work with some of the exercises Vernon Howard gave us, exercises that if done with a right heart and spirit can change everything. I used the **Themaswot** exercise to begin to say NO to my family who just

wanted to unload on me. "Themaswot makes the suggestions are the ones who must do the work, make the decisions and pay the money." At first I just said no to their small "requests" and called their bluff. Then I got stronger. The howl from my family members was very loud and very long. They tried everything individually and as a group to get me back in their clutches. I was able nicely and without anger to refuse all of their demands! Slowly they faded away, and after many years of inner work and sticking very close to the classes, they are no problem at all.

I've found and this is really important: THE CLASSES MAKE YOU INWARDLY TOUGHER. I NEVER MISS A BANQUET, NOT EVER; BELIEVE ME, ATTENDING THE BANQUETS HELP. This work is like riding a fast spinning top. If you stay right at the center, you stick with the Truth. If you wander at all, you will be flung off the top. Stick close to the center. NEVER MISS A CLASS OR A BANQUET THAT YOU CAN ATTEND.

There is more to this work than I ever had any idea of in the beginning. I now have a real appreciation for what Vernon Howard gave us. I would never have had a peek into something other than Roy's little world unless I persisted. I will never stop attending these classes. They are the only thing on the planet that has true meaning. That may sound unbelievable but it is the truth. Find out for yourself.

By Judy Poston

One of my favorite Vernon Howard quotes is, "Life is not a race to be won, but a school for your higher education." Giving myself a daily exercise to do helps me to remember to apply the principles in every aspect of my life — at work, at home, in relationships with other people and in relation to myself. Just a simple phrase, sentence or story makes it clearer to me that each experience has a spiritual lesson in it that can be used for my personal growth.

As an elementary school teacher, my workplace provides an especially good environment for self-seeing and for working on myself. Trying to teach kindergartners while keeping order in the classroom is a real challenge! A teacher once asked Vernon Howard "How can I use these principles in my job as a teacher to help the children?" He said with great emphasis "YOU BE AN EXAMPLE OF RIGHTNESS TO THOSE CHILDREN!" I've never forgotten

(“How I Use” continued on page 5)

New Life News Bulletin

- Our web designer has already started work on an all new New Life website that will have a completely new look. It will take us some time as there is a lot of work involved in the transition. We will be adding a brand new shopping cart that will be simpler and easier for prospective buyers to use.
- There are still plans to bring out more MP3s this fall. Eventually we will be putting all of the super cassette tapes on MP3s.
- Please be aware that when we have banquets, especially on holidays, all office work shuts down so that everyone can participate in the festivities. So if you send an e-mail or place an order during those times, it will be several days before it will be taken care of.
- The Thanksgiving and Christmas banquets were filmed this past year. An edited version of the Christmas banquet is now available on DVD for you to purchase at a very reasonable price. There is no substitute for actually being there but it will give you some idea of what the banquets are like. It is highly recommended that you attend a banquet but if this is not possible for some reason, you can get a taste of the variety of activities enjoyed by those who were there. You will hear eight different speakers make powerful points. Also included are highlights of the entertainment. Go to page 4 for more details on how to order.

Banquet Invitation

New Life has been having banquets for over 25 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
Americana in Westminster, CA**
Fri, Sat, Sun • May 11, 12 & 13
(Classes on Fri, Sat and Sun)

Southwestern in Pagosa Springs, CO
Fri, Sat, Sun • July 13, 14, 15
(Classes on Fri, Sat and Sun)

Mexican Banquet in Strawberry, AZ
Sat & Sun • September 8 & 9
(Classes on Wed, Sat and Sun)

A special time is had by all who attend!

*(For more details call or visit our website.
Click on Classes then Banquets.)*

Self-Surprise Exercise

Transcribed from a class lecture by Sarah Forrest

Vernon Howard gave us this special exercise, which will help us tremendously in our daily lives:

There is something higher than your present existence on this earth and it is your responsibility to find it, and I'm going to show you how. You do it by your own efforts, your own arousing of yourself and that's how you can begin to develop. Development is an invitation to what is not thought, not in the opposites, which you will sense and you will live by. What I'm going to tell you, you must do, you can do, and if you will do it with a right heart the results will be right.

Here's a little background on what we're talking about. You fail to use life properly. You're so crowded with yourself that nothing can come in to penetrate and displace what has been wasting your day, your mind and your spirit.

Nothing new happens, does it? The old pains, the old worries, the same old routine ways, always hoping for magic of some kind, always hoping that something will turn up, that something will come your way.

"How many of you are in love with yourself?"

How many of you are in love with yourself? Being in love with yourself means having no inclination or wish to change the fixed pattern of your reactions that hit you in the outer world or inside yourself. It means that you lie about, justify, protect, promote and maintain everything as it was before because when the river starts raging, all you have to do is fall into it. Have you ever noticed how simple it is to fall into the crabby little nature and make the sharp remark on the telephone or in your mind to someone else?

You can start tonight to put yourself into a position called SELF-SURPRISING. How many of you are kind of unpleasant sometimes? Pretty dreadful, isn't it? We're going to pull a trick on the devil tonight, and you're going to take it with you and work on it. The next time you feel tempted to react with a sharp word, a hostile feeling, which you'll justify of course, a wrong reaction of any kind, you're going to SURPRISE YOURSELF by being pleasant instead.

I have given you a guaranteed method for building a life that is stronger than anything else, anywhere on earth. When you know you're in an unpleasant state

within yourself, or a worried one, in that state of knowing, the strength to do what you'll have to do thousands of times, and which you can do for the higher success, is available to you.

The rule is when you make an effort to work internally on yourself, when it's terribly difficult for one reason or another, such as other people are around or you got a shock of some kind, *when you work on yourself when it's most difficult, you get a greater reward.*

A repeated, faithful application of Self-Surprise, catching yourself playing a role, catching yourself anticipating the pleasure of hurting someone else with a sharp remark, that Self-Surprise produces the necessary different location inside of you, and since everything is different inside of you when you understand that you don't know, then your false knowing is weakened.

Do take your notes home mentally or physically and Surprise Yourself all day long. Never have any fear of the consequences of deliberate, conscious Self-Surprise because they will be good. You will then know what it means to be on top of the mountain and look at the marvelous view.

Powerful Quotes

"There is nothing in the whole universe that represents a threat to who you really are."

"The reason you cannot think about eternity is because the intellect which is doing the thinking is an instrument of time and nothing else."

"Do not turn against yourself, no matter how badly you may have blundered in the past, for blundering exists only in man-made time and your true nature does not live in time but in the pure present."

"Few people ever really realize the following: insecurity is a mental condition, not of finances, friendships or sex."

"Self-knowledge is everything. If you know what you are all about, you know what life is all about. You are not separate from life; you are life itself."

"Most of you have a flippant attitude towards the devil, which means he has won. He exists and torments you because you allow him to."

"We are expressors of the energy that comes from either the good place or bad place."

"Remove the dark cloud of negative thought, and the guiding star of understanding brightly appears."

Points to Ponder (continued)

deceived by charlatans of any kind. There are billions of people walking around on this planet pretending that they know what they are doing. I wonder why they're all so miserable and why there are so many problems, so much heartache. We think wrongly that if we didn't have problems, we would have nothing to do with ourselves. See the proof of this by looking at people's faces and quietly reflecting when they speak out and tell you how they really feel or when difficulties or challenges come up in their lives. It's there in the news on TV, on the Internet and in the newspapers. When was the last time you picked up a newspaper and read a headline that was truly good news?

The reason you see no good news is because there are no good people. Vernon Howard said "Your idea of goodness is not goodness." That's a tough one to take, isn't it? There are a lot of people running around trying to convince you they are good by doing so-called 'good deeds,' but you have to ask yourself, what is the motive behind what they're doing? Perhaps they secretly want to see their name in the headlines, or perhaps they are trying to convince themselves that by doing what some would consider to be 'good deeds' that somehow translates into a good nature. You see, God has no need to convince himself or anyone else that he is good. His nature is goodness. Real goodness can do no evil.

Here is a powerful quote from Vernon Howard about goodness: "A man who is good does not go around contriving to do good. His own goodness does good, wherever he goes, though few realize it. Being one with goodness, he has no separate self-image of being a good man

(*"Points to Ponder" continued on page 5*)



Spring -
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2007

NEW LIFE NEWS

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Vernon Howard Founder • Richard Wooldridge Director
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How I Use Vernon Howard Principles in My Daily Life

Below are more examples of students of these teachings explaining how they apply specific exercises and principles in their daily lives. Perhaps it will inspire you to work harder and will help clarify how to use these teachings to increase understanding and insight and to view every event that comes your way as an opportunity for higher learning. When we are truly working on ourselves there is always more to learn and understand. We need all the help we can get. The world is becoming more insane by the second. Learn more about how you can take charge of life and be grateful that a genuine method actually exists for us to rise above this crazy world. See and discover for yourself that this work can actually, factually make a difference in your life.

By Regina Netherton

It's so very interesting how this all works. I remember hearing a whole talk by Vernon on Understanding. He said that was all we needed. I remember seeing an inner reaction of disappointment and

resistance. It seemed to me (actually, to the false self, but I didn't know that then) that there were so many more things I

needed. But (1) by persistence, (2) by continuing to study, (3) by breaking thought and trying to stay awake, (4) by remembering to ask for higher help, (5) by keeping notes nearby to help us remember to do the work, and (6) by practicing self-release when we are nervous or in pain, everything gradually changes. Our attitudes change, because we now see that understanding really is what we need. Now, there is nothing in life more rewarding, more exciting, than gaining more understanding.

Taking a truth statement like the following one, writing it down, and working with it

helps understanding to grow. "THE FEW HUMAN BEINGS WHO FINALLY MAKE IT OUT REFUSE ABSOLUTELY TO POINT THE FINGER OUT THERE."

If instead of sleeping my life away, I will work with the basic principles to watch what is going on inside every minute and not say "I" to whatever is there, and not try to change it, but to shine a light into the inner darkness, it then becomes more clear that there is a sly imposter, a pretender, and many dragons (demons) within that are running and ruining my life. I have been calling them me, but they are not me. This is what separates us from who we really are. This is the only problem any of us has. It's like a movie projector sending out scary scenes that we think are real. It is very exciting to become a better detective and to expose the hoaxer, the hypocrite, the insolent imposter, the pain causer, and in the process, to get our life back. Indeed, if we are honest about what we see, and will go through the hell of becoming conscious of the unconscious (e.g., fear, worry, anger and much more) we can change what we are getting, and we do have a chance to solve the Mystery of Life. Nothing is more practical.

"Understanding the mind is everything, that is, seeing what is going on inside and knowing it is not me." The trouble is, I

("How I Use" continued on page 3)

The Sparrow's Complaint

by Vernon Howard

A sparrow complained to Mother Nature, "You gave beautiful colors to the peacock and a lovely song to the nightingale, but I am plain and unnoticed. Why was I made to suffer?"

"You were not," stated Mother Nature. "You suffer because you make the same foolish mistake as human beings. You compare. Be yourself, for in that there is no comparison and no pain."

Comparison operates on the level of conditioned thought, so by transcending thought we never compare and never suffer.

(This is from the book INSPIRE YOURSELF)



Points to Ponder

by Richard Wooldridge

Nothing changes because our nature doesn't change. If we change our inner world then events and challenges in the outer world are perceived in a new way. Only an individual can change. That is the truth of the matter. Society will never change and has no intention of changing. It is caught in a time warp giving the appearance of movement and progress but not changing one bit. It doesn't want to change, it doesn't want peace. Almost every human being on this planet resists giving up their struggles and suffering. There is too much profit to be made from it. The strange fact is that this world lives off the negative vibrations created by all this suffering; suffering makes people feel as if they exist. This world has made a deal with the devil and at all costs, it must keep the lie going. Vernon Howard once vociferously exclaimed, "You have been hoaxed and you don't know it."

These truths are not for the masses, the masses of people out there who are having too much fun deceiving and hurting one another. It's a mutual destruction society. For example how can you arrive at peace by starting a war? Someone or something is lying to you. If we weren't lying to ourselves then we couldn't be

("Points to Ponder" continued on page 2)

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