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and much more inside**

### Insightful Q & A Quotes

by Vernon Howard

What is the New World?  
Your new mind.

What good things come from these teachings?  
So many good things you won't be able to count them.

I feel a new inspiration in this class.  
Because you sense that you are doing what is truly necessary for yourself.

I see the necessity for knowing who I really am.  
Yes, because if you owned the entire world and didn't know yourself you would be sad and scared.

In moments of weakness I make phony promises I later regret.  
There's nothing sacred about phony promises and the sooner you see this the better.

How is the higher life different?  
Just as music is different from noise.

Help us to choose the higher life.  
Choose answers that please your true self, not answers that please your vanity.

How can understanding end grief?  
By being grieved but not minding it.

### New Life Photos



**New Life sign along Highway 87 at our headquarters in Arizona.**



**Regina and Karen working the booktable at a banquet.**

### More Insightful Q & A Quotes

I'm just plain lost.  
Your real self can never be lost.

How can a weary wanderer turn toward home?

By constantly throwing himself back on himself while not knowing what will happen.

What can motivate us to drop wrong attitudes?

See how they exploit you and you'll drop them fast enough.

What do you mean by a right kind of defiance?

This is when you defy your fears and tell them you won't tolerate them anymore.

How can I stop feeling persecuted?  
Stop having a secret love for persecution.

What is a good defense against hostile people?

The perfect defense is not to have a defense.

What is disturbance?  
Disturbance is the interruption of your daydream by fact.

How am I connected with universal power?

Just as a tree is connected with the entire earth.

### Points to Ponder (continued)

God is trying to get us to see all of this. So, to get back to my original point, something is missing in the equation. Our 'Awakening Essence', as Vernon Howard calls it, is being neglected. We cram our minds full of more knowledge, more memories, more beliefs, and more ideas and worship them as if they are 'god'. If this were the answer, everyone would be happy and all conflict, problems and heartache resolved. Is this the case, or are we still unhappy and confused? What we don't presently see is that it's not what you think that counts, it's what you are. It is the level of being that's the crucial thing.

It is interesting that the world recognizes and most of us know someone who is a \_\_\_\_\_-aholic, a person who does something to excess. There are alcoholics, workaholics, etc. And one of the things that's done to treat this type of problem is to have the individual admit that he has a problem because quite often the sufferer is in denial. Now, there are people who are referred to as "intellectuals" who have an inordinate amount of knowledge, even about spiritual things, but they are not sane or normal human beings. Could we not say they are mind-a-holics or even brainiacs? In a way, this is our problem too. We are blinded by all these ideas, all of these beliefs and expectations that we have. Our knowledge of these higher things far exceeds our essence/natural wisdom, our ability to live from what we know is right. In *Cosmic Command* under the section titled 'The Folly of Intellectualism', Vernon Howard says, "The intellect must work in the right room in the cosmic castle, and not imagine it is the whole castle." The difficulty is that the mind has set itself up as the dictator and ruler of our lives, covering over the developing essence. It is imperative to clearly see that we are out of balance. We often bring up the point in our classes that these things cannot be 'figured out' by the mind but must be felt and understood with the heart. At first there's a sensing,

then there's a 'knowing' that does not come from the mind. No one has to tell you, you know and feel the truth of something.

Ask yourself these questions and answer them honestly. With all of this so-called knowledge we have, how come we don't feel better? Why do we find it necessary to impose our will on other people? Why can't we get along with other people? Why are we so loaded with rage? This type of tough question answered honestly always attracts higher help.

I find it amusing that within the past year or so, psychologists, psychiatrists, and other so-called experts have 'discovered' a new disorder termed 'Intermittent Explosive Disorder', I.E.D. for short. The term was coined to refer to people who suddenly 'lose it', explode, and go into a rage. I've known about this disorder since coming to New Life classes 30-plus years ago. We've been suffering from I.E.D. for centuries! The sudden burst of anger, the cruel remark said impulsively, the 'letting someone have it'. These are all examples of living from something false and destructive. Thankfully, the Truth exists and wants to lead us to an existence far beyond our anger and suffering.

To summarize, what we have to see is that belief is not reality. Our ideas about God are not God. All of these ideas we have are doing nothing for us. We must be receptive and shockingly start to realize that we aren't who and what we think we are. Neither is anyone else. We have to stop buying into all of the 'snake oil' remedies and discover the Truth. Not the world's tainted versions of truth or a convoluted idea of truth, but the Truth itself.

Ask for God's help to understand what all this means. And thank God that we can change and can fall in love with something that truly cares for us.

*(I highly recommend reading Little Advanced Secret in the next column. It's very blunt but as our class motto says, "If you can take it you can make it." Taken rightly, it will help inspire you to study these principles with renewed intensity and vigor.)*

### The Superior Grapes (continued)

remarked, "You know, that grape was sour at first, but grew sweeter with each taste."

The host smiled, "I know. That is part of its uniqueness."

*Higher facts are untasty to our old and habitual nature, but become delicious as our new nature grows stronger.*

(This is from the book INSPIRE YOURSELF)

### Little Advanced Secret

*(From a talk given by Vernon in 1984)*

If you will see the horror of human nature, that's what qualifies you to go higher than it. But you have to see the horror first. You think you are nice ..." Oh, I have my faults, but I have my good points too." He has his good parts too. NO. You're all bad because you think you are good.

Nobody knows how bad it is. You have to see how bad it is before you can see how good it is. EVERYONE IS INSANE. Until you know that, you can't find sanity. You have never had anything but a mad mind, tricky motives, lies and hell.

Exercise: Know the next time you think something bad. Know the next person you hurt. If you don't do that, you won't be shocked and stunned at how horrible you really are, and then you won't be able to rise above that to something good.

If you refuse to go through the shock, the stunning shock of knowing that everyone is insane, you won't be able to go higher than that to sanity. This is a rule!

Don't take the world's future as your future. Can't you see where they are going? Never any more will you accept the troubles of any other human being as your troubles. "No, sir, madam, etc. I am not going to have anything at all to do with you. You have tricked me for the last time." You do not have to share the destiny of a vicious world if you don't want to. Say no to the whole world.

FINAL COUNCIL: Use what you've heard tonight to grow a little bit every day. You can't take leaps and bounds just now. Later on you can. A little bit every day. Now that doesn't mean you work a little. That means you work all day long real hard. Sleeves rolled up. You work real hard all day long. The dark forces are not going to yield to you easily. They are not going to let you go easily. They are going to exert every force they have against you. You put every force you have by being connected with God against the dark forces and you'll see the law work which is that the devil must yield to God. Darkness must yield to light.

### TIME AND ETERNITY

"Time is my thoughts, my physical body, my attitudes. They are not part of my real nature. Neither are my past and future. When I understand that, then the sensing of oneness, which is eternity, takes its place. Oneness then directs the present time-nature intelligently without conceit or self-centeredness."



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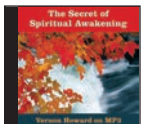
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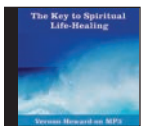
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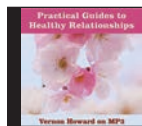
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## How I Use Vernon Howard Principles in My Daily Life (continued)

### By Dr. Lynne Wooldridge (continued)

usual 'responder' wasn't there. There was an absence of trying to 'say the right thing' which is the cause of so much inner tension. I also noticed a casualness that hadn't been there before. I wasn't invested in the outcome of the interaction; I simply handled it practically and the rest was up to the other person. When I got off the phone, I realized that in terms of my own inner state, I had just had one of the most 'free' conversations of my life.

This world is addicted to 'instant gratification' and the demand for an 'immediate reward'. But this work is not like that. You may do a particular bit of work on yourself and not see the result for years. In the story of the phone call above, the reward came very quickly but there is also an unseen trap that seems to accompany many of our inner successes. There is a tendency to want to stop and 'rest' from the work, saying something like, "I've worked hard on myself and deserve a break." No, I must use this experience to open up even more of a willingness on my part to go through what I must go through to be free of the chains of the old nature and to welcome the guidance of the new and the higher nature. I have begun to glimpse the fact that there can't simply be an intellectual curiosity or a lukewarm interest in understanding these things. Every inner experience taken consciously should awaken in us a fierce desire to understand these things with our whole being, not simply our minds. The insights we allow to come to us are the very encouragement needed to keep going.

Another of the great benefits of applying these principles is that underlying everything that goes on in my day, there is an abiding realization that I am on the right path at last. There are many 'ways' and 'systems' out there but this is the only teaching I have ever found that never gets old, that never has and never will betray you and that always gives genuine relief from mental pain. Vernon once said that if we knew what awaited us, we would be zooming toward the spiritual life as fast as we could go. There is no limit as to how high we can fly with this.

### By Sherry Day

For many years I was completely lost and confused about how to handle everything in my life — the failed relationships, angry people I would encounter at work, my finances, etc. Someone always

presented a solution for my problems, which always failed to provide a lasting solution. I might find a tiny bit of relief for awhile, but the feeling of desperation always came back.

One day, I dropped to my knees and prayed to God "Please show me what's wrong with me. Why am I in so much pain? Why are there so many problems in my life?" Shortly after that, I came across the greatest gift I have ever received: Vernon Howard's teachings! From reading his books, listening to his tapes, watching the DVDs and attending the New Life classes, my life began to change.

One of the first things I noticed was that my mind is actually the enemy! It is not on my side but is working against me. I realized with a shock that my own mental chatter was driving me crazy. I needed help turning these 'mental movies' off. One of the first principles I applied in my daily life was the 'Slow Down' exercise. From the moment I got up until the very end of the day, everything was rush, rush, rush. This rushing was causing one negative thing after another to happen. The spilled coffee, the lost keys, the anger and irritation that would explode at the slightest challenge. Just by slowing down, I could see and understand how I was giving over precious moments of my life to negativity.

I work in the medical profession where I do encounter difficult and angry people all of the time. I had no idea how to handle these patients. No matter how hard I tried I would get angry too which of course only made matters worse. By the end of the day I was emotionally drained. Why was I allowing angry people to drain my energy? How could I apply Vernon Howard principles in this area of my life?

I chose to use two exercises that really appealed to me because though I knew my old nature would protest, I sensed that applying these particular principles would lead to a lifting of the heavy burden of my own anger. The first principle is to let the other person win and the second is to turn the attention back on myself at the crucial moment of confrontation. In the past, I was always depending on myself. I wanted to win the argument. I wanted to be right. I wanted to fight and win! By turning the attention back on myself, I was able to see what an angry person I am.

I know that I have a lot of work to do before all of the difficulties in my life are conquered, but the gratitude for having found these teachings can't be expressed

in words. My heart knows that I'm finally on the right track.

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

## New Life News Items

- "It was the best banquet ever!" commented Terry Roche, as he was leaving to return to California. Of course, as Director Richard Wooldridge has often pointed out, Vernon Howard is still here in Spirit.

When we willingly put ourselves in the very special circumstances of a banquet, we can actually sense we are being worked on by something higher and it can do for us what we can't do for ourselves. If we let it, it can help to gradually transform our nature.

The food, both spiritual and physical, was likely unsurpassed this Christmas day anywhere in the world and the more one got involved in the work and activities, the more one was able to feel the warmth and pleasantness of higher energies. It is such a unique experience it really does make the heart sing. As Roy Pascal said at the evening meal, "There is no way you can explain this to someone. They have to experience it for themselves."

- Hot off the press is a brand new beautiful brochure with everything that is presently available, including all the new MP3s. If you would like extra copies for yourself, friends or for your store just contact us and we'll get them out to you right away.

## Banquet Invitation

New Life Foundation 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.

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(Classes also on Wed, Fri and Sun)

**Southwestern in Pagosa Springs, CO**

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(Classes also on Friday and Sunday)

**Mexican in Strawberry, AZ**

**Saturday • September 13**

(Classes also on Wednesday and Sunday)

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

## Self-Reliance Exercise

Transcribed by Sally Forrest from a class lecture

Vernon gave the class this beautiful practical exercise of Self-reliance, and the benefits derived as a result of doing it.

When we were children, we were told quite often about certain virtues which we commonly called the old-fashioned virtues. This morning we're going to take the virtue of self-reliance and its power.

If you want to build some self-reliance obviously you have to work on yourself. There are endless ways in which you can do this, one being to find some small way where you would normally ask for assistance from someone else and do it yourself. For instance, when around the house and you can't find the salt shaker, your first impulse is to ask your husband or wife, "Where's the salt shaker?" You be self-reliant in such a little thing as this, which forces you to think and to not mechanically call out, "Hey, where's the salt shaker?" Instead, look around and find it, and obviously if you can't find it after a thorough search, then you might

**"Hey, where's the salt-shaker?"**

ask because it might be out for repair.

Here's an exercise for you to do: After class and by yourself take a piece of paper and write at the top, "How I Can Build More Self-Reliance," then number the items, 1, 2, 3 and so on. Force yourself in little everyday matters to do things for yourself so that you're not so lazy about it. You'll have a different feeling by breaking the mechanical habit of asking someone else. There's also the habit of relying on your essence, rather than on ideas. Fill the page out as much as you can, add to it and then practice it.

On the writing exercise, this time you're not to show it to anyone at all. You're not to show it to your wife, your husband or anyone else. This is to be strictly and one hundred percent a private project. You see, nothing is fixed. There are times when we get together to discuss ideas back and forth, and there's also the opposite of that where you must keep everything to yourself. That's part of your self-reliance.

Another thing is when you get to point five and you can't think of anything else, increase your self-reliance by staying with it, and don't get up to fill your coffee cup, but force yourself to think. This will bring your memory out properly because whether you know it or not, for every five ideas, you could think of ninety-five more if you'd just sit and force yourself to do it.

It's very easy to write five points, then stop and say, "I have accomplished something." Always push yourself far more than you want to, never spare yourself. Find ways to make yourself uncomfortable which will force your mind to yield what it actually has for you.

Vernon then asked the audience to finish this sentence: "I can make myself more self-reliant by:"

Some of the responses were making my own decisions, doing my own cooking, forcing myself to do something that I've never done before, not depending on comfort from others, not being concerned about another person's business, and seeing how unconscious and mechanical I usually am.

There's something in every one of us that senses the rightness of being self-reliant.

## All New MP3 Compacts Discs

We now have available seven new MP3 Compact Discs. The first six have their own unique title and they are each a combination of five of the 29 super cassette tapes. We have also included another supertape, **A Special Method for Ending Troubles**, previously unavailable, on the sixth MP3 CD. The seventh MP3 CD contains the two cassette tape sets, which are *The Mystery of Dracula* set and *Victory Over Harmful Forces* set.

If you have the ability to play MP3 CDs you can save half the cost by purchasing MP3s instead of the same talks on cassette tape. Most newer vehicles have the capability to play MP3 CDs. Many DVD and CD players can also play MP3 CDs. Do a little checking to determine if what you have plays them. Relatively inexpensive portable MP3 players can be purchased. You can still get cassette tape players but they are being phased out.



## Points to Ponder (continued)

Truth itself.

There is another aspect to all of this that has been deliberately unattended to and ignored. We have to come face-to-face with the fact that most of the knowledge we have accumulated over the years is false. I'm not talking about the practical things, but all of the other 'stuff' from which we live. We have ideas about what our priorities should be in life, how we should handle relationships, how we should be treated, etc. We have ideas about what it means to be 'spiritual'. In fact, we are being told what to believe at every turn. One lie that has recently been circulated and is no doubt being absorbed into the belief system of many people is that in the near future, there is going to be a sudden and dramatic increase of collective or global consciousness on earth; that the entire planet is somehow going to 'wake up'. It's just a more modern version, in today's jargon, of the rapture. The reality is that, as time goes on, there is more and more of a collective and global mass hypnosis taking hold. Vernon Howard once said that there is no such thing as instant salvation, that the idea itself is a cruel hoax. There can only be individual awakening, the 'individual victory' mentioned above.

It is extremely difficult for us to understand that evil does not want us to find real salvation. I recently visited a large bookstore in a major city to simply look around. I purposely went to the sections where you would expect to find Vernon Howard books. There were none there. I browsed through the Self-Improvement section, the Philosophy section, the Inspiration section, the Metaphysical section, the Self-Help section, the Wellness section and the New Age section, but Vernon Howard wasn't there. There were literally thousands of books with the latest 'fads' and solutions. There were best-sellers and everything else imaginable. Where were the Truth books?

You see, this world is only interested in money, lies and 'feel good' solutions. Things that keep people confused and searching, looking for the answer where it doesn't exist. Let me ask you a question. If all of the world's problems were solved, would there be any more profit or gain? What if all of the insanity stopped and we simply got along with ourselves and with everyone else? We must begin to realize that the world does not want us to get well. It thrives on problems, conflict, confusion and chaos.

*(Points to Ponder continued on page 5)*



# NEW LIFE NEWS

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. 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 genuinely make a difference in your life.

### By Lynne Wooldridge, Ph.D.

These teachings are both beautifully simple and incredibly profound. This work is not really hard to understand. The complication comes when Truth meets my habit-laden mind. The mind is very, very tricky and convincing in its insistence that because we've heard a truth, we now understand it and live it. Vernon Howard said in a lecture that we students are very careful not to understand too much for fear that we'll really have to get down to the business of seeing through and discarding the imposter nature. We tend to want to remain in either confusion or in the delusion that surface understanding can take the place of deep personal experience. For example, we can study and even articulate a truth for many years before realizing that we have failed to apply it in our own lives.

One such principle that I have become aware of recently in my own spiritual studies is Vernon's instruction to stop avoiding and dreading problem situations and difficult people. Challenges and difficulties tend to come in waves. About two weeks ago, one after another of these situations just kept coming with no break. The old

nature immediately launched into the complaint "I just can't take anymore of this." Fortunately, in our ongoing New Life classes, we had been given the spiritual exercise of choosing two of our own exercises for that week. One exercise I had chosen was to not welcome the immediate reaction of irritation and resentment when the problem appeared. As Vernon often said, the reaction, the stab of pain, the irritation is just too quick for us. It's there and has a hold on our psychic system before we know it. Sometimes it can even hold on for hours after the initial incident. For the first few days of that week, I worked with catching the pain before it got a hold of me. Sometimes I could only watch when my own internal volcano erupted, but other times I was aware enough that the negativity wasn't able to take hold or if it did, it dissolved quickly in the light of awareness. About the fourth day, I was dealing with a very touchy person on the phone. But this time I found that I handled everything differently. I did not react with my usual internal response of irritation, resentment and impatience. I quietly listened and answered but the

*("How I Use" continued on page 3)*

## The Superior Grapes

by Vernon Howard

A city dweller became the guest of a country friend who had a large field of grapes. Host and guest took a stroll



through the field. Selecting a grape of an unusual color, the host said, "This is a new and superior grape. Try it." Tasting the grape, the guest's lips twisted. "I'm afraid it's sour," he politely remarked.

Over the next few days the host repeatedly invited his friend to taste the unusual grape. The guest reluctantly agreed.

Later, when departing, the guest  
*("The Superior Grapes" continued on p. 5)*

## Points to Ponder

by Richard Wooldridge

It is becoming more and more obvious to me that human beings are easily deceived. And it is very apparent what the problem is. Human beings live in fairy tale land. They call reality fantasy and fantasy reality. They call good bad and bad good. Do you see that we have everything backwards?

In *Your Power of Natural Knowing*, Vernon Howard says, "You are trying to do with the mind what must be done with the spirit." He goes on to say that this is a "supreme secret for spiritual success and individual victory" and to "ponder it often." Another way of putting this is to say that people are living only from ideas. All we have to do is quietly observe and everything will be revealed to us. This isn't imagination; it is what is left after our egos have been smashed and our beliefs, opinions, ideas, interpretations, memories, and theories have been exposed as just that — beliefs, opinions, ideas, interpretations, memories and theories. They are not real, so what is left after they have been dissolved is the

*("Points to Ponder" continued on page 2)*

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