

# NEW LIFE NEWS

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## Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we have heard over the years. The responses should help to give you a better understanding of these life-healing teachings. Take them in with a receptive spirit and many mysteries will be dissolved in the light of higher understanding.

**Q:** Sometimes these teachings seem to be too tough on us.

**A:** It is the false self, the egotistical self, which is insulted by these spiritual facts. Who we are in reality is someone else entirely, someone who is not afraid of anything in this whole world. Although undeveloped at present, there is an authentic part of us that loves hearing the truth and responds with delight. This is the part Vernon is trying to reach but because our resistance is so great, shocks must be given to awaken it. Though people search the world over, happiness can never be found without discovering and living from the true self within. It is an illusion that any success in this world can make us content. All of us have known people who, when they reached the height of success, became exceedingly depressed because the promised reward turned out to be an empty package. Still, this teaching will never be popular with the masses; in fact, the truer the teaching, the fewer the students.

**Q:** I am beginning to sense the shallowness of the so-called rewards of this world, but still feel compelled to try to achieve public popularity and success.

**A:** Realize what a dreadful price you pay to society for its smiles and pats on the back. If you were elevated to the greatest level of public popularity ever achieved, it wouldn't reduce your self-doubt one bit. Never fall into depression because you fail to win accolades or wealth or excitement. God doesn't care one bit if you succeed in this way.

**Q:** I recently was very hurt by the betrayal of someone close to me. What should I do?

**A:** Know that the pain does not reside in the situation itself. What causes the hurt and the shock and the disappointment is the expectation that the person should behave differently, should behave in a decent way toward you. Each one of us is perfectly capable of ceasing to live in fantasy by beginning to understand that lost human nature can do nothing but betray. The only thing that will never ever hurt or betray you is the truth itself. Truth will explain, inspire and heal in a way that the ordinary solutions of this world never can.

**Q:** Recent events in the news are shocking and scaring me.

**A:** Because we have a physical presence on this earth, it is very difficult for us to understand that the real rewards of this life are spiritual, invisible. No matter what horrors are going on around us, there is a higher power within that can transcend it all. We are not at the mercy of a society gone mad.

Never forget that God is stronger than  
*(“FAQs” continued on page 2)*

## Sheep in the Pasture

By Vernon Howard

Two sheep were discussing human beings. “People are peculiar,” commented one sheep, “including our owners.”



*A man's viewpoint is the only one he thinks is logical.*

(This is from the book INSPIRE YOURSELF)

“Why do you say that?” inquired the other.

“Well, look. They spend lots of money getting this fine pasture into shape, then spent several weeks putting a fence around it. Then what do they do? They go and live in a house.”

## Points to Ponder

By Richard Wooldridge

We're thinking our way through life rather than seeing/understanding our way through life. We must begin to make connections and to know clearly that as long as we live from ideas, nothing will ever be any different no matter what we do. Nothing will ever change. One Vernon Howard truth that has stuck with me over the years has been, “There is nothing to do, there is only something to see.”

The world believes, thinks and demands that we have to invent progress, stay busy, make something of ourselves, become someone, accomplish something, live life to its fullest, re-invent ourselves, chase our dreams, fulfill our fantasies, consult an expert, seek help, pay a psychologist for advice, talk to the animals, find a soul mate or a friend, help someone, go fly a kite, save the planet, jump in the lake, etc. Do you want to know how to save the planet? The answer is to leave the planet alone, to stop interfering with the natural course of things. Remember that “There is nothing to do, there is only something to see.” There are a million different  
*(“Points to Ponder” continued on page 3)*

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## "Know Where You Are" Spiritual Exercise

Transcribed by Sally Forrest from a class lecture

If we do this exercise from Vernon Howard, we can run and sprint, instead of crawl, toward the higher life. Here it is:

You can live your own life. You're not doing it now, and that's why it's such an unhappy and tense one in which you have to look out and ask, "What person can give me what I want? Furthermore, I wish I knew what I want." It gets pretty confusing, doesn't it? Now I want to tell you how to start to steer a course for your own life. And before I tell you what it is, I want to tell you the overwhelming importance of it.

I know in my heart that there is no

**"... you're going to know where you are ..."**

spiritual technique more valuable and if you put the following exercise first, then all other lessons will come

to you and work out for you.

Make up your mind at this very moment that effective as of now and throughout the coming months and years, no matter where you are or what you're doing, you're going to know where you are and know what you're doing. I'm doing it right now. I know that I'm here, that you're there, and there's no division between us as far as I'm concerned. As I'm looking at you and seeing you out there, I'm also equally aware of myself talking to you. I'm aware of how thoughts come up and finally go into words and they go out to you at this present moment without any judgment or without trying to change it in any way, but simply seeing what is happening.

Now I want to add something to that technique of knowing where you are, and knowing what you're doing at the moment you're doing it by adding the word 'what.' Here's an example, "What am I doing now? I'm watering the garden and thinking some thoughts which I don't understand." Now, let's add the word 'why.' "Why am I watering the garden with these confusing thoughts in my mind? Well, I can now see among other things, I have wrong motives. Someone offended me yesterday and that offensive scene is now going through my mind as I'm watering the vegetable garden." What is the wrong motive? "I was blasted by that individual and that hurt, and to my astonishment, I can now see that I am so in love with hurt that my motive is to keep it going. What on earth is wrong with me that I want to keep the hurtful feelings going? The whole thing is getting clearer.

*(Continued in Column 3)*

## Frequently Asked Questions (continued)

anything that happens to this planet. If we carelessly fall into fear from what we see, we are feeding the negativity, both within ourselves and in everyone around us. The feeling of helplessness can disappear but we must cooperate in our own rescue. That means making an intense effort to see what is really going on.

**Q:** It seems as if pursuing Truth will take a lot of my time. Why can't I just work with these principles when it's convenient for me?

**A:** In order for our true nature to be liberated from the chains of the false personality's demands, we need to make an unshakeable inner resolution and commitment to understand all of these things. In reality, we are in dire need of Truth's help. To ever be different, to change our nature, we have to give up something. What we are now must vacate the premises to make room for the new. The beauty of Truth is that it can go wherever we do. This work is not just something we must take time out for in our busy day from a sense of drudgery. As a matter of fact, once we begin to fully realize what we've made contact with here, the real adventure starts. The tendency is to live a divided life in which there is 'my life' and then there is Truth. Working when we don't want to work provides the chance to put our petty little life and concerns aside to gain something of real value. Start to use every opportunity to apply these spiritual teachings as you go about your everyday affairs and the division will start to fade. When you walk into that business meeting, for example, vow that you will use it as an

opportunity to learn everything you can about yourself by alertly watching what goes on. Perhaps you'll remember the higher principle of not being concerned with results and that will make all the difference in your feeling toward the meeting's outcome. The false nature will feel threatened that it's under scrutiny but do it anyway. This is the path to real self-wholeness.

**Q:** I have heard that awakening can take place in a matter of weeks or even days. Is this true?

**A:** There is no such thing as instant salvation. To use a worldly example, would you expect to become a medical doctor in a matter of weeks or days? Of course you wouldn't. You would know that to gain a certain level of expertise in this field would require a long period of study. It is the same in the spiritual world. We've been under the spell of our own habitual nature for so long that it will take an extraordinary effort to begin to truly ask God to help us break out. We must do this over and over again. But as we go along, it becomes our great pleasure to rid ourselves of delusion and to get ourselves out of our own way so we are in a position to receive heavenly impressions all day long.

**Q:** When I'm in the middle of the crisis, why can't I remember my spiritual lessons?

**A:** There are a lot of reasons, but first and foremost it's because we don't want to. No, the false self asserts, I want to do this work, I want to obey right instructions.

*(FAQs continued on page 5)*

## "Know Where You Are" Spiritual Exercise (continued)

The light is coming from different directions, pointing down into my psychic system making the 'why' clear."

The next part of the exercise is to take paper and pencil and write at the top of the page **WHYS**. The following are some examples of **WHYS**:

1. I permitted these thoughts to go through my mind because I don't know any better.

2. There's something wrong with me.

3. I still have to fight because I think it's necessary for my survival, and so on.

The **WHYS** begin to bring to the surface unconscious motives.

Now make the aim that from now on you're going to understand the whole process and be free of it.



## Points to Ponder (continued)

activities and things to do but somehow none of them seem to work. There's a temporary relief, reward or satisfaction but it never lasts. It's always 'the next thing' that will deliver the lasting contentment we're after. But the feeling always goes away and then the struggle for a solution starts all over again.

A short time ago my wife and I went into town to run some errands and to eat lunch out. We stopped at a local restaurant that we like but it was closed. We had been eating there on and off for several years and it seemed odd that it would be closed in the middle of the week. After finding another place to dine we stopped by the local bank to conduct some business and as we were entering the bank, the manager of the closed restaurant was exiting the bank with her husband. They said hello but seem preoccupied and they looked very excited about something. The next week we found out that she was leaving the business because she was tired of it.

By observing her over the years, I could see that she was often in a state of boredom and depression. And now, the mundane routine of showing up for work 5 or 6 days a week for so many years, waiting on people and running a successful business had gone completely stale. It had gotten old. She was looking for an exterior activity to fulfill her to make her happy. So now a career change was going to do it. This was the next move that was going to give her life some meaning. She would no longer be tied down to the responsibility of running the restaurant.

Two weeks later I was sitting at a traffic light waiting for it to turn green when I saw her driving by. There are moments when you can take 'snapshots' of yourself and others that can lead to the dawning of a spiritual connection. In that instant when I turned and saw her face, it was apparent that she was in the identical state of depression and sadness she had been immersed in when working at the restaurant. You could see the unhappiness in her face and in her demeanor. Where did the false elation and excitement go that she and her husband had expressed when deciding that this was the right move to make? The change was going to do it for her, she believed.

Do you see how ridiculous all of this is? Doing all of these things will never lead to happiness because there is nothing of lasting value in them in the first place. One of the most stubborn beliefs that human beings cling to is the certainty that

something outside of themselves can make them feel better. But this is simply an IDEA of happiness masquerading as the genuine article. In this example, perhaps a chain of events occurred where some type of a change was needed but 'careful consideration' and 'thinking it over' with the habitual, self-absorbed mind can never lead to real relief. You end up right back where you started. Billions of people, including us, do this everyday. We make life decisions based on what we think or what we want or what we've been taught. The memory bank has only so many solutions and they are all mechanical.

There is a higher way, a spontaneous, instantaneous, unrehearsed way to handle and deal with life and all of its challenges. If we use these principles correctly this new way will be revealed to us. It will make everything ten thousand times easier. We won't be drained or stressed out and we'll know exactly what to do because we realize that heavenly help actually exists. In the midst of even the most difficult of circumstances, truth will be right there guiding us in such a way that the spirit will be elevated. This is one of the secrets to living in true spiritual wholeness.

It is not a belief or an idea that God exists but a personal experience. But this 'pearl of great price' requires sacrifice on our part. The interruption of thought is absolutely essential. To live from what is higher, the lower must go. Loss must come first. The haunted house of the old nature must be allowed to completely collapse before the health and healing of the new nature can replace it.

The reason people can't get along and marriages don't last is because we are living from an artificial idea of happiness. The reason we can be easily manipulated to spend money foolishly through advertising is because we are living from an idea. The reason we are taken over by negative states and do bad things is because we are living from an idea. The reason we fall into depression is because we are living from an idea. The reason we are so easily tricked into becoming fearful is because we are living from an idea. The reason we are so easily intimidated by an angry bully or a domineering person is because we are living from an idea. The reason we can be fooled into going to war over and over and over again is because we are living from ideas. Insane human beings must have an enemy so that they can

*("Points to Ponder" continued on page 6)*

## New Life News

• **New MP3 CDs!** Over the next 6 months we will be transferring all of Vernon Howard's dated talks now available on cassette tape onto MP3 Compact Discs. These lectures have now been digitally re-mastered and converted to an MP3 format. All of the content is exactly the same as it was originally recorded.

A wide variety of inner-life topics are covered, all the way from a clear explanation of the human predicament to how we can personally acquire the heavenly riches that await any sincere student. Vernon Howard goes into every malady known to man and how we can discover the authentic cure. It is the most marvelous message ever given to mankind. There will be over 850 talks included in this series of MP3 CDs dating from talks given on January 3, 1986 to July 14, 1992.

There are hundreds of precious truths and rewards in each talk. Genuine help is available and any earnest person can find it. The path to enlightenment actually exists and these principles will lead you there.

The savings will also be incredible. Each MP3 CD will retail at \$30. That will be one-fourth the cost of buying the same talks on cassette tape. When all have been produced there will be a super special offer if you buy them all at once.

The first one is now available. You can purchase it online or go to page 4 of this newsletter and order it there. Keep checking our website for new volumes.

### Banquet Invitation

New Life Foundation has been having banquets for almost 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.

**Join us for one, two or all three  
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**Saturday • May 8**

(Classes also on Wed, Fri and Sun)

*Richard Wooldridge will conduct the  
Wednesday night class in Pasadena.*

**Southwestern in Pagosa Springs, CO**

**Saturday • July 10**

(Classes also on Friday and Sunday)

**Mexican Banquet in Strawberry, AZ**

**Saturday • September 11**

(Classes also on Wednesday and Sunday)

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

ITEM #	DESCRIPTION	QTY	PRICE	TOTAL
1	Vernon Howard's Higher World - Volume 1		\$25	
2	Defeat Has No Right to Exist		\$3	
3	The Help You Really Want to Find		\$3	
4	The Original World		\$3	
5	Freedom from Harmful Voices		\$1	
6	Psycho-Pictography		\$10	
7	Esoteric Mind Power		\$5	
<b>SHIPPING &amp; HANDLING</b>		CA residents add 8.25% tax		
Up to \$40 - <b>\$6</b> • \$40.01 to \$80 - <b>\$9.50</b>		← SHIPPING		
\$80.01 to \$120 - <b>\$14</b> • \$120.01 Up - <b>10%</b> of subtotal		GRAND TOTAL		

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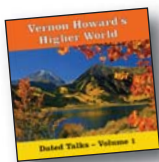


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Be sure to include your telephone number and e-mail address if ordering by credit card. The phone number is necessary in case of questions.

## Great Special Offers & New Items — Offers good till September 1, 2010



**NEW MP3 CD Special Offer**  
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 28 Dated Talks from 1/3/86 - 2/16/86  
 A total of 19 listening hours  
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### 3 New Transcriptions (From talks no longer available)

#### Defeat Has No Right to Exist

Start your journey towards the higher world and learn to defeat the devil's deceit.

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Life is easy for a truly good person. Learn more.

#### The Original World

A must-have commentary about money and finances which will bring true freedom from strain and worry.

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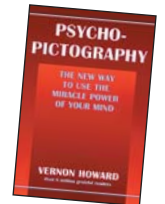
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## Points to Ponder (continued)

keep the sick vibration and thrill of hatred going. They must have an excuse to blame someone else so that they can fight with them, whether it's one other person or a million other people. There is a threat but it's not what you think it is or what you've been told it is. The truth is not at all what you THINK it is.

We are allowing someone or something else to live our lives for us. It was intended that we be in charge of our own lives. If we ever want to wake up, get out, be enlightened, experience higher wisdom, we need to go beyond the realm of ideas. In a talk I listened to recently which is from the first lecture on the new MP3 CD, **Vernon Howard's Higher World — Volume 2**, Vernon posed the question, “If all you've got is a mind then how can you escape?” The mind is incapable of escaping itself. So there has to be something else, something above it, something of a different nature that is NOT of the human intellect.

Why is it that we keep making the same mistake over and over again? It's because we refuse to see what is. We are spell-bound by how we think and by the objects of our thoughts. In other words we are ignorant. This isn't an insult. Ask yourself, if I were truly intelligent, would I keep hurting myself? Would I keep getting myself into trouble? Would I keep suffering? Would I keep getting involved with the same kind of people? Would I be confused? Would I feel sad?

In one of the new transcriptions that is now available, **The Help You Really Want to Find**, it says, “You have to spend a long time just in seeing how you call on a wrong source of help, how you're always lying to yourself that something is going to rescue you from that strangling ignorance.” He goes on to say, “What's the opposite of ignorance? Wisdom, knowledge, which if you had it, if you had real wisdom, come on, REAL WISDOM, you wouldn't have all the problems that you have. It's as simple as that.” “Do you know that if you were to really see that your life is a mass of ignorance, of folly

and if you were to do nothing whatever about it, your ignorance would fall away to be replaced by wisdom, in which you could live with great peace.”

What wonderful news. This world is full of phony promises and assurances that never pan out. Their very nature is deceptive and illusory. Changing exterior conditions or circumstances is never going to allay the fear. Real change must come from within. In **1500 Ways to Escape the Human Jungle**, #1324 reads, “Sense that inner light alone can supply a life-meaning which does not change every day.”

Somehow, somehow we must start to see more deeply how this society, this world keeps us captured, fooled and hoaxed. We are failing to grasp that, at present, we are living only a thought life. See the difference between mechanical thinking, which is of the mind, and consciousness, which is coming from essence. Living from essence has nothing to do with what this world is teaching us.

One cruel hoax is the notion that acquiring more and more knowledge will help us. We think adding something to what we already have or know will make us smarter. In the spiritual realm, the opposite is true. It's a matter of subtraction. It's not what you know or whom you know that matters. It's what you are that matters. There is only help for you as an individual. We've been duped and lied to so repeatedly and so thoroughly that we are not even aware we've been fooled.

Truth wants to help us but we must allow it to do its good work. A specific technique that has been given to us on numerous occasions that will help in this process is to slow down. “That is the secret method for mental clearness.” If we can begin to get ourselves out of the way and to slow down the tyrannical mind, we can begin to hear angelic heavenly whispers that will lead us all the way out. The more you love what you are hearing, the more the truth will help you to understand all of these things.

## FAQs (continued)

But as Vernon has often said, we fail to turn to higher truths because we're having too much ‘fun’ being the center of our own attention, the star of our own dramatic stage performance. To truly grow, we must get off the stage altogether. Perhaps there is a part of us that loves what we're hearing, but another part wants its own way and wants to only pretend to be a good and obedient student. This is a fascinating thing to observe and can lead to the realization that there really is a very dark force that will do anything and everything to stop our escape from living as we always have. This is not a gloomy or frightening perception at all, but a good and bright revelation. How can we know what spiritual riches await us if we do not thoroughly know the nature of the enemy?

**Q:** Why can't we see more? Some people seem to have no “eyes to see or ears to hear.”

**A:** Watch how people actually see only what they want to see and nothing more. Then see it in yourself too. As the world increasingly spirals downward, it seems safer to hide one's head ‘ostrich-like’ in the sand. But of course this doesn't work. No matter how many times we turn our attention away from reality, the deep-seated fear is still there, isn't it? Likewise, the old nature really has no wish to see its own wrongness, hostility, defensiveness, so it finds endless distractions to blind us to the pain. Do some work right now and consider what some of these distractions are. Keeping busy, pursuing the trivial, never slowing down long enough to watch our own thoughts and feelings, obsessing over something, using alcohol to dull the senses, to name but a few. Vernon Howard said, “I'm trying to get you unrepressed!” and we unfortunately are fighting against that kicking and screaming. The way out is to stay with the pain, to face it completely and to release our fear of seeing more deeply. Never, never run away or it will never go away! This is how to have a truly new experience. There's no condemnation or judgment here, none at all. We're simply watchful and aware of the inner states passing by and as we do this, the dawn starts to break. We realize that beyond the tyranny of the pain is the New Life we have wanted all along.

## E-mail of Appreciation

“Today all the wonderful tapes arrived in fine condition. I now feel like a very wealthy woman. I just love Vernon Howard.”

— Lady from Denmark

“There is no self  
in awareness.  
There is no me  
in consciousness.  
There is no I  
in realization.”





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**All New MP3 CD,  
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### Insightful Q & A Quotes

By Vernon Howard

What do you know about me that I don't? That along with the rest of humanity you're under a strange hypnotic spell and don't see that you are.

I never know how I'm supposed to feel about something.

Forget what you're **supposed** to feel and see what you **actually** feel which will show you what to **really** feel.

My impulsiveness gets me into trouble. Impulsiveness is a form of escape where you prefer to believe in people instead of seeing through them.

But human beings seem fairly friendly and cooperative.

Lions obey their trainers out of hope of reward and fear of punishment.

I feel caged.

By your own thoughts. The sparrow feels at home in the sky, not in the cage.

If you'll be frank with me I promise to not get mad.

If you'll stop thinking you won't get mad I'll be frank with you.

Tell me how to get more.  
Give up more.

### Photographs



Purple Fringe & Yellow Flower



Wildflowers by Waterfall

### More Q & A Quotes

How is awareness practical?

It lets you see the trap before you walk into it.

I want to know what happiness is. You'll know when you've exhausted everything that happiness is **NOT**.

Give us an idea for increasing the light. Nothing is more valuable than taking a humiliating experience with humility.

I need inner refreshment. Truth-drops are as refreshing to the spirit as raindrops are refreshing to the earth.

I live for thrills but you say this is foolish. If you're caught in a storm it's senseless to stop and get excited over all your money.

I'd like to make the most of this class. Choose the healthy message of truth over the unhealthy reaction of your hostile nature.

May we have a deep idea to think about? Habitual thought is frantically and vainly trying to arrive at where cosmic insight has always resided.

How can I know what I don't know? Honestly and patiently remain with your not-knowing.