

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: I make a spiritual aim and then almost immediately forget it.

A: Suppose you make an aim to get up early to study your spiritual lessons. You set the alarm for 5:30 a.m. with every intention of getting up and doing something right for yourself. But when the alarm goes off at that early morning hour, you don't get up but turn over and go back to sleep, forgetting the aim entirely. Why? Because the person who made the aim and the one who turned the alarm off are not the same person. The truth is that any unawakened man or woman lives from a very fragmented, scattered, contradictory and changeable nature.

One of the hallmarks of genuine spiritual work is to begin to observe our own internal life. Even a small bit of work in this area can lead to the shocking realization that we are being pushed this way and pulled that way by internal forces beyond our command. Living in this way tears us up inside. This insight should not be frightening; it should be immensely encouraging and freeing because at last we're becoming acquainted with the enemy.

Q: How do I keep a spiritual aim?

A: To keep a spiritual aim, a super effort is required. Have you ever been at a sports arena after the game is over? People are pouring out of the exits, carelessly jostling others and pushing everyone else aside in their mad rush to get out. The spiritual parallel here is that if you want a different kind of a life, you can't join the crowd but must deliberately and consciously walk against that tidal wave of humanity to reach safety. You must go against everything familiar to reach the other side. Make an intense

effort to become aware of yourself at each moment and the needed help will come. Directing your energy in this way strengthens spiritual memory, which in and of itself can begin the process of uniting all the disparate parts of us. Instead of living from inner chaos, the whole nature can then begin to feel and understand events as they come to us.

Q: Sometimes I catch an imp in me that is shockingly resentful and hostile toward these ideas. Why do I block out and push away what could help me?

A: It is absolutely necessary to be aware that what has always had us in its grip will not easily let go. The imposter is very reluctant, resistant and yes, very hostile toward what is trying to shake us awake. Wrongness is extremely clever in making seekers believe that what is good is bad and what is bad is good. Is it bad for a prisoner to wish to escape his or her chains? Just know that your authentic wish to understand is stronger than all the opposing voices and forces in the world.

(“FAQs” continued on page 2)

Howling Wolves

By Vernon Howard

A pioneer in an unsettled wilderness was visited by a friend. As they sat down to dinner, some wolves howled fiercely near the cabin's door. The pioneer



proceeded calmly with dinner, but the visitor jumped nervously. “You are not alarmed?” he asked.

The pioneer replied, “They often howl near the door. At first I was scared of them. But I decided to study the nature of wolves, and learned many things. It was my own wrong reaction to them which

(Howling Wolves continued on page 3)

Points to Ponder

By Richard Wooldridge

To find sanity or to find the Truth in this day and age is truly a miracle. There is so little of it on this planet. Most men are motivated by greed and envy. All they care about is making money when we weren't intended to pursue that earthly aim. That's not why we were put here. We were put here to find God. In a lecture on MP3 CD Volume 12, Vernon Howard exclaims, “If you don't find God you will have to live with yourself, throughout eternity.” That alone should motivate us to get to work right this second and to keep working for the rest of our lives. Pretty strong medicine but absolutely necessary if we really want to get well.

In a recent talk I heard, Vernon Howard explained that the reason an individual is insane is that “Your imagination has replaced Reality.” Notice how so many things are promoting ‘fantasy’ these days. There are fantasy leagues, fantasy suites, movies for children about living in fantasyland, and so on and so on. What we seriously must ask ourselves is what this egotistical, fantasy life has gotten us. It has gotten us exactly what we have asked for.

(“Points to Ponder” continued on page 3)

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“If You Do This You Will Make It”**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

You have to see what darkness tells you you're not supposed to see. If you see evil, you can then go on to see goodness, to see what is right, but you have to see evil first, right? If you see evil first of all, that very revelation displaces the evil which makes room for what is good. Instruction: watch your reactions and thoughts right now as you're listening to this.

Exercise: I tell you if you will do this, you'll make it.

Write down: What to do with your troubles. Instead of _____ing it, I will understand it. Isn't that marvelous? But you have to live

**“Write down:
What to do with
your troubles.”**

it, you can't read it, you can't think it, you have to act it. How many had troubles this morning? Yesterday? The day before? Oh, you're a very troubled group, aren't you? (*Vernon laughs heartily here.*)

What did you do with them? You battled them, you resented them, you hated them, you lied about them, you tried to evade them; it was someone else's fault, right?

You are to fill in the blank with what is suitable for that blank — the event, the experience that comes up. **Instead of resisting it, I will understand it.** What could be simpler?

Now, let me tell you, when the devil hears simple techniques like this he wants you to forget them. He doesn't want you to do them. Look, I give you a spiritual order from a higher headquarters than this room, although it's in this room. The order is, you will write down the method, the technique; you will understand what you're supposed to be doing in a higher way and you will do it.

If you want to learn archery, you know, go out and shoot at a target. If you get the archery book out and you just read the book you're not going to hit the target are you?

Don't you dare write that down and forget it. I have given you something that starts with the inner but you're to connect it with the outer. Every day will present you with ten thousand targets to shoot at. Now, what was the exercise?

The exercise is: Write down **What to do with your troubles.**

Instead of hating it,
Instead of fighting it,
Instead of brushing it aside,
Instead of trying to explain it away ...

That's a good one isn't it? Instead of trying to explain the problem away, I will understand it.

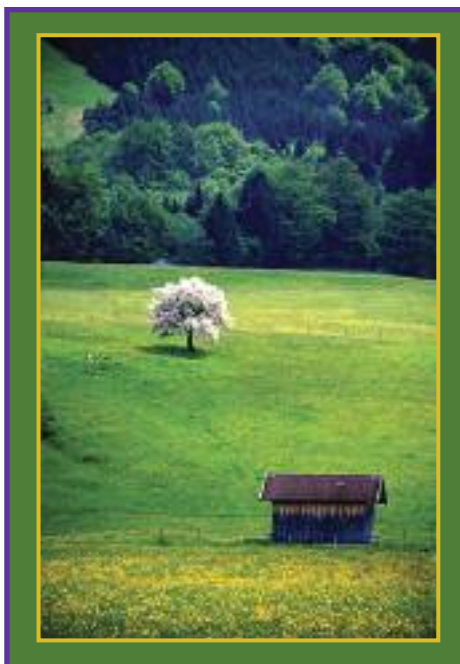
Please, why do you think we're doing this? For the sake of this lady and that lady and that man and that man. Oh, you didn't understand? This is for you! Why, because you have to work out your own deliverance, don't you?

YOU WILL NOT FALL ASLEEP ON THIS EXERCISE. YOU WILL WRITE IT DOWN; YOU WILL PUT IT IN FRONT OF YOU WHERE YOU CAN SEE IT AT HOME. YOU WILL REMEMBER IT ALL THE TIME.

You will take the bow and arrow out and you go around and there's a target over there and we're talking about going into action. You have an opportunity at the break because you're going to have all kinds of little incidences in which you maybe feel a little bit hurt or you feel a temptation to blurt out something, or you feel nervous about something and you go over and join someone else you think is stronger than you are. Don't ever do that!

Do you know how to become a truly spiritual man or woman? I'll give it to you and write it down: **ALWAYS STAND ALL ALONE.** And you'll stand and shake for ten years. Are you willing to go through it? That river is pretty frozen. You're going to have to do something to crack the ice! What do you care how long it takes as long as the right, true results come? You stand alone and one magic day at the end of 10 years or whatever it is,

(Continued in Column 3)

**FAQs (continued)**

Q: What can be done to straighten out my mind? I want to be happy and free of suffering and problems but who can I trust to really help me?

A: These teachings say, “Follow only Truth.” The dawning light within a sincere student is perfectly capable of discerning the pure truth from an artificial version based on the personal interpretation of some so-called expert or teacher. Pure truth will never try to appeal with flattery nor will it ever compromise with human nonsense. For example, a real teaching will not mix in strategies of how to succeed in business or how to ‘get rich quick’ because these matters are not at the heart of true transformation.

As much as you'll allow it, these teachings will get very personal with you. We've been fooled and hurt so much by following false paths we carelessly assume that Truth is out to hurt us or cheat us or take something ‘important’ away from us. But in reality it can offer the ultimate help precisely because it is not of this world, it is not like we are.

We can be very grateful for Truth's clarity, directness and bluntness in exposing our actual position here on earth. We can also be very grateful for its flexibility as

(“FAQs” continued on page 5)

Spiritual Exercise (continued)

to your great astonishment, having done the right thing, the thing that God instructs you to do, to listen to no man, to no woman, including yourself, to listen to no one. Right there, in your shaking and trembling, at the end of ten years, right there to your astonishment, right in front of your eyes — your hands are shaking like this because you dared to stand all alone and cut yourself off from false support — your hands are going like that, shaking, and your eyes are blinking real fast; all of a sudden you'll be astonished to see them be at half that shakiness. What's going on? And then less than that, less than that, because you're standing all alone and standing very, very firmly, without shaking at all. And do you know why you're not shaking? Because at last you are standing on sacred ground, which is the only solid ground there is — the solid ground where you are not present but Truth is and there's an awareness in you of that Truth. You're aware of that Truth and you are living it, and standing with it is now your whole life, both here and later. Want it? We'll get it together.

Points to Ponder (continued)

It's interesting to study human nature because if we take the blinders off, we can see that human beings get what they really ask for, what they really pray for. It was once explained that our prayers, our requests, are what we are. Vernon used the example of a man who fell into painful regret over having lost a lucrative business deal and explained that the man actually prayed for and got regret. Watch very carefully and you'll see that what most people call their prayers often revolve around winning over someone else or demanding to have their own way. Our level attracts what we are.

Everything that happens to us is a direct result of who we are. We attract what we are. And we are not at all who we say we are. In a recent class in Colorado one of the students who actually moved to Boulder City to study under Vernon relayed a story to the class that they had heard from another student a few years ago. The gist of it was that a woman student in Boulder City had her purse stolen at a restaurant. Vernon told her that it was her fault. If she had been more aware it wouldn't have happened. In another words, her state of unawareness attracted that event to her. What a wonderful thing to learn. I am responsible for everything that happens to me. I can no longer use the typical excuse that the world uses, which is, "Someone else is to blame" or "My circumstances caused the problem."

Lost human beings settle for mediocrity and sameness when we were truly meant for greatness. Motorcycle bikers have always amused me. They are supposedly rebelling against society, so what do they go and do? They do the opposite of what the corporate types do. Instead of a suit and tie, they all dress in the same way by wearing worn faded jeans, a leather jacket and a bandana. They all get a Harley, get a tattoo, they all swear and wear colors. They create another culture that is no different than the one they left behind. It's simply the opposite of the one they are rebelling against. It's on precisely the same level. Their behavior is still mechanical and imitative. There's no uniqueness or individuality whatsoever. They're copycats. There's an old saying (which is a wrong saying) that goes like this, "Imitation is the sincerest form of flattery." It should say something like this, "Imitation is one of the stupidest of all forms of human behavior." To imitate means there is nothing original coming from the individual. He or she doesn't really think for himself or herself; they just do the lazy thing, which is to copy

the behavior of another human being or to ape something they saw in a movie.

The next time a group of bikers comes into your town and they stop to gas up or dine at one of the local eateries notice how they all look and act the same. They dress alike, have long hair, travel in a pack, have somewhat similar motorcycles, etc. Notice how they tend to think alike as well by using identical phrases and lingo. Then the next time you get a chance to study a group of corporate business types notice how they all look similar. Some still wear suits but nowadays a lot are going to a look that I call the Van Heusen look. They wear slacks, a casual dress shirt, and loafers and generally have shorter hair. You have to look the part or you won't fit in. Do you see how it's the same thing? There are all sorts of groups like this that people join in order to feel accepted and to be a part of the gang. There are also the religious types and the spiritual types who tend to dress, look and think in certain ways as well. Right? The point is they are all part of the herd mentality. The herd, the crowd, is always cowardly. It is not a higher form of intelligence to mechanically march with the masses. Why don't we start the process of rightly rebelling by questioning our loyalty and allegiance to this 'crowd' mentality? We can dare to break away because despite their threats of punishment, nothing bad will happen if we desert the mad mob.

Vernon Howard once gave a definition of stupidity, which is quite true and actually very amusing. "Stupidity is to think you're not stupid." Let me ask you this, how many reading this article are afraid? Does anything scare you? If we're honest, yes there is. Now if we are afraid, is that not stupid? Yes it is. I know the common response to all of this is, "But we're human aren't we?" I don't know how many times I've heard that expression. It's really just an excuse to refuse to take responsibility for our lives and to grow up. That's the point. We have the ability to become less human and to transform into a cosmic being aligned with and living from the all-powerful force itself. As long as we settle for this ordinary life where we're up and down, pulled this way and that way, we will remain in the undercurrent of the unseen but terrible pain that rules our lives.

Here's a valuable exercise. Have the courage to just look at other people's faces. Take a look into their eyes. See the pain and uncertainty there. This is not to get an advantage over them but to impartially (*"Points to Ponder" continued on page 5*)

Howling Wolves (continued)

caused fear, for they have no real power to harm me. Nowadays their howls stop at my ears; they no longer penetrate inwardly to cause disturbance. You can say I am no longer at home to them. They howl in vain. How can they hurt anyone who is no longer at home to them?"

You can learn to not be at home to wolves of worry or of loneliness or any other kinds of wolves.

(This is from the book INSPIRE YOURSELF)

Banquet Appreciation E-mail

Going to the banquets has been one of the best experiences I have had in my life. I didn't know what to expect but I really enjoyed myself and had a good time. I got a lot out of the morning classes but also appreciated the skits and dancing. Also, the food at the banquets was fantastic! I especially liked the BBQ at the Pagosa Springs banquet.

I listened to the Vernon Howard DVDs you recommended and they're fantastic. Something Vernon said that really resonated with me was how people will pay any amount of money for the smallest opportunity to have a crisis, and how the crisis will keep us so agitated that we won't think calmly and see our actual condition. That was so powerful. It really succinctly articulated the human condition, which I believe afflicts all of us.

Vernon Howard has changed my life and the way I view the world. I am very grateful for New Life. — Warmly (*Lady in MD*)

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.

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(Classes also on Wed, Fri and Sun)

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Wednesday night class in Pasadena.*

Southwestern in Pagosa Springs, CO

Saturday • July 9


(Classes also on Friday and Sunday)

Mexican Banquet in Strawberry, AZ

Saturday • September 10

(Classes also on Wednesday and Sunday)

(For more details call or visit our website.)

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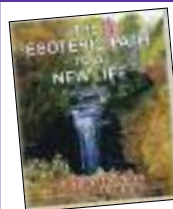


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Points to Ponder (continued)

observe what is actually, factually there. Then take a look in the mirror and be honest about it. You don't really like being you, do you? But there is a way out and you're reading about it right now.

Here's a statement of fact that Vernon Howard told a class at a lecture: "The reason you have fears, of getting older or whatever it might be, is because you don't have God in your life." The whole world is afraid. It's literally terrified. Watch the 6 o'clock news on TV. What are they selling? They are selling FEAR. Look at the headlines in the newspaper. What are they selling? They are selling FEAR. When you turn the TV on and you tune in that Docudrama, what are they selling? They are selling FEAR. When you rent that action movie to watch, what are they selling? They are selling FEAR. And they are also telling you that fear is necessary. This world is in the business of fear mongering and one of its slickest tricks is to keep you believing that there is safety in numbers. Permanent and lasting security will come only as a result of "coming out from among them."

Here's a side thought to keep in mind when watching television or a movie. Notice how the writers of a show will add humor to get your defenses down. They'll then immediately follow the funny scene with something very wrong which you are meant to unconsciously take in and accept without discernment. They may get you to laugh at something that is very low, even blasphemous. That's why it's so important to pay very close attention to everything that's going on. Stay awake. If we're awake and watching carefully we can't be taken in or fooled by evil and we won't pay the price for falling for it. What is the price for falling for it? Continued separation from God. What is the reward for seeing through it? A New Life in which there is no fear, no uncertainty, no pain.

Now here is a fact about fear that we as good spiritual students need to memorize and remember: "Fear is an unnecessary agitation that supplies a harmful distraction

from what must be faced." We have to start catching these things so that we stop getting taken. Do you see every time we go into fear over anything at all we are adding to the insanity of this world as well as our own madness/pain?

Also connected with all of this is how easily influenced we are. Start to see how anyone can make us feel bad. The slightest news about our health causes a reaction to come up inside. An incident happens halfway around the world and it causes shockwaves to go through us. In a talk from 1985, Vernon Howard explains, "People insane with fear are easy to manipulate." We have to stop falling for these tricks of evil. The tricks are both out there and in here.

Here's another example of how gullible we are. Say that during the course of a day you meet a number of people. After a while each one calls you on the cell phone to say, "You don't look so good." What do you think is going to be our internal reaction to this type of comment? We may start thinking to ourselves "I'd better go to the doctor and get myself checked out." For sure at some point worry and fear are going to enter into the picture. In every day terms this is called being gullible. But if we work hard on ourselves, we can begin to escape these mechanical states and stop the bad feeling from entering us. We can be free of the cumbersome burden we've been carrying around all of our lives. Vernon Howard on the same MP3 CD - Volume 12 says that at a certain point in your spiritual development, "The only influence there is, because you are wide awake, is God himself." That means because we have worked very hard to apply these truth principles in our lives we got out from underneath the influences of this world and came under the only influence that matters, the spirit of Truth itself. We no longer are a servant to darkness, our lower nature; we are a servant of God, of something that is out of this world. How wonderful and yes, miraculous.

FAQs (continued)

when it provides spontaneous lightness and humor to help us get rid of our stuffy, self-righteous images of being wise and profound. In essence, the spiritual path cuts straight through the jungle of sick human nature. Avoidance of the path is avoidance of the Supreme Reason for being on earth.

Q: What is an example of an unseen enemy?

A: Well there are so many, like vanity, fear, hostility and pretense, even sadness which we take as us. Or how about insisting on winning the argument, which ends up ruining your relationships with the people in your life? You may not even know you always have to have the last word and insist you are always right and the other person is wrong. We see it in others but not in ourselves. Isn't that really the cause of all divorces? This is sleep. This is being possessed by an unseen enemy we take as our friend. That is why it is always stressed to turn our attention inward and ask ourselves what is going on in there.

Q: Some people believe that because Vernon is not with us, they don't need this teaching or class anymore, or that maybe another teacher will do it.

A: I quote, "Happiness is always and only the Spirit of Truth coursing through us." What are the chances of finding that out there in this wicked world? For example, we need to be constantly reminded to break the mechanical flow of thought and come awake so something higher can reach us. But how many people can remember to do it on their own? The sleep state is too deep. Once you have found a true teaching hold on tight.

There are many traps along the path. Vernon once gave a great story about this. Briefly, he said, people heard about the great treasures (spiritual wealth) somewhere beyond the mountains and so began the journey. But one by one, because the journey was long and hard, they came back. They lied and said they found the treasure and began to tell others how to find it.

The world is filled with those who start the spiritual path but before finding the treasure begin to deceive themselves and others in saying they know the way. Maybe a few of them even heard Vernon Howard at one time. Vernon once said New Life is like a café, which prints at the bottom of the menu "No substitutions allowed."

"All the grief on earth can be traced back to this cause: having nothing truly worthwhile in his life, a man creates false values, false goals, false activities."





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**FAQs, Points to Ponder,
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Insightful Q & A Quotes

By Vernon Howard

Show us how to help ourselves.
Practice at calling your wandering mind
back to what is being said.

We feel encouraged when you assure us
we can make it.

Do you know what – it's far more than
encouragement – it's a beautiful fact.

How can I detect vanity?

Notice the pet flatteries you run through
your mind, such as what a lovable little
sugar-pie you are.

Why do riches and fame fail to satisfy?

Because a decorated dungeon is still a
dungeon.

I'm afraid of a certain cruel man.

Fear disappears when you see him as
both cruel and **pathetic at the same time**.

What is antagonism?

A heavy curtain that blocks the light.

I used to give advice to myself until seeing
that I was just one big bore.

If you only knew how little you really know.

Our solutions only cause more problems!
The earthly can't cure the earthly – the
only cure is the cosmic cure.



Flowers around Fence



Lupine and Sunflowers

More Q & A Quotes

By Vernon Howard

Why do I go to my relatives for dinner
when I don't even like them?
Probably for the dinner.

I worry that you might see through me.
That's exactly why I can help you. You
can't help yourself because you can't see
through yourself.

The man in my life threatens to leave me.
Politely hand him his hat and escort him
to the door.

Is there a way to soften the jolt of these
facts?

You must never soften the jolt – it's trying
to jolt you awake.

It seems impossible to change things.
Your present nature has no choice but to
think that, which is why you're here to
change your nature.

Give me a thought to take back to my
local study group.

Be aware of what you are doing at the
moment you are doing it.

What does it mean to return to our spiritual
home?

Basically it means to rise above the intellect
to the lofty level of cosmic wisdom.