

NEW LIFE NEWS

Vernon Howard Founder

Richard Wooldridge Director

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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: What are the benefits of studying and applying this information to my life?

A: Oh, there are so many benefits! A person's life becomes so much easier and so much more comfortable because after all these years, real understanding is beginning to dawn. Life becomes pleasant, better in all worldly aspects and filled with moments of great relief and delight. Mere existence can be transformed into a life of wonder in which astounding things can be seen. One of the most valuable benefits is the development of a deep understanding that there is no natural need to feel bad about anything — ever. How wonderful is that?

Q: If I'm honest about it, I get glimpses that deep down I feel powerless. How can I gain true power in my life?

A: The only true power is the Creator of the Universe or God, Truth, Reality as Vernon calls it. It is the supreme power and it knows that what our hearts really want is to live within its guidance and protection. What is blocking this? The conditioned, acquired human nature that we have carelessly allowed to control our thought and feeling processes and which causes us to live from all sorts of negativities. You must get to know not only this part of yourself but also the true part, which is seeking to reunite with the Creator. You ask for permanent power by applying these teachings in your daily life, by sensing more and more how you are not presently in command of your own thoughts and feelings and by observing this destructive nature in action. But never forget that this nature has been built up through many years of living in the pressure cooker of this man-made society. In reality, man and Cosmic Intelligence are one so as Vernon puts it "Your aim is to be one with yourself."

Q: What is the purpose of self-observation?

A: The purpose is to see your actual condition, not what your flattering self-images say you are and not what you pretend to be. Have you ever faked a confident manner when you really felt very, very shaky inside? That is what we're talking about. Vernon said the angels of heaven rejoice when you honestly admit how confused and uncertain you really are. Because only a truthful admission like that can attract real help.

Q: How do I stop feeling trapped by what other people think of me? I'm always afraid people don't like me or approve of me.

A: This is a persistent problem for almost everyone. We just don't realize what slaves we are to the opinions of others. Vernon Howard said in a talk [Higher World Volume 14, 10], "You need account only to God for your actions." What a relief! If we lived by that principle, so much worry and heartache would be eliminated. But he also explained that there is such a thing as having "right remorse" when we begin to see what a horror our life has been, and that we should be sorry for how we've

("FAQs" continued on page 2)

The Waterfall

By Vernon Howard

Turning a corner, a party of tourists came upon a magnificent waterfall. With loud words and wild gestures, everyone praised the sight before them.



The party's guide, who stood off to one side, was asked, "Do you still enjoy its beauty?"

"I do," sighed the guide, "until someone shouts about it."

Beauty, which originates in a quiet mind, vanishes with the appearance of mechanical emotionalism.

(This is from the book *Inspire Yourself*)

Points to Ponder

By Richard Wooldridge

An awakened man is extremely rare. They do not appear or evolve on this earth very often. Human beings are not born awake. Christ was not born awake. Vernon Howard was not born awake. They simply went through many trials, worked very hard and took advantage of the opportunity to transform themselves into what they were put here on this earth to become in the first place. In reference to his own waking up process, Vernon once said, "I fought with God until He won."

Don't be fooled by all the charlatans who write books to make money and to be seen by others as enlightened humans. Never under any circumstance does Truth combine get rich quick and famous schemes with its teachings. Its sole purpose is to point you and me in the right direction so we can uncover the hidden treasure within. In **700 Inspiring Guides to a New Life**, Vernon states, "How gullibly people trust the words of others, rarely bringing their own intelligence into the situation."

I recently was watching a longtime anchorwoman for one of the local Denver ("Points to Ponder" continued on page 3)

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"I Don't Belong Here"**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

A magic message to tell yourself every day which will be the start of the regeneration of your nature: **"I don't belong here. I don't belong in this world."**

"... it took him to a different world ..."

One man worked on his inner condition so faithfully and so long that it took him to a different world, a different state inside, and to abiding happiness in himself, as Vernon explained with a story summarized here.

Once upon a time there was a country called Criminalia. It was inhabited by crooks and crazies and violent thugs. The whole land was lost, but one day one man living in Criminalia woke up with a new feeling. He felt there was something wrong but he didn't understand it. He did know one thing though. At the very same time he saw something wrong outside with all the violence, he saw there was something wrong with him, too — he saw there was violence inside of him. He said, "That's why I'm unhappy and so afraid." He felt trapped, oppressed, and he decided he was going to escape. It wasn't easy because the obstacles are enormous! In hearing this talk this morning, I want you to become conscious of the obstacles of self-escape for yourself, because that is knowledge for you in how you can be smarter than what has been hurting and harassing you.

So the hero of the story decided to run to the border and get out of Criminalia. He was beaten on the way, knocked down and robbed, but he went on and managed to get to the border. It's important for you to make an inner parallel here. When he got to the border it wasn't quite that simple to just walk out. You don't just walk out. Because when he stepped out of his house that special morning, there was a sensing in the evil atmosphere of Criminalia. They knew he wanted to turn his back on them and escape and they tripled their attack on him one hundred times over. No one else in Criminalia wanted to get out, but he did and they sensed it. What he found at the border were brutal guards with fierce dogs who wouldn't let him out.

You see, evil, sickness, neurosis, darkness doesn't want anyone to escape. Dark forces always oppose God and goodness and when you make your efforts, the night is going to descend on you and try to discourage you and lie, lie, lie. For example, it will tell you it's too late. **It's not too late at all!**

But at this point he was desperate and utterly dismayed. He staggered back home and the pain and humiliation and total sense of being lost tripled itself. "God," he said, "I try to be good, to do something right and nothing changes. In fact, it gets worse. I was someone who was trying to do right and instead of God helping me, I'm abandoned!" He sobbed for a week but finally he came to the point where he could stand aside a little bit and see himself as angry and furious and full of rage. He had cried for so long that he'd come to the end of that phase of his spiritual development. He didn't know at the time that the self-centered sobbing was a stage of his getting to the edge of Criminalia and crossing over, but Truth, God, knew it. Because he had chosen rightly to get out of there, God in Heaven heard that small feeble prayer and sent angels down. And when he decided to study his condition instead of hating it, the 2nd stage came. Instead of boiling over about it, his second prayer was "What's wrong with me?"

Heaven always listens to a sincere spirit and always answers. He started asking people questions and learned they didn't know so he stopped asking. He got stronger and tried for the border again, but failed because he still had a big ego and a false front which collapsed again. He was even in darker despair now. But the angels were still watching and helping.

Then one day, he heard something new. He heard that right in the middle of Criminalia, but in a secret place, there was a rock, a big rock, and this rock had *("Spiritual Exercise" continued on p. 5)*

**FAQs (continued)**

acted. But always come back to the basic understanding that that is not actually who we are, no matter what we said or did or thought. The real or true nature is Something Else and we can find it through this work.

Q: How can we hear more?

A: To develop a 'hearer' apart from the touchy, irritable and nervous habitual nature, it is necessary to become better acquainted with the essential quality of our thoughts. An important part of growing up spiritually is that we start to grasp the fact that the actions of someone operating on a lower level of being cannot bring about a "good" or "happy" result. Mechanicalness only produces more mechanicalness. A mind obsessed with getting its own way is not capable of providing clarity, insight or real goodness either for itself or for anyone else. Try small experiments in letting go of harmful self-will without knowing what will take its place, perhaps by realizing you don't need to win the argument with that other person. Find out what it is inside that is insisting you get one up on someone. That really gets to the heart of the matter, doesn't it? Ask, "What is it that drives me to bulldoze other people to get what I think I want?" Remember how many times you've gotten your heart's desire and then wondered how to get rid of it? If you will put growth before grasping, you'll realize that you don't need to compete in the lowlands when your spirit can live happily and freely on top of the mountain.

Q: Why can't I ever find any happiness that lasts? My emotions are like a roller-coaster. They keep going up and down, excitement one day, then depression the next.

A: Real happiness is not made possible by any exterior occurrence because happiness has no object. If we think it does, we'll fall victim to every outer change of circumstance, every unexpected event and every challenge to the "comfortable" routines we live from. Since "God has hidden the treasure inside of you" that's where you must work. Authentic contentment can only come as the result of an interior change of being. And even if we mentally agree with this statement, we must begin to feel and to sense it more and more or we'll continue to endlessly go flying off to the next distraction or dream.

Q: Give us a helpful exercise to do.

A: In the morning when we get up, at night when going to bed, doing errands, walking

("FAQs" continued on page 5)

Points to Ponder (continued)

News channels. She was on assignment in another city reporting on an event. This particular evening she was outside in the elements and it was very windy. She had a notepad in her hands with notes to help her remember what she was going to say while on the air, but it was so windy that it was impossible for her to refer to them. So she completely lost her place and blanked out on the report she was going to give. The fact was she was at a total loss as to what to say or do and became completely flustered by the situation. She was so used to reading a teleprompter that she didn't know what to do without it.

We also possess a script provided by society. We're supposed to unquestioningly follow this life script but it never works out. Why? Because we're not living from our original nature, our essence, what God intended for us. We have to learn to speak and to live from the natural self, from who we really are. Not the trained, perfectly coiffed person. Like that reporter, we don't know what to do when the props are pulled out from under us. These principles will help you learn how to handle unexpected events that come up in your life journey. You won't be thrown off balance because you'll know exactly what to do or not do in all circumstances.

The reason I bring this up is that I am beginning to see that it is nearly impossible for an awakened man to get through to sleeping humanity. Most human beings are so rigidly constrained within their minds, there's little to no chance of getting through to them. They are entrenched in their beliefs and ideas/imaginings and if someone comes along and tries to tell them of another way, they feel threatened and lash out. They prefer the glittery baubles of this world to a life of quiet happiness and contentment. In a section from **700 Inspiring Guides to a New Life** entitled **The Foundations of Real Happiness**, it is stated, *“Human beings have great difficulty in seeing the lack of private merit in public ceremony. This is because they love ceremony more than merit.”*

You must want to see things as they actually, factually are. Most go after what the world offers, artificial substitutions for truth. Providing false stimulation, these pseudo answers produce only more pain and suffering and eventually lead to tragedy. Well, isn't it tragic that most people never claim their spiritual freedom but continue to live in chains? Substitute solutions always flip over to the opposite because they are of this world. Understand right now that this world will never get better or

be any different. It will always remain as it is because that's its nature. The mass of humanity as a whole cannot evolve. But you as an individual can change.

The direction this world is taking is becoming more and more apparent. I saw a figure last night on the national news. There are 700,000 heroin addicts in the U.S. right now. This is only one drug. This doesn't include all the other drugs that are available as well as all of the patients on prescription drugs with their awful side effects. Now let me ask you, is this a good thing? Here's something else. Do you worry? Yes you do. There is apprehension about your financial situation. There are concerns about your health. You have family issues. Your marriage is on the rocks. Your children are driving you crazy. That other person is a pain in the neck. The boss is an idiot. What is it?

Let's see if we can understand something more deeply. In **The Answer**, Letter Five, Vernon Howard states, *“You live and think and act on the level of the earth, and earthly minds have no way of comprehending celestial truths.”* The mind is a roadblock. It is constantly interfering with our ability to take in higher impressions. Perhaps there is a little right part which is trying to guide us toward a true teaching but so many things are getting in the way, not the least of which is the intellect. The mind is only a tool. It is NOT the whole. If you play the 'game of life', you'll be punished and rewarded in equal measure. The game is rigged and only by turning your back on the lures of this world will the celestial truths be able to come to your rescue. God does not exist as a thought but resides in a reality above all human thought.

The mind was only intended to perform the mechanical functions of daily living. Even that is sometimes too much to ask of the ordinary human being. The way the mind works severely limits us and that's why when things don't go the way we plan, we react and get angry. We get negative rather than remaining calm. We simply do not see how deeply hypnotized everyone is.

We also fail to see how entrenched we are in memories, religious conditioning, learned behavior, familial traits, etc. When living from these, everything else, including the bigger picture, is excluded. There's no awareness there. It's like being in a dense coastal fog where you are able to see only a few feet in front of you. We're blinded by memorized knowledge, by our feelings toward someone else, by our own self-pictures of being kindly and

generous and by hundreds of other traps. There is another world that exists outside of the mind where clarity, insight and understanding reside. Where you can view things differently and go through life without all of these problems. In **Freedom from a Life of Hell**, Vernon explains in a section called **Healthy Light**, *“You break out of hell by breaking out of your habitual mind.”*

I was watching a video clip on the Internet recently. It had to do with someone investigating the life of a famous person who teaches people how to write plots for screenplays. He's very successful at what he does and he's a self-professed atheist who explained to the young reporter how he arrived at the conclusion that God doesn't exist. It was fascinating to study him because at a certain point you could see clearly and exactly where he had gone wrong. His worship of the human mind had led him to the conclusion that nothing else, nothing higher has any right to exist. In the stale and stifling intellectual world where every theory has its opposite, there can be no cognizance of the fact that we have been given the ability to rise above and yes, to actually live above the opposites.

Let's get practical. When we stop taking ourselves so seriously, and there's a little less of you or me, we're not as easily offended anymore. You know from yourself that you are onto something. You know *(“Points to Ponder” continued on page 5)*

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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Spiritual Exercise (continued)

a message on it, a secret message sent down from another place. This message had a single sentence on it, which he could know, and when he took the secret message to the border and said it to the guards, they'd let him out. It said, "I don't belong here." He pondered this and with growing spiritual insight, it made more and more sense to him. Armed with the secret sentence, he went to the border again but got so terrified he forgot the message. What I'm telling you is that the obstacles you meet with will be ten times more than you think, and ten times as tough as you think, but keep going and the day will come when what happened to him can happen to you.

Our hero eventually matured. He realized how much more inner watchfulness, inner yielding, honesty and humility he had to have. He realized that the spiritual world, Truth, had to be his only life. He worked on it, and finally, because he was now living in the higher world except for the physical body, when he walked up to the guards and said, "I don't belong here," the guards wilted and the dogs ran away and he walked easily on over.

You don't belong in this world! Your physical body inhabits it; your Spirit has nothing to do with it. That's a magic message for you to tell yourself every day and that will be the start of the regeneration of your nature! There's a block at every stage because the block is inside of us, not out there. God doesn't create blockages.

Know that God alone is your life. Make this connection: God has 100% authority over evil. It's not really a battle between dark and light. Light is all there really is but because of the rebellion of the human mind starting thousands of years ago, the mind fell into the dark trap of wanting to be a God unto itself. That created the split. When you don't know what to do, you remember that phrase "I don't belong here" and because this is a fact, it will empower whatever is necessary for you to do living in this world which is Criminalia.

Points to Ponder (concluded)

that by the grace of God you've been given something purposeful to do with your life. We received a phone call recently from a man who had never heard of Vernon Howard before. He came across a Vernon video and was rightly thrilled and genuinely excited and wanted to know more. We'll see if the spark, if the perception of a very special human being and a very special teaching, goes beyond recognition to acceptance. It all depends on how badly we want it and how much we love what we're hearing.

What we're trying to discover is the extraordinary. Here's a clue from Vernon Howard, *"Both knowledge and inspiration are needed to make a whole human being."* This is the most exciting adventure anyone can undertake. It breathes real life and genuine enthusiasm into you. It gives you something really worthwhile to do with yourself. It explains everything. It infuses you with an energy that is not forced or contrived. It doesn't flip over to the opposite because it is not of this earth. It's the only true solution.

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Spiritual Exercise (concluded)

There are two voices in you. One says, 'I know what I'm doing' the other says, 'I don't know what I'm doing.' Your work is to make strong the 1% that says 'I really don't know what I'm doing.' Don't be afraid of not knowing. What you knew — the 99% — was phony, false. One absolute fact you now know: You do not belong here. That's the right knowing.

"You have been handed a sacred lamp here. Be the keeper of the flame. Know that all you need is God and add to that, "Because of God's existence, I don't belong here."

FAQs (concluded)

into a room, watching TV, surfing on the computer — wherever we are, whatever we're doing we must always have a true aim in front of us. Start the day with a new note, a specific lesson or guiding principle to focus on for that entire day. For example, you can say, "Everywhere I make a move or have an encounter, I will try as best I can to put God first. I am here to learn from what is happening at this moment, not to just 'get it done.'" Always having a Higher Mission at the forefront is one way of fulfilling our purpose here on earth.

Q: I've always been taught that if you believe you will be saved.

A: Where is the growth in that, the effort in that? Anything worthwhile can only be gained through personal effort. But this is a very special kind of effort, one that requires genuine courage. You are asked to abandon your false source of self-wisdom so that the eternal source of all wisdom can take its place.

Q: Where do we tend to go wrong when trying to understand and apply these teachings?

A: One of the biggest stumbling blocks is that we believe the mind has the ability to understand the higher way. The mental always demands rigid guidelines and "proof" on its own level, which leads to a belief in surface appearance and the blockage of instant perception. Truth doesn't operate like this. It provides thousands of facts, clues and hints but the student is required to make the higher connections that will open up a completely new avenue of seeing and understanding. Not even the teacher can force someone to go beyond what the mind insists is accurate and obvious. Nevertheless, the stubborn refusal to do so causes tremendous conflict and pain. Only when someone starts to sense how caged and limited they are by literal thinking will they begin to make efforts to break out.

Q: Why haven't I heard of these teachings before?

A: Society and the mainstream media that influences it aren't interested in a true and lasting solution to human problems. Their focus remains on what brings more notoriety, more fame, more wealth and more of everything of this world. These teachings are 'esoteric', 'hidden' from the knowledge of the masses, not by intent but from humanity's choice to pass right by real aid in favor of what is trendy and popular.

"The only reason you do not do great things is because you timidly cling to small things. Will you let loose of small things and bear the uncertainty of having nothing for awhile? Do this and eventually you will do great things."

— Vernon Howard





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Gratitude for Teachings

Lady via email:

I just wanted to tell you how grateful I am for your Secrets of Life emails. They seem to arrive at just the right time. I feel I'm beginning to get the message. Wishing you a wonderful holiday season!

Man via e-mail:

I wanted to express my deep gratitude for the special teachings that Mr. Howard has included in his writings over the years. Recently two teachings have really impacted me. The first is the concept of the "Third Way of Thinking" from **Pathways to Perfect Living**. When I read about it several years ago it didn't have much meaning to me then. However, in the last year I have really seen how the conditioned mind actually does think in opposites and this got me to examine my own mind and all of its positions and opinions. Secondly the teaching "defeat without despair" from **The Power of Your Supermind** has had a powerful effect on me. What Mr. Howard said about defeat and despair both being a part of conditioned thinking and how it is never necessary to react with defeat under any circumstance is very liberating. Thank you for making the teachings available to any sincere seeker.

Man from New York via email:

Dear Friends,

I discovered Vernon many years ago. He is simply the best. Many attempt to "borrow" from him but the original is still the greatest.

Bookstore Owner by phone:

Vernon Howard is one of a kind! Everyone at the store loves his books and booklets and so do our customers.

Man in Arizona via phone:

I just saw one of Vernon Howard's DVDs and was blown away! This is the information I've been looking for. I'm on your website right now and am interested in ordering some of his books.

Lady from California via email:

This September 2013 banquet was the most enlightening and uplifting experience I have ever felt. The banquet gave me such clarity and insight. I realized that we come to these classes to really start over. There is a way out of our pain!

Lady via email:

Today's Secrets of Life quote came at exactly the right time for me to see my mistake and correct it. I am very grateful for these teachings.

Man via email:

Hi, friends at New Life Foundation,

All I can say is it works if you'll just stay on the path! The healing shocks are here now but after much hard work, Truth will do everything for you.

Lady via email:

I have purchased every book that Vernon wrote. Vernon's book **The Mystic Path to Cosmic Power** was one of the very first books that set me off on the Spiritual Path. He was a very enlightened teacher. I send you much love and many blessings.

Man in New York via phone:

Vernon Howard has been my teacher for years. What an enlightened man. He's wonderful. Thanks so much for continuing his work. You are doing a vital service by keeping his materials available. Please, I'd like some of your brochures to give out to friends.

Lady from England via email:

Thank you so much for such quick and helpful service. I am so looking forward to receiving the talks on tape. I know they will be worth every penny I spent on them.

Lady from South Dakota via email:

Love the new website format.