

NEW LIFE NEWS

Vernon Howard Founder

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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: Hearing Vernon Howard for the first time on a recorded talk astonished me. I exclaimed inwardly, "What is that?! Who is he?" Even though the words were clear and simple, I had never heard anything like that before. What makes him so unique?

A: His message is alive! For it contains the pure Truth. Though his words are familiar, the presence of something very high moved through him from above this world, from out of this world. So his words glow and pulse with energy and life. And we sense that with receptivity we too can have real life.

Q: Give us some basic information for transformation from the mental level to the spiritual level.

A: We are presently dominated by what Vernon calls the false self, the false personality that has been formed by acquired attitudes and beliefs and has actually been imagined into existence. This artificial nature is the cause of all our problems and suffering. It separates us from our essential self — who we really are — from our true and spiritual self. The false personality wants to be a god unto itself and fights fiercely to deceive us and keep us in the dark. Few people ever see through it but we can. Start by interrupting thought and becoming aware of where you are dozens of times a day.

Q: I feel like there's something preventing me from waking up. It's like wanting to swim in the ocean but being affected by the constant pull of an undercurrent. Is there a force stronger than my desire to wake up?

A: There is absolutely nothing that can prevent you from being a truly conscious human being. In these spiritual studies, you are given the tools of attention, of

persistence and perseverance, of observing obstacles, of checking your actual motives, of honest inquiry and of earnestly studying your actions, intentions and wishes, to name only a few. The tools for waking up are as inexhaustible as your willingness to use them.

Q: I sense the liberating power of these truths but I don't live from them yet.

A: Know that "what you seek also seeks you." The knowledge and the capability to act from the higher viewpoint already exist within your higher nature but must be activated and animated by an intense desire to know what your life is all about. Cosmic essence wants to communicate with your personal essence in order to explain, to clarify and to teach you. The only real question is "Will you be receptive enough to let it?"

Q: I want nothing more than to reach the higher center within myself.

A: Then you must want to be guided by the Spirit of Truth more than you want your old life and your old ways. This means a voluntary letting go of the old life and the old ways that you want to cling to

("FAQs" continued on page 2)

Carrots and Radishes

By Vernon Howard

A citizen wanted to grow some carrots, so he consulted a man who was known as the Famous Gardener. Buying some seeds from the Famous Gardener, the man planted them. A few weeks later he proudly invited a friend, "See my fine carrots!"

"Carrots?" exploded the staring friend. "These are radishes!"

"Impossible. The Famous Gardener said they were carrots. Who are you to question his great authority?"

"You can call them carrots," said the friend, "but they will remain radishes. How

("Carrots" continued on page 5)



Points to Ponder

By Richard Wooldridge

I have a favorite restaurant where I like to eat breakfast. I was there one morning recently and the place where I was sitting gave me a good vantage point to observe people. A man finished dining, paid for his meal and then proceeded to walk out the door and because he wasn't paying attention, he stepped on a patch of ice, slipped and almost fell down. He could have seriously injured himself but there was a post nearby that he was able to catch himself on so that he did not fall.

I saw the whole incident, including his reaction, from where I was sitting. From his facial expression, I saw clearly that one of the first things that flashed through him was anger. He then wanted to let somebody else have it. He wanted to blame someone. Of course in his mind it had nothing to do with him, his sleep state. He was lost in thought about something. He was thinking about the job he was headed to, what he was going to do, what he had just finished talking about with the group he was dining with. He was distracted. He wasn't watching where he was going.

("Points to Ponder" continued on page 3)

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"Practice Self-Honesty"**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

The thoroughly aggravating way to go through your day is to live from the outer to the inner. Let me tell you now, anything you get through this false process of working from outer to inner, you're going to live to regret. If you continue to try to find fulfillment, try to find happiness, try to find out who you are, by taking impressions, objects, people, excitements from the outer world, you will continue to fail and I've told you how to stop failure.

"But the inner has to be corrected."

All right then, the other way is right and it is from the inner to the outer.

But the inner has to be corrected. You have to know that there are an awful lot of things wrong inside. But say that you do a lot of hard spiritual work on yourself and you begin to correct yourself inwardly; that is, you're rising above yourself — you're on a higher level. Then you have no need to use the outer world — it falls away. You don't have to go after that man, after that woman. There's no point in doing that anymore.

Now you're doing the right thing from the inner to the outer. You make progress in no longer wanting to get something from someone (I'm not talking about doing ordinary business, that continues as before). I'm talking about you no longer trying to get a feeling of stability from anyone. Or from, as you say "If I had ten times as much money, I'd certainly feel stable with that. I'd feel safe, I'd feel all right if I had that." No, you wouldn't.

See the problem is alienation from the higher place, from heaven. As long as your real nature is alienated, then you can have the million dollars or you can have all the people and have all the positions and you won't be any happier. This is very important now — it takes your willingness to be knocked around day and night, a thousand times a month, until the nonsense is knocked out of you. But now you still have hope. You still want your way. So, what I'm going to tell you to do is a tremendous action on your part and if you obey spiritual orders then understanding will come.

All right, give up your plans on how you're going to feel secure, how you're going to be happy. You don't like what you see in your life and you figure that you can replace that unhappy person with a happy person. All those boys and girls who graduated from high school and college the same time you did and you meet ten

years later, you figure they're on their way, they're making it and you haven't. And that makes you feel bad. You want what they have. They're secretly as miserable as you are, no matter what they have in the way of worldly goods because they are alienated from Truth. But not seeing this you make the mistake again and again when you think that thinking can do it, and then you have to try to find something that is going to work.

Please, please, within each one of you there is a center, which is not part of the world — a little tiny bit inside of you is not part of this world. It's real, it's permanent, it is absolutely permanent, but it's overwhelmed by your foolish desire to always be surrounded by people. That little part of you that could be turned into a giant of spiritual strength is timid and small and can be bluffed and intimidated just now by your wrong nature.

You're all lonely. It's awful living with you, every single one of you, because you don't have God in your life. Right now, you're to be honest, which is one of the hardest things you have to do. You will know that you can't live without having a lot of other people around you. You've got to go where the crowds are, the party, phoning someone, writing someone. You've lied and said, "See, I'm happy." No, you've lied to yourself again. You can't stand being in the house by yourself. You could have started to change your nature from inner to outer years ago. There's a line and I'm telling you that most people are over it. No way to call

("Spiritual Exercise" continued on p. 5)

**FAQs (continued)**

so desperately. You must get rightly emotional about not wanting to live with a tormenting mind anymore. When you've exhausted every other avenue of escape, God knows that and will come to your rescue.

Q: How do these teachings relate to what is written in the New Testament?

A: A number of New Life students have remarked that New Testament teachings took on new meaning for them once they came into contact with Vernon Howard's works. Put in another way, these principles you're studying will help you to see something in spiritual literature you never saw before; that all true teachings have the same essence no matter where or when they're delivered to sleeping humanity. The language and style are different but the message is the same. For example, you'll realize sayings from the Bible like "The truth shall set you free," "No man can serve two masters" and "The things which are not seen are eternal" are vital principles that can provide powerful insight and fresh inspiration in your daily life right now.

Q: What is something shocking I need to realize concerning my inner life?

A: Most people waste their entire lives thinking. Nothing from the higher world will ever be experienced unless a person drops thought, though few ever do. The answer lies in mental silence.

Q: I'm really worried about all the bad things I hear in the news these days — financial crises, horrible crimes, terrible tragedies and war, war, war. The world seems to be getting worse every day. Where's the good news these days?

A: The world is getting worse but the good news is that you don't have to be a part of any of it. Dark and unseen forces want nothing more than the destruction of mankind and there is nothing too low for them to do to make it happen. Mankind is walking around in a state of psychic stupor, unaware of the influences of these dark forces and the results are horrific. If you yourself work on becoming more conscious, then you can begin to wake up and your life will start to change! From an awakened state of consciousness, you'll see that man can never rise above his greedy, cruel and warring self as long as he is in a state of psychic sleep. A sleepwalking man is not aware of what he is doing. Only after falling down the stairs and injuring himself is he vaguely aware of what's happened. Even then,

("FAQs" continued on page 5)

Points to Ponder (continued)

Do you see the problem? Do you see who the enemy is? It's me, it's you. We're always thinking about something. We fail to see how deeply lost we are. How lost all of humanity is. That man is you, that man is me. We get taken over; we are constantly taking detours in our minds. Something doesn't go our way. Life throws us a curve ball. So what do we do? We get mad. We're just looking for an excuse to blow up. This is the actual state of human beings.

Do you know another amazing thing about this incident? It all happened in a matter of seconds. The mind and the emotions are incredibly quick. But if we work hard we can begin to catch these lightning fast reactions so that we don't keep suffering from them. Something else we don't see is that these are learned behaviors picked up over the years from watching other sleeping human beings. So that means the harm that was done can be undone.

In **There Is a Way Out** in a section entitled **Opinions and Facts**, Vernon Howard says, "You mistake opinions for facts without realizing you are doing so. The only way to obtain liberating facts is to first drop enslaving opinions." Thinking gets in the way of seeing. So we're constantly putting ourselves in danger by being mental instead of being aware. It isn't necessary to think your way through life but most people believe there is no alternative.

Truth is trying to cure us of this insidious malady. We have to begin to sense how damaging living in foggy land is. Unawareness, self-obsession, self-absorption, "it's all about me" syndrome, are the enemy. The sleeping nature is so obsessed with its own thoughts, feelings, problems etc. that beneath the surface niceties, it considers nothing outside of itself to have much reality or importance. Notice how this attitude rules the world and how it creates nothing but misery and grief for everyone.

In **Conquer Harmful Anger 100 Ways**, page 18, Vernon tells us, "All anger is unconscious. You cannot be angry and be inwardly awake at the same time, which means you are angry because you are asleep." All the man at the restaurant had to do was be aware. To notice where he was walking. If he hadn't been wandering around in the haunted house of thought, he would have seen there was a patch of ice on the sidewalk outside and would have simply avoided it. This isn't just a little thing. It's representative of how almost every person on earth lives and suffers from their sleep state thousands

of times a day. If we want to escape this drudgery, we have to stop thinking when it isn't necessary. But unfortunately, this reality is almost impossible for the average human being to grasp. The answer lies in seeing our lostness.

Now the next time you do something stupid watch what happens to you. Of course we never do anything dumb! I am a perfect human being who never does anything wrong. I have never been antagonistic. I never get upset. I'm easy to get along with. I'm just the most wonderful person you could ever meet. Right?

Someone brought up in a recent class that they heard Vernon say in a talk (*MP3 CD, Volume 11, Talk 25*), "Someday you'll be sorry for everyone who ever met you." Now be completely honest with yourself and quietly reflect on that statement of fact. It's very sobering, to say the least. It says volumes about what people are really like, doesn't it?

Here's another example of human sleep I have personally observed and seen for myself. Have you ever noticed when you go to a restaurant how people finish dining and in order to get up from the table they have to push their chair out? They then proceed to leave the chair blocking the walkway. Observe how this makes it difficult for the waitress to get by carrying plates of food or a carafe of hot coffee. Customers have difficulty walking by. Do you see how unawareness is inconsiderate? When the world revolves around me the result is always going to be negative and a problem for everyone else that comes along.

One thing out of thousands of lessons we were given by Vernon was to try to consciously put yourself in the other person's place. Get outside of yourself. This not only is a lesson in simple awareness but it requires a little effort on my part to do the right thing. Is it right or wrong to leave the chair out blocking the aisle? Who put it there? It's not someone else's responsibility. It's plain good manners to push the chair in. Most people aren't even aware that they left the chair sitting out. Most people don't even consider the consequences and the effects their actions have on others.

And here's a little side point. If you examine a little more closely you will also see that they unconsciously did it on purpose. There's tons of hidden hostility in not being aware. If you and I can't do the simple things, like pushing the chair in when you get up from the table, you will never be given anything higher. This is

extremely important to understand. If we don't have ordinary good manners in everyday life we are not a candidate for higher spiritual lessons.

You do it because it's the right thing to do. You don't do it in order to be seen of men, so you can say "Look how thoughtful and considerate I am." We simply do it. There's no ulterior motive involved. Do you see it's a choice we make whether to be aware or unaware? It requires no effort to stay as we are, which is in a state of psychic oblivion. We refuse to see things as they are. We choose to remain unaware, inconsiderate, lost, unconscious and dupes of this evil world.

If people want to believe or think otherwise that's angry humanity's prerogative but they will stay sad and disheartened trying to convince themselves they are happy and content. Also in **Conquer Harmful Anger 100 Ways**, Vernon gives some Q & A's in the early part of the booklet with an explanation of evil and our sleep state. "Q: What is evil? A: Evil is a self-worship that refuses development from a mental man to a spiritual man."

How great is that? We should be thrilled to hear a marvelous truth like that! It explains so much but now we have to take it in, we have to see it and feel it to benefit from the freeing message. The deeper we go into these things along with the wish to understand them we will see more and more how people get what they
(“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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(For more details call or visit our website.)

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2	1500 Ways to Escape the Human Jungle		\$5	
3	Conquer Harmful Anger 100 Ways		\$1.50	
4	Freedom from a Life of Hell		\$1.25	
5	Vernon Howard's Higher World MP3 CD (Volume 35)		\$15	
6	Vernon Howard on DVD (Volumes 1 thru 36) <i>Please Specify Volume</i>		\$15 each	
7	The Laws of Spiritual Development (3-Cassette Tape Album)		\$2	
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Carrots and Radishes (cont.)

strange that you refuse to see this, even after tasting them. Do you know when you will get carrots? When you really want carrots."



We can begin to grow the right products by frankly admitting that we are not presently growing them.

(This is from the book *Inspire Yourself*)

Points to Ponder (concluded)

ask for. Our level attracts to us our actual nature. The experiences that come to us, the problems we have, the trouble we find ourselves in, the confusions and our inability to understand why things happen to us and to the world are all the result of what we really are. Not what we think or believe we are.

All right, here's the solution. Here's what we must do. We have to stop making excuses. We can no longer keep saying we're a victim of circumstances or of our environment or whatever else the commonplace phrase is that's recited to justify our wrong/bad behavior. Nor can we say, "I'm only human." How many times have you heard someone say that? This is an excuse. This is laziness. It has to end. Once finding these teachings you no longer have an excuse for anything nor do we need one. It's time to grow up.

Here's a great exercise to begin to use right now as you're reading this. Come awake. As Vernon Howard put it, "Look up and around. Become aware of yourself and your surroundings. Don't *think*, just quietly *observe*." This is the best advice any human being can ever be given. This is the answer to all problems and difficulties. But we must want to understand. We must have a sincere wish to get it. It's time to go to work!

E-mail from Man in California

I have been reading the life-giving teachings of Mr. Howard since 1988! Thank you for keeping the lamp lit, so to speak. Happy New Year and God bless you.

Spiritual Exercise (concluded)

them back. They're not here. You know where they are — in the bars, the betting places, the foolishness and the filthiness.

I hope that right now you only know one thing, which is that you don't know anything. You've got to start with a mind that works dreadfully, but you can use it in order to grow and go beyond the mind to the spirit. So say all day, "I don't know what I'm doing with my life. I don't know where to go, what to do in order to get a feeling of security." But there is no way you can be spiritually honest; you lie, lie, lie.

Practice this exercise in self-honesty. "I'm just lost altogether. All my life has been one big blunder and I actually don't know what to do to start living from the inner to the outer, the right way. I don't know how to uplift my nature." You're saying this mechanically. It's essential not to try to be sincere but to see you have no sincerity at all. Oh, this is tough stuff. Your friends don't want this. They will continue to lie themselves deeper into hell.

After hard work, not over the hours or days or months but over the years, you'll say the exercise "I don't know anything about anything." But you see you deceived yourself because in the next five minutes you go out and do something in order to try to be happy. After five or six years of this intense exercise in self-honesty, you'll see that you've lied to yourself all your life about wanting to change.

At that point, continue to say it and it won't be with just your mind, but you will say it with the center inside of you. You will realize that there is no way that you know how to rescue yourself from pain and self-torment. At that point, God Almighty is allowed by your honest confession and sincerity to send his spirit into you to begin to teach you more. You are not taught by God now, you're taught by yourself; you're lied to by yourself. When your will is no longer your will, at that point God's will becomes yours.

FAQs (concluded)

he'll probably blame the stairs and not himself. The awakened man sees all the evils and dangers in front of him and understands them completely. As Vernon says, "No human being knowingly harms himself." The keyword here is "knowingly". Make it your aim to become more conscious every day and you won't be terrified by world events because you will see and understand what is happening.

Q: As someone with a religious background, I'm interested in what Vernon Howard says about heaven and hell.

A: Vernon made it very clear that heaven and hell exist right now, right here at this moment. A truly higher level of being is heavenly, just as the punishment of a low level of existence is hellish. And both must be seen as such in the here and now — not in some far-off future.

Q: I recently had someone cancel plans to do something with me and was surprised by the intensity of my reaction. I was angry and upset, couldn't stop thinking about it and lost a lot of energy from it. I'm just beginning to realize that maybe I ought to focus on my reaction and not on the cancelled plans.

A: An experience like that taken with a genuine wish to not suffer anymore can be the starting point for an exceptional breakthrough. For example, you can realize with a jolt that never in your entire life did anyone ever tell you that what goes on inside of you is more important than anything happening outwardly. Parents, friends, teachers, co-workers all in one way or another conveyed the message that the externals are not only vitally important but are the only important thing. We spend a lot of time roaming around the jungle of our minds but authentic inner study is almost never mentioned and is certainly not valued in this society. You can realize with tremendous relief that "You have not failed the world, the world has failed you!" By not giving you true information that could lead to spiritual rebirth, the world has betrayed you. On the MP3 CD *Vernon Howard's Higher World, Volume 31 Talk 1*, he goes into this in great detail. If you want to know more, I urge you to listen to this talk because written words cannot do justice to the urgency and right emotion with which he gives this explanation.

E-mail from Lady

I have been a longtime adherer of Vernon Howard principles. The tapes, discs, books and booklets have given me solace all through the years.

"Everyone is making the great search, whether he is consciously aware of it or not. Everything he does, says, thinks and feels relates to his quest to gain peace and avoid strife."

— Vernon Howard





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Vernon Howard on Blu-ray

We are now in the process of creating Blu-ray masters that should be done sometime in March. Each Blu-ray disc will contain 9 talks and will retail for \$40. There will be a total of 10 discs, 90 talks. As soon as they are available for sale we will let you know. Keep checking back at our website for the latest updates.

You will need a High Definition TV to watch and enjoy these videos to their fullest. HD TV prices have dropped dramatically. You can buy a smaller HD TV for as low as \$150. Obviously you will also need a Blu-ray player. Most Blu-ray players also play DVDs, MP3 CDs and quite a few have Wi-Fi for video streaming from the Internet. As one student put it recently after viewing a sample portion of one of the talks on a Blu-ray disc, "It's almost as if you were there in person!"

Vernon Howard eBooks

There are now 4 books and 6 booklets that have been converted to both .epub and .mobi files for downloading. The .epub file is for iPads and all other tablets and the .mobi file is for Kindle tablets. Just go to www.anewlife.org and click on Bookstore and then click on eBooks or

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Keep checking back to our website for more titles that have been converted to digital downloads. **There Is a Way Out, Expose Human Sharks 100 Ways** and **Pathways to Perfect Living** are all presently being worked on for digital conversion. Over the next year all of Vernon's books and booklets will be converted.

Praises

E-mail from lady in California:

I am full of gratitude that I was introduced to these teachings when presented with the little booklet **Your Power to Say NO**. That was about 15 years ago and I am still a loyal, fortunate student of Vernon Howard who I think of as a powerful amazing teacher and humanitarian.

E-mail from man:

Vernon Howard's teachings resonate deeply with me.

E-mail from lady:

Vernon Howard has made such a really big difference in my life. I love how he teaches. I loved it when he told me I'm just as free of this person now as I was when I first met him. I love that I have learned so very much from Vernon Howard. Thank you so much for your Secrets of Life Daily Quotes.