

# NEW LIFE NEWS

Vernon Howard Founder

Richard Wooldridge Director

New Life • PO Box 2230 • Pine AZ 85544 • (928) 476-3224 • Fax (928) 476-4743 • E-mail: info@anewlife.org

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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:** Why study Vernon Howard's teachings?

**A:** The reason to study the teachings of Vernon Howard is that they really work. They open the gateway to the higher understanding of everything we experience and will provide a new calmness and command in daily life. You will find them unlike any other teachings ... but don't take our word for it. You must keep in mind an unusual request that we're often reminded of in New Life classes: "You don't have to believe anything you hear or read. The proof that these principles can transform your nature is in the experiencing of them." Only then will you really be on your way to encountering something authentic, lasting and ultimately, very satisfying.

**Q:** I'm confused about what is actually good for me. My family and friends say one thing but in my heart I sense that nothing they recommend, like pursuing more activities, getting more friends or more money, is working for me.

**A:** This sensing can be the beginning of a stunning breakthrough because a necessary stage you must go through is to realize that nothing you've tried up until now has worked. While there is temporary excitement, there is no deep and lasting contentment.

**Q:** But how do I know if Vernon Howard's teachings can really help me?

**A:** You must be willing to work with the teachings to begin to enjoy their life-healing benefits. When inner willingness meets an outer truth, something rings true inside of you with a definite certainty and purity. Imagine that a friend enthusiastically recommends a movie to you. You can listen to your friend tell you about how great the movie is but until you actually see the movie yourself, you only have someone's

opinion. You then go see the film and after that, you have gained first-hand experience. You are now able to decide for yourself because you went beyond mere words.

Vernon Howard once said that the Truth itself is a million miles above the words used to describe it. There is absolutely no substitute nor can there be any substitute for the personal witnessing of the power of Truth. And the further you go with this, the more you will learn about and experience this power for yourself.

**Q:** I am upset that I am not going fast enough or far enough on this path.

**A:** Who are you talking about? Who is not going fast enough or far enough? Always go back to the basics like the knowledge that there exists within you both a true self and a false self. It is the competitive and petty false self that feels discouraged with progress because it wants to call itself spiritually enlightened. This false nature has had its sway over our thoughts and feelings for a very, very long time and it will not give up easily. But the assurance exists that there is a true part within that wants to grow up spiritually. This part can

*("FAQs" continued on page 2)*

## The Battlers

By Vernon Howard



A man who lived on a mountain looked down at a man who lived in the valley below. "Obviously," said the mountain man, "I was meant to rule the valley man." The valley man looked up and reflected, "Apparently, I was meant to serve the mountain man."

So agreeing upon that arrangement, all went well between them for awhile. But one day, by accident, the valley man found himself on the mountain. It changed him. Insisting that he was supposed to be the ruler, he viciously threw the mountain man

*("The Battlers" continued on page 5)*

## Points to Ponder

By Richard Wooldridge

Why can't people get along? Because they're living from preconceived ideas about themselves. They're living from society's conditioning. Conditioning that lives in time. Conditioning that lives in history. Right now, because of these preconceived ideas and that relentless conditioning, we are separated from God. What did Christ say? "Thou shalt have no other gods before me." What does that mean? It means that ideas about God and the qualities of God are not God. They are only ideas; they are just mental constructs that have a temporary life in time.

Vernon Howard told us, "All evil originates in the mind." So, where does real goodness exist? It exists above the mind. It rests somewhere, within something, that is not of this world. Superior solutions come from heaven not from this earth. True goodness, real essence, lives in harmony. That's its nature. It has no interest in fighting. It doesn't even occur to it to fight.

Most people want to live in the illusion (a false idea or belief) or delusion (a false psychotic belief) that underneath it all, people are basically good. If we live from *("Points to Ponder" continued on page 3)*

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## “Exclaim NO!” — A Necessary Stage!

**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

Now, what is fear? The best word I can think of that causes fear is separation. That means that there is a wide gulf between my essence — which is now so small and smothered but could be developed — and whatever is outside of it, which we call the Universe, God, which is Consciousness. That distance is great from where I am living in my thoughts and my self-praise.

**... say, “I don’t live from you anymore.”**

I’m living in that by saying at the top of my voice “I EXIST!” Because I’m living from the opposites of my intellect, an echo comes back, “That’s a lie.” I don’t want to hear that it’s a lie, so I scream twice as loud, “I exist.” But the voice comes back to me again, “You don’t exist.”

All fear is resident in thought that says, “I am what I believe I am, what I imagine I am.” So if the word separation explains the prodigal son, or apartness from Truth, then the words union, wholeness, self-completion are the opposite words that, by using them consciously, explain the state which is not our present state.... If you’re very watchful as you go through your day, you can say to the devil, “I don’t live from you anymore.” Did you hear what I just said? You say to the devil, “I don’t live from you anymore!”

He redoubles his efforts when he sees someone escaping. And you say to him, you say to that tension, you say to the fear of poverty, that fear of death, you say to that fear of losing someone, of not getting something — you say to that devil, “I’m not living from you anymore.” And you say it again, over and over, until you begin to feel what you know and begin to feel the strength.

You understand this is just a statement and this is still dualism because this is someone still talking to someone else. But this is an exercise on your present level where you have to employ the opposites at the beginning. You turn and say, “I’m not living from you anymore!” And I guarantee you the time will come that you will know what you’re talking from when you feel the wisdom, the power, behind it.

The feeling that you have for wanting to be strong, for not being afraid anymore, is legitimate. We’re here to arouse in everyone a kind of a feeling you have never ever had. I’ll do my best to describe it to you. Picture the word **NO!** with an exclamation point as tall as this room....

You see something that begins to arouse

the feeling of being scared and you pull out that NO as tall as this room. I don’t care how mechanical it is. I’m serious! I don’t care if you get a glance from that man down at the grocery market, or that woman who makes a little snappy remark at you. Or, if you have to reach into your pocket physically, mechanically, to remember ... and hold out a note and say NO!

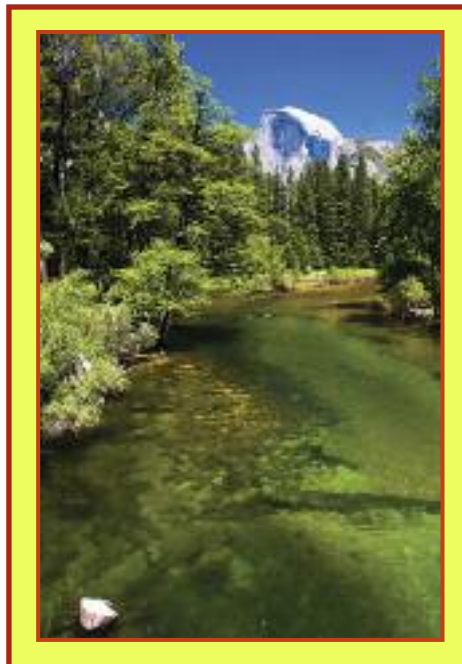
I’m serious. You carry NO! with an exclamation point in large letters in your pocket. Put one next to your chair in the TV room. You’ve got to remember to do this! When you see that newscast, or something that makes you hateful, angry, or whatever, you put that note out — NO!

Where do you suppose that any human being who has found his way out started? Well, with just the things I’m telling you to do. If you will be faithful to work on the level you now are on, do what you can, and you can do this — if you will obey something a little higher than your own laziness, **you will find your way out.**

You take that note out and you say NO! It won’t mean anything. Do it anyway. Maybe you keep it in your purse or whatever. And you’re going to learn to say NO. This is the beginning of understanding. So maybe after doing this for a few years something higher than you is going to tell you there’s something very right about this....

You had better learn to scream with a power that isn’t a part of your own apologetic rabbit-like nature. Learn to scream at the top of your voice NO! to

**(“Exclaim NO!” continued on p. 5)**



## FAQs (continued)

be developed and nurtured to the point that our lives belong to it and not to the imposter.

**Q:** I want to experience this liberation for myself more than anything!

**A:** With a right intention and aim, there will be moments where you feel that something higher is present and trying to reach you. Vernon once said that an experience with God can never be taken as an experience with man. You will know and feel with certainty that you have been touched by something outside of this world.

**Q:** What explains why things happen to us and why some people seem to have so many troubles and problems?

**A:** “Level of being” explains it all. The level of being is the actual life level that a person occupies, not the level he or she claims to occupy. How much understanding a person has of human nature, his own and others, determines what happens in his or her outer life. Vernon once gave a story illustrating this principle. It was about a father at the beach with his children. He threw a stick out into the ocean numerous times and showed them that the tide always brought the stick back into shore. Whatever is put out by us comes back to us. The lesson that “The waves never lie” are words of wisdom that everyone can take out into life. A low level of being, like a life lived in interior anger and bitterness, is released into the world and will always come back to the sender. Are you beginning to see how higher knowledge can not only raise our level of understanding but can also protect us from all kinds of harm?

**Q:** Nervousness is a much bigger problem for me than I had previously realized. Could you comment on this?

**A:** Ah yes! Nervousness and all its dark buddies. Vernon said in **A Treasury of Trueness #348:** “The reason human beings are so jittery is that they are trying to pass counterfeit money.” And in #349: “Your single greatest cause of nervousness is your unawareness of it.” So we’re nervous because the pretender in us is faking its way through life. But amazingly, merely becoming more aware that this is what is actually happening begins to loosen its hold on us.

**Q:** This warring world seems to be getting completely out of control. How can I discern truth from falsehood in this crazy atmosphere?

**A:** Only the spirit can cut through all the deception to discern right from wrong but

**(“FAQs” continued on page 5)**



## Points to Ponder (continued)

that premise we are going to get duped. We are going to get taken advantage of. We are going to get hurt. Why do you think we live in such a dangerous world? Why are there so many problems? Why do so many human beings get into arguments with each other? Why is there so much crime? Why do people prey upon one another?

I recently listened to a great talk from **Vernon Howard's Higher World** series, Volume 14, Track 8 that explains everything. It starts out, *“You must have no good but God”* and the entire lecture goes on to address this topic in great detail. Vernon explains who the enemy is and how we're being tricked. He says, *“The fiends and liars try to tell you what is good,”* but that we must not fall for their lies.

Vernon explains, *“The world tells you, you must sacrifice yourself for the sake of the less fortunate, for the poor and the oppressed. They have their own little schemes, their own little plans to try and expand their own kingdom of hell within by trying to impose a sense of guilt on you and trying to get all the money and the cooperation, all they can get from you in order to continue with their sickness.”*

Isn't that fantastic? Amazingly, it reveals that there is so much more going on that we don't see. It explains motives and why people behave the way they do. If we begin to truly ally ourselves, to put ourselves on the side of Goodness and to see the utter lostness of human beings, something of a higher nature can and will begin to comfort us and take care of us. There truly is God. It's no longer just an idea or theory that deluded people argue about or deny.

The masses of humanity don't really want peace and calm. They say they do but deep down they actually want chaos, discontent, problems and heartache. As long as a man or a woman remains on the level he or she is presently on, nothing changes. There will continue to be strife, angst, argument, interminable protests, rioting, murder, crime, wars and so on. By the way, there is no such thing as a nonviolent protest. We are going to have to make the ultimate sacrifice which is to give up our pain and suffering. If we honestly want something different, you and I can have it.

I recently watched a program on TV in which an interviewer went out amongst a couple hundred high school teenagers who were in the streets protesting. They had been encouraged and let out of school to do just that. It was in a major

city in the U.S. The interviewer's purpose was to see if they knew why they were protesting and if they actually were aware of any of the facts of the situation they were opposed to so 'passionately'. The interviewer asked some very simple questions about current events. He purposely asked these questions to lead them in a certain direction so that he could follow up with a question that would determine if they knew why they were there and what they were talking about. The interviews were not an attempt to put them down or make fun of them, but to see if there was any understanding behind the protesters' behavior. Out of the two dozen or so young students interviewed, not one of them really knew anything about the issues or why they were protesting. They gave incorrect answers to all of the simple current events questions as well. The host of the show observed that to the teenaged students, what the protest offered was a chance to get out of school and to be part of a social event.

I must ask at this point. How many of you reading this article would still like to get out of school? Get off work and go play?

On another show, a program's host interviewed some adults who were involved in a big protest also taking place in a large American city. The so-called grown-ups didn't know any more than the high school students. They could articulate some things a little better but were a lot more negative and vile than the young students. When people scream out obscenities they are just plain wrong. God is not vulgar. Isn't that nice to know? Isn't it a relief to know that the Higher Power has nothing to do with crudeness and indecency?

In **Secrets for Higher Success**, Vernon Howard writes, *“Have you ever wondered why human beings are angry so much? It is because anger provides a false feeling of life. Along with other negative emotions, anger supplies a fiery feeling of aliveness, of agitation, of having strong individuality. But to take this imitation life for true life is the great blunder of mankind.”*

It all boils down to whether we truly want an answer, the real solution, or do we prefer the phony substitutes of this world? Do we really want happiness or do we prefer our pain and suffering? There is only one thing you can take with you when you leave this world. That is Truth. You can't take money. You can't take your earthly belongings. You can't take your family or your friends. You can't take your

experiences. You can't take your memories. You can't take your emotions. You can't take your fear. You can't take your physical body. You can't even take what you call 'you' with you. Nothing of this world can go with you. This is the reality of our situation here on earth.

Have you ever pondered any of this? What sense does it make to hang onto your negative states when you can give up all the negativity to have something which feels ten million times better? The problem is we choose to stay in illusion, to continue to live in a substitute unreality. We fail to recognize how unaware we are. We fail to see the bitterness. We fail to see how we're bluffing our way through life and pretending we've got it all together. If someone asks you what you think of some issue facing the country you live in, will you express a strong opinion or make a joke about it in order to cover up the fact that you don't really know what the practical solution is?

What is wrong with simply saying, “I don't know the answer”? This opens the door for something else to come in and supply the true solution. It's hard on the ego and vanity to say, “I don't know.” Someone who's 'somebody' in this world or has a 'position of authority' in the community or is a successful businessman known by everyone in town doesn't want to appear not to have all the answers. They live from an image that everyone

*(“Points to Ponder” continued on page 5)*

### **Banquet Invitation**

New Life Foundation has been having banquets for over 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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**Italian in Strawberry, AZ  
Saturday • September 9**

(Classes also on Wed and Sun)

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

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3	Conquer Harmful Anger 100 Ways ( <i>New Edition</i> )		\$3	
4	Conquer Harmful Anger 100 Ways ( <i>Previous Edition</i> )		\$1.25	
5	Treasury of Positive Answers		\$5	
6	Powerful Guides for Spiritual Freedom		\$5	
7	The Esoteric Path to a New Life ( <i>2-Cassette Tape Album &amp; Guidebook</i> )		\$2	
<b>SHIPPING &amp; HANDLING</b> 1 to 4 items - <b>\$7.50</b> • 5 to 20 items - <b>\$14</b> 21 to 40 items - <b>\$19</b>			CA residents add 7.5% tax	
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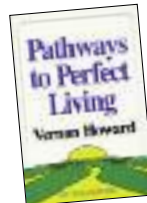
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### **The Battlers (continued)**

into the valley.

So they battled endlessly, with one on top and then the other. Between battles they signed peace treaties.

But neither ever inquired as to the cause of their misery.

*Self-inquiry reveals the nature of all things, and that revelation is self-liberty.*

(This is from the book *Inspire Yourself*)

### **Points to Ponder (continued)**

looks up to them and that they'd better act as if they know what they're doing.

Here's a powerful clue. On DVD 36, in the first video called **Teachings**, Vernon Howard implores us to see that there is only one solution and that is a spiritual solution. Bringing peace to the world is a spiritual problem. The cure for inflation is a spiritual problem. Saving energy is a spiritual problem. Making people happy is a spiritual problem. The only solution is a spiritual solution.

We can have something entirely new and different while we're still here in a physical body on this earth. We can experience and feel the Power of Truth for ourselves and know the relief of not being the anxious and fearful 'me' anymore. Happiness, contentment, Goodness, peace of mind, well-being exist.

If we put ourselves in the right position internally, Truth will explain everything to us. If we'll get ourselves out of the way, genuine help will come to our rescue. So, it would behoove us to investigate and seek the higher answer.

### **E-mail from Lady in Pennsylvania**

I cannot thank New Life Foundation enough. In making Vernon's work available in your many varying ways (your website, daily computer quotes, newsletters, etc.), my courage persisted and provided the faith needed to maintain my spiritual practice. Vernon's teachings have helped me to expose the hoax of fear. Many thanks again and wishing you continued prosperity.

### **Frequently Asked Questions (continued)**

a beginning can be made by seeing that wild emotions want to rob us of all logic. In **Treasury of Positive Answers #266**, Vernon says, "*Substituting emotion for pure logic is like burning a book instead of reading it.*" To want to develop mental clarity, common sense and simple logic are a fine starting point in the aim to increase spiritual understanding.

**Q:** In society it does seem as though things are deliberately being made ambiguous and obscure which results in producing even more agitation, confusion and fear.

**A:** That's a good insight. One way we're kept slaves of our negative reactions to everything is to be so dazed and overwhelmed by what is going on that we just stay stuck in a whirlpool of base thoughts and emotions. A person tied up in psychic knots cannot decide which way to go. But the incredible news is that any destructive state can be conquered.

**Q:** More and more often I seem to be overwhelmed by fearful states like anxiety and dread. I know they're interfering with my ability to handle what comes my way in life but how do I conquer them?

**A:** To quote Vernon, "*Fear can be conquered but you must rise up against it with tremendous emotion, then settle down to study and understand the entire process of fear.*" (**Secrets for Higher Success**, page 213) Studying the entire process means to study ourselves. God did not intend for fear to dominate our mental and emotional lives but in our panic to feel better, we forget all about God. The honest truth is that we are not alone here. A Higher Power is with us every step of the way if we will yield our will to it. And these teachings provide us with endless resources to understand what that means. It's very inspiring to remember the following statement that Vernon once made in class: "God fears nothing!"

**Q:** I have been reading Vernon Howard's books, listening to his MP3 CDs and find his work to be wonderful. I've thought of coming to a class or banquet but just

don't seem to be able to make it. I'm resistant to taking that next step.

**A:** How much resistance do you have when invited to participate in one of your favorite activities? Hardly any when the interest level is high. So, work to develop more and more enthusiasm for living a life of true command and not one of surrender to the impression of the moment. One day it can dawn on you that resistance in the spiritual realm is literally the choice between light and darkness. More and more you can learn that being asleep is dangerous and that you feel much better when being alert, aware and awake. When refusing a morose, apathetic sleep state, you can have the experience of being a much happier, lighter human being.

Where New Life classes and banquets come in is to bring the choice between right and wrong into much sharper focus. Truth says it is your life and it is your choice, but also makes it clear that the rewards of choosing the higher are so refreshing and so renewing, why would you ever go back to the old, lazy way?

### **Exclaim NO! (continued)**

that bad news, or whatever. While you're still screaming, your work is incomplete. But you have to go through it because you're still divided. You're still a disciple. You're still doing the mechanical part, which gradually, with right feelings, begins to take over. As the feeling and the screaming of NO to negativity, NO to the devil, NO! you're not going to live from him anymore, you're still divided. And when you've screamed with your whole psychic system, "NO, I'm not going to be afraid of death anymore," there's still you talking to something else. But, don't forget this. **This is a necessary stage!**

And when you've reached the very peak of right feeling, the scream vanishes because there's no need for it anymore. You've transcended. You've risen above the very idea that there's someone there. And that's it.

### **E-mail from Man in California**

That was a pretty powerful banquet as far as I am concerned. I arrived in not the greatest shape, being under the weather with the flu. Despite not feeling my best, I got a lot of work done. Banquets are an opportunity to "get over the hump" of whatever is eating at you in your life. I got over a few humps that seemed insurmountable at the time. That to me is the miracle of Higher Help.

**“What now may appear to be an impassable obstruction will eventually be as nothing, for an eagle which can fly over a boulder can also fly over a mountain.”**

— *Vernon Howard*







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## ADDRESS SERVICE REQUESTED

**FAQs, Points to Ponder,  
Spiritual Exercise,  
Quotes, Special Offers  
and much more inside**

### Praises

#### E-mail from man in Michigan:

Thanks so much for this great booklet offer. We have a small "library" in my neighborhood - really it's just a tiny kiosk that residents put their old books in for other residents to pick up. I periodically put a couple Vernon Howard booklets in there and they go FAST! I think this world needs this marvelous information and I'm so glad we have this library where I can help disseminate Vernon's amazing works.

#### E-mail from lady:

This is such a wonderful quote to begin the transition into a new year and clean slate ... only to realize that every day is an opportunity to start fresh with inner work. Thank you, New Life. Much love and gratitude to you for opening my eyes and uncovering my ears every day with your daily messages.

#### Phone call from man in Vermont:

I don't think I've ever run into anyone that compares to Vernon Howard. This man has the answers if you want to pursue personal growth. He's astounding!

#### E-mail from man regarding Secrets of Life:

This quote was written decades ago, but is totally relevant today.

#### Phone call from lady in New York:

As far as teachers go, Vernon Howard is not Number 1, he's above Number 1.

#### E-mail from man:

Thank you for your reply. I should be getting some of the Higher World talks soon. Vernon's lessons on the Blu-Ray set are so utterly powerful. There is really no accurate way to describe the depth of Truth that comes through that man. May we all awaken to the Truth.

#### E-mail from lady in Illinois:

Vernon has taken the wisdom of all the ages and provided it in an understandable way. His brilliance shines brightly in my life and I am so grateful. Thank you Vernon ... thank you from the bottom of my soul and my heart. Your work upon this earth was not easy but you did it anyway. And thank you to New Life for your work that continues the shining light of this wonderful man.

#### E-mail from man:

Thank you for your work in keeping this Good News alive and well. After years of searching, I finally found a home.

#### E-mail from man:

We always read what we need at the right moment. Thank you friends.

### What's New

• Since our last newsletter we have made available two more individual eBooklets, **Inside the Lunatic Asylum — Society and Mystery Stories for Winning Happiness**. These booklets are also printed inside the book **Solved — The Mystery of Life**.

• A brand new edition of **Conquer Harmful Anger 100 Ways** has been printed and retails for \$3. This is a very powerful booklet which helps you understand why anger is so destructive. See page 4 for details.

• We plan on adding more Vernon Howard eTalks for download in the near future to the New Life website Bookstore.

• We are also investigating a way to make a number of Vernon Howard videos in HD available for download from the New Life website. They will be priced very reasonably as all Vernon Howard materials are.

• We are still working on a brand new **vernonhoward.org** website and hope to publish it in the next few months.

• **TELL A FRIEND!** Part of our work as spiritual students is to let others know about these wonderful teachings. We were instructed by Mr. Howard to use common sense when telling others.