

# 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 am used to attending religious services with lots of people, music and sermons given by people in special garments, but am frequently left with the feeling that something is missing. New Life classes are completely different. Can you explain why?

**A:** The path to genuine spirituality is indeed a very unique and different one. You've had questions about your life that have persisted, but have probably noticed deep down inside that the ceremonial approach hasn't actually provided lasting calmness and life command. New Life classes will give you the deeper answers, but they're not like the church services you're used to. You'll find that refreshing and will come to discover that the "pomp and circumstance" of most organized religions aren't really necessary.

Authentic salvation is not a group experience, but a personal one. Spirituality is about you contacting God directly, not through other people. This takes real courage and commitment to experience for yourself. As Vernon says, "If you do the different, you will find the different. If you do the same, you will find the same." You have within you the power to choose to be different.

**Q:** Some people I deal with cause me trouble and pain. I don't like admitting it and too often anger is there also. How do I think correctly to change it, to be free?

**A:** Yes, we want to work to break out of ourselves so that we're no longer troubled or pained by difficult people. So, do this.

1. Determine to no longer permit negative people to influence you in any way.

2. Know that only when we obey spiritual laws can our relationships be right. We can't wait for other people to change but

must apply the unbreakable law of self-responsibility to our own lives. This means to take responsibility for our own thoughts, feelings and actions no matter what. To understand that we could have responded differently, without rancor or blaming, is the key.

**Q:** Self-responsibility isn't talked about very much in today's society.

**A:** Yes, and that is why everyone is so confused and unhappy. The virtue of self-responsibility isn't valued these days, but that doesn't mean it isn't a requisite for true personal change. And just because few know or care of this law's existence doesn't mean it is not in operation.

But it is long difficult work to understand this because the old nature — our ego — will fight back. It doesn't want to lose. It wants to lash out at the world and continue to think, "I am right, and you are wrong."

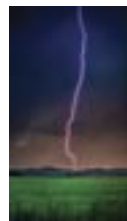
**Q:** I have noticed that no one out there is very willing to be accountable for their own actions anymore. Whatever happens is always someone else's fault.

**A:** There are millions who take this attitude and you can see the societal chaos that is  
(*"FAQs" continued on page 2*)

## The Storm

By Vernon Howard

A group of friends rented a mountain cabin for a few days. When an unexpected storm kept them indoors, the first few hours were spent in pleasant conversation. But one man suddenly revealed a deep bitterness by complaining of past mistreatment by people. Surprised by his outburst, the others said little.



Next morning, the complainer asked someone who had just stepped out the door, "Is it still storming?"

"Not out here."

*It is the inner storm which needs attention and correction.*

(This is from the book *Inspire Yourself*)

## Points to Ponder

By Richard Wooldridge

A memory came back to me recently about one of the trips that was made to Southern California in the early 1980s. Vernon Howard periodically would go back to give talks at different locations in the southern part of California. His family had moved there when he was a boy from Massachusetts. When he grew up in LA it once was a beautiful physical location. But as time went on and LA was developed it has been consumed by what has been called progress and much of the natural beauty has disappeared.

I was in my early 30s at the time and was full of adventure. It was my first trip to Southern California. I was looking forward to experiencing this new quest and seeing the Pacific Ocean for the first time in my life. I rode with someone else in the class who was going to the outside talks by Vernon. He was a little older than me and had agreed to camp out on the beach. I had a two-man tent and thought nothing of sleeping out under the stars next to the ocean and most important of all is we would get a chance to hear Vernon Howard speak in a different setting amongst  
(*"Points to Ponder" continued on page 3*)

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## Transcend Yourself

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

You will never ever in your whole life find a ‘place’ for yourself. Search as you will and try to tell yourself that ‘this is it’, you’ll never ever be able to believe it, no matter how successful your career is or how pleasant you call your domestic place. No matter how much you travel, you’ll never find authentic security because it

**“You always want to find a ‘place’.”**

doesn’t exist where you’re seeking it. You always want to find a ‘place’. You use the word *place* instead of using the word *condition*. And because you say, “I have to find a place,” that automatically conditions your mind into thinking that your place can be constructed with walls and a roof and you can be happy ever after. Instead of thinking of security and safety as salvation, think of salvation as being a *condition*.

You think you’re your physical body and associate it with clothing and possessions which seem to back up the delusion that you’re your physical body, which you are not in Reality. You tend to carry that thinking over as you ponder self-liberty, so self-liberty also means to you something physical. You’re not realizing that spirituality isn’t physical. The physical is a temporary residing place just now, but we’re talking about forever.

Consciousness is understanding that you are not the arms there and the voice that speaks. You’re not the medals, the money. Seeing that you’re not in Reality anything solid, physical — the body, the home — will help you to understand what freedom of spirit is.

You explain: “I’m not in Reality anything I can see or anyone else can see. Not the physical being, the trophies, the property, nor the people. I’ve already proved that no matter how many homes, people, places or money I get for safety, I have self-uncertainty. Certainty, security, freedom can never be a place, and that’s exactly what I wrongly thought.

“I can abandon altogether thinking of getting this, getting that. And I can think of the Kingdom of Heaven, which is real happiness, as a condition, a situation, the way things are in movement.

“I can see my inner condition is unhappy, and trying to find a place for myself never satisfied the pain and the strain.”

We’re here to understand how to stay out in the open. What happens to you? You lose the self that was suffering so terribly. Isn’t that nice? Staying out here where it’s

limitless in the boundless world, the timeless world, the whole mystery becomes solved — the mystery you tried to solve which never succeeded.

You’ve allowed yourself to get out of the way so that the mystified person is no longer there. He’s disappeared. The sunlight has made him disappear. It is us that has to be solved, not some outside mystery. There’s no self, except in imagination and delusion.

I know how difficult it is for you to understand what it means to be free and happy by disappearing from life. You’re saying, “Well, who’s going to experience this freedom? Who’s going to be saved? You say, in order to be saved, I must disappear as someone who wants to be saved. I just don’t get it.”

Your idea of being saved is to preserve the delusion of you being you. That’s not being saved. It’s being lost.

I have just answered that horrible cry of “If I disappear, give up my acquired conditioned self, my delusory self, as you say I must do, then who’s going to enter the Kingdom of Heaven? Who’s there to enjoy it?”

Look, wherever you go is the kingdom of hell. You can’t go to heaven. You’re thinking real hard about this because you’re terrified as I’m telling you what to do. You’re resisting it, fighting it. You don’t want to let yourself go.

God says if you will let yourself go, you will be you but a ‘new you’, not one you think about.

You’re trying to avoid the fact that you  
*(Transcend Yourself continued on p. 5)*



## FAQs (continued)

the result. The evidence is all around us that not obeying this fundamental life principle leads to unhappiness. But happily, students of these teachings can know that our spirits were made “to develop into vigorous independence,” as Vernon once put it. And that in part means following the law of self-responsibility all the way to release, relief and contentment.

**Q:** It seems I only pray when I either want something to happen or when I want something to stop happening.

**A:** A lot of what is called prayer has its base in prideful wishes that always include subtle elements of self-enhancement and self-glorification. This type of prayer is a request for what the “I” wants, for example, someone praying for material wealth or worldly attention or praise. God does not hear this type of prayer.

**Q:** Then when does God hear my prayers?

**A:** Revelations often come to us by recognizing what does not work. You must study the manifestations of wrong prayer before real prayer can come into the picture. To ask for help purely means many things. It means that the appeal doesn’t come from an image of being pious or religious or spiritual or from a desperate wish that circumstances were different. Most of all though, it means you know in a deeper sense that nothing you have relied on has worked and that you can no longer continue to try to do it for yourself. Something has to be invited into your inner life that is separate from the horizontal level of thought. You can extend this invitation any time, any place. The realization must come that help from a higher source can’t be provided by colliding and confused thoughts. See, it truly always comes back to knowing all about your human nature and when that has been replaced by what Vernon calls the ‘star self,’ your higher life itself will be the perfect prayer.

**Q:** Why is worry harmful?

**A:** Because worrying always creates suffering. It doesn’t matter if it’s a little worry or a big one. You’re in pain when you’re worrying because the vibration of worry always predicts doom and gloom. The odd thing is, this state is strangely appealing because there is something in us that is familiar with and that likes agitation. It’s a candy store solution for the false self but actually tastes like a bitter lemon! Start exploring worry to see how it’s never provided lasting relief, only more uneasiness. Go through your day just watching it come up and letting it go. Do

*(“FAQs” continued on page 5)*



### Points to Ponder (continued)

unfamiliar faces. I was ‘pumped’ to say the least. That term wasn’t used back in the early 1980s. Suffice it to say, I was very excited.

The talks were being held in Laguna Beach, California so we decided to stay in San Clemente State Park, which is south of Laguna Beach. It was still okay to camp out on the beach back then. You didn’t need a permit and it was safe. You could even leave your tent set-up with sleeping bags inside and other belongings and it would still be there when you got back from going out to eat or to the store or to the lecture or wherever.

Anyway, it turned out that a storm came in off the ocean that night and it rained heavily all night with wind and crashing waves. There was no danger but it was pretty nasty out. There was a fly sheet for the tent, so we stayed dry. My spirits weren’t dampened from the weather but the other person with me hated it, didn’t get much sleep and reacted negatively to the circumstances. When we got up the next morning at the crack of dawn, I vividly remember that he empathically pronounced, “I’ll pay for a motel room. I’m not sleeping out here one more night.” Obviously, he wasn’t one to rough it or endure the somewhat uncomfortable living conditions.

I don’t remember what we ended up doing but I suspect we got a motel room as he was the one with the vehicle. At the time I wasn’t developed enough to not let his state affect mine. However, the talks that evening by Vernon made it seem like the episode out on the beach was nothing. I completely forgot about it as inspiration from on high helped break any residue of previous reactions.

In fact, I got another valuable lesson when Vernon assigned me to be a greeter outside in the rain in the parking lot of the edifice where the lectures were being held to watch for late comers to the meeting one night. I was fine and I had brought a poncho to wear to stay dry but my mind was in conflict because there was a part of me that wanted to be inside to hear the talk.

We had driven all that way from Boulder City, Nevada, camped out on the beach and “I” was instructed to be outside in the rain while the talk was going on. The lesson was, I was still in the vicinity of truth, there was tremendous energy and help being sent to me. Vernon even came out before he started the lecture and said something to me and gave me some instructions to lift my spirit. But my mind was telling me to feel pain, be bothered

by my fate, that I was missing out, when all I had to do was be in the present moment, be aware and watch for anyone who showed up late for the talk. It showed me we have a choice to remain divided and tormented or we can do something different, even though I was unable to do it at the time.

On a talk I listened to recently, Vernon said, “Change your views toward yourself and you change your nature. Change your nature and you change your behavior. Change your behavior and you change your destiny.” (New MP3 CD — **Something Higher Than Ideas**, Talk 1 — See page 4) What a great fact. If only we would listen to this cosmic fact. It is an absolute certainty that I can change if I will follow these words of wisdom.

What I was really doing in the parking lot and what the other person was doing at the beach was complaining. Our work project for the entire year of 2019 is to “Stop Loving Complaint.” To be more concise “Stop Complaining.” Also in a talk entitled “Let the Bus Take You Home” (DVD 26-1 or Blu-ray 9-5 — See website to purchase), Vernon instructs us to ‘unlove complaint.’ The whole lecture is about complaint and why it is so detrimental to our well-being. In the dictionary complaint is defined as an expression of dissatisfaction. We’re unhappy about the way things are, so we gripe or whine about someone or something.

Now, I just have to start catching myself complaining. I have to see it clearly and the seeing of it will begin to shine the **Spotlight of Attention** on it so that I will see how it is causing me great pain so that I can eventually put an end to it. I simply see the harm it is doing to me and end it or the light will put an end to it for me. Vernon in this same talk poses a question to us, “Did you notice how your complaints did nothing for you?”

It takes time for Truth to correct the damage that has been done but we must also have a sincere wish to want to change. We have spent a lifetime of complaining and we’re not just going to give it up overnight. It’s the same with any harmful negative trait that presently exists in our life. We have to see that it is negative and harmful to us.

In the Fall newsletter of 2016, I made mention of a particular issue I was having with my back and that I had gone to see a chiropractor. An x-ray was taken of my spine and neck in April of 2016 and another one was taken recently to see if the adjustments and treatment I have

been getting have made a difference. By comparing the two x-rays side by side you could see the changes that have occurred since beginning the adjustments.

There was a dramatic difference in the two x-rays. The chiropractor was very pleased by the progress made. If I hadn’t gone to see her I would more than likely be looking like the hunchback of Notre Dame plus have some other serious health issues. She made a very interesting comment to me: “See things can change and progress can be made with proper treatment and your willingness to be treated.” The proof was in the x-rays.

Life takes its toll on the human body over time, the general wear and tear, etc. Living with the false self, the negative nature all those years drains the life out of people. It destroys the human host. If we will observe ourselves and others, we will see the damage that has been done and is still being done from anger, guilt, resentment, complaint, jealousy, revenge, fear, worry, and all their negative relatives. We have the ability to observe and end this tyranny. Just like the x-rays showed the damage that had been done over the years so too can insight into ourselves show the progress that can be made from the proper application of these truth principles.

An astonishing difference can be made in anyone’s life who willingly goes along with truth’s efforts to help them; to take  
*(“Points to Ponder” continued on page 5)*

### Banquet Invitation

New Life Foundation has been having banquets for over 40 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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**Southwestern in Pagosa Springs, CO**

**Saturday • July 13**

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

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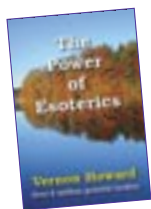
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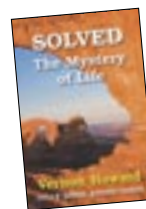
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### **Frequently Asked Questions (continued)**

this enough and you'll discover there is something else that can handle everything for you.

**Q:** In class it was said that people refuse to see badness. Could you explain more about this?

**A:** If you really investigate society and want to see through people, you'll see this denial of badness is very common. People have fixed beliefs and opinions and refuse the higher view. They'll say, for example, that people are basically good (behind this is the unspoken meaning that they themselves are good) and then are shocked by the level of violent crime, drugs, political intrigue and social disorder. They'll complain and then deny it all with an "It's-all-good" philosophy.

If you love these truth principles taught by Vernon Howard, perhaps you've tried to share them with others. Did they welcome them and say, "tell me more"? Probably not. People do not want to see the world as it is or see themselves as they are. They'll label you negative, as they did Vernon, if you "give the show away."

Yes, there is a conspiracy of silence. There is willful ignorance, a refusal to learn and investigate what's really going on.

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

correction with a right spirit and to have a right attitude. To listen in spite of voices inside which loudly protest. A genuine effort must be made to go against the false self which objects and proclaims its dominance over us.

In **Psycho-Pictography** there is a list of the Four Golden Keys. They are: 1. A sincere desire for inner change (a man must really want to be different). 2. Contact with workable principles (we must beware of counterfeits). 3. Self-honesty (be brutally honest with yourself in order to separate truth from falsity). 4. Persistence (a man must persevere).

If we truly apply these four golden keys, our lives will wonderfully change. The truth will begin to dissolve all these negativities for us and all will be well.

But don't be afraid to take this on. While the way to Heaven must first go through hell, you'll get many helps and encouragements along the way. For example, you'll learn that it is 100% possible to refuse the intrusion of darkness and negativity into your mind and into your life.

**Q:** This idea of fear and refusal to investigate what is really going on interests me.

**A:** Vernon said in a talk (MP3 CD Vol. 8-17) that our self-deception is "voluntary." Look at your reaction sometime when some underlying hostility of yours is exposed. You do not want to see it, let alone have other people know about it. That's why these teachings and the New Life classes are a safe haven to learn what we must in order to change. For while they reveal the hidden secrets of human nature and our own wrongness, they also provide the healing facts necessary to keep going forward in the quest for the higher life.

**Q:** Wow, I've just had a revelation of how much resistance I have to what this work is telling me!

**A:** The importance of receptivity cannot be overestimated. It must suddenly strike us that to welcome learning about the cunning tricks and interference of the belligerent, hostile nature is what frees us from it. It was once asked what our effort in this work must be and Vernon said your entire effort to wake up is receptivity to what you are hearing.

**Q:** I feel like I have to make my mark on this world. It will provide me with the security I need.

**A:** Truth doesn't care one bit about someone's accomplishments in this world. It makes no difference if you're the CEO or the janitor. In fact, Vernon once said that if the head of the company and the man working down in the basement of the company were both awakened, they would have no wish to trade places with one another. Looking for security in a fickle and unstable world is a wrong move. All Truth cares about is whether you are moving toward it or away from it.

**Q:** I've recently come into these studies and it makes me nervous when you say I must disappear from my own life. What does that mean?

**A:** Think of getting outside of yourself as a release into open spaces that are not tight, cramped or constrained in any way. Just now, our spirits are confined by being in and of this world. Through society's influence and through association with every human being we've ever met, we operate from the strange belief that this limitation is normal and natural. It is not! We were not meant to suffer from insecurity, dread and doubt but we were meant to choose to be animated and guided by the free life of the source that created us. The only way this can happen is for the old nature to be transcended, to disappear.

### **Transcend Yourself (continued)**

have one thing only to do which is to see through yourself. Seeing through yourself is the same thing as the disappearance of yourself.

If you transcend yourself, get up into the vast clear world, there'll be no one to think about because your mind will not go with you. You've left it in back of you. God gives you His Spirit. You are not your mind, you are the 'Spirit of God' if you let him give you His Spirit.

You scream, "There has to be another way!" You listen to me. There is no other way. You either give up or you don't give up. That should be the purpose of your life. Don't believe in the fear that says, "Don't go on that spiritual path." Fear is always false, it's a lie.

You have nothing real or valuable or eternal to lose. You think you have. It's wrong thinking and has punished you long enough. If you give up your life you will have Life. You give up life with a small 'l' and you'll have Life with a capital 'L'.

Go forward in spite of the fear while trembling and shaking. That calls the bluff on the false foundation of fear. Gradually truth itself will change your inner nature and you'll know that this is where you really belong and where you will stay forever.

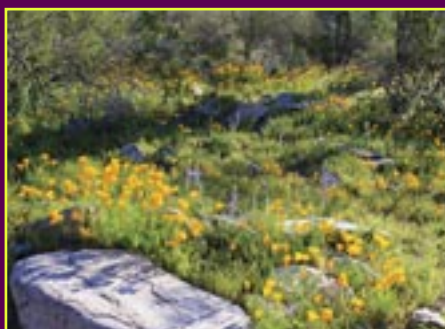
### **Praise**

#### **E-mail from woman in Tennessee:**

Vernon Howard's books, daily quotes, newsletters and website have made a huge impact on my life. A big change in my understanding has occurred in the past six months. I thank you so much for keeping his work alive for us all. I'd be lost without it.

***“Everything necessary to true happiness can be obtained, so it is essential to learn to distinguish between the necessary and the unnecessary.”***

***— Vernon Howard***







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Quotes, New Editions,  
and much more inside**

**Praises**

**E-mail from lady:**

There is so much natural sense and clarity in Vernon Howard’s messages that the fog of conditioning has hidden from us. It’s perpetual, cradle to grave, over and over the same illusions are passed along and blindly accepted. What a revelation! I do so want to come out from among them. Thank you for everything.

**E-mail from man in California:**

I have learned a lot from Vernon. I have found that as time goes by, more and more of what he wrote is revealed as being unshakeably true. It’s a long hard way up to the top of the mountain. When it gets right down to it, I can see that nothing else really matters but the need to fully embrace the reality of it.

**Letter from woman in Pennsylvania:**

Every war, individually, between two or more, nationally or internationally, is “an aggressive expression of despair and heartache.” I don’t have to fear it anymore, but can simply see it for what it is. It is true compassion that I can finally understand and fully live thanks to the teachings of Vernon Howard. With much appreciation for all you do for this New Life.

**E-mail from man in California:**

It’s hard to keep one’s nose above the water line but Vernon Howard is the Royal Lifeguard, always ready with a rescue boat and life-preserver!

**E-mail from lady in Arizona:**

I first saw the latest New Life newsletter (Fall/Winter 2018) in black and white and then in full bright color. WOW! What a difference the color made. This newsletter is so fine and has so much higher knowledge for readers to receive. Once again, reading it from cover to cover in one reading is the best and most powerful way to let the truth infuse me in a higher way. I loved the FAQ that referenced sunflowers because I see them everywhere to remind me of the lesson. I’m also glad you emphasized again that it’s all or nothing and that there are no personal thoughts in Heaven. Thanks so much for doing all it takes to give us such a meaningful newsletter.

**E-mail from man:**

I have been getting the Daily Secrets of Life emails from New Life Foundation for years and love every one of them. There is a way out! Thank you for spreading the message of Vernon Howard.

**What’s New**

- We now have available a total of fourteen beautiful new editions of Vernon Howard books. Rediscover these wonderful titles with larger print and brighter paper making them easier to read. Five of them can be ordered from page 4 of this newsletter. The other nine books can be ordered online or you can contact us to send you flyers with attached Order Forms that can be faxed or sent in by mail. All can be ordered from [www.anewlife.org](http://www.anewlife.org). Go to the Books page.
- All previous editions of the fourteen titles recently reprinted can be purchased at a 50% off discount from our website.
- See page 4 to order a nice new edition of the booklet **Sex and Sweethearts**. Learn to handle any relationship with quiet power and confidence.
- There is also a marvelous new MP3 CD. (See page 4) All the talks which are on the six CDs have been dramatically improved and converted to an .mp3 format. (14 talks)
- We are presently working on a brand new brochure which will be available in May. It will contain all the new book editions, new MP3 CD – **Something Higher Than Ideas** (see page 4) and more. Check the New Life website periodically for updates.