

NEW LIFE NEWS

Richard Wooldridge Director • Vernon Howard Founder

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Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we hear and 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: The other day I saw a thought flash through my mind that was completely contradictory to my usual attitude about a particular subject. I never thought I would say this but I got excited to see proof of the contradictory mind-machine in action!

A: All of these small steps will one day lead out of the human jungle into spiritual sunshine. Can you see how this kind of enthusiasm provides the energy for more and more liberating discoveries? It is supremely positive to know that we now dwell in the cellar because only this kind of an honest and forthright admission will motivate us to make the "great escape."

Q: I still want the approval of others. How can I learn to detach from them?

A: Recently I watched a dog show at our rural County Fair where young 4-H-ers were learning how to show their dogs. Afterwards in the parking lot in front of my car a father was angrily berating his son for losing. The boy, neatly dressed and standing tall, had done a nice job trotting his lab around the ring. But the father wanted him to **win!** So he was sneering and scoffing at the boy's efforts. Interestingly, the boy who won was stooped over, dragging his equally timid dog around, and always looking at the judge. As it turned out, incredibly, that's **why** he won — he kept his eyes on the judge.

Parents and leaders do untold damage to children, beating them down with wrong demands. They grow up with a "please don't hit me" attitude or an arrogant, hard, intimidating manner, to mask fear of failure and criticism. Is it any wonder that spirits are crushed by the cruelties of this world, which will always pounce on weakness, and reward dependence and compliance with false values?

Vernon Howard explained you can either feel right or feel accepted by others but you can't have both [DVD Volume 3, Talk 4 or Blu-ray Volume 2, Talk 1]. Find out who you are looking to for agreement and approval, then say "No! I'll stand alone!"

Q: What does it mean when you say to think from Truth about life, not from life about Truth?

A: Thinking from life about Truth leads to distorted viewpoints, for example, treating Truth studies as one compartment of life, separate from work life, family life, social life, sports life, etc. This separation blocks the understanding that the one and only purpose of life here on earth is to completely abandon the old nature so that an entirely new nature can be born within us. In other words, everything in this life must be put into the service of the higher. Right now, we suffer from a divided mind and spirit. If Truth is the supreme force that can heal any wound, any heartache, which it is, thinking from Truth about life will bring together all of our disconnected parts into one unified whole and that is what the heart is really yearning for.

("FAQs" continued on p. 3)

The Saddle

by Vernon Howard

A man who wanted to buy a fine saddle asked the price. When told, he waved his arm, shouting, "Too much! Take off the fancy decorations." When told the new price he complained, "Still too much. Remove something." When given the third price he scowled, "More than I want to pay. Eliminate something else."

Finally, the man was told, "I hope you are satisfied. The saddle will cost you nothing."

"Nothing? Wonderful! What do I get?"

"Nothing."

Spiritually, we get according to our

("The Saddle" continued on p. 5)



Points to Ponder

by Richard Wooldridge

Vernon Howard once told us that we were born at this particular time in history to see the changes. It's not an accident or happenstance that we are living on this planet in these specific times. And if there is any kind of a truth spark in an individual, he or she will come into contact with a true teaching. But most will miss it, ignore it, hate it, fear it, mock it, attack it, deny it or simply fall by the wayside. People get easily distracted and deceived by the lures, false rewards and charlatans of this world. Power, money, sex, being 'somebody', falling in love with the false feeling of self and all that that entails, occupy the lives of almost everyone. They even get a false thrill by falling into despair over their inability to cope with the madness or by simply getting negative in any way at all. Somehow I 'think' that tells me who I am or proves that 'I' exist. How shallow can we be?

We were put here to learn, to evolve, go beyond, rise above, transcend, conquer the weakness, the fear, the annoyance, the anger, the confusion or whatever the haunting state or problem might be. The world wants you to believe there's nothing

("Points to Ponder" continued on p. 2)

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Spiritual Exercise

“The Voice of Reality”

Transcribed by Regina Netherton from a Vernon Howard class lecture

This exercise is from a Vernon Howard talk given 1-22-86 (MP3 CD Vol. 1, Talk 13). He said, “You could take this one talk, listen to it over and over ... and wherever you are now internally, you can take this and go all the way from the fiery dry desert up to the nice pleasant mountaintop where the air is very pure.”

You are, from now on, to know absolutely that your life is nothing but one or more forms of anxiety and suffering. If you could start

“... listen to the voice that’s trying to ...”

with the simple fact of admitting “Yes, I am afraid,” which you are, that would be an elementary lesson in learning to

listen to the voice that’s trying to correct you. Because the first thing it must instruct you on is that you are afraid.

Why do you want to succeed at anything at all except listening to the voice that’s trying to correct you? Your life as you now live it is worth nothing! This life is good in the sense that you can use it to find something that lasts beyond the petty days that we have here.

How much of a shock would it be if you were to begin to listen to something that’s trying to teach you from within? You take it as something unwelcome and unwanted only because you don’t know that your daily and nightly life have nothing in them that can make you happy.

Happy. You know what it means. All is well. Nothing can disturb you. Now, don’t you dare tell me that you’re already happy. Be honest about that.

Because you really want to know, one day the voice of Reality brings a truth into your mind — wants to tell you that you’re behaving badly, for example — then you can listen to it. You can say, “Yes, the voice said I mustn’t flare up and get angry at that remark someone made. That’s different advice than I’ve heard from another part of me which says ‘get mad, accuse someone.’” And then you look a little closer at how you felt when you blasted and accused your spouse or your friend or someone on television that you don’t like. If you can get your mind off yourself, then you won’t have to face the fact that it’s your problem, not the other person’s. And so you accuse someone else and say he’s the cause.

Now you have successfully kept yourself in the prison of lack of knowledge about

your actual state. But I’m talking about your studying how you felt when you quickly burst out and snapped at the other person, and your study of that reaction of accusation and anger. When you look at it the first time you will be deceived by your habit system which will tell you, “Oh, that’s good.” It’s lying. You play a little trick on yourself of being able to ignore the fact that **your pain is always your responsibility. Now stop accusing someone else.**

(“Spiritual Exercise” continued on p. 3)

Pagosa Springs Banquet Report

July 2016 by Judith A. & Regina N.

Exploration for the three-day weekend of the 2016 July banquet was based on a chapter in Vernon Howard’s book *The Power of Your Supermind* entitled “The Cosmic Wonders Within Yourself,” a tremendous topic for inner study. By plunging into the work and the activities at the banquet, students again felt the awakening of cosmic energies.

“Do you just want to star in your own zombie movie?” inquired speaker Moe Janosec, to jolt us into awareness Friday evening at the opening of the New Life banquet. He explained how we’ve been lied to about everything and must become aware of what is really happening. Everything in the world is calculated to stop us from finding Higher Truth.

The metaphor from *The Power of Your Supermind* [as well as in *The Mystic Path*] about people riding in a train up the spiritual mountain was introduced by Jack Carter. He warned us not to get off the train and settle down to the lower life.

(Banquet Report continued on p. 3)



Points to Ponder (continued)

that can be done, but at the same time constantly offers pointless human solutions at every turn. The Good News is that the Truth exists and there is something above the madness and insanity of this world and the world inside us. It doesn’t matter if no one else on the earth wants it as long as we are willing to do what it takes to understand these things. God exists! The Answer exists!

Within the past 6 months I had a pain in my lower back which wouldn’t go away. Maybe 5 times in my life my back hurt for a short time. So after a month of enduring the pain I decided something had to be done but I wasn’t sure what to do. I went to get a haircut one day and the barber noticed I was favoring my back and suggested I go see a particular chiropractor who she said was excellent and had helped her. So I gave them a call and made an appointment. They did an X-Ray and used some other instruments and discovered the problem.

The diagnosis was subluxation. Subluxation — a pattern of misalignment or malfunction of a spinal joint that is less than a dislocation producing nerve interference. In other words, over time the human body starts to break down and parts and pieces begin to malfunction from wear and tear, accidents, bad posture, etc. But luckily my problem isn’t too serious and can be corrected with treatment, adjustments and realignment. One of the most interesting things I learned was with proper care, certain parts of the back will heal themselves if put back into proper alignment.

So after 3 adjustments the pain all but went away. But there’s still a lot of work to be done so that things can get back to normal. I have gained more flexibility and mobility already for someone my age. All my physical problems in this case were caused by an imbalance and interference in the nervous system between the brain and other parts of the body which resulted in physical pain. The same is true with our psychic system. The reason we suffer psychologically is because we’re imbalanced and there is something interfering with messages from Heaven which are being sent down to help us all the time. We are getting in our own way.

In this case it is the mind which is interfering. We need to let the cosmic doctor adjust our thinking so that we can begin to hear the cosmic messages. Vernon Howard put it this way, “We must not do with the mind what must be done

(“Points to Ponder” continued on p. 5)

FAQs (continued)

Q: How can I correct my mistakes, so they aren't continually repeated?

A: Come to a full, conscious stop at the moment you see you made a mistake. Here's an instructive example of something that occurred recently while two students were proofreading *The Power of Esoterics* for a new e-book publication. The men in the Southern California classes were using this book for a class, and one discovered a fairly serious mistake in one story, and it was sent to Richard by email. The proofreaders in Pagosa Springs read the same story and came to a place where they both sensed something wrong but didn't come to a stop, just went full speed ahead reading. Sound familiar? The proofreaders received the correction email the same day they had read the story — what are the chances of that “coincidence” happening!?

This incident illustrates what we should and should not do about an error. When we **sense something wrong**, when the still small voice speaks to us, we must listen and come to an **immediate halt!** If we ignore it and listen to contrary voices that tell us to keep moving blindly ahead, our impulsivity will get us into trouble. But if we see we didn't stop, we can still just say “I was wrong” and now I can learn. Remember, to correct a mistake I must first see it as a mistake. “It is good to see the bad.” Don't avoid and condemn the revelation of your mistake. The sensing of something wrong is a friend, not a foe.

Spiritual Exercise (continued)

The next time you snap at someone and accuse them of not treating you right, of being awful, at the moment of your irritation, you will ask yourself, “How do I really feel right now?” The answer is, you feel awful, terrible.

Feeling bad, when persistently and honestly studied, is the only thing that can lead you to feeling good.... You've got an organization inside of you trying to prevent you from finding yourself. They are thugs and criminals and demons and they have but one aim in your life which is to maintain their dominion over you.

When this true voice reminds you of what you've heard today, you are to listen to that. Because you're not awake enough to tell the difference in the two kinds of voices, the deceiving one talks to you and you obey. When the true voice talks to you and you listen and obey it, you always feel good.

You think that a feeling of pain must continue to be there if you are to continue (“Spiritual Exercise” continued on p. 5)

Pagosa Springs Banquet Report (continued)

“Feel your feet on the floor, the seat you are sitting in. Keep your mind where your body is. Start life all over,” directed speaker Paul Wolfe in his talk on Saturday. That little interruption in the mechanical flow of life made room for an increase in consciousness, in something new in the atmosphere. Paul explained how even if another person is negative or screams at you, you can calmly leave it with them and “let it drop to the floor without touching it.”

Director Richard Wooldridge gave us some very practical yet spiritual advice about communicating with each other. When we are 100% responsible for giving others clear directions, there is no confusion and everyone benefits. He implored us to understand that these teachings must be incorporated into our entire life. We need to begin to view our spiritual efforts as One thing instead of placing life into separate compartments like health, finances, recreation and higher study.

Richard told us to just see what is there, without interpreting. “With silent receptivity, all things are possible.... The only way is for you to go silent.... It is very valuable to just sit there and do nothing.”

During the banquet, meals, beverages, desserts or snacks were always available. Banquet dinner offered choices of BBQ beef brisket, pulled pork, chicken and delectable smoked turkey breast, accompanied by a savory cranberry-habanero sauce. A tempting and tasty array of salads, fruits, and desserts completed the menus.

The Saturday afternoon entertainment with a western theme was a lively mix of dance, song, and comedy, all entertainment provided by New Life students. A sample of the entertainment was “Blue Montana Skies,” a song beautifully harmonized by four singers. It included words most fitting to the theme of the banquet: “Free as the eagle flies in blue Montana skies, with him my spirit soars and will be free.” Duets by Lynne and Kyle included two more light, amusing western tunes with challenging yet well executed yodeling.

After Saturday's banquet, which included a taste of **something else** the heart yearns for, another class followed on Sunday morning. We found ourselves in the New Life pergola, an open mountainside structure situated where nature abounds. There everyone gathered for a final class to expand our understanding and continue our growth. Bill Brown opened that talk by stating, “My topic is LOVE.” [Everyone

laughed.] He then explained, “There is no love in you if you are not presently residing in the Kingdom of Heaven.” And he added, “Your traitor mind does not care for you.... Our natural state is to live in natural love, not in frantic seeking.... You're trying to have a life outside of cosmic law. It doesn't exist — nothing is separate from it.”

David Netherton spoke on the section of the Supermind chapter about shocks. He said shocks crack our habitual ways. Quoting Supermind, he said, “But consciousness, awareness is always something new. It is never the mechanical parroting of memorized information.” Lynne Wooldridge talked about our “spilling level” and read some notes from Vernon about how it is necessary to be shocked and insulted in order to grow. Bill said you've got a chip on your shoulder a mile wide. Coming to banquets is the perfect opportunity to have that knocked off!

Other speakers throughout the weekend made comments about how banquets are incredibly beneficial and can show us what is hidden inside. We volunteer to be pushed by self-work to go beyond our usual limits of mind and body. Sherry Day commented that she now loves the banquet dancing, though she used to fear and run away from it. Jeff Fisher added, “You don't get the full effect of classes and the

(Banquet Report continued on p. 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. It is pleasant being with like-minded people who are trying to work on themselves.

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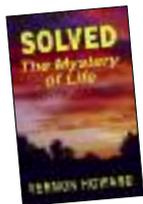
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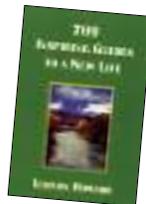
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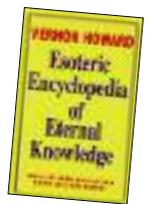
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Points to Ponder by Richard Wooldridge (continued)

with the spirit.” We are obsessed with negative thinking, which we don’t see as dark and hurtful, and our mind and this world do nothing but reinforce the wrong thinking patterns. We have a very bad habit, which is to try and think our way through life. It will never work. It will only lead to more problems, difficulties, heartaches and pain.

You would think we would want to get well, but unfortunately the fact of the matter is we don’t want to get well. We are addicted to negativity and neurosis. We love the pain and suffering. We love the confrontations and arguments we have with other people. We love the rejection. All of these things we take as being normal, as being human. We live and almost everyone on the planet lives on a very low level. People don’t really want to get along. They outwardly say they do but inwardly they love the chaos, the struggle. This is why human beings keep killing one another. This is why the world is so dangerous and violent and this is why nothing will ever change unless you change as an individual. The world is never going to be any different but you can be. None of this is disheartening or negative in any way. This is what is. See it!

I have to want to get well. I have to make the appointment to go see the Cosmic Doctor or Cosmic Chiropractor. And then I must follow the doctor’s instructions. Had I not gone to the chiropractor, listened to the diagnosis and agreed to the treatment, I would still be suffering from very bad back pain. I recently went to the dentist which brought up another example of the same principle. The dentist can’t force you to take proper care of your teeth. He can’t brush for you or floss for you to make sure food particles don’t stay between the teeth and eventually cause cavities. It’s costly, painful and time-consuming to have a cavity filled, so to avoid the problem in the first place, isn’t it practical and sensible to follow the dentist’s recommendations?

I’ve been told what the problem is. Here is something I recently came across from a class note I had taken from a talk given April 1, 1989 and it reads, “Your obsession is with thinking about other people.” The problem is my incessant thinking about everything. The mind won’t leave me alone. It won’t shut up. I now have to take what I’ve been given and see the damage that is done every time I blow up, every time I get flustered, every time I unconsciously blab just to hear myself talk or give out unwanted advice. See it clearly and begin to develop a distaste for the negativity.

The next time that politician lies or makes that inane statement I’m not going to react or get upset like I’ve done 10,000 times before. Or when that so-called friend makes that monumentally stupid remark in a public setting and somehow in my mind I think it reflects upon me. I worry that maybe others will think that I’m as stupid as he or she is because I associate with them. I’m the one who made the choice to believe I need that person in my life. Or maybe when it seems like the whole world is against me, I’m going to vow not to get mad or break down. I’m going to do something different with God’s help. I’m going to get myself out of the way and let something else handle it for me. I’m going to start to practice self-correction and eliminate self-deception as Vernon has instructed us to do so many times.

You and I have a choice. I can choose to remain the way I am or I can start to turn the tables on the dark spirit which has been interfering and ruining my life for all these years. I can begin to see that everything starts with me and my unconscious thinking. In the book, *Cosmic Command*, Vernon Howard says, “We resist being hoaxed by others, but eagerly invite hoaxes perpetrated by our own muddled minds.” The thing that has been pinching that nerve in my back can go away. I actually have the power, the ability to begin to turn things around.

The human body is an incredible creation. But even more incredible is that something actually exists that created the human body. That same entity is still alive and well in the universe right now, contrary to what you or anyone else may say or THINK. It is a wonderful day when you hear the voice of Truth and begin to see and feel for yourself that something actually exists above the human madness.

The Saddle (continued)

willingness to pay, and payment consists of giving up popular but wrong ideas.

(This is from the book *Inspire Yourself*)



Pagosa Banquet Report (cont.)

teachings unless you come to banquets.” During informal dancing a spontaneous and hilarious drama unfolded in which two fishermen, Jeff and Doug, struggled over an imaginary fishing line, followed by a frantic chase as the fish, Kyle, got away!

Perhaps Doug expressed best what the banquet was all about with the statement, “There has to be something more to life than getting the things I want and when I get them, they don’t make me happy.” He later added, “Every time I come to a banquet, it’s like a gigantic leap upward.” Judy Parsons said, “You don’t have to know what you’re doing, just follow instructions.”

The intensity of the presence of Truth increased as the weekend progressed and everyone left to go back to the noisy world with the resolve to work harder on themselves. But not before another magical meal was enjoyed on tables near a sparkling stream and under massively tall spruce and pine trees. Oh yes, and who can forget the natural delight of feeding little Chipper, the golden-mantled ground squirrel who loves to take an almond from the hand!

Spiritual Exercise (continued)

to be there. No! No! No! The dissolving of stabs of pain, of worry, is what gives you real existence.

For example, you want to accuse someone else, and shout at them or be surly toward them. But because the revelation of what you’re really like might disturb you even more, your disturbance goes into finding fault with what the other person said or did. That’s noise. And the louder the better. Inner quietness is seen as a foe by the way you now are.

Do you know what spiritual peace really is? The absolute absence of you as you now conceive yourself. Silence and the true spiritual life are the same thing. You will know this when you arrive there.

Message of Gratitude

“Thank you for the amazing work you do to share the work of Vernon Howard. I receive the Secrets of Life emails daily and they help me more than words can say. Every day, there’s a reminder or strong truth statement that I need to hear, to keep me oriented. I am so grateful for Vernon Howard and that there are people like you continuing to share his Teaching.”

— E-mail from Lady



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New Life Websites Update

This Fall/Winter we will be redesigning and updating the www.vernonhoward.org website. We also hope to redo our primary website, www.anewlife.org but it may not be until 2017 that we get 'er done. Watch for update notices on both websites.

Praises for Vernon Howard

E-mail from man in Pennsylvania:

My Primary Care physician asked me who my favorite author is. I told her Vernon Howard, so I'm going to introduce her to him with my favorites. Thanks for all you are and all you do - it is MUCH appreciated!

E-mail from lady in New Mexico:

I am so enjoying all of the Vernon Howard books I ordered. I hope to get out to Arizona sometime and visit your foundation. I have heard you are up in the mountains.... I will have to get out a map of Arizona. Thanks for all that you do to be helpful.

E-mail from man in California:

Thank you so much. I absolutely love Vernon's books!

Lady from Wisconsin by phone:

Thank goodness for Vernon Howard. There's no one like him!

More Praises for Vernon Howard

E-mail from man:

I recently received some very bad news but thanks to Mr. Howard's teaching I am handling everything much better than I ever thought I could.

E-mail from lady:

I have received years of "cosmic gems" from Vernon Howard and his team and I want to thank you because I treasure these daily missives ... they help, they uplift and they make me think.

E-mail from man:

Thank you so much for your instructions on how to get Vernon Howard's eBooks and eBooklets. It is as if I am dreaming; today I bought *Psycho-Pictography*, *The Power of Your Supermind*, *Cosmic Command* and six of the wonderful booklets. I thank God for this esoteric knowledge. No other information could give me this kind of insight so I can know how to think, feel and react in a different way.

Note sent with gift order:

These booklets have helped me a lot and I thought you'd enjoy them too.

E-mail from man:

The Mystic Path to Cosmic Power is the best thing I have ever read!