

NEW LIFE NEWS

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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: Tell me again what New Life is all about.

A: Another way of life exists without problems or pain. It contains no heartache or regret and is free of pretense, emotional torment and financial struggle. Isn't that what your heart really wants? You'll find it here.

Q: How in the world can it be that human beings love their psychological pain, that I love my misery? Why does everyone want to feel bad?

A: Tormenting thoughts are allowed and even welcomed into an undeveloped mind. How strange that people are so in love with the familiarity of dark and gloomy thoughts that they cling to them with everything they have. It is fantastic but there does exist a low-level force operating in the recesses of the mind that is working overtime to keep the pain going. Hypnotized by this false feeling of life, humans actually fight Truth when it says to just walk away. If you are a sincere student of these teachings, you have been called to "come out from among them." It takes genuine courage to face the fact that it is my love of and dependence on the lower that is preventing my ascent to the higher. In his book **There is a Way Out**, Vernon puts it this way, "It is cosmic law that you cannot retain anything you cease to love." Stop loving the pain and it will depart.

Q: As I go through my day I seem to be very tense and on-edge, even when no crisis is looming.

A: Relaxation is actually painful to the average human being. To relax and to let go of the problem is viewed by the unnatural personality as an enemy state. We are perpetual motion machines, if not physically then certainly in our thought lives. Vernon

Howard often said things like "Be real honest now — what do you really love? Do you love peace and quiet or do you love your noisy mind and your dramatic feelings?" The artificial nature urges us to never stop, to keep going the way we have been for all these years. Go against that bad advice by relaxing right now as you are reading these lines. One of the astonishing things you'll see is that when letting go is welcomed by the small seed of rightness within, tension has nowhere to go.

Q: What in the world is going on with this planet? Awful events, endless wars, economic depressions, fear, confusion, insane solutions from obvious idiots. I want to know what's really going on and what I should do!

A: Most people are afraid to even bring this question up to consciousness for fear that there is no answer. But if we are ever to make it out, we'll have to honestly ask ourselves "What in the world is going on?" And what is going on is that there really is a destructive force, which wants to ruin

("FAQs" continued on p. 3)

The Value of Attention

by Vernon Howard

An experienced forest guide was hired by some people who wanted to explore the woods. He knew it was first necessary



to destroy their false confidence in themselves. Pointing to a hilltop beyond the woods he directed,

"Fix your attention on that hill and climb it in a minimum of time."

When the puffing hikers reached the hilltop they found the guide waiting for them. "Do you know why you are so late?" he asked. You were distracted by the sights along the way. Had you kept your attention on this hilltop you would not have lost your way.

("The Value" continued on p. 5)

Points to Ponder

by Richard Wooldridge

I am sitting on the deck of my home in Colorado with the morning sun warming my body; birds are singing and drinking in the stream below the house; a hummingbird comes to get a drink of nectar from the two hanging baskets of flowers on the porch, flitting from one flower to the next and chirping in appreciation for the food as it flies away. All these sounds are natural and nourishing to the spirit. The silence is broken only by an occasional vehicle driving down the County Road nearby and by the low guttural noise of a jet flying overhead.

It then came to me that the world is constantly interfering and trying to dominate and supersede that which is normal and natural. Truth can only get through to us when we become quiet. Remember the old saying, "Silence is golden." We had just had a class the previous weekend where one of the topics discussed was from **Cosmic Command**, #788, which says, "Noise plays an important part in hypnotic human affairs, as when loud music distracts from self-awareness." We've become addicted to the racket and clatter

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

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Spiritual Exercise

"I Am Apart from All That"

Transcribed by Regina Netherton from
a Vernon Howard class lecture

When thunder and lightning strike your mind, remind yourself instantly, "I am apart from all that." Now you translate thunder and lightning into your personal experiences — into your worries and your half-seen concerns over what's going to happen to you. Remember this fact: What

No, you don't. Keeping in mind a heavenly fact about me can become a personal spiritual experience with me. Remember those facts and you will see how the light becomes brighter and clearer, for example, in your contacts with other people.

Remember and work very hard with the point, "My real 'I' is apart from all that." That is, anything that is striking you, painning you, including what is now unseen self-deception. Yes [this is] giving up your suffering! Don't be afraid to be apart from yourself. You don't know who you are. If you abandon everything you've lived from up until now, then terror will go away and it won't go away until we do that.

This will take away the smallest or
(*Spiritual Exercise continued on p. 5*)

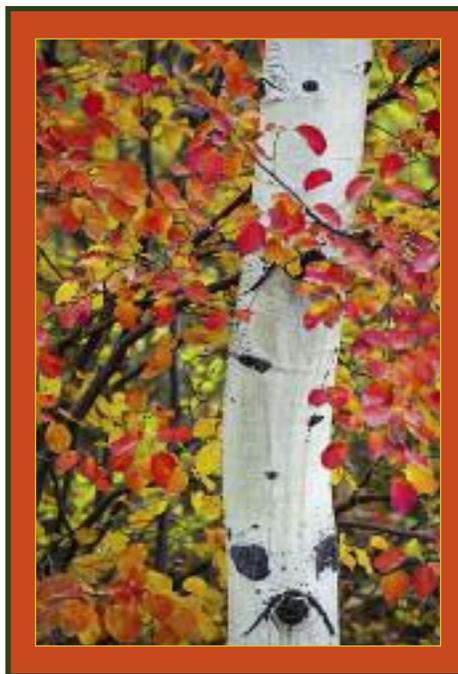
Pagosa Springs Banquet Report — July 2012

by Judith Anderson

"I got more holes punched in my ego than a piece of Swiss cheese," commented one student as he was saying goodbye to catch his plane back to L.A. That got a big laugh, for others knew he had taken some serious shocks to the false self rightly, as essence was getting a little freer of the old nature. As was said at the Friday night class, you're not going to wake up being comfortable.

We could call banquets one of those "destroyers of illusions," one of the sections that appears in **700 Inspiring Guides to a New Life**, the Vernon Howard book used for the banquet talks. And for all that, the banquet was light-hearted as

(*Banquet Report continued on p. 3*)



**"What is known
in heaven as a
fact can be ..."**

is known in heaven as a fact can be known by you as a human being here on earth.

It's a heavenly fact and you can learn how to bring it down to you — yes — right at the office there, right at the home. It doesn't depend on you to build it, to keep it going, but it is up to you to allow it to descend inside your mind so that something that is stronger than the thunder and lightning can take over your entire life.

The next time you feel a shaking and an unnameable bother of any kind that you're only dimly conscious of, you will remind yourself of the heavenly fact that you are apart from all that. The thunder and lightning is not you!

Hostile forces want you to believe in them; they tell you "that's you, therefore you'd better get sick and stay sick." Don't you believe it again! I know that the fact is not yet a personal experience with you and that's not anything for you to be concerned with. What you should be concerned with only is being loyal to the fact that at the present moment you only know with the intellect, you don't know it spiritually, yet. It's not a living experience with you, but I'm telling you to remind yourself while here on earth of the heavenly fact. That is your work. That is where you make the mental concept your personal daily experience, and you will know it — not just with the intellect — that you have added something to it far above it. You will know it with the spirit of heaven itself and it all came about because you remembered, "I am apart from the thunder and lightning" and how many know what I'm talking about? Everyone raise your hand.

I, my real nature, is apart from that. Never forget it. Remind yourself every day. Say "In Reality, that's not me at all." You are not a single one of your doubts and your struggles. Who you really are is something else. You don't know that yet.

(*Exercise continued in next column*)

Points to Ponder (continued)

created by this society. It is everywhere. After reading that sentence from Vernon and taking it in, it became even more evident how noisy this world is in the days that followed. It was a reminder to become more aware and it worked.

The Industrial Revolution brought with it a lot of noise. I suppose we're in the Technological Age now. If we examine the situation through spiritual eyes you will see that every age is bringing more escapes and distractions in order to make it even more difficult for human beings to wake up. Instead of progressing we are actually regressing. We are being led further away from Truth. The determining factor should be either our closeness to or our distance from God. Are we getting saner or more insane? Are we happier or more miserable? If we're honest there can only be one answer. Look at recent events in the news. Are they signs of health or of madness?

In a letter that Vernon Howard wrote to his longtime secretary Joan Philips back in the early 1970's he says, "Very seriously for a moment, the truths with which you are now associating are everything needed for New Life. But we have to triple daily efforts at self-honesty, impersonal observation and declining thrills which take the place of insight."

We may be getting smarter intellectually but we're most certainly getting a lot denser spiritually. I like the word *simpleton*. In the dictionary it is defined as, "A person lacking in common sense; fool." How many people have you met in your lifetime who are simpletons? I won't go any further with that except to say that I've personally been astounded by the lack of rudimentary common sense in many people I either come into contact with or read about in the news, on the internet, etc. I heard a phrase recently on the evening news. It was 'a new reality.' There is no new reality. It's the same old lie that has been going on for centuries. Evil is just getting more clever in disguising its sinister deceptions and foolish human beings are falling for it again.

I have a vivid memory when I was growing up of a book that was required reading in school entitled **Fahrenheit 451**. Some of you may remember it. It was about a fireman who burns books in a futuristic American city. The people in this society do not read books, spend time alone, enjoy nature, think independently or have meaningful conversations. Instead, they watch television constantly

(*"Points to Ponder" continued on p. 5*)

FAQs (continued)

every individual's chance to reach the higher. Don't fall for it when you're urged to take the path of least resistance, to just go along with crowd thinking, like believing the falsehood that things in this world are actually getting better. Don't listen when it insists that you will be safer staying in the confinement of your mental prison than to begin to 'Question Everything'.

This force operates in this world through human beings. Have you ever been excited about a spiritual principle you've learned about in these teachings and have tried to relay the excitement of that new insight to someone else? For example, the dawning of awareness of how easily we fall into negativity. And you've been met either with the assurance that they live with no negativity or that any exploration of our own confusion and torment would be too scary? You need not be affected or discouraged by others' lack of interest because you can make the vow right now to go all the way in spite of everything.

Simply know that we must stop fighting the world and stop trying to save it. We need only leave it, psychologically, spiritually in order to rise to a higher level that is a million miles above this warring world. Really understand what runs this planet and the confusion and torment will end. God has not left us here without an escape route. Understanding the truth **protects** us from all worldly chaos and evil because **"When you understand you do not fear."**

Q: I can't help but think that all of the mistakes I've made over the years, especially when I was younger, are going to disqualify me from finding the New Life you talk about.

A: Stop identifying with your mistakes. In reality, there is absolutely nothing that glues the present you to who you were at 18 when you made that stupid blunder. What you did back then has no power to block your wish for genuine understanding now. This is important now — you don't pretend that incident didn't happen. You don't repress the memory of it. You don't yell at the memory to go away. You remember the incident with clarity but withdraw the idea of 'self' that you've attached to it. It is perfectly possible to do this. But right now, these excursions into the past seem to provide a 'secure' anchor to who you think you are. Only something higher than your memories can show you how to rightly refuse their intrusion into your mind.

Pagosa Springs Banquet Report (continued)

well as serious — the perfect balance which Vernon created to provide accelerated growth. Conditions at banquets are just right to study ourselves for maximum benefit, such as when we get tired near the end of the day.

The New Life banquet in Pagosa Springs was about growth — a weekend where students got together in rare circumstances amidst an abundance of wonderfully prepared foods, student provided entertainment and, best of all, three classes to further our understanding of the pure Truth.

Director Richard Wooldridge reminded us in his keynote speech on Saturday morning that Vernon gave us "the most marvelous message ever given to mankind" — for only the pure truth can transform our nature from a mechanically reacting machine to an awakened self. Moe Janosec explained too that the world has failed us and how, these days, it is rare to find even a speck of truth out there.

The theme for the whole weekend was **"Cosmic Contentment and Happiness."** We were asked by Bill Brown, "Do you think with the mind you have right now you can be content and happy?" Richard reminded us that Vernon brilliantly revealed that all evil originates in the mind. "Thou shalt have no false gods [such as the mind] before me." The higher way is to replace thought with awareness or seeing.

Exercises were given to implement these principles we study. One task mentioned [we have to do these assignments] is to make a spiritual connection with what we see out in the world, such as in nature. Richard told the story of the doe on the New Life property that had two fawns, one strong and spunky; the second one weak, who lagged behind and couldn't keep up. It disappeared without a trace. What a powerful picture for motivating us to get serious and get going!

Another exercise assigned is to be aware and courteous enough to push the chair in when you stand up, a welcome reminder of all the practical, right instruction Vernon gave us to be good householders and to know what we're doing at each moment.

A further aim, given by Moe Janosec in parting on Sunday, is to go against wrong timidity. Of course banquets are excellent places to work on that. Students making comments on Sunday about the benefits and fun of banquets said these occasions

can bring up the internal shaking we don't see every day. Since "only super effort counts," this is a special place in a special time to exert ourselves. Many students made super efforts to get to Colorado and others made super efforts to do the work necessary to make the banquet and entertainment a success. Nearly everyone gave a talk behind the microphone, enjoyed the dancing and dared to be in an act in the formal entertainment segment. What fun to break out of our own stiffness and to go beyond the intellect! Our aims here are quite different than the world's, and we're "not part of the cookie-and-compliments crowd," a reference to one speaker's experience with the fakery of his neighbor.

Entertainment with a western theme was inspired by the spectacular scenery of southwestern Colorado, with lots of cowboy jokes and pretty western songs (such as the lively, lilting "I Want to Be a Cowboy's Sweetheart"). An unforgettable highlight full of laughs was Bruce and Craig's "Remember Song," a spoof on forgetting things (when a girl friend calls to his lost cordless telephone: "the voice sounds familiar and the name it rings a bell"). Bill commented enthusiastically it was "the greatest accumulation of New Life entertainment acts ever."

Yes, you had to be there to experience something new in your being. Voluntarily participating in the power-packed weekend

(Banquet Report continued on p. 5)

Banquet Invitation

New Life Foundation has been having banquets for over 30 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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3	Cosmic Command		\$6	
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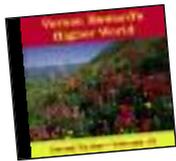


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Points to Ponder by Richard Wooldridge (continued)

and listen to the radio on special "Seashell sets" attached to their ears. Special-interest groups and other minorities objected to books that displeased them. Soon, the books all began to look the same, as authors tried to avoid offending anyone. They went even further though when the society as a whole decided to simply burn books rather than permit conflicting opinions. Eventually the main character in the book, through a lot of trials and tribulations, goes to a learned man who tells him that the value of books lies in the detailed awareness of life that they contain. He then discovers a group of people who belong to a network of book lovers who have memorized many of the great works of literature and philosophy. This small group of book lovers ends up saving mankind.

Does this sound familiar to you in some ways? This society is slowly moving in that direction. Once upon a time, people were not afraid to be honest and direct in their dealings and in their communications. But now if you speak the truth about some issue, you could be forced to go into sensitivity training! People are being made to feel as though they are not allowed to say anything which might offend anyone. Face-to-face communication is going by the wayside as more and more people are immersed in their digital devices. I've actually seen teenagers sit in a restaurant not saying a word to one another but communicating back and forth through their smart phones. In this society, people are afraid to express what's on their mind for fear of being attacked by the 'thought police'. I did not say that we're to be rude or that we're not to use common sense or to be tactful. But look at what is going on. No one can speak from himself or herself anymore. The newscasters, politicians, motivational speakers, all speak from teleprompters, rehearsed speeches and scripts. And society is trying to force everyone into the same mold. There's no life there and no possibility of any spontaneity interspersed with light moments of humor. It's all orchestrated. It's no fun to live this way.

In contrast, the truth is fun. At the recent banquet in Pagosa Springs we had fun. There were serious, informative, helpful spiritual facts, wonderful food and some of the most hilarious entertainment acts we have ever presented. There were also spontaneous, unrehearsed moments along with challenging situations presented for each person to work on themselves. By their very nature, the banquets provide

everything needed to help you wake up. I am aware that some people got their feelings hurt. They were offended, not because someone set out to offend them, but because everyone is so touchy. Living on the level of ordinary thinking and what Vernon calls your 'Darling Precious Feelings' is in reality offensive to what is higher. Some attendees also had some of their pet beliefs challenged. Great! This provides a chance to see something about yourself that you were previously unaware of.

If we are ever going to make it out and escape from the utter madness of what surrounds us, we're going to have to do something entirely different. Here is a tremendous clue and exercise from Vernon Howard: "The point of growing by daring to 'offend' people just means to not compromise in order to be liked, appreciated, to gain another's company, etc. Mary always goes shopping with Jane, but Mary is now studying esotericism, and to her amazement she sees she really never wanted to go shopping, but did it to please Jane. (Her images, guilts, etc. were controlling her.) One day she dares to 'offend' Jane by saying, 'No, I have something else I prefer to do.' She knows very well it may annoy or anger Jane, but Mary does it anyway. She bears consciously the displeasure of another. Of course, Jane is responsible for her own feeling of being offended, and Mary now suspects this. Another way of saying the same thing is this: Dare to drop exterior supports, which 'protect' against loneliness, fear, etc. — and watch yourself suffer consciously. You are breaking out."

Isn't that great? We are not responsible for anyone else's feelings. Do you see how the world tells you to do the exact opposite of what truth does? Do you see how everything we've been talking about connects? I've said before that the world is in the business of spreading unhappiness and misery. That's its nature. That's all it knows. There was a song, which Vernon Howard was very fond of, that was popular during WWI. The name of the song was "I Don't Want to Get Well." That is the theme song of almost every human being on earth. Another song, this one from Heehaw, one of the most popular TV shows ever, is called "Gloom, Despair and Agony on Me." Why do you think people liked it so much? It struck a chord because deep down that's what people are really like. They sense it but don't want to admit it. Our opportunity for something higher is to admit it but to

refuse to continue to go along with it anymore.

There is an answer to all of our problems. We have to give up our pain. The purpose of these teachings is to see how much we are suffering, as is everyone else, and no longer be a part of the misery of this world. Refuse to go along with it anymore. This is what we must do. I'll leave you with another quote from Vernon Howard, "We learn only by conflict, disappointment, shock; for they try to teach, 'You and Reality are not One.'" This is the most positive teaching on earth.

Spiritual Exercise (continued)

largest anxiety you have and nothing else will do it. You've got to know how awful it is [inside] and don't give yourself a solution. Don't think that you know the answer to the problem that is you. Just say, "I'm a little lost child. I don't know what to do." When you really don't know what to do, your head will lift up and you'll catch your first glimpse of the open highway. You may crash again, you will get hurt again, but if you continue you will catch a glimpse of the little lost child.

July Banquet Report (continued)

activities meant going against the lazy nature and working on ourselves and with others to see more. When we give up a bit of our will, our ego, and allow ourselves to be given physical tasks to do, follow instructions and take corrections — in spite of the protests of the touchy ego — something new can then begin to come into existence. And there you have a glimpse into a real and exceedingly rare esoteric school!

**700 Inspiring Guides to a New Life on sale! See page 4.*

The Value of Attention (cont.)

Do not be distracted by superficial attractions, but keep your attention on the spiritual hilltop you want to reach.

(This is from the book *Inspire Yourself*)





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Gratitude for Teachings

Doctor of Psychology via e-mail:

I have a Ph.D. in clinical psychology and Bible Studies and 30 hours of graduate work in theology. I practiced for 21 years before moving into energy medicine. I have read everything Vernon Howard has written more than once. I recently started to watch his DVDs. Just one DVD, Volume 7, contains more Truth, healthy psychology and spiritual upliftment than all the teachings of my 11 years of school. Psychology teaches a person how to find comfort in the prison they find themselves in. Truth and the teachings of Vernon Howard teach a person how to free themselves from the prison they have unknowingly created. I am excited to watch the rest of his DVDs. We are greatly blessed from his sharing.

Lady from Arizona via email:

Thank you for all of the right effort made to put on the banquet. The results made the occasion a visible expression of how to do our inner work.

Man via email:

I thank you wholeheartedly for sending me these quotes by Mr. Howard. I discovered Mr. Howard at a local book market. I picked

up a book and the title seemed rather unknown to me. Yet I was prompted to buy it. I read it 3 times to begin to grasp the concept of the book as it was contrary to my social beliefs and norms. I realized that in my search for newness, authentic power, peace, detachment, awareness, self-reliance and so on, I was looking in the wrong direction. Vernon Howard has set the sails and I am eternally grateful. **The Mystic Path to Cosmic Power** is a timeless gem.

Man via email:

I realize more over time how profoundly important Vernon's teachings are to waking up and how much waking up means to the real me. Thank you for the daily reminders.

Man from Missouri via e-mail:

Over the last 12 years, I have had to go through some major changes in my life. Some were very trying and stressful events that could have destroyed me. But in the midst of it all, I kept remembering Vernon saying, "There is a way out and you can find it." And "Truth wants you as much as you want Truth." So I really started pondering what Vernon was trying so hard to tell me. And you know what? I began to understand. And as more and

more understanding was allowed in, more and more came. The more I let go of the false self, the happier I became. I will always be a part of Vernon's "family" and will continue to learn and practice what he has so graciously shared with us. Truth above all else!

Lady from Canada via e-mail:

Thank you all for continuing on with Vernon Howard's work. I have read and studied many on this path and I find Vernon Howard to be the most helpful.

Man from Florida via e-mail:

I just started reading and watching the videos of Vernon Howard for the first time the other day. All I can say is WOW! Things are beginning to make sense now and I want to dive into the deep end with this!

Lady from New Mexico via e-mail:

I love Vernon Howard!

Doctor from Germany via e-mail:

My order for Vernon Howard's Higher World MP3 CDs arrived yesterday. I've already listened to two of them and I very much appreciate the excellent quality of the recordings. Now I can enjoy the clarity and subtleties of Vernon's speech and allow myself to be immersed and touched as if I were listening to him in person.