

# NEW LIFE NEWS

Vernon Howard Founder

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## Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we have heard over the years. The responses should help to give you a better understanding of these life-healing teachings. Take them in with a receptive spirit and many mysteries will be dissolved in the light of higher understanding.

**Q:** I was recently faced with a very difficult situation. Harsh thoughts, questions and bad feelings were tormenting me and just wouldn't stop coming. My thoughts and feelings were out of control. But then I remembered the spiritual directive, "Dare to not think about it." Even though I was still struggling, I made repeated attempts to say 'NO' to the crazy thoughts and internal chaos. What happened astounded me. The weight of the pain disappeared and I was able to handle the problem in a calm and mature way. Everything turned out just fine but most importantly, I learned that these principles do just what they say they'll do — they work!

**A:** This is exactly what applying this Work in our daily experiences means. Where else do we really live but within our own inner thoughts and feelings? There is nothing more important for personal growth than to rightly apply these very high principles rather than just talking or thinking about them. There's a famous Vernon Howard story about a character he named Cabbagehead Q. Dummo. Cabbagehead went out and bought cans of paint for his barn over and over again. He just kept buying and storing the paint but never painted the barn. In other words, he never applied the special mixture that could have taken his barn building from an unsightly mess to a completely new structure. It's precisely that way with the genuine spiritual life; this Work is made to be applied and used so that the day comes when the torment is taken out of every challenge, every situation. You don't have to hold back from working with these ideas because of laziness or for fear of failure. Yes, it's hard work but the reward is a free mind and a brand new life.

**Q:** Please go over again exactly what these teachings will do for me.

**A:** The Vernon Howard principles available in all of his materials and taught in the New Life classes will allow you to extract the meaning of life from the most unlikely situations. You can actually understand why life is the way it is and you can learn how to flow peacefully and richly through it. For example, a simple trip to the Post Office to mail a package will be an entirely new learning experience. When you see the long line you have to wait in, you actually notice your irritation, whereas before you were completely overtaken by it. You are aware of other bored and impatient people around you but by being conscious of these states within yourself as well, you can choose not to behave like them. When you finally reach the window and realize you left your wallet in the car, you become fully aware when you got out of the car and hurried into the building, you were "asleep" when you could have and should have been awake. Finally, when the clerk tells you it's okay to go get your

*(“FAQs” continued on page 2)*

## The Vine

By Vernon Howard

Students in a group in Chicago were requested to bring an illustration to class. One student contributed:



“Man can be compared to a young vine growing in a shady place. While having power for movement, it needs guidance. Understanding the needs of the vine, the gardener attempts to turn it in the right direction. When yielding to the gardener's higher knowledge, the vine finds itself rising into the sunshine it needs and always wanted.”

*(The Vine continued on page 3)*

## Points to Ponder

By Richard Wooldridge

Recently I was working on scanning *Psycho-Pictography* onto my computer in order to get it ready for reprinting. A beautiful new edition of this classic book will be available in March. As I was working on it I couldn't help but be uplifted by feeling the powerful truths within its pages. One quote that struck a chord in me was, "A chief enemy of genuine happiness is the frantic manufacturing of artificial activities that give the illusion of happiness."

Have you noticed that people are always looking for something to do with themselves? They are desperate to find something to occupy their mind and their time and to give their energy to. No one knows what to do with themselves. So they invent things to do. Do you know what this does? It opens the door to deception, heartache and more disappointment. And guess what? It's the world's job to deceive you. The world is in the business of artificial substitution. It says, "If you pursue this, you will be happy." If you make a lot of money, you will be happy. If you get that job, you will be happy. If you find the 'gorilla' of your dreams, you will

*(“Points to Ponder” continued on page 3)*

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## "Win Your Own Life Back"

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

You've been attacked all your life. The first enemy is not seeing the enemy. Society does not want this good news: The damage can be undone. The damage can be undone! Ask yourself, 'why hasn't the healthy inner change come? The damage still hurts badly. How come I can still feel and suffer from wounds I got when I was little?'

How come you have failed to undo the damage? From now on, at the same time

bad of myself. I don't know who I am. Authentic and everlasting goodness is the absence of the habitual me." Discover who you are not. Whatever you see in yourself is not you.

Dare to have no idea of who you are. Don't tell yourself who you are and when you do, you will be saved and you will know who you are.

### FAQs (continued)

wallet and come back without waiting in line again, you get the full experience of seeing how much what we call the ups and downs of life are really caused by our own life level. We see how much we have a part in why things happen as they do. It is you and I, not "them" or those events that ruined the day. And how does this help us to understand the meaning of life? By becoming aware of my responsibility for my own life, I take command of it. And the rollercoaster existence of highs and lows is gradually replaced with a "peace that passeth understanding." Where there was once agitation, confusion and pain, there is now an inner calmness that transcends the human intellect.

**Q:** I'm not sure I'm a person who can be honest, really honest with myself. Maybe I'm just not capable.

**A:** Vernon Howard used to say, "Is anything too much for God?" It is extremely good and helpful to recognize that right now you may not be able to tell the truth. Ask for help. Say "God show me what I'm really like and then teach me that I'm not that either."



**"How come you have failed to undo the damage?"**

your attention is outward, you must put your inner attention inside. What ache was going on at the

lower level without your seeing it?

Understand yourself, your life on earth. What is happening to you inwardly while doing something outwardly? If you'd been alert you could catch yourself being attacked but your attention wasn't on what you were doing. You should be studying your thoughts, emotions so you see that "I've not been able to push away the hurt because I've never delved deep inside myself because I was too busy pretending I was having fun."

Notice how hostile you get when someone criticizes you. Why? Because someone has touched a deeply concealed falsehood inside of you — something you are hiding. Notice a combination of defensiveness and offensiveness. Know one thing — this offensiveness-defensiveness. See, there is so much going on inside of you that you haven't wanted to face.

The level of your touchiness reveals your level.

The idea of becoming honest is a long study. Sheer self-deception: "I don't know what the problem is." You are the problem but it is easier to blame someone else. Notice the bad habit of "I don't know what the problem is." The truth is you don't want to know; you don't want to descend into the dark dungeon to see. You're working too hard pretending all is well for you to see the problem. There will be screams, "I don't want to see what's going on in the dungeon...."

The next explanation must be heard over and over: You have one enemy and that's all. It's evil itself. Study it. See it in yourself. It is sly, subtle. A lot more of you is fooled than you thought. Study evil in yourself but you must not identify with it or get pleasure out of being bad.

Write this down: "I am neither good nor

### FAQs (continued)

**Q:** Society's chaos and disorder frighten me. Shouldn't we all band together to bring some sense to this warring world?

**A:** Saving the world and helping other people is one of the biggest hoaxes ever perpetrated on unsuspecting mankind. It took an awakened and highly evolved human being, Vernon Howard, to expose this gigantic falsehood to deluded humanity. Darkness knows it can tempt almost all lost souls who are searching for a way out to take this detour because: 1) it provides an easy escape from seeing our own wrong nature and 2) we then forget our real purpose in life — to find the way back home. Banding together with other lost people always places us in a dangerous position, for the masses are mad and can never think correctly and logically. They tempt you to take sides, to adopt a viewpoint and to fight an enemy. Of course, you are now "right" and they are "wrong". You have found an identity as a "good" person and they are labeled as the "bad" people. As Vernon said (*on MP3 CD, Volume 8, Talk 11*), "You're depending on enemy forces for you to feel angelic." You've lost yourself in a cause, added yet another identity to the shaky false self and are farther than ever away from finding your true and real self. Don't go there! Don't go with them. Walk away and start heading toward home.

**Q:** I feel I already know who I am. I have a lot of activities and a lot of friends and family that provide me with security. Oh, of course there are moments of doubt and unhappiness but that's just part of life, isn't it? I don't understand. Why should I study myself?

**A:** When taken all the way, sincere and intense self-study will provide you with the life you really yearn for. But most people prefer to remain where they are, believing they already know and that they know who they are. This is one of the most solid defenses of the Old Nature. It is imperative to see that a mere idea about life is not real life. How in the world can we learn anything new when we're clinging to the false premise that we already know? What is really fascinating is that there is a part deep inside that senses it does not know. It feels the emptiness in all of the activities and distractions and it is definitely aware that nothing in this world has ever brought permanent contentment and peacefulness to daily life. You're not running toward senseless distractions; you're running away from

*("FAQs" continued on page 5)*

### Points to Ponder (continued)

be happy. If you get the new car, you will be happy. If you win the election, you will be happy. Whatever the offered reward, you will be happy. Now, it is our higher duty to begin to catch on to the trick and to happily see that the action resulting from this type of thinking never has and never will work. These are temporary solutions, which will not last.

We are living in the age of instant gratification. But have you ever observed that once you get what you desire, when you get what your mind insisted you just had to have, you're right back where you started from and you're on to the next quick fix. I recently happened to overhear a waitress in a local restaurant telling the owner and a frequent patron that she was depressed. The week before, her father had sent her an airplane ticket to meet the family in Mexico where they would spend a week at a resort by the ocean. It was a chance for her to recharge her batteries, she thought, and to go where it was warm and sunny as opposed to Pagosa Springs where it is cold and wintery. But a strange thing happened to her after she'd been there several days. She got bored. She said, "There was nothing to do." So her mind had declared that it would be fun and relaxing to catch some rays, stay at a nice hotel, swim in the ocean, eat good food, drink some cerveza, escape from work and have a 'good time.' But within a few days the weariness and restlessness returned. She got what she wanted but now she's depressed.

Now why is that? It's because her mind said one thing and the reality turned out to be something else. Happiness does not exist where your mind tells you it is. It resides above the mind. "One course that has never worked and never will work is distraction."<sup>1</sup> Her excitement and euphoric anticipation turned into boredom and depression. She got what she secretly asked for. But everything could change if she were interested in something higher. By beginning to see where the problem really lies, the possibility of inner change could enter. She would no longer be at the mercy of the artificial substitution.

If we could only begin to sense it, we'd be thunderstruck by the truth that the answer to everything exists at our fingertips right now. This is it! If we were aware of how the thought-self torments us, we would stop being fooled. "You must not take this as an airy philosophy having

<sup>1</sup> *Psycho-Pictography*, Chapter 14, Section – How Not to Solve a Problem

*nothing to do with everyday living. It is the only thing that gives real meaning to everyday existence.*"<sup>2</sup> If that lady could only see that she doesn't have to suffer from boredom or depression! She doesn't have to take the dumb trip. She can also escape the fear of saying no to her father if she really doesn't want to go on the trip. Even better than that, we don't ever again have to suffer from boredom or depression or from the fear of offending someone.

An interesting coincidence occurred the following weekend in our classes after hearing the waitress talk about her experience in Mexico. In *Cosmic Command* I came across this quote about boredom. "Boredom is caused by living only on the intellectual level, and is cured only by rising to *Cosmic Command*." Isn't that great! Now we can begin to see that all of our problems can be cured by understanding that the world, humankind or however you want to put it, can only make the situation worse. It is always a spiritual matter, never a worldly matter. "The answer to any perplexity resides above the mind that agitates over the perplexity."<sup>3</sup> If you try to tell most people about these things they will reject them or only want to argue. So it is a rare individual who even wants to begin to investigate these things.

If we have a sincere wish to live from these marvelous, life-healing truths the explanation will come. In *Psycho-Pictography*, Vernon Howard mentions the Four Golden Keys to New Freedom and Happiness. They are: 1) A sincere desire for inner change, 2) Contact with workable (genuine) principles, 3) Self-honesty, 4) Persistence. You have come into contact with these genuine spiritual principles and have felt the need for inner change, but an important ingredient must be added. You must want the authentic thrill of knowing and understanding what is really going on. And you must not let anything stop you in your quest.

I'll give you a personal example of something that happened to me recently. I was watching the Evening News. We were encouraged by Vernon to sit through the 'boring' news because if you study it carefully you will see that it is purely intellectual, and it will give you a close up view of the insane asylum — society. He said to imagine the TV screen as a window

<sup>2</sup> *Psycho-Pictography*, Chapter 13, Section – Now You Can Use What the Great Teachers Knew and Used

<sup>3</sup> *1500 Ways to Escape the Human Jungle*

into the nut house because it is. The whole newscast is carefully orchestrated to deceive you. It is scripted. The anchor-people read the teleprompter and have been taught to invoke certain emotional tones as they are reading it. They are experts at it and they want to take you on an emotional rollercoaster ride.

This wasn't the first time I had watched this particular anchorperson and I had noticed that on many occasions they ended the news on the same note. Even though they want you to believe there is upbeat news, the newscast is often ended on a downer, leaving you with a bad feeling that can linger. Even worse, if you aren't trying to understand it, what is being presented will lead you into a negative state and leave you there. Initially I wasn't seeing clearly what this person was doing. But a part of me wanted to understand and to catch on to what they were doing. So this particular evening I stood close to the TV set and watched and observed. I wasn't trying to

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

### The Vine (continued)

The student concluded, "Man is a vine in a shady place. To reach spiritual sunshine, he must yield to higher knowledge, to Reality."

*The higher knowledge needed for spiritual sunshine is freely available to those who are weary of shady places.*

(This is from the book *INSPIRE YOURSELF*)

### Banquet Invitation

New Life Foundation has been having banquets for almost 35 years. These special weekends were established by Vernon Howard for the purpose of teaching unique spiritual lessons. So many elements of both the spiritual and physical are brought together in one congenial setting.

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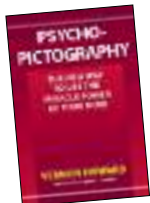


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### Points to Ponder (continued)

draw a conclusion mentally but simply had a sincere wish to understand. Then all of a sudden the insight came. I could see what they were doing. This anchor-person was selling sadness and negativity. That's what the producers and those behind the scenes were feeding those unaware individuals watching the broadcast. They were deliberately trying to leave you in a bad place internally. They wanted you to feel downcast and to not know why.

Their false and wrong purpose was and is to keep you from finding God, truth, happiness. Why would someone lead you into a dark state? Do you remember what I said at the beginning of this article? They are in the business of selling heartache, delusion and negativity. That's why Vernon Howard said TV is 100% propaganda. You are being fed negative impressions, ideas and feelings constantly. Let's get specific. How about frustration? They throw something in your face that is wrong and basically say there is nothing you can do about it. If their intentions were truly good, wouldn't there be only truthful news put out there, not news with a hidden agenda? All the while they are putting the poison out, they're hoping unsuspecting human beings will take the bait.

Here's something else to look for. Notice how the news is always trying to make you think and feel a certain way. They don't give you the simple facts; they feed you ideas, opinions and beliefs, all orchestrated to lead you in a wrong direction away from the truth. They don't really leave it up to you to decide; they are telling you how you should feel about it. Here are some of the negative impressions, feelings that I have observed the anchor-person trying to evoke by the way the information is presented: fear, anger, rage, agitation, guilt, irritability, sarcasm, greed, complaint (that's a really good one), depression, confusion, sadness, mocking, etc. Would you not say these are all negative traits? Watch the national news and study it carefully. You are never asked

to believe anything in this work but to see its accuracy for yourself.

The whole point is that you can begin to catch on and to no longer be taken in by this sinister plot. You and I were meant to feel good. Then why is it that we don't really enjoy our lives? The waitress goes off to Mexico to have a good time and feels sad while she is there and when she gets back. Here's a quote from **The Power of Esoterics** which will help, *"The mind has difficulty seeing the difference between society's education and spiritual intelligence, but the feelings know the difference, for they suffer from society."* You and I can start to rise above these dark negative states and refuse to go along with them, but I must first see them before I can challenge their hold on me.

These negative states that we are allowing to take over our inner home are painful. They drain us of the richness of life that could be ours. We have tolerated this nonsense long enough. Our minds are either filled with right ideas or wrong ideas. It can't be both. It's time for you and me to boot these tyrannizers out of our lives. They really have no right to be there. Stop being fooled by the lies and lures of this world. *"Since society is capable of producing only bad news, why not turn to the good news of your own essence?"*<sup>4</sup>

<sup>4</sup> *1500 Ways to Escape the Human Jungle*, Chapter 11, Section – Understand Human Nature

### FAQs (continued)

the emptiness you sense and from the fear that nothing else exists. Something Else does exist. Try very hard to be silent and to receive its message.

**Q:** Other people at work seem to be getting promoted faster than I am. I'm beginning to feel left behind. Can these teachings help me to advance more quickly in my job?

**A:** Lots of people in the workplace struggle

### FAQs (continued)

to understand why things happen as they do in their vocation. It seems that those who work the hardest are often rewarded the least. Inexperienced people with seemingly little knowledge are put in charge and given a fancy title. Personal integrity doesn't seem to count for anything anymore. But listen to this. With these teachings, you are actually being given a pair of X-ray glasses with which to see the real motives of people, including your own! It's fine to do the best job you can but it's a huge trap to connect success in your occupation with your inner worth. Vernon Howard makes it clear that there is really only one true definition of success and that is simply the attainment of genuine personal happiness. This is an authentic state not dependent on an object or a person or a societal reward, but a happiness that flows from the inside out. If you're sincerely working with these ideas, your whole focus will change. For one thing, you'll catch your mistakes before they happen. You'll no longer be caught up as fiercely as you once were in jealousy and "people-pleasing." Work will take on a new richness because you're in tune with using your skills to the fullest. Your reward is not a pat on the back from someone else but the new understanding that resides within you. Interactions with other people will become more pleasant and phony behavior will be replaced with genuine communication. Because of expanding awareness, the work that you used to call drudgery now becomes a tool for learning something new about yourself, about others and about life. At the end of the day, you come away with a real sense of satisfaction and you feel richer, not poorer.

**Q:** Why do I suffer?

**A:** I suffer because I don't really understand myself. I suffer because I live from ideas about myself that clash with ideas others have about me. I suffer because I live from illusions about life that crash into reality. I suffer because I live from a false nature that suffers. I suffer because I want my way, but with everyone else wanting his or her way, who can win? I just do spiritually stupid things, like living from a hostile nature, which can only result in self-suffering. Thank God I came in contact with something higher than the suffering. Vernon Howard explained that suffering is stupid and doesn't have to be endured one minute longer. The sufferer must declare independence from the suffering nature and then, where is the problem?

**"Troubled humanity always tries to change social effects, such as wars, instead of removing the cause, which is individual psychic hypnosis."**





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## ADDRESS SERVICE REQUESTED

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

### Gratitude for Teachings

#### Man via email:

I went onto the New Life site and clicked on 'What's New'. Along with the Lessons and Daily Quotes, I am learning to be in the light and although I am just a novice at this, I want to change and not listen to my false self any longer. Vernon Howard was an Advanced Soul and his teachings are Universal. Thank you for posting food for the Spirit.

#### Lady from Virginia by phone:

Vernon Howard is magnificent! I could listen to his talks all day.

#### Lady from Minnesota via email:

I am loving the MP3s!!!! So wonderful. And so perfect in every way from the perfect message on to the design and imagery on the cover. I am so grateful for your work for New Life. I am so happy to receive Vernon's words and spirit in yet another way (on MP3). Thanks for all you do!

#### Man in Brazil:

Thank you very much for New Life Foundation. Just yesterday I was talking to my students about simplicity. We thank God for Vernon Howard's principles and teachings.

#### Man from Michigan via email:

Thanks so much for making this Vernon Howard quote a regular mailing. It's a great reminder of some important and very helpful truths.

#### Lady from California in a letter:

It's so wonderful that you have kept Vernon Howard's teachings alive for all people who sincerely want a true teaching and a true path to walk on. Thank you for being there.

#### Man from Connecticut by phone:

I've watched all of the Vernon Howard DVDs. I just can't believe there's someone who has so much knowledge about the human condition and who is telling us how to really rise above it.

#### Lady via email:

I just can't thank you enough for providing these daily quotes from Mr. Howard. I have been reading his books and listening to his tapes for about 10 years now and he just comes through to me so loud and clear. Today, I had the amazing experience of recognizing an incident of fear that normally would have sent me into a tizzy and I was actually able to 'see' it in a different way and not allow it to take over my whole life. Then I went to my computer

only to read today's daily quote which talks specifically about this issue!!! I must say that there is a cumulative positive effect to reading, understanding and doing the exercises and it seems like the more slowly and subtly it happens (like when I'm in the middle of cleaning my house) — the more real and long-lasting the benefit. Thank you for keeping his teachings alive and going for all of us.

#### Man via email:

Thank you for the quick customer service. I recently read *The Mystic Path to Cosmic Power* and found it inspirational and thought-provoking. I'm looking forward to more!

#### Lady via email:

I found Vernon Howard's little books — that are really the biggest books on earth — in the 1990's. Many a day they saved my life. I have given them for gifts and to suffering friends. I know that unless someone truly wants to learn these valuable lessons, I can only share the brilliance! I thank you for saving my life again and again.

#### Man from Holland via email:

I would like to express my sincere gratitude for all the magical words I receive every day. The teachings of Mr. Howard are priceless.