

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: How did Vernon Howard become spiritually enlightened?

A: Vernon persistently and courageously did what he's always urging us to do — to use this life in order to understand that there is another power in the universe besides the human mind. He wanted a transformed life with a direct connection to the Higher Power more than he wanted any temptation that the world could dangle in front of him. It's really a matter of what we value. Everything depends on how much a seeker really wants out. One blockage that hinders a sense of urgency toward this aim is thinking from life about Truth, not from Truth about life.

Do you really want to continue to meekly surrender to a ruthless world that will use you and then toss you aside? Then work to know that a person's level of spiritual understanding is his or her most valuable possession. If we'll put Truth first, last and always, we'll begin to see and feel the miracle of spiritual transformation for ourselves. But of course this release does not come without much resistance and fighting on the part of the hostile inner nature. As Vernon once said when asked how he woke up, "I fought with God until He won!" Anyone who reaches authentic enlightenment must break through every single wall of resistance and endure unto the end.

Q: Could you give us a central theme of Vernon Howard's teaching?

A: Self-facing. We must as much as possible examine our actual inner state at any given moment. This will eventually show us the extent to which negative and agitated mental pictures and feelings overtake us. If we'll keep at this, the shock of seeing the low level and mechanicalness of our

inner life will eventually open the door for something of a truly higher nature to come to us. "Spiritual riches follow awareness of poverty. That is the one and only order of things" (**Esoteric Encyclopedia of Eternal Knowledge**, "Astonishing Discovery").

Q: What is a Vernon Howard exercise? Why do them?

A: Vernon has given us many exercises in his talks and his writings. In fact, there are literally hundreds of them. He put such a great emphasis on them because they give us a focus for our spiritual exploration. When done consistently and honestly, these practical exercises reveal what we presently do not know and cannot see about ourselves. Some exercises are physical, some mental, others emotional — all varied and enjoyable to do.

People live very unbalanced lives, relying on habitual thoughts, mental repetitions and their companions — negative emotions and false excitements — to provide security. Most have no idea that it is possible to fully live from God-given essence which will provide all the security needed for a pleasant, peaceful life. Practicing the exercises will

("FAQs" continued on page 2)

The Crow and The Hawk

By Vernon Howard

A crow was standing in the sun in a position which made his shadow much larger than the crow himself. Thinking that the shadow represented his true size, the



crow became foolish and arrogant. Sighting a nearby hawk, the crow flew toward it, intending to taunt the larger bird. The hawk

suddenly drew himself up in a show of strength, which shocked the crow out of his arrogance.

The hawk, who had observed the crow with his shadow, advised, "Take another look at yourself. You are not that shadow."

("The Crow and The Hawk" cont. on p. 5)

Points to Ponder

By Richard Wooldridge

There is only one thing which is truly important in this life and that is the pursuit of Truth. But because we don't know any better we go after all these other fanciful things that the world tells us are more important. Society says to us that living in this make-believe world will fulfill you. That's like saying it's better to imagine eating a succulent, juicy peach than it is to actually eat the peach. Somehow, making yourself believe an idea or thought about something is superior to experiencing the nourishment and sweetness of the real thing. It makes absolutely no sense but somehow we convince ourselves that it does. This is because we're living in an unreal world and don't know it.

There's nothing more exciting or rewarding than to get a taste of the real world but first we must see that there is nothing to be gained by living in illusory, deceptive daydreams. Vernon Howard puts it this way in the booklet, **The Answer**: "This is a basic rule of inner advancement: the error must be detected and dropped **before** the right reveals itself."

Here is a perfect example which is crucial *("Points to Ponder" continued on page 3)*

Contents

Banquet Invitation	3
CD Library Special Offer	4
eBooks	6
FAQs	1, 2, 5
Points to Ponder	1, 3, 5
Praises	5, 6
Quotes	2, 3, 5
Special Offers	4
Spiritual Exercise	2, 5
"Suspend and See"	2, 5
The Crow and The Hawk	1, 5

"Suspend and See"**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

I want to give you a phrase to write down and ponder: **Suspend and see**. That is the only answer you'll ever find to being lost where the world is sniping at you. You have to send up your distress signal and I'm giving you part of it right now: **Suspend and see**.

What does that mean? Well, you have to suspend something. How many have griefs, anxieties, worries over what's going

"You hang onto your sorrows because ..."

to happen to you? All right, why do you so persistently hang onto these snipers? You hang onto your sorrows because you

feel that there is a 'me' there. There isn't but you think that the sorrow indicates a 'me.' So feeling lost you want to do something about it and you do the wrong thing. Now, suspend your grief the next time it arises in you. Suspend your wish to explain to others why things aren't going well, and of course, it's someone else's fault, not yours. *Suspend any kind of wrong, sour reaction or feeling.* You're going to have the battle of your life.

Let's take one point in particular: suspend anxiety in general. Your response: *"No, I don't want to suspend my feelings of anxiety, worry and depression; I want to keep them because if I suspend them I won't know who I am."*

You try it; you do it. And what I'm going to say next you should read a thousand times a day for ten days. **Don't fear to be without an answer.** Ah, that ties in perfectly with suspension, doesn't it? When you're suspending something, you have no attitude toward it, there's no action there, there is merely you. And you can do this — you remain in a state where there's nothing at all that comes along and says, "Do this, feel that, accuse someone, feel gloomy." All these mental images, thoughts that come up in you have been your answers, right? Yes. What have the answers done for you? Nothing at all.

Well, what is going to happen to you if, when you're about to blow up at someone, probably inwardly rather than outwardly, you recognize the presence of this enemy sniper? I'll tell you what happens. You think you had anxiety before, that's nothing compared to what you're going to feel when you refuse to accept yourself. You're in the process, the marvelous, healthy process of getting rid of what you called yourself.

It is going to change everything when you suspend and see, and a tremendous realization will come to you, which is I must

do something that I've never, ever done before. First, I've refused to consult my twisted mind, and so I am face to face with something that I call dreadful, which is to have no one, nothing to turn to, to help me solve my problems. The intensity of your wonder at it — it is a wonder, it's marvelous, it's beautiful to not have anyone, especially yourself. You're struggling with that, aren't you? I know you are.

So, find some little place, what is it, where you have constant conflict with another person, that's a good place to start. Some little thing with someone else that bothers you and all that, and you want your own way. Why do you want your own way? Why do you demand to have someone else yield to your position? Because your demander is your 'I' and just to demand something makes you feel alive. Aren't you a little bit suspicious — you should be — that what you call yourself is the enemy? Well, this is mental and emotional and life-sickness. Now, you're to do the exact opposite of what you usually do. Instead of standing up for your rights, you're going to understand why you have that terrible person inside that's demanding his rights. **It's because he or she refuses to see that he or she is his own problem and nothing else.**

Spiritual work, what we're doing here now, is extremely difficult, very hard, and there are traps all along the way, which you fall into. Never mind that. The only question is, do I want to be free for eternity or not? Do I want to find out what's higher than this quarrelsome, brutal life that we've all been living? Everything revolves

("Suspend and See" continued on p. 5)

**FAQs (continued)**

help us to develop into the integrated, harmonious human beings we were meant to be. Nothing aids inner insight more than to work on ourselves to see how we operate. And one blunt fact that we must face is that we're almost always in a state of sleep or unawareness. Why else would we act in ways that hurt us?

Q: Can you give me an example of a helpful exercise?

A: Here's an exercise given by Vernon that's been very valuable to me. The gist of it is to always check your work. It sounds strange but before working with these studies, I never wanted to proof or double-check anything I did. But just yesterday, I looked over a bill for the second time and found a serious mistake that could have been very costly. I actually smiled and silently thanked Vernon and these teachings for saving me from so much grief. Nothing could be more practical or rewarding than this kind of self-correction.

Q: I overheard someone say that he stopped going to church as a young man because no one there could answer his questions. They just told him to "believe." How do these teachings differ from religious doctrines?

A: These principles are based upon the same healing truths that Christ taught — that we must first die to what is wrong in us before we can experience the New Life. Then and only then will we discover how to live our lives rightly. You won't find any rituals, self-flattery, or hypocrisy in Vernon Howard's works. What you will find is how to truly understand yourself, why you do what you do and why things unfold the way they do in your life. We can discover how to find relief from society's pressures right here, right now. True strength lies deep down inside but all false ideas of what it means to be strong must be discarded before it can be uncovered. We can learn the value of having a silent mind and that it is in this silence that God is finally able to speak to us.

Q: Why do you say you must follow this teaching by Vernon Howard in order to wake up spiritually? I already know another spiritual teacher.

A: Sooner or later you must decide for yourself whether that person really lives what he teaches or is just another one of the many examples of "the blind leading the blind and both fall into the ditch." Wrongness is not going to announce itself as wrongness. False teachers are very clever at leading us astray and will often even include a few truths in with the "weed

("FAQs" continued on page 5)

Points to Ponder (continued)

for us to begin to see. Let's say we invest money in the stock market. As some of you may know, the market is very unstable right now. We're hoping that we made a good decision and that we invested our money wisely but perhaps we were a little greedy and put the money in a riskier stock. As a result, we have temporarily or maybe permanently lost a lot of money. Whose fault was it?

Do you see something here? You are living in dreamland. You are hoping and counting on the return of your investment to make you feel good, to give you a false feeling of life, so that you can brag to your best friend that you invested this much money and tripled that amount. Look at me! Look how brilliant I am. I'm somebody. Now I can live on easy street. There are so many unconscious things going on which we do not see. I'm looking for the windfall to make me feel good about myself. Or if I lose the money, I can feel bad because things didn't work out as planned or as I had hoped. Then I have an excuse or a justification to feel depressed and cranky. This is a common reaction but a very spiritually immature one.

We have to start to see that as long as we want something outside of ourselves to make us feel good, to make us feel what we call happy, we are putting ourselves at the mercy of these outer events which can either go our way or not go our way. We will always be at the mercy of these false thrills which are always temporary. And they are always going to flip over to the opposite at some point as long as we live only for the rewards of this world. Hopefully, we're looking for something more permanent.

Vernon Howard explains in **The Answer**: *“In your present state you really do not know what is valuable to you, what is truly best for you. Having false values — perhaps wanting lots of money or hoping for compliments — you gain a strange thrill by thinking about them in one way or another, including fantasy.”*

The only thing that will always be faithful and won't betray us or let us down is Truth itself. Each of us must see this clearly for ourselves. I noticed something very interesting recently. I went into a restaurant to eat breakfast the Monday after the Denver Broncos won the Super Bowl. Living in Colorado there are countless people who identify with and root for the Broncos. You would think that the patrons of the restaurant would be all excited and upbeat after the big win. That wasn't the case. Almost everyone was depressed.

Do you know why? There's always going to be a let down after going along with the fictitious exhilaration of your team winning. It can only last so long before it will swing back over to the opposite. So whether the Broncos win or lose you'll always be left with nothing. Substitute your favorite team or sport or activity or pastime in this example.

A great aim is to become conscious of and to see the emptiness and isolation in all false excitements. Those people who could care less whether the Broncos win or lose aren't affected one way or the other. They aren't pulled this way or that way. They neither like nor dislike the Broncos, they simply aren't involved. This is not a bad thing. The world wants you to be caught up in pulling for this side or that side so they can make billions off you. Do you really think that God cares how much money you or I have in our bank account or which team wins?

The whole point is to use this Work to free ourselves from all pain, thus allowing something higher to enter us and to live for us. We're beginning to give away the show and to reveal the trick that is being played on us. Don't resist the realization that a gigantic hoax is in operation here. How can tricksters and deceivers care about you? This world's business is the business of deception. Isn't it about time you and I stop falling for it? Isn't it about time I stop making the same blunder over and over again?

What Truth is trying to get us to understand is that as long as we depend on anything earthly to make us happy, we will not find happiness. *“... Daydreams are worthless; they cannot make you feel happy or secure simply because there is no happiness or security or reality in them.” **

I recently watched part of a political debate on TV. It's that time again. And all the politicians did was to take potshots at one another, make promises they can't keep, pretend like they know what they are talking about and tell people what they assume they want to hear. No matter who gets elected it isn't going to change anything. There is no solution on the earthly level. But there is a heavenly solution for you and me as an individual. In **1500 Ways to Escape the Human Jungle**, Vernon wrote, *“Intelligence is rising when one sees that human solutions only increase the problem.”*

If we truly want to wake up and become an enlightened human being it is possible. But a tremendous amount of self-work is required on our part. There must develop in us a genuine love of cosmic facts. And

we have to first see how much damage has been done before these truth principles can start to go to work for us.

In the 30-page booklet, **The Answer**, Vernon Howard explains everything. Why things happen the way they do. What's really going on with human beings and why they suffer. He gives the entire solution but almost no one will understand it because they unconsciously believe they already know. And that “knowing” leads them to argue with and snipe at the pure facts. And they don't realize that the quote at the top of page 2 explains it all as well.

Here's a clue. If there is a right part in you and you truly want to understand something, the cosmic facts, these truths will begin to penetrate you. You will feel it. You will be genuinely excited about what you are reading or watching or listening to. Because something in you is corresponding with the Truth. You will stop analyzing, arguing, deducing, fearing, fighting, intellectualizing, interpreting, resisting, theorizing, trying to figure out and processing everything. You stop thinking about it. You will simply experience higher insight directly. It comes to you. You can't go to it. It comes to you because you are out of the way. There's absolutely no mistaking the feeling.

“You will see how Light and darkness contend for possession of your life, and you will see that all you need to do is give your consent to the Light, after which it **(“Points to Ponder” continued on page 5)**

Banquet Invitation

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

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The Answer

Five extraordinary letters of a very high nature made available to students by Vernon Howard. It contains answers to questions about the spiritual path.
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Practical Exercises for Inner Harmony (Three Cassette Tape Album) Was \$20 • Only \$2

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The Crow and The Hawk (cont.)



Because man lives from self-flattering imaginations about himself, he pays the shocking price.

(This is from the book *Inspire Yourself*)

FAQs (continued)

seeds," so question everything. Here is a general principle to follow when evaluating any teacher or teaching: the teacher or teaching must challenge you to see what is wrong first. It will never work if you first try to focus on your own "goodness." Only when self-work is put in this sequence will the right eventually be revealed to you.

Points to Ponder (continued)

*does for you what you could not do for yourself, that is, it will win for you." **

The Answer exists. It is the most astonishing and thrilling adventure any human being can ever undertake. I was recently conversing with a biped being who thinks and believes it is necessary to travel and explore this earth we live on in order to experience all life has to offer. And though this person acts on that belief, she is not happy. She's traveled to tropical paradises, she's been on ocean cruises, she's been to all kinds of exotic places. "She's been everywhere, man."♪ But there's still no lasting contentment there, only a nagging restlessness for the next so-called adventure. She has not gone on the inner exploration that is necessary to find true happiness. The Truth within is the only answer. See that!

* **The Answer** (On Sale – see page 4)

E-mail from Lady in Arizona

When I read the New Life News from last fall everything changed for me for the better. It was filled with uplifting insights, powerful truths and spiritual exercises that can be done anytime, anywhere. It was the best medicine in the world. I especially benefitted from the spiritual exercise and the Points to Ponder. Thank you Mr. Howard for giving us these magnificent healing truths.

Suspend and See Spiritual Exercise (continued)

around an individual's frantic attempt to try to preserve his delusions about himself. Look, now what's the solution? Obviously, drop the delusion.

You're the chooser. You don't want to give it up, you want to argue. If you want to lie and say you know more than what you heard here, it's your privilege. It's also your privilege to say, *"The next time my demands are refused, I'm going to remember what I heard and the only thing I'm going to do is be very, very watchful of my reactions, and the man said, if I do that long enough, I will begin to see this so-called person called 'I' will do anything to preserve itself."*

You ruminating: *"But wait a minute, I've heard that if I allow my mind to be enlightened by the bright power of Truth, it will transform me and I'll be what's called happy. I'll really be in charge of myself. Oh, I have been lying to myself atrociously all these years ... I have said that if I get my way, then I will have this happy state in which I don't have any worries at all. But I don't have peace of mind. I'm afraid of everything. I do not have a free, content, pretty, marvelous, beautiful life. I do not have it."* See you're now thinking logically.

Now, now, you are face to face with something you have refused to face and which has been hurting you incredibly, right? Hopefully what has happened is that all the nonsense has been knocked out of you. We're talking about you in your crisis, small or large, where you come face to face with what you have avoided, and what the world insists on avoiding. You've come face to face with the stark fact of your own emptiness.

At last something marvelous has happened and don't you dare miss it. It's going to go on for quite a while, weeks, months, years even, depending on the magnitude of the crisis, but all the time there is something trying to get through to you that you refuse to let get through to you. What is trying to get through to you is the simple fact that you are nothing

but an egotist who loves his, her, misery. You love it. You won't give it up. The tears, the rage — you won't go about your way content and happy and a nice person. All right. The crisis, the blow is incredibly hard, shocking, stunning. You don't even know the problem yet, and if you will find it and face it starkly, you'll then be willing to drop your egotistical concepts of yourself.

A lot is asked of you, isn't it? Let's ask for even more. Suspend the usual you, the phony you, the self-destructive you, suspend that and see. You have to do your part. You have to cooperate with Truth when it tells you how to save yourself.

Do you know the kind of people who are saved for eternity? They're the kind of people who absolutely know that at one time they worshipped their own sickness. **The true plan of individual salvation is fixed; it can't change. It won't change. You have to change.** It's all or nothing. You're either going to get all that heaven has to offer or you're going to get nothing, worshipping destructive emotions. "Thou shalt have no other gods before me."

You'd better take a very close look at your own shudderings. Then you remember the talk, **Suspend and See**. You have to try it. It's not going to work overnight, but try to break the mechanical flow of your mechanical mind which has been hurting you so badly. Give it a small interruption. Interrupt that poisonous pleasure of getting back at the world, of getting what you want, getting your own way. If you got everything you ever demanded in the world from this day on, you would be among the most miserable of human beings on earth, and it's about time you saw that.

Do you want life or do you want un-life? Do you want your way or do you want God's way? You have got to stir things up. It's nerve-shattering proving to yourself that you're right, defending yourself, arguing and lying to everyone. No wonder you're a wreck. You stick with Suspend and See. As you suspend you'll begin to see. You'll understand these points. Understanding is everything. Go after it.

E-mail from Man in California

There is incredible value in self-observation and there is also incredible value in the time and effort it took to produce the newsletter. It just keeps getting better and better. It is helpful to have Higher Instruction come to me in a variety of ways ... your message really shone a light where it needed to be shone. It is the Light of Truth that can thaw the hard block of ice of frozen, phony self-images. I'll take more light, please.

"We have affection for whatever is natural, simple, innocent, untouched by man, like a rainbow or waterfall. The spiritually natural has the same appeal. So let others scramble for the unnatural rewards of wealth and praise."

— *Vernon Howard*





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Vernon Howard eBooks

There are now 12 books and 19 booklets that have been converted to both .epub and .mobi files for downloading. We are presently working on **A Treasury of Trueness** and **1500 Ways to Escape the Human Jungle** for digital conversion. The .epub file is for iPads and all other tablets and the .mobi file is for Kindle tablets. You can also download a free Kindle App that allows you to read the .mobi files on any device or OS.

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Keep checking back to the New Life website for more titles that have been converted for digital download. We hope to have all of the books converted and published by the end of 2016.

Praises

E-mail from man:

The Secrets of Life quote arrived today and had a huge effect on me. It can be tough and there are times when I don't know what to do. But I know I must make the effort to stay conscious. Today's message about inviting the spirit of Truth into my life confirms everything I'm feeling.

E-mail from man in South Dakota:

Thank you for the new .epub format. My original copy of the book that I bought in the 90's was in dire need of reinforcements. You do a great job and I'm glad you're there.

E-mail from lady in Colorado:

Thanks so much for keeping Vernon's message active and available. He is still the best of the best!! Best to all at New Life.

E-mail from man in Africa:

It's a great delight to now have all of the eBooklets. Oh what an experience! They contain everything I need to live a victorious life.

E-mail from lady:

I love the quotes Vernon Howard gives every time. He is not quoting the Bible but his principles are right in line with Biblical teachings.

Phone call from man in Pennsylvania:

God guided me to Vernon's teachings. I've never seen the Truth explained like Vernon did.

E-mail from lady:

I just want to say thank you for all the insights you have given me. It really means a lot to me. Thank you so very much.