

# NEW LIFE NEWS

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## Frequently Asked Questions (FAQs)

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

**Q:** I feel like I've made progress but then the crisis comes, and I fall apart.

**A:** Just know that there is a lot more self-work to be done. It is very easy to fall into a certain "comfort zone" in these studies, believing that intellectual agreement is the same as feeling and living these truths. And the human intellect can be very flippant, arrogant and deceptive. Believing we know more than we actually know is a big pitfall in this Work. There is always much more to learn, much more to understand. Vernon himself never stopped working. That's why it's so important to guard against "settling down" with just the intellectual knowledge. Essence must be ignited, and the spirit must enter into it.

**Q:** I want to learn how to handle an upsetting situation without falling apart.

**A:** The inability to handle the crisis calmly is trying to teach you something. You must begin to question everything you've ever been taught and picked up from society and from other lost people. For example, the idea that the world is too much for you. Vernon said, "You are too much for the world!" In other words, your negative reactions are thrown out there and adversely affect the level of everyone in your vicinity and beyond.

People know only what they've been told to go after in this life, and they don't like it when their wants and demands are denied. But what you really yearn for is a life free of strife, fighting and pain. In other words, a higher life where you are in complete command of yourself. Begin by handling the crisis in the moment without the interference of the memory of past mistakes or fear of future events. Keep bringing yourself back to "right now". The

anger, the trepidation, the negativity can't occupy the same psychological space as pure awareness.

**Q:** How do I advance toward becoming strong, not in the world's definition of outer aggressive strength and power, but in the view of God, Truth, Reality?

**A:** When it starts to dawn on you that you've been utterly hoaxed about what's important to pursue in this earthly existence, you'll develop a much more intense interest in discovering more about your human nature and how much it interferes with the flow of life. There will be much less fear in investigating what's wrong with you and with everyone else. You won't want to turn away as much from seeing things as they really are. At the same time, you won't have nearly as much interest in going after the carrots the world dangles out there to entice you. These changes in and of themselves will advance the development of inner strength. You'll stop trying to get personal credit and applause for your actions and start to understand what it means to yield to something higher.

*("FAQs" continued on page 2)*

## The Flourishing Tree

By Vernon Howard

Two willow trees grew a short distance from a stream in New Mexico. One of them was sturdy and rich with leaves, while the other was smaller and less attractive.



Over the years the owner of the property wondered why the two trees should have such a different quality and appearance. Unable to find an answer, he dismissed the puzzle from his mind.

One week while digging near the trees his shovel struck something hard. When uncovering it he solved the mystery of a stone wall in the spot. The underground wall prevented the roots of the frail tree

*("The Flourishing Tree" cont. on page 5)*

## Points to Ponder

By Richard Wooldridge

I was recently in a local restaurant having breakfast. There's usually a group of senior gentlemen in there as well. I happened to overhear one man saying to another, "There's one thing for certain in this life, no one gets out of it alive." He also commented, "Hopefully you have a decent life; some people don't." Having a good vantage point from where I was sitting, I glanced over at the two men and saw clearly, they had no clue that a higher life exists. It is as if we are trapped in this life with nothing beyond it. It may have crossed their minds at some point in their earthly existence that there must be something else, but they didn't follow through with the glimpse that truth had given them.

Obviously, what the one gentleman said was true on the physical level, but on the spiritual level something else does exist. One of Vernon Howard's favorite things to periodically remind us of was, "There Is a Way Out." It is the title of one of the books he wrote. If human beings, if you personally realized this as an actual fact, you would know that something beyond this physical *("Points to Ponder" continued on page 3)*

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**“I Can’t Help Myself”****Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

You know that at certain times a cry of desperation surges from you. That cry is, “I can’t help myself!” How many times do you unknowingly make that shout? It becomes such a chronic pressure within you that the only feeling of relief you can get is to shout out, “I can’t help myself!”

That’s absolutely right. You can’t help yourself to be clear minded or make yourself to act kindly and logically. Continue to express the same truth, but without a volcanic eruption.

You now cry out when you do something foolish, harmful to someone. You feel shame, regret, in despair over your lack of self-

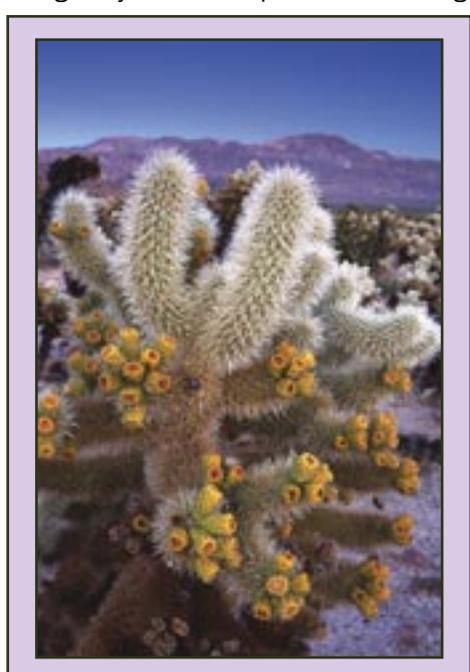
control. You tell yourself you can’t help yourself. The statement is honest, but the emotion is a fake. There’s no need ever again to say frantically, wildly, with hot feelings, or to emotionally scream out, “I just can’t help myself!”

There is a need for you to catch that thief in the night in your unconscious parts. The thief that is trying to add something to what is originally a truthful statement of fact. What is more factual than knowing that you never ever have been able to help yourself? “After hurting those people, I felt sorry for what I did. I’m always blowing up, saying the wrong things.” Honesty unexpectedly burst out, but you have added your fiery words and inner states. It’s unnecessary, therefore a falsehood to your original honesty. Had you taken the statement “I can’t help myself” with a scientific attitude, you could have taken a million spiritual dollars from it.

When you catch yourself bursting out with what is basically true, keep the declaration pure. You made the error of being afraid of your honesty, “I can’t control myself, I’m wild! What’s going to happen to me now? I don’t want to be left alone with the fact that I’m lost, an exploding volcano, and always have been.”

By adding fear you have prevented yourself from knowing the actual answer, so the intellect, with its awful antics, supplies you with emotion, nervous reactions, a cover-up. It is too much for you. So, if you don’t confront that awful fact, the alternative is to run away. That appears to solve the problem that you’re running wild and don’t know how to run controlled. You have not solved the problem.

By adding fear, you have prevented yourself from knowing the actual answer to the seen fact that you’re out of control. You were face to face with your contradiction,



good, of being religious, of being nice....

You free yourself of the burdens in your car by knowing that they are psychic parasites and freeloaders. You stop your car, get out, open each door, and gesture to the hitchhikers to [get out].

A spiritual law will be done in a spirit of absolute authority so overwhelming none of those several now unwanted hitchhikers will have the smallest bit of power to resist, to argue or to say “no.” There was a storm of enlightenment in which you could see, so they had to obey, get out.

Silent, spiritual goodness has conquered mechanical evil. But in a state of ignorance with those derelicts, we didn’t know we were in danger. Ignorance of true life is perilous.

*(“I Can’t Help Myself” cont. on page 3)*

**FAQs (continued)**

**Q:** I like the idea of trusting the Higher, but letting go of myself scares me. I won’t know who I am.

**A:** No, you won’t know who you are. And that’s the point. You must go through the wrenching experience of separating from the false nature before the Higher will reveal your true nature to you. More than once, Vernon gave a story of someone standing at the edge of a high cliff. The person is being hunted and pursued from behind but has reached the end of the road and has nowhere to go. There is no way out except to leap off the cliff, which represents rejecting suffering to plunge into the unknown. But Vernon said when the person jumps, “They are held aloft by Angel’s wings.” Rescue is guaranteed, but the leap away from the ordinary must happen before we can experience the extraordinary.

**Q:** Sometimes I feel cut off from the truth — that all is lost.

**A:** Yes, there will be times when you feel disconnected from the truth, but then if there is true sincerity inside, you will know even if only for an instant that all is NOT lost. This experience could even produce the sensation of something physically rising inside of you. When higher contact is made, it’s very helpful to try prolonging that sense of connection for as long as you can. But at some point, a false distraction will intrude and make you forget what you’ve experienced. But always remember that what is true can never be lost. Whatever you have earned spiritually can never be taken away from you.

**Q:** I have been studying these teachings and attending New Life classes for quite a while now. Despite some definite positive

*(“FAQs” continued on page 5)*

**“There’s no need ever again to say...”**

**Points to Ponder (continued)**

life exists. It is ludicrous to believe that God would have put us here on this earth with no way out or without any ability to realize that there is something beyond this life that can help and guide us.

The problem with most people is they have become so hardened in their beliefs and conditioning by this world, they wouldn't be able to recognize the truth if it was standing right in front of them. They fear you're trying to take something away from them instead of giving them a ticket to eternal life. At the beginning of the book, **Solved – The Mystery of Life** there is a chapter entitled “The Eternal Creative Principle.” It's from a talk Vernon Howard gave in which he explains everything. This talk, this writing, is a gift from heaven. If you and I could understand fully what is contained in those 5 pages our lives would completely change and be different forever and we would have a life that lasts forever.

This is the most exciting discovery any human being can ever make. Vernon puts it this way, “That is what eternal life is all about, the knowing that when this physical body disappears, there's life beyond that. Of course there is. There's something that created this physical life and then allowed it to go away.”

I could not say anything to the men in the restaurant. I know a little about the one man who made the comment about life on this earth. He's a physically large man whose body is aging and he's experiencing some physical difficulties. He is still very active for someone in his 70s. He's been very successful on the earthly level, has a lot of money, has a family and is still married. He has a very quick mind, but he's sarcastic, which is a sign of bitterness. In spite of all his success he is not happy. It's written all over his face. In order to push his sadness away he keeps himself busy, so he doesn't have to face his own emptiness. He could have something different just as all of us can. It's very difficult to admit we currently don't have the answer despite all our worldly achievements and successes.

We can have a different fate if we so choose. I highly recommend everyone who reads this article get this book and especially read Chapter 1 in **Solved – The Mystery of Life**.

No matter what your age may be, truth can breathe life into you. It can energize and inspire you. It can bring a freshness and vitality to you, even to those in advancing years. Our greatest obstacle is our unconscious love of negative states, negative thoughts and negative feelings.

Vernon puts it this way, “Unhealthy attitudes lurk behind all personal tragedies.” This goes much deeper than we realize or presently understand.

It's like a submarine lurking beneath the surface of the water waiting to launch a torpedo to sink us into despair or some other wrong reaction or dark state. The nature of the ego or false self is that of a saboteur. That's its whole purpose. We're so close to it and so used to being negative, we don't see it. We've been so numbed to feeling bad that we have for all intents and purposes just given up. It's a comatose ‘whatever’ attitude.

I watched an interview of a man on TV who had written a book, the gist of which was to tear down anyone who had realized that something beyond or higher than thought exists. He believed that the development of the mind, the intellect was/is the pinnacle that a human being can reach. Any conclusion that a human being comes to can only be arrived at using the mind. Otherwise it is to be discounted or referred to as poppycock. While being interviewed you could see and feel the hostility oozing from him. He was evil because he discounted anything existing beyond this life, anything above the intellectual level.

Vernon Howard states it this way: “The less you strain your mind, the more it contacts the Higher Power that works through you and for you.” The intellect can never find God, Truth or a Higher Power. It can acquire cosmic facts and information to help awaken essence. The mind is simply a tool God gave us to explore and investigate authentic facts and knowledge that can help awaken the true self within.

In **The Mystic Path to Cosmic Power** Vernon Howard states it this way, “Here is where man makes his mistake when seeking contact with Higher Power: He seeks it through his limited mental faculties. It cannot be done. The conditioned human mind can think about, memorize, speculate, even believe, but it cannot penetrate spiritual skies. Something far greater than mere thought is needed in order to know.”

How fantastic! Once we begin to realize or get an actual taste of the existence of a Higher Power, things start to change for us. It gives life new meaning. It gives it real purpose. You have something truly valuable and consequential to do with yourself. You have been given a clue as to what has been wrecking your life up until now. You are onto something of great significance.

We can now roll up our sleeves and go to work. Ask yourself who or what feels bad? Why do I get disturbed or bothered so easily? Who has the problem? If I'm honest, I'm the one with the difficulty. My wrong thinking or my reaction is what is causing the trouble.

By cleansing ourselves or purging ourselves of all things negative we make room for something else that will reveal itself to us. You can't organize and put new things in your closet until you get rid of the junk, outdated, tattered and/or no longer useful things that are presently cluttering it up.

The truth guarantees that something higher exists above all the nonsense, deception, ridiculousness and difficulties. All I have to do is to see through the hoax

**Points to Ponder (Continued on page 5)**

**“I Can't Help Myself” (cont.)**

**Exercise:**

It is true that you can't help yourself. Quietly, and I mean this literally, practice quietly saying, “I can't help myself.” Say it as a fact. Don't add anything else.

That pure honesty will grow. You'll find yourself ordering all those extra weights to get out of your car, your life. And you will feel it! This is the beauty of spiritual advancement. You feel yourself being lighter. Your mind is definitely coming under your control.

I can't help myself is a fact. Remember just that, and on the other side is authentic help in which you can help yourself because the help is coming straight from Heaven.

**Banquet Invitation**

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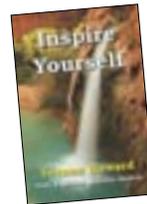
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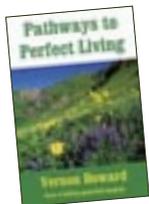
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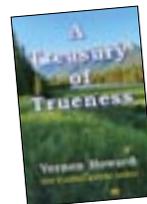


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### Frequently Asked Questions (continued)

changes, there are still negativities that sometimes seem to maintain a firm grip on me. Do you have any advice?

**A:** Stay the course! A bad habit, negative states, self-harming opinions, and attitudes — all belong to the strange human habit of unnecessary thinking. It’s our thinking about it, itself, that keeps it going. Ponder this a bit, and you’ll be able to come up with certain wrong things that have fallen out of your life as you’ve worked with the spiritual principles presented by Vernon Howard. There are things that used to occupy a lot of your time and energy that you rarely think of at all anymore. They don’t “belong” to you any longer. Work to drop the unnecessary thoughts about, the self-recriminations toward, and the attention to the remaining negative, self-harming states.

And you must bring self-honesty to bear: Do you still believe these negativities bring you satisfaction, a reward of some kind? That alone will keep them around. Do you get some sort of thrill out of it, does it keep an image or identification inside you in place? Vernon said that no man consciously injures himself, so you must see how a self-harming state is just that, an *unconscious, self-harming* state.

We also would do well to remember that all sorts of self-harming states belonging to our false self have had their way with us for many years. We picked them up from early childhood onward, and there is very little in society in the way of right guidance for ridding ourselves of them. They’ve likely been inside there for a very long time. We had to find the pure Truth in Mr. Howard’s teachings before we could slow down enough to really see what has been going on, and then begin to work to reverse the damage. Work patiently to increase your efforts to be aware of everything that goes on internally, and you’ll be able to watch these remaining stubborn imps fall away too.

**Q:** What can help me to remember there is a God? How can I know it from myself?

**A:** Remember the right feeling you have

when you wake up and feel your feet on the floor. When the night sky clears, and you glimpse trillions of stars. When you know for certain you can trust nothing and no one in society and you are glad to be free of trying. When you “descend into hell” — into the chaos of your own artificial nature, and you find nothing but fear and hostility. When you’ve tried and failed thousands of times to find permanent rest and you know the old nature can do nothing about it. Now God can show you that the counterfeit imitator is not your true nature and that there is something higher above you which can provide real comfort.

**Q:** Why do I have so much trouble inviting something higher into my life?

**A:** Because even though there is some attraction to Truth, human stubbornness and self-will prevent further exploration. Darkness loves to keep people confined in a very limited personal space, focused only on what is visible. Spiritually asleep human beings only care about what they can experience through their physical senses. They’re content to let that level explain the whole of life to them.

Yet even science tells us there is an entire world of natural forces that we’re unable to see with our physical eyes. We don’t see radio waves, we don’t see gravity or many other scientific phenomena, but they definitely have a powerful effect on all life forms on earth. But spiritually asleep human beings, who rarely ponder the immensity of creation, use only their limited eyesight and other sense perceptions to determine their understanding of what is real.

**Q:** But we live in a physical world. Shouldn’t we be grounded here?

**A:** Our bodies live here, but Truth is trying to wake us up to a much broader perception of Reality. God does not want us to be earthbound! There exists an all-powerful force that created human beings, all of nature on this planet, in fact the entire universe. This power is a million miles above where we now reside, but we were

meant to live within its protection and guidance.

Our purpose is to “unite with the Cosmic Whole,” as Vernon puts it. But our obstinacy and the buffers it creates are blocking its healing power from reaching us. There is a secret world of safety we can live in right now, but it will not be revealed to an obstinate, hostile fighter. All the defensive weapons we employ to keep the facade in place must be let go of. It’s not too much for us to understand this if we really want to. We must simply admit we don’t know the answers to life, but that Something Else does.

**Q:** What is someone who knows the answers to life like?

**A:** Unlike anyone else you’ve ever met. There are many characteristics of a person who is awakened and here is just one of them, one that we can be very thankful for. Such a person has no motive for personal gain when teaching the Truth. Did you watch your reaction? Was there a part of you that argued in disbelief that such a person could ever exist?

It is hard for us to conceive that there is someone who is not driven by earthly rewards and does not need to get anything from anyone. But if you’ve read or listened to Vernon Howard and you’re at all receptive to the message, you sense he’s different. He could help us precisely because we had nothing to give him. He already had everything. And he spent his time here doing whatever he possibly could to let others know about this state of individual spiritual awakening that is our birthright and that we can have right now while living in a physical body on this earth.

### Points to Ponder (continued)

and see things as they actually are. God will take care of everything if we’ll let him. Simply love the truth we are hearing.

Vernon Howard once put it this way, “Every day is a day of renewing and refreshing ourselves and our task must be a very vigilant one. Wide awake at every minute so that the lesson does not miss us; that’s the problem, it slips by us.”

The only problem we really have is our negative reaction which results from our own lack of insight into human nature. If we truly want help we will get help.

### The Flourishing Tree (cont.)

from reaching the water in the stream. But there was no wall between the flourishing tree and the water.

*Blockage of a flourishing life is within, and so is the ability to remove the blockage.*

(This is from the book *Inspire Yourself*)

“There is only one tyrant in life, which is a lack of understanding of life. Since understanding can be acquired, the tyrant need not be endured.”

— Vernon Howard





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## Praises

### E-mail from man in Ireland:

Thank you for your presence in today's age and keeping the eternal spirit and teachings of Vernon Howard available for all who want to step into the fire of their own true awakening. Never have I come across a being like Mr. Howard. I want to put a photo of Vernon in the cottage I am in over here on the west coast of Ireland to serve as a reminder of what an authentic teacher is and to show gratitude towards the one who has opened me up to so much over the years. Thanks again and keep up the amazing work in service to the Real and True.

### Note with donation from lady in Washington:

Long before this latest newsletter was published, I wrote to God in my journal. Heavenly Father, ever since I was a little girl, I've sensed there was something not quite right with life on Planet Earth. I've searched for answers but received a deep sense of confusion. You must have known my search was sincere because you sent me the teachings of Vernon Howard who states: "What you want also wants you. There are no unanswered requests in the universe." Many Blessings.

### E-mail from man in Canada:

I've been reading almost nothing but Vernon Howard every day for the last 5-6 months and this recent order will provide me with the remainder of all his books. After 16 years as a sincere seeker, I can't believe I didn't come across Vernon Howard until recently. Perhaps it's the principle of "when the student is ready the teacher will appear" at play. Thank you.

### E-mail from lady in Texas:

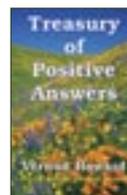
Thank you doesn't begin to describe the depth of gratitude I have for the work you continue to do in sharing Vernon's teachings. What seemed like obstacles revealed themselves to be opportunities in my life that led to my deep desire to no longer let external circumstances control and dictate my inner state of well-being. I have always known something was amiss, that life should not be as hard as it had been and is portrayed, and Vernon confirmed that. Thank you.

### E-mail from man in Colorado:

Thanks again for the excellent customer service. I really enjoy the Vernon e-talks and have listened to around half of them so far. They always seem to have ideas related to my current situation and experiences.

## What's New

- **New Edition** — Periodically when our inventory of certain titles is depleted it is necessary to reprint them. That is so with **Treasury of Positive Answers**. This popular book offers 760 questions and answers to guide you to the Higher Life.



*(This title and others will be available soon.)*

- **No Complaining** — This is your work project for the entire year of 2024. Watch your reaction when you consciously tell yourself you cannot complain for a whole year. Baseball or shopping is not our favorite pastime — It's complaining. We complain about everything. Your false nature hates the thought of not being able to grouse about something. You're going to make a concerted effort to remember to deprive the negative nature of complaint and then watch how it vehemently objects to this. You will benefit immensely from doing this exercise.

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