

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: These principles are appealing and make a fascinating study but how can they relieve my financial and relationship problems or my concerns over the future?

A: It is very hard for the mind to grasp that a way has been provided in this life for human beings to psychologically transcend the visible world and live in a completely different realm free from worry and torment. If you were living in self-unity according to these principles, you would not feel the same way about your personal circumstances. That doesn't mean you might not be surrounded on all sides by challenging situations, but you would understand that the most valuable thing in your life is contacting and living from these higher facts. Being one with the true nature is what provides you with protection. God has already won. He is not fearful, apprehensive, angry, discouraged or in any other destructive negative state and does not want you to be.

Q: I have heard there are such things as cosmic, universal laws. What is one of them?

A: One of the most meaningful ones is "The Supreme Law of Spiritual Growth" which is discussed by Vernon Howard on his MP3 CD **The Laws of Spiritual Development**. In the above titled talk, he explains that the supreme law of life is spiritual growth and he relates a story that beautifully illustrates the law.

It's the story of a botanist who wanted to develop plants that could thrive in adverse weather conditions. Starting the plants in a greenhouse, he noticed over the weeks that one plant had grown much higher than the others and he took special care with it, eventually transplanting it outdoors. The plant endured cold and

storms but nonetheless developed firm, deep roots and eventually flourished in its new environment. Vernon said we're huddled with all the other plants in that greenhouse believing we are safe and comfortable, not wanting to leave its confines to go outside where we will face new and unfamiliar trials. But to grow higher, we must leave the greenhouse which symbolizes our willingness to have the false nature melted down by Truth.

Q: Life is hard enough. I'm afraid of what will happen to me if I let myself be "melted down," as you put it. Why not stay where I am comfortable?

A: Because despite what society tries to get you to believe, the greenhouse is not the whole world, and that so-called comfort never lasts for very long. The greenhouse represents the limitation and pain of trying to live from an undeveloped nature in competition with every other undeveloped nature in the world. Outside of the greenhouse, there is no limit to your growth. That's where you're meant to be because used properly, the new storms you'll encounter will strengthen your roots in

("FAQs" continued on page 2)

The Topaz

By Vernon Howard

While on a stroll, a student of esotericism found a stone he believed to be a topaz. Knowing his teacher was a gem expert, he brought the stone to school to ask, "Is this a genuine topaz?"



The teacher instructed, "Go to the library and read everything there about the topaz." The student departed, returning an hour later to say he had followed instructions.

The teacher said, "I can now tell you that the stone is a genuine topaz."

Asked the student, "Is there some reason you did not tell me that before?"

"Yes, I have taught you and the others

("The Topaz" continued on page 5)

Points to Ponder

By Richard Wooldridge

Vernon Howard once told us, "This is the greatest message ever given to mankind." It's a shame more people are not interested. The reason this world is in such bad shape is that human beings already think they know. They prefer to live in fear and worry. God, Truth, Reality has provided for a way out but there are too many distractions and other pursuits provided by this world instead of those we could be experiencing/perceiving/enjoying from our enlightened higher nature.

It is an absolute delight when we get ourselves out of the way enough to allow truth to handle something for us. It could be anything. It could be a health crisis, a family crisis, a financial crisis, any kind of a crisis. It was recently mentioned in a class that Vernon assured us Truth can handle anything, and that means anything. The problem is we continue to insist on handling things our way instead of the true way.

Vernon Howard asks us in **Secrets for Higher Success**, "Have you ever noticed the weariness resulting from your present pursuit of happiness? This is a helpful sign *("Points to Ponder" continued on page 3)*

Contents

A Treasure Box of Higher Learning ...	4
Banquet Invitation	3
FAQs	1, 2, 5
Points to Ponder	1, 3
Praises	6
Quotes	2, 3, 5
Special Offers	4
Spiritual Exercise	2
The Topaz	1, 5
What's New	6
Who Are You Trying to Kid?	2

“Who Are You Trying to Kid?”**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

There are four billion [now going on 8 billion] humans on the face of the earth. Besides that, there are evil spirits who inhabit human beings. They are evil spirits. I haven't counted them lately, but let's say there are fifty trillion of them. Fifty trillion enemies, evilers, and all fifty trillion of them are ganged up against you. They are! If there were fifty trillion trillion, they'd all be ganged up against you finding God. They hate the human race. They hate men, they hate women, they hate children, they hate old people, and they hate middle-aged people. They have nothing but a desire

“... you were put here by God ...”

to destroy every human being they can.

Now I'm telling you what the odds are. No problem at all because you as a

human being were put here on earth by God. When you were put here by God, do you know what he gave you? He gave you an opportunity, enough instruction, information and willingness to learn. Don't forget that one — a willingness to learn.

Now I'm going to give you a method, a revelation, that's a little different than what you usually hear. And you're to expand the illustration I gave you of you being disturbed when talking to someone, to when you're disturbed over anything from another human being.

The other person says something that you call offensive. He's sharp, she's rude, whatever happens. Now follow, don't miss this. You don't understand it yet, and I don't want you to miss it because it's going to set you free. You are to know with absolute certainty about that person, and when you do know it, you will never again react wrongly. You'll never fall into an egotistical reaction. “Why did he talk to me that way?” But it's going to take a long, hard time for you to allow this naturalness to be revealed to you because you still want to be you.

And here it is. Your natural spiritual knowledge that that offensive person is lost, absolutely lost, your knowledge that he or she is lost will set you free. It is your knowledge, of course, of his or her condition.

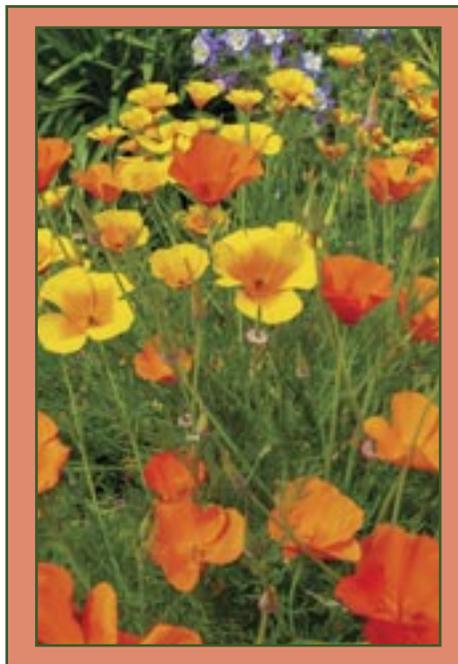
I'll go into detail on it now. When you understand that a rude person, a vulgar-mouth person, a violent person, when you know absolutely that he can't do anything but that, you won't ever expect him to behave better toward you, because you know he can't! And your knowledge that he can never, and he can't for the rest of his life, he won't be able to be a good human being, a good man, a good woman.

Their whole life is going to be filled with sarcasms, with lies. All right now listen to what I'm telling you. It is your natural self that can see clearly the absolute hopelessness and helplessness of that rude, crude, offensive, insulting person. It is your new nature that is always able to identify an old nature in action, and when that is done, you are free.

Wouldn't it be nice to never suffer the pains and wounds of being offended by your husband, your wife? Oh, I'm bringing this very close to home. Wouldn't it be amazingly natural and pleasant, and oh, and relaxing — you'll be at home, all the time relaxed — to know that whatever you see that is violent, that is despicable, that is devilish, that is wrong, that is cruel, wouldn't it be nice for you to not react in fear of that, but to know that that's the only way it can be in that man, in that woman, in that group.

When you know that, all power that they used to have to make you mad, to make you jittery, they lose all their power, which they never really had in the first place. You gave it to the situation by you wanting to get offended, and you had better write that down.

A willingness to learn: with that, you can arrive at the place where you go through your whole day watching the evil forces working through another person and working through you. You can watch it leap up and try to tell you what to say, feel, how to react when that man spilled the coffee all over your new \$20 book, for example. But instead you say to evil spirits, “Who do you think you're kidding?”

**FAQs (continued)**

spiritual soil. Never say, “these storms are too much for me; I can't handle them.” They are not too much for who you really are.

Q: How can we extend, prolong and retain the energy generated from attending a New Life class or listening to a Vernon Howard talk?

A: After a class, don't get lost in thought and go back to sleep! Keep the state of clarity and the feeling of being energized you have received for as long as possible. That means to continuously observe thoughts and feelings and to keep bringing yourself back to the present moment. Yes, the world will call you back, distract you, may even provide some type of thrill to make you forget your aim. Continue to put your spiritual growth first which means to stop putting the world's demands first.

Q: Give me some specifics on what to do to remember higher aims?

A: Specifically, study regularly by listening to a Vernon Howard talk or reading one of his books or booklets every day. Make and review notes and post regular daily aims and exercises. And most importantly, do not allow this knowledge to just reside in the mind. These principles are not for memorization but are meant to come alive in us by using everything that happens to us to gain self-understanding.

Q: Also, how do I extend moments of self-awareness?

A: Develop the desire for awareness more

(“FAQs” continued on page 5)

Spiritual Exercise (continued)

That is a true natural statement which will grow in intensity, and in power, and in frequency inside if you continue with it. LISTEN! You've got to remember to do it for the first time! For example, when something offends you, something that wants to hurt you, is about to try it for the hundred thousandth time, you, with your right choice, ask God to empower the statement, “Who do you think you're trying to kid?”

That simple attitude, because it is spiritual, has all power over fifty trillion trillion devils — all of them surrounding you and trying to keep you in their power. They don't stand a chance! I know that. I want you to know it.

You must be aware and catch dark forces. You must remember to say it. Then make notes on it. That is cooperation with God, with joining yourself with heavenly forces. The old nature becomes weaker and weaker.

Points to Ponder (continued)

of being on the wrong path." We don't see or realize the extent to which we've been lied to and brainwashed by this sick society. In a talk from 1983, Vernon exclaimed, "Don't believe in people!" One of the greatest lies we've ever been told is that in certain situations and under certain circumstances we should feel bad. There is never any instance where we should feel bad or sad (about anything).

In **Psycho-Pictography**, it is put this way, "Remember that nature has provided no permanent housing for negative emotions within you." Do we realize how astounding this is? If we were to truly understand this fact, we would see there is nothing to fear. There is no reason for controversy or conflict or argument or dispute or worry or confusion and so on. Watch the objection that comes up inside you. That's the nitwit self that insists it must have its way. The self that says, "I must feel bad."

Do you get a glimpse of why this work is so difficult? You're going against all the dictates of the willful self and societal mores: this is the way you are supposed to behave in this situation under these circumstances. You are expected to react, follow edicts or else. Do you really think that God is going to force you to do anything? Only a malevolent entity would do something like that.

Common sense should tell you, would a truly all-powerful creator put human beings under fear? Absolutely not. Only a sick, maniacal, evil-inhabited individual would do something like that. We must start to see the price we pay, the damage that is done when we become negative. Negativity wrecks our health, drains our energy, and has all sorts of other detrimental effects on us.

Let's take one particular negativity and investigate it — feeling overwhelmed. What's its cause? Unnecessary thinking. We are unconsciously saying to ourselves, "This is too much for me." "I can't handle what the world is throwing at me." What is the world? It consists of thoughts, unconscious demands and attitudes. As Vernon puts it in **A Treasury of Trueness**, "You're sinking with thinking."

One of our problems is that we're basically lazy. Just because you keep yourself busy doesn't mean you are not lazy. It might be that you keep yourself physically active. Or maybe you occupy your mind all day long with frivolous things. Reading can be very beneficial, but it can also be used as a distraction. Reading can be a way of escaping or becoming agitated, depending on what you read. I once told a particular

individual that, in fact, they were lazy, and it set off an explosion. It exposed an image they had of themselves of not being lazy. It is fascinating to see people's responses under certain circumstances. Do you see it's much easier to get angry than to stop, examine and ask yourself what precipitated such a negative reaction?

It requires no intelligence to get irate. It proves beyond any shadow of a doubt that human beings live from ideas they have of themselves rather than from a calm, non-defensive state of relaxation, which is our natural state.

Self-serving politicians talk about peace all the time and then what do they do? They argue with one another, or they start another war because they have warring natures. And they can also profit handsomely from the lunacy. Let me ask you something. If human beings stopped fighting with one another, what would happen to lawmakers and legislators? There would be no need for them. If we would start self-legislating, self-correcting, it would put an end to the nonsense and the insanity. God has provided a way for any sincere individual to rise above the madness of this world. Are we willing to give up the inanity?

The point of pondering all these things is to see the utter shallowness and senselessness of this world. We can then begin to sense that there must be **Something Else**. There is a different kind of excitement that human beings can experience if we'll begin to look beyond the surface. Upon closer examination there is a way of feeling things where one views this world completely differently than the way it's presently perceived. Vernon Howard puts it this way, "... vast energy is ready to renew whoever makes himself ready for it. We make ourselves ready by refusing to take pleasure in negative emotions, by wanting to know more about life than what we see on the surface." *

The energy comes of itself when we start to make a concerted effort to break the mundaneness and the clinging to the ordinariness and routine of our everyday lives. Have you ever driven your car on a dirt road that has been rutted previously and the ruts were fairly deep? You try to turn the wheel of your vehicle to get out of the rut, but it just keeps pulling you back into it. Well, that's our false nature, our ego self. It keeps dragging us back into habitual patterns of reacting the same old way.

We're so used to doing things a certain way and we don't want to change, or we don't want to see what a dull, boring person we actually are. Truth can fix all that.

How many have ever had a feeling of guilt come up for no apparent reason? You're walking across your living room and suddenly you notice you are feeling guilty about something. It proves again that we are addicted to feeling bad. That's what it means to be asleep. And we continue to allow these marauders to wreak havoc in our lives.

We simply don't catch the unconscious habitual thoughts and states that take us over. Maybe you've lived with something for a very long time, for instance an old computer? Over time it gets slower and slower, and some things stop working all together. But you live with it, you don't replace it. Then at some point you decide to spend the money and you get a brand new, sleek, modern computer. You're so used to the old sluggish computer you have a negative reaction to the new one. You react with aggravation because you must make an effort to learn some new things, including how to use added, updated features.

Truth is like that. We're so used to living from the same old sour, grumpy self that the false nature mightily resists being replaced by something that is pleasant, that isn't afraid anymore, that doesn't complain anymore.

Truth is waiting for us to give up the old, so it can replace the negative nature with something new, vibrant and fresh. "To overcome yourself is the very same thing as overcoming the world." *

* *From Secrets for Higher Success – Order p. 4*

Banquet Invitation

New Life Foundation has been having banquets for over 40 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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(Classes also on Wed, Fri and Sun)

Richard Wooldridge will conduct the Wednesday, May 11 class in Westminster.

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Saturday • July 9

(Classes also on Fri and Sun)

Italian in Strawberry, AZ

Saturday • September 10

(Classes also on Wed and Sun)

(For more details call or visit our website.)

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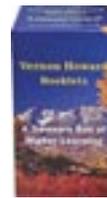
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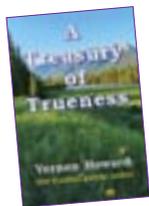
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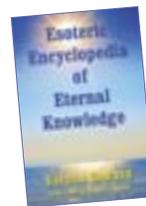
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Frequently Asked Questions (continued)

than you want to return to Dreamland. Being a mechanical machine in our quick reactions and repetitious behaviors must become conscious to us. Fight to stay awake and refuse the impulse to habitually and lazily go back to unnecessary thought. The dawning realization that we are not in charge of our own minds will help to develop a preference for alertness over spiritual sleep.

Q: Vernon frequently tells us to do writing exercises (such as to list worries or fears; or to write on a spiritual topic like “How would I behave if I lived from the Spirit of Truth?”). I’ve noticed I have a lot of resistance to doing this. How can I overcome it?

A: Vernon knew how beneficial writing is to us and to him in his own work. For example, writing with a higher purpose greatly focuses and clarifies the mind, while then going beyond the mind to provide spiritual insights, fresh sensing. It also proves to you that the answers are actually inside (the Kingdom of Heaven within), which awaken when this kind of effort is made. Like everything Vernon tells us to do, you must do it to prove it for yourself. You’ll see and experience the rewards when you follow his instructions.

A favorite exercise to begin writing is simply to pick up a pen and paper and put the pen to the paper. Write the topic at the top and begin by numbering each item. You’re on the way. Now relax and receive.

Q: Sometimes I’m just overwhelmed by negative emotions. When this happens, how can I break the state? What can I do about it?

A: There are times when we are inundated with a negative emotion (like anger, for example), even to the point of believing we are one with that emotion. Vernon Howard tells us we are not our negative emotions! Having no higher value, these base feelings reside in something called the False Self, which is not part of our essence, our true nature. This False Self is acquired from society and houses all the negative emotions and wrong ideas we have about how to deal with life. This imposter works overtime

to convince us that all we are, all we have, is what we think and feel. That is a lie.

The world tells us to push the disturbances down or to distract ourselves with a movie or something from the refrigerator. A first important step in dealing with this problem is to try to understand that *they are not you*. We have a part within us called the Observer which can separate from the negativity and see things from a spiritual viewpoint. This Observer, which is small at first, can be developed but only with your willingness to watch your internal states impartially. When the Observer watches, the negativity will become smaller since it cannot stand up to the light of Awareness. If you work with this, you’ll be amazed when you see something like anger begin to fade away.

Q: I sense there is something wrong with chasing after the approval of other people. Even if they seem to like me, I’m worried about keeping their goodwill. I know there is a higher answer, but weakly giving in to the demands of others has been a pattern my entire life.

A: You are capable of breaking the pattern. Wanting others’ approval creates a lot of personal strain. And always being preoccupied with their opinion of you and “giving in to get along” is a form of psychological slavery. Start by reflecting from your own experience how fickle and changeable people are; they’re your friend one minute and ignore you the next. But there is a way to leave all this uncertainty behind.

In this work you will learn to develop a type of inner integrity that will never compromise itself. Vernon said, “Trust only your own integrity,” which is developed by embracing the old-fashioned virtues of self-responsibility and self-reliance. When you catch yourself angling for that smile or that bit of praise and you are able to immediately snap the spell and come back to impartial awareness, you are building up the needed strength to refuse to bow down to an aggressive, demanding person and indeed, to an aggressive, demanding world.

Q: But then does that mean I don’t have friends or that I avoid people? I don’t want to become an isolated hermit.

A: Not at all. You can truly enjoy relationships with other people when you don’t want anything from them, when you understand that you do not need anything outside of yourself for completion. And only a whole, undivided human being can truly enjoy life.

Q: Sometimes I feel I have spiritually lost what I had before.

A: Recently a dark moonless night on the New Life property in Strawberry, Arizona provided an encouraging and necessary reminder about the nature of the spiritual path. There are two buildings at some distance from each other there, both having outside sensor lights. Anyone approaching one of those buildings in the dark causes that light to turn on, brightly illuminating the immediate building, but also dimly and briefly illuminating the safe path to the next building. However, after a certain time the first sensor light turns off, so that it is necessary to travel in the dark until the next sensor light comes on — *which can safely be done*. We must pass through darkness — deeper revelations about our human nature — until we get to the next spiritual light.

Q: That is a very encouraging illustration. We can still walk the path in darkness but be headed toward a source of light.

A: Vernon Howard said, “Dark revelations must come before bright revelations.” He once described the spiritual path as consisting of a stretch of darkness followed by a stretch of light. At first, it’s like being on a trail in the dark woods, where the sun cannot be seen because of the denseness of the surrounding trees. Then a glimmer of light will appear which grows into sunshine for a while but is then followed by another stretch of darkness. It goes on like this for a long time, as we alternate between insight and sleep. Finally, the stretches of light become longer and longer and the stretches of darkness shorter and shorter, until there is no more darkness.

The Topaz (continued)

many times to not be gullible. Test everything personally. You can now match what I told you with your own discoveries. Whether with gems or with life, you are quite capable of being your own expert.”

No one knows the truth better than you, provided you know what it means to live with the true you.

(This is from the book *Inspire Yourself*)

“Mental and emotional pain always includes a stubborn self-will which opposes cosmic will, so it is clear that the ending of self-will is also the ending of pain.”

— Vernon Howard





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Praises

E-mail from man in Massachusetts:

Thank you very much for sending that helpful email. I have been studying much more intently in the past few months in order to apply instead of just remember the principles of the True Self. To feel the Truth as you wrote helps make the learning become a natural built-in structure to live by, for and with, so that I become more aware of the True Self and gradually realize that it can handle the false self without the usual struggles and upsets. And as you know, asking "Who said that?" stops the depressing thoughts that allow the false self to retain its foothold.

E-mail from lady in Canada:

Thanks for answering my questions and making more of Vernon Howard's talks available. Everything that I've heard so far resonates with me 100%. I am glad to hear someone speak who sees the world as it actually is. I felt quite abandoned for a while but now everything makes perfect sense. More and more so every moment.

E-mail from man in Michigan:

All is good with my order. Finding these teachings is the best thing that ever happened to me in my life.

Note from lady in New Mexico:

Thank you so much for the newsletters. I've been enjoying them for many years. I am so thankful to you because you have kept Vernon Howard's teachings available to us to enrich all our lives. Please accept this donation for all you do to make this world a better place.

E-mail from man:

I am a subscriber and follower of Vernon Howard's teachings. The first question and answer in the Fall/Winter 2021 newsletter about "How can I know the truth about truth" is so valuable and vitally important that it should be placed in every newsletter in the same place.

E-mail from lady in Florida:

I am so excited to find the teachings of Vernon Howard. They make more sense than anything I've ever encountered and are what I've been waiting to find for a very long time.

E-mail from man regarding Daily Quotes:

It's almost like you know exactly what is needed day by day. Thank you very much for your heroic efforts.

E-mail from lady:

Thank you for posting Vernon's words of wisdom. You are surely being of service to all human beings, and I am grateful.

What's New

• **New Brochure** — We have just printed a beautiful brand new updated catalog with all our latest editions including the new booklet box. Just contact us and we'll send you one to four upon request, FREE by mail.



If you'd like more than four we have to charge a small postal fee, because shipping and postal rates have gone thru the roof. For orders, we offer the option of choosing Media Mail which is very inexpensive but we are not allowed to include a catalog with orders sent that way.

• **New Editions** — Periodically when our inventory of certain titles is depleted it is necessary to reprint them. That is the case with **Secrets for Higher Success** and **A Treasure Box of Higher Learning**, which is a booklet box holding all 16 of Vernon Howard's booklets. It has all the latest editions including the newly re-sized **The Esoteric Path to a New Life** guidebook. (See page 4 to order.)

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