

NEW LIFE NEWS

Vernon Howard Founder

Richard Wooldridge Director

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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: Everywhere you go you're likely to encounter someone who is stressed out. Maybe you would even put yourself in that category. News articles and reports in the media often discuss the epidemic of health woes and other problems associated with the pressure of stress. And they all come to the same conclusion: Stress is a major contributor to ill health, physically, emotionally and psychologically. What do these teachings say about dealing with stress?

A: There is a genuine solution to the stress problem, but it begins with individual choice. Do you want to continue feeling tense and stressed or do you want to understand what's really going on?

We've discussed the nature of the False Self from which we presently live many times. It is the cause of every trouble we have. This imposter entity loves to feel more of itself, so it grips onto nervousness, tension and other stressful states more and more tightly to increase its "false feeling of life." Strangely, this provides both uneasiness and a sense of excitement because it seems as though the unnatural self is being validated.

But this emotional agitation is not real life. Catch it trying to enter the mind sometime and suddenly let it go, relax from it. Practicing this exercise consistently starts the process of freeing you from the domination of the old nature and strengthening the True Self within. Vernon once said something like, "You can relax yourself all the way to Heaven."

Q: I have always been attracted to what Vernon says about the True Self.

A: It's everything the false nature is not. It does not operate from negativity but from

an oneness with the higher power that created you. It is the real you, not the phony that habitually and mechanically reacts from a bunch of carelessly acquired, conditioned opinions and beliefs. Vernon explained there is nothing more important to investigate and understand than that everyone has both a True Self and a False Self. Our spiritual aim is to weaken the grip of the artificial troublemaker, which attracts suffering like a magnet, and to allow the essence, the true part of us, to come to the fore. These are not just mental constructs, but realities. You can prove their existence for yourself by quietly watching everything that goes on both inside of you and outside of you.

Q: It's hard for me to believe I'm choosing to suffer.

A: The suffering wouldn't be there if you didn't consent to it. It is possible to voluntarily wrench yourself away from identification with the pained nature. This will hurt because it's all we've ever known. The average human being cannot live without psychological pain of some sort. It's the way of the false nature. Stop loving the pain as a way of avoiding

(“FAQs” continued on page 2)

The Rock

By Vernon Howard

While conducting a class in a shady grove a teacher said, "I want you to see the burden of having an angry mind. Also,



I want you to see that the hiding of anger is not the same as the absence of anger." The teacher then instructed a student to pick up a heavy rock and set it down again. The student groaningly did so, after which the teacher next instructed, "Place your coat

over it." The student obeyed.

"Now tell me," the teacher asked the class, "is that covered rock just as heavy as it was before?"

(“The Rock” continued on page 5)

Points to Ponder

By Richard Wooldridge

Whenever one attends any activity at New Life there is always a special kind of energy there to help you. Whether it's a class, a banquet, a mailing party, taking inventory, making a meal at the building, entering an order into a computer, whatever it might be, Truth is there to uplift, energize, to separate us and to elevate us above the so-called problems of the insane world we face on a daily basis. It can even help us when not feeling well physically.

I sometimes turn on AM radio for a while in the evenings. It's usually talk radio. It can be about events going on in the world, politics, sports, tragedies, etc. After listening for some time to these shows, I noticed something recently that I hadn't been aware of before. All the hosts of the various shows had nothing of real value to give. There was no substance there. There was no authentic life in them.

In the book, **A Treasury of Trueness**, Vernon Howard states, "The world has nothing of real value to give you because it does not exist. Because it does not exist as a reality, because it is illusory, it has only illusory and worthless rewards for *(“Points to Ponder” continued on page 3)*

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“Do Not Be Disturbed”

Spiritual Exercise Transcribed by Judith Anderson from a class lecture

Someday people who don't want truth are going to run out of their candles, and do you know, every candle holder knows — listen to this, it's incredibly deep but listen. Every candle holder knows that little flickering light will one day go out!

That is, they know that their sick life, their unspiritual life, will one day no longer be their friend. It will go away. However, we have to study this for years

“... we have to study this for years to ...”

to get it, but here it is in a few words. They hold the candle. That is, they go fluttering around to their parties, bragging

about how much money they're making. That's their little candle, false candle with their name on it. “Me, me, my candle. See, I can light up the whole world, I'm so bright.”

All right, in back of them holding up this little personal egotistical candle, in their depths, every human being who doesn't want the truth you're hearing here, every single one of them is terrified unconsciously. They can't see it. They don't want to see it. They could see it if they wanted to, but they don't want to see it. They're shaking, they're trembling, and that in turn makes them evil, hostile. Makes them maniacs. They don't care who they destroy as long as they get a false feeling of life.

Now listen, this is so much! In back of their defying the whole world, “I have a right to rob all the banks I want for what people have done to me,” in back of all that, they have the fear that one day their desperations and their crimes will come to an end, because there won't be a physical body there to commit the crimes anymore. They know that.

Now here it is. We have to go back to something a little lighter. But their very torment over coming to an end, “I know I'm getting older. I'm fifty, seems like a day ago I was twenty. I'm fifty now and I'm not as spry as I used to be,” all this is unconscious. They use that devil-inspired desperation to increase their love of un-life because it's pure flaming burning emotion.

Oh, do they love flaming emotions! They get a little bit in their candle flame, but they want the whole forest fire to explode. They want the whole world to burn up, all in a last ditch, futile attempt to think of themselves as a God unto himself and herself. “I am me.”

No, you're not 'me', and if you don't wake up, if you don't wake up, you'll never ever have anything but utter stark terror all your days and nights.

So, what do we do here at New Life? We

do this: understanding the incredible problem that people have with themselves and understanding perfectly why the world is crazy, you'll understand everything you see on the news. Understanding that, what is our reaction to that?

Well, I'll tell you what our reaction is. Our reaction is to walk over to the window of our inner home and look out. And seeing the murder in the streets, seeing the destruction of homes, of people, the destruction of the ocean, the destruction of the air, seeing the total destruction, look at it without one flicker of emotion of any kind. See it with spiritual vision.

God looks down and sees the insanity that's going on everywhere in every city. God looks down and sees that. Now, what is the nature of God? The one nature God has, of course — and we can use the usual virtues: omnipotence, purity, all power. God is all that is good, all that is marvelous, all that is happy. God is in total command of his own happiness.

You want to use the Spirit of Truth? You want to say Cosmic Consciousness? That's fine. I'm using the word God now. God looks down, as you should look out the window, and he sees and knows what's happening there. He gave every man or woman in the world, all the billions, he gave everyone free will so that in their free will they can come to him or not, as they choose.

You have been given the good medicine. The remedies are truly healthy, good, refreshing, marvelous for you. They are godly. This is it.

Now that I've established that, I want



you to know that the devil, the Lucifer who rules and ruins this earth, never gives up.

Your exercise is: You're to become conscious human beings looking out at the sick world, looking at the sick temptations that come to you, and you're to remember that the Truth itself is never disturbed by anything.

FAQs (continued)

spiritual self-responsibility. Vernon made it very clear. We cannot have a new nature while retaining the old one. It is possible to simply view suffering as the unnecessary repetition of habitual thoughts and feelings running through the mind. Nothing is forcing you to stay there. You can stop arming yourself with mechanical anger and distress. You can go beyond the crying point and be nobody claiming nothing. If you create your own life, you're stuck with it, stuck with the box of “me” demanding and insisting to get my own way. You have a choice. Abandon self-will and submit to the Higher Will. Let go of the thought ropes and you'll miraculously be lifted outside of yourself.

Q: We are called on to be courageous.

A: Courage is proceeding without any courage. If I am in a nightmare — as Vernon Howard explains we are — the greatest of dragons poses no real threat as I expose it as an illusion that my mind fell for. Don't try to be unafraid, but keep going while being afraid. Vernon said to take one small area where you're afraid to act, maybe to speak up in a certain situation, but to do it anyway. It will feel right and will encourage efforts to go against the fear more often.

Q: Do I really have this all wrong? I'm not in control of my thoughts and emotions, but my false nature is?

A: Yes this is true, but almost no one will face it. Human beings are not in command of their thoughts, emotions, behaviors, etc. If you look at the mind in operation, you'll see how it flits from one mental scene to another, all riding under the level of consciousness. There's no unifying force in charge there. The thought-self will never stop or even pause of its own accord. Another force must be introduced.

Right now as you're reading this, ponder the fact that something opposed to your essential nature is living through you. We suffer terribly from listening to the lie that says this nature is all there is. The true nature does not suffer, so why are we choosing to feel bad? Always remember that Truth never condemns us, it only just

(“FAQs” continued on page 5)

Points to Ponder (continued)

you.” He is simply stating a fact. It is something that any earnest person can verify and understand for oneself.

After coming to New Life for many years and hearing the pure truth, you can begin to detect and even feel the difference in what the world offers and what these teachings offer. You can see the contrast between what the world says and does and the uplifting vitality and power of truth. The radio hosts have a plethora of knowledge about certain subjects but there’s no connection with anything of a higher nature. It’s all of this world. There’s no real nourishment there for the spirit.

When attending a class or banquet you can feel a different, uplifting kind of energy. When listening to a Vernon Howard talk or watching a video you can perceive that he is talking about something that is far above this earth if there is a corresponding part in you that wants to hear something higher. It’s inspiring, it’s refreshing, it lifts you up, it’s elevating, it feels good.

Do you remember what Christ said, “For where two or three are gathered together in my name, there am I in the midst of them.” In other words, where two or more are gathered in my name I will be there, my name being the Truth. Christ was not saying to worship him but to acknowledge the creator in order to discover the higher within.

Vernon explained one time that every human being comes into contact with God/Truth/Reality at some point in one’s life. They either embrace it or reject it. Most people reject it. This is an absolute spiritual law. There is either a receptive part in us or there is not.

As a young man I was looking for something but didn’t know what it was. I wasn’t sure what I was doing and had no idea what to do with my life. You go to school and they ask you what you want to major in. You put something down but you’re not really convinced that is what you’re really interested in. You get a job but aren’t sold on that either. If you’re honest, you know you’re not really happy. You do the dating thing but are clumsy at it. You try organized religion, but it is utterly boring. Something in you knows that the priest or minister doesn’t really know what he is doing or talking about. It isn’t providing you with what your heart is seeking.

At a certain point I was selling women’s shoes in a large department store in Dallas, Texas and met an older gentleman who was also working there. One day while on my lunch break, I happened to run into him at a nearby restaurant. He introduced me

to Vernon Howard’s teachings. He mentioned some things which struck a chord with me. He later brought me a couple of books to read. None of this was an accident.

After a while I ordered some books and cassette tapes from New Life. They piqued my interest even further. I was still hoping at that time I would meet the girl of my dreams. It didn’t happen. I was still as miserable as ever. So, in 1975 I decided that on my summer vacation from work, I would travel to Boulder City, Nevada and attend a number of classes. I drove there and camped out in National forests the whole trip. It was relatively safe to do that sort of thing back then. Hearing Vernon Howard in person changed my life forever.

Something in me knew that he knew. I had finally found someone who knew the Answer to life. It’s what I had been looking for my whole life. There was still a ton of work that had to be done and a lot to see and understand but it has been worth every trial and tribulation that one must go through.

I made one more trip from Dallas before moving to Boulder City to learn, study and work for the Truth. Even though Vernon has since passed, there is still much work to be done. You don’t really ever stop learning if you are truly interested in the higher world. Vernon once put it this way, “God is the only thing in the universe that does not stop. Everything else comes to an end but God alone continues.”

All this connects with something else: Eternal Life. A higher power put an entity, an essence into human beings that yearns for something more than this earthly existence. Happiness exists but not for anyone who is earthbound. Meaning, if we settle only for the rewards of this world that is all we’ll ever have. You’ll never be content or truly satisfied. This is a cosmic fact.

Have you noticed that when you got that job you had longed for that over a certain amount of time, the novelty and so-called satisfaction wore off? Have you noticed when your team won the Super Bowl or the World Series or the Stanley Cup that the thrill faded? Maybe you got the promotion, but the elation dissipated. You got the new car or the new dress, but the newness didn’t last. You found the man or woman of your dreams, got married, had a family and after a few years it fell apart. As Vernon once put it, “Your love boat turned into a battleship.”

We’re going to have to see that the answer, the solution can only be found in the Higher. This world can never fulfill us. Anything of this earth will not last. It’s only temporary. The fulfillment you are looking

for is not of this world.

As you begin to age, your physical body doesn’t work the way it used to. I recently had to have cataract surgery, which is another sign the body is starting to deteriorate. That can be a spiritual experience as well. We do not have to get negative even though the body is starting to weaken, and you don’t feel good physically.

This world is constantly telling us we must be miserable. We see our parents argue with one another. We see human beings constantly fighting and attacking one another. The news, no matter where you get it from, is negative and tragic. It’s been ingrained in our DNA that life is not worthwhile unless you have to strain and struggle.

Truth sees things very differently. Vernon Howard once put it this way, “We have all of us here experienced spiritual things, cosmic experiences, which we couldn’t understand, but we experience them daily: Lots of confusions, lots of why and all that. So in a way every day is a day of celebration, 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.”

All this is going to require a different kind of energy that is not of this world. If we work hard any earnest person can tap into it. It’s the only thing we can take with us when we leave this earth.

All books can be purchased online.

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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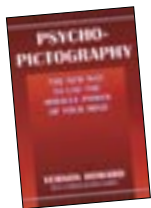


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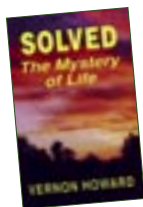


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Frequently Asked Questions (continued)

invites us to learn and to understand more.

Q: I still feel that some of what Vernon Howard says is negative.

A: The false part of us has an unseen desire to remain imprisoned by its own negativity, so it projects its own dark attitudes on to the Truth itself. From this viewpoint we can appreciate Vernon Howard's direction to not think about being happy, but rather think about being free.

Here was a recent reminder of what we should apply to ourselves from the old Perry Mason TV show, where a frequent occurrence throughout the series is that someone offers to withhold the truth or even lie to "help" an accused friend. In one such episode Perry Mason responds: "Always tell the truth, no matter how much it may appear to be against the accused."

Q: In these studies, we are often encouraged to study evil. I am not sure that is important or necessary. It seems to me that we see plenty of evil on television, in movies and every day we read and hear news stories of the worst kind of destructive behaviors of people. Isn't that enough? Shouldn't we be focusing on good things like love and kindness?

A: Good and evil must be studied equally. There must be a balance there. Spiritual work says that you cannot understand one unless you understand the other. In order to know evil, it's one thing to see it but it's quite another to know why and how it happens. We can look out and see all kinds of terrible things going on in the outer world, but unless we actually see how much wrongness moves our own psychic system we'll never change. We can catch someone being hypocritical but it's another matter entirely to catch ourselves behaving just as hypocritically. That's a real revelation! We can condemn others for being rude, arrogant, mean, dishonest, untruthful, disloyal and so on but what about ourselves? We must be extremely vigilant of what's going on inside of us. Only by using the flashlight of honest self-examination can we expose the wrongness within us.

Spiritual studies help a great deal by bringing more light into the dark places inside, which purifies them. There's another benefit, as Vernon points out in **Esoteric Encyclopedia of Eternal Knowledge**: "A true man makes it a point to see what his negative parts do not want to see, which eventually banishes the negative parts. Learn to read yourself."

Q: Why am I so nervous?

A: My grandmother called that the heebie-jeebies, the jitters. Let's see what's going on. First, we're taught "the inner determines the outer." The cause is originally an invisible one, not its physical manifestation. We have a nervous, out-of-control mind, plagued by chaotic thinking. When the problem is seen clearly, the solution becomes obvious. The answer is to slow down, calm down. Vernon once said [now in **A Treasury of Trueness**], "You must come to a stop, and remain at a stop." Putting the brakes on the impetuous mind and body is a shock. But that's always good if we use it rightly. Just be quiet. Persist with this. It allows us to take in what can't be seen with the eyes, the Invisible World. Be aware of the desire to go right back to rushing and fidgeting. The mind and body will resist; they are not accustomed to being reined in. You'll find there's instant relief and release in quieting down and coming back to Now.

Q: How can I move more quickly toward real understanding in these studies?

A: Our own denial and refusal to see ourselves clearly and objectively is what we need to work on. How many people will admit they harbor ill will toward another person? Will you? Do you want revenge when hurt (which is the message of nearly every other movie and drama)? Do you carry grudges? Vernon said in a talk that our self-deception is "voluntary." Look at your reactions when your own low behavior is exposed. We do not want to see it, let alone have other people know it. That's why our New Life classes are a safe haven to learn what we must in order to change. For while they reveal

the hidden secrets of human nature and our own wrongness, they also provide the healing facts necessary to keep going forward in our quest. For example, we learn we don't create the darkness that takes over our mind, and so we can identify the assault and develop the power of choice to refuse it.

Q: The teaching of pure truth is so rare, it almost seems like it's hidden.

A: Though it's called esoteric knowledge, it's not really hidden at all. It most definitely is available, but to acquire it there must be a desire in a person to understand the real answers to life beyond the senseless and contradictory rantings of society. People are very reticent to leave the familiar and that is why the pure truth is accepted by very few. Most people prefer to remain where they are, while believing they already know all about life and that they know who they are. They go on blaming the exterior world for their difficulties instead of learning to do the right thing which is to change the inner. This is the cause of all earthly woes, including war, but most will stubbornly and persistently fight anyone who tries to disturb this fantasy life. They will never know what they could have had. We can be different. We can choose to go all the way with this.

Little Advanced Secret

by Vernon Howard

Nobody knows how bad it is. You have to see how bad it is before you can see how good it is. Everyone is insane. Until you know that, you can't find sanity. You have never had anything but a mad mind, a mad spirit, tricky motives and lies.

Exercise: Know the next time you think something bad. Know the next person you hurt. If you don't do that, you won't be shocked and stunned at how horrible you really are, and then you won't be able to rise above that to something good.

If you refuse to go through the shock, the stunning shock of knowing that everybody is insane, you won't be able to go higher than that to sanity. That is a rule!

Don't take the world's future as your future. Can't you see where they are going? Never any more will you accept the troubles of any other human being as your troubles. "No, sir, madam, etc. I am not going to have anything at all to do with you. You have tricked me for the last time."

The Rock (cont.)

The burden of any kind of negative emotion is lifted by exposing and understanding it.

(This is from the book *Inspire Yourself*)

“All of society lives from an endless deceptive practice. That practice is to perform the unnecessary and the harmful while trying to make them look like the necessary and the beneficial.”

— Vernon Howard





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Praises

E-mail from man in New Jersey:

I recently discovered Vernon's books and am really loving everything, from his delivery to the truth he conveys. I am interested in the free brochure mentioned on the website. Looking forward to hearing from you. Thanks.

Note from woman in Colorado:

I have just found the booklet **Practical Exercises for Inner Harmony** by Vernon Howard. It is saving my life!

E-mail from man in Italy:

I wanted to take a moment to express my deep appreciation for your work. Your writing has had a profound impact on me, and I have enjoyed every piece I have read. Thank you for your time and for continuing to inspire your readers.

E-mail from man in New Zealand:

Many thanks to you and your helpers. I am really happy to spread Vernon's thoughts and words. Thanks again! Yours enthusiastically.

E-mail from man in California:

I am appreciative of you conveying Mr. Howard's powerful message. It takes courage to let truth in and Mr. Howard is helping me greatly to do just that.

E-mail from lady in Arizona:

I would love to have a free copy of the **40 Inspiring Guides to a New Life** sheet mentioned on your website! I'm 23 and as I was growing up, my mom taught me so many of Vernon Howard's lessons. I am very grateful for that.

E-mail from man in Australia:

I've been a big fan of Vernon since 1998 when a friend gave me the **Esoteric Encyclopedia of Eternal Knowledge** for my birthday. What a great gift!

E-mail from woman in Washington:

Many thanks for these profound lessons! As I study them more and more, I am gradually improving my understanding of the human condition.

E-mail from man in Canada:

Thank you for your email. These teachings have had a profound impact on my life and I am happy to share them with family, friends and clients.

E-mail from man:

Spiritual warfare 101. Too bad I am over 50 before getting this lesson. Self-command, it's as valuable as all the treasures in the universe and yet the least sought after. Strange humans. Something is always jerking our inner chain.

What's New

- **New Edition — Inspire Yourself** is a 192 page softcover book that will transform your life. It is composed of delightful short stories, followed by a higher truth that will change and uplift you. Be guided toward the lofty life your heart yearns for.



(Order on page 4 or at www.anewlife.org.)

- **Toss Out Regrets** — This is your work project for the entire year of 2025. If only I had done this instead of that. Why did I do that; feeling sorry for yourself and condemning yourself. Why couldn't I be more intelligent to avoid that problem? Regret is both a pleasure and a pain. Unconscious regret is a traitor. Regret is a false level of existence and expression as something that is destructive to you. Watch for the infiltration of shadowy thoughts of regret. If you don't toss out regret it will cause you to have more regrets which in turn causes you more pain.

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