

NEW LIFE NEWS

Richard Wooldridge Director • **Vernon Howard** Founder

New Life • PO Box 2230 • Pine AZ 85544 • (928) 476-3224 • Fax (928) 476-4743 • E-mail: info@anewlife.org

Copyright©2022 by New Life Foundation. All rights reserved.

Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we hear and 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: Sometimes I forget my higher aims, getting caught up and lost in thoughts and daydreams.

A: The main thing is to work hard at observing your thoughts and emotions. Never let a day go by without snapping the mind's mechanicalness and becoming conscious and aware. It would be even better if we would awaken and 'come back to ourselves' multiple times every day.

Q: I am upset by a huge house being built on a lot just outside our living room windows that blocks our view. Help me to work on my negativity regarding that situation.

A: Remember this exercise from Vernon and say it to your wrong reactions, whatever they are, "That has nothing to do with my search for the light!" This statement attracts higher essence that will demolish all brick walls you run into.

Q: I'm getting a lot out of these studies but time and again, I find myself puzzled and shocked by the nature of human nature, my own included. Is there a way to view human behavior and characteristics that will go above the puzzlement and shock and lift me to a different level of understanding?

A: Here's something helpful given to us by Vernon. He said to view human nature in two ways at the same time. You must see that mankind suffers terribly, but simultaneously see that human nature is a fierce resister of God, Truth, Reality. You'll go wrong if you only focus on one or the other. They must be seen together. To observe only the suffering side leads to false sympathy and sentimentality but becoming aware of how vehemently we object to what could get rid of the sufferer creates a balanced viewpoint and encourages the wish to be more welcoming and receptive to higher facts.

Q: Then the sufferer is attached and identified with his suffering when it's not necessary?

A: Yes. To grasp this truth requires a big leap in receptivity and understanding. We say, "But, I'm in such pain! I've been hurt so badly. You're telling me I'm inviting this heaviness into my mind and emotions?" Yes, it is all part of our identification with images of ourselves that have been built up over years of living in this harsh, unforgiving world. This fictitious nature encases us like we're in cement. But these teachings provide the way to break out and live fully where it really matters, in the present moment.

Q: What do speakers or students at New Life mean when they say, "It's just an idea"?

A: Ideas (thoughts) pick us up and carry us to places, tell us we must get a certain job or house or spouse. They drive us like machine pinballs to act in odd ways or say things we believe we thought up ourselves. Ideas are just floating around our heads like gnats in the atmosphere. We've picked them up from everyone we've met growing up, reading, listening to the media, etc. One false idea stuffed away in our memory

("FAQs" continued on page 3)

The Wool Coat

by Vernon Howard

There was once a merchant who believed himself possessed of superior judgment.



One day, wanting a new coat, he went into the country and selected one particular sheep out of a flock. "Get wool from that sheep only," he instructed the shepherd, "and have your local tailor make me a new coat."

When the coat was delivered the merchant was proud of its style and comfort. He credited its success to his own judgment in selecting that particular sheep.

A week later he met the shepherd who *("The Wool Coat" continued on page 6)*

Points to Ponder

by Richard Wooldridge

At New Life's most recent banquet many excellent points were brought up. One particularly helpful point was that Vernon Howard told us we're memory worshippers. In other words, we are slaves of the intellect, of our thoughts. But there is another element involved that Truth is actively urging us to contact, which is essence or being. There exists an undeveloped part inside of us which recognizes the Truth when it hears it. It is above and beyond the mind.

It is something one can perceive from a different place inside of themselves. Recently in a class in Pagosa Springs a student relayed an experience he had when taking a trip through Alaska some years ago. He came upon a spectacular view and stopped the car to take it in. The scenery was breathtaking. So, he decided to try and capture it by taking a photograph. A few years later he came across the photo in a box when he was moving. He realized that the picture he took didn't begin to capture what he had seen and felt.

Everyone reading this article has had a similar experience including myself. You can't capture either the present or an awe-inspiring *("Points to Ponder" continued on p. 2)*

Contents

Banquet Schedule	3
FAQs	1, 3, 6
Pagosa Banquet Report ...	2, 3, 5
Points to Ponder	1, 2, 5
Powerful Quotes	2, 3, 5
Praises	6
Special Offers	4
Spiritual Exercise	2, 3
The Fundamental Error	2, 3
The Wool Coat	1, 6

Spiritual Exercise**“The Fundamental Error”**

Transcribed by Regina Netherton from a Vernon Howard class lecture

Let me give you the fundamental error. The chief error of every human being which causes every problem on earth is the individual thinking that he exists as himself. That he exists apart from other people, apart from events, apart from everything. In other words, a man's mind starts to form when he's young by saying, “I am I.”

“The chief error of every human being”

Now he backs up this false statement with false supports which say “I, in my physical body, am either magnificent or not so pretty.” It starts with that, because that's the thing he knows mostly. And already he's got an identity of being beautiful or being un-beautiful.

That's the bare beginning of it, though. He has hundreds of experiences, miserable ones, so-called triumphant ones, but every one of them he captures and puts into his little box labeled ‘me.’

Here's a forty-year-old man, his box is compacted and it's like steel. This is why you can't get anything new into that box, because it's so hard. You can't talk to him about anything outside of that “box of me,” because everything is referred to it, which is all he can do, because that's all he has!

Now here's the chance you have — and don't you miss it! You have built this box up so that when someone talks to you about another kind of a life, another kind of a self, it doesn't mean anything to you. But now you can say, “You know, part of the box was my imagination that I was happy, that I was free, that I'm learning, that I'm open minded.”

You have to see where you might indeed be envious of someone else and stay there and suffer through to the very end of that envy. Because that means you're still divided inside yourself. It means you still love the pain of envy more than you love Truth. And you don't understand that yet.

Let me give you the fundamental error once more. Remember this, never forget it, review it constantly. The chief error of every human being which causes every problem on earth, the chief error is the individual thinking that he exists as himself. That he exists all apart from other people, apart from events, apart from everything. A man's mind starts to form when he's

young by saying, “I am I.” So, you're hanging on to jealousy so you can say, “My I, myself is secure.” But you're not because it's a delusion. Give it up! Let it go! See what is on the other side of you seeking security by feeling envy.

You will pass through a period of darkness when you determine to do that. And in that darkness, you won't know who you are, which is exactly what you have to do. And the fear is beyond explanation. Marvelous! Do it. Stay in the darkness, *(“Spiritual Exercise” continued on p. 3)*

Pagosa Springs Banquet Report

July 2022 by Judith A. & Regina N.

“We are either moved by Light or darkness, either energized by Truth or drained by darkness,” explained director Richard Wooldridge at the July 2022 banquet held in Pagosa Springs, Colorado. In the same vein, Moe also referred to the cosmic law that depending on our receptivity to Truth, we are either absorbed by something Higher or by what is lower. It's one or the other. Banquets urge us to leave the dark world and move up to a new, higher, and lighter state of being. In the weekend talks, many helpful examples were given on how to do this. One illustration of the vigilance needed to discern the difference was given by Gary when he quoted that “Worry is darkness masquerading as Light.”

Using Chapter 6 of Vernon's **Esoteric Mind Power** throughout the weekend, speakers at the banquet presented uplifting talks that spotlighted these powerful, life-healing principles. At Friday night's class, Moe revealed the real problem, quoting from that chapter: “An individual's problem

(Banquet Report continued on p. 3)

**Points to Ponder (continued)**

moment from the past. One actually feels something uplifting when viewing a spectacular panorama, but it can only be experienced in the present moment. You are taking in so much more than a camera lens can record. Truth is right now.

People try to hold onto memories, which is living in the past. If you make a conscious effort to observe yourself or other people, you will see that we're often living in memory and almost always living in thought. And if you'll watch even more closely, there is no life or vibrancy in the reflection of the past event. We're trying to hold onto something which doesn't exist in time. The event occurred, but only in that particular moment.

There's also a tremendous amount of pain involved in living only from thought, whether we see it or not.

Now contrast that with a true spiritual experience. A true teacher conveys something to you that lives in eternity, a cosmic insight or fact is explained, and it goes beyond the intellect. It's not of this world. It doesn't fade and it isn't just a remembrance. It's alive. It goes beyond human contact or human association. It keeps living because it isn't in time.

It's imperative that we grasp what truth is trying to get through to us. Look at people's lives, study their facial expressions. See that there is no real contentment, no enjoyment, no ‘aliveness’ there. They're living in lifelessness because they're living in the past or in anticipation or fear of what the future might hold or dread of what might happen to ‘me.’ Nothing lives in time; it only seems as if it does.

Imagination is a very powerful anesthetic. It makes you think you are aware and conscious when you are really believing something exists that has no basis in reality. We are living in fantasyland. The self-deception is immense. The mind is extremely clever in convincing us we're conscious and that we know what we are doing.

Have you ever seen a mirage on the highway while driving? You look ahead and spot what appears to be water on the hot pavement, but once you reach the location it magically disappears. The mirage isn't real, but people would insist it is.

I can't emphasize enough the importance of beginning to see things as they actually are. Recently I watched a video clip of a group of powerful people getting together to discuss new policies to manipulate and influence the way they want the direction of the planet to go. Their meddling is always for egotistical gain and profit and *(“Points to Ponder” continued on p. 5)*

FAQs (continued)

is that we have “original ideas.” Vernon Howard made it clear that’s only a self-flattering myth. We are really imitators and memorizers. As we are now, we don’t actually think for ourselves. Yet we can be independent thinkers — by following the instructions of these exceptional teachings.

Q: Please say more about becoming an independent thinker.

A: Ponder the fact that these facts are all a big insult to the so-called intellectual, to whom thinking is supreme, a false god. Which is why there is endless debate, theorizing and lack of true conclusions in all of society — in the ivory towers, on Wall Street, in churches, governments and the home. Schools teach by having us memorize rather than reaching deeper understanding through a faculty that is there but remains largely undeveloped. In fact, it is commonly denied in so-called higher educational settings that a higher knowing, sensing, or instant perception even exists. (See Vernon’s wonderful list of those in **Your Power of Natural Knowing** essay of the book by the same title.)

Q: So thinking for yourself free of conditioning flows from reaching this level of higher understanding?

A: Yes. Spiritual understanding is not on the lower level of thought. This is the esoteric secret of the ages, that a knowing exists above thought or ideas; you can feel the Truth with a sense above the mind. It is in the realm of consciousness, accessible with a different mode of perception than the intellect. It might be called “common sense” or wisdom or sentience, but like saying the word God, words are not sufficient to convey the meaning, which must be sought through effort and awareness and personal experience.

Q: With all of the recent unsettling events, how can these truth teachings help me understand what’s going on and become less fearful even while I’m seeing others
(“FAQs” continued on page 6)

Spiritual Exercise (continued)

not having anything to run back to at all! Stay in it and something will happen inside of you. This is all an internal experience, you know. This means that you have given up all hope, all refuge, all comfort — given up all past time. And when you have given all these up, they — being your false self — also disappear. And when you disappear, the darkness disappears. And there’s only the Light. And it isn’t your Light, is it, because you have disappeared. It is the Light of Pure Truth.

Pagosa Springs Banquet Report (continued)

is not defeat, inferiority, tiredness, etc.... The individual’s problem is unawareness of his personal immersion in the psychic hypnosis which commands mankind.” Part of this hypnosis is revealed by a glimpse of how most people live their lives; just getting by, trying to hang in there, but really choosing a life of defeat. As the antidote, we are very fortunate in being given the opportunity to live the radically different life offered by Truth’s guidance.

Moe told an interesting story about how he went to a social event and made the decision to leave early to save energy. The partygoers expressed sympathy that he had to “go home and be all alone.” Moe didn’t view his departure from the party like that at all and we too can absolutely refuse to live from such a limited viewpoint. Coincidentally, Moe had begun his talk by quoting from **Psycho-Pictography** where Vernon had said, “You are not alone, and you were made to conquer.”

The existence of cosmic laws was further touched on several times in Friday evening’s talks. We were reminded that these laws are always in operation and even if the individual is not aware of them, the doer must face the consequences if they are broken.

At Saturday’s banquet Richard elaborated on the section, “The Sure Cure for All Problems” in Chapter 6 of **Esoteric Mind Power**. He described the tourists in Pagosa Springs as wanderers, looking around for something to do. As Truth students, we always have something to do, which is to wisely use all of our experiences to rise above them. He also related something that had happened the day before. Sitting at his desk, he stopped what he was working on and looked out the big window across from the desk. He noticed hundreds of dancing bugs on the other side of the glass. They were very small, winged insects. He said he hadn’t previously been aware of them because he’d been in thought. “It’s the same with Truth. It’s always there to help with every situation, but the mind and emotions are so active, we’re not aware of its presence.”

In Saturday’s class, it was often pointed out that we’re limited by intellectualism and that thought is the whole problem. “Thought creates the problem,” said Robin. In his talk, Jeff called attention to the fact that unawareness of our never-ending parade of thoughts causes all our griefs. He said, “Drop the thought, drop the problem!”

As an example, it was quoted from page 89, “When you see ill health in the

light of these principles you see it quite differently; it is not a problem to you. For example, some people feel guilty over ill health because it exposes their illusion of having an all-powerful ego.” Richard said the mind will be very insistent that it must dwell on a physical ailment, but we can go against the mental fixation and refuse to be captured and brought down by it.

On Sunday Bill added, “The maniacs running this world are dedicated to destroying you.” He said something is always trying to keep us from making the effort to break out. We embrace fear, don’t want to lose it. Bill quoted the recent Secrets of Life message from **50 Ways to See Thru People, #45, “Defeat Tyrants”**: “No one has power to hurt you unless you yourself supply that power by fearing him.... You can actually ignore all tyrants out of existence!”

Gary told a story of a tennis player who made a poor shot in one match and ever after, the first image he saw every morning when he woke up was a replay of that event. He was choosing the pain of defeat. We can either embrace the psychic pain or we can ignore it. As Lynne quoted later (from **A Treasury of Trueness, #1224**), “The most sickening self-feeling of all is the self-feeling of self-sympathy.” If we consciously ignore negative emotions, they will disappear.

(Banquet Report continued on page 5)

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. It is pleasant being with like-minded people who are trying to work on themselves.

Join us for one, two or all three Thanksgiving in Westminster, CA Thursday • November 24 • 10 AM (Classes also on Wed, Fri and Sun)

Christmas in Strawberry, AZ Sunday • December 25 • 9 AM (Classes also on Wed, Fri and Sat)

Irish Banquet in Strawberry, AZ Saturday • March 11, 2023 • 9 AM (Classes also on Wed and Sun)

For more details call us or visit our website. 928-476-3224 or www.anewlife.org

ITEM #	DESCRIPTION	QTY	PRICE	TOTAL
1	700 Inspiring Guides to a New Life		\$7	
2	Treasury of Positive Answers		\$7	
3	How to Handle Difficult People		\$1.50	
4	Conquer Harmful Anger 100 Ways		\$2.50	
5	Find Higher Safety and Security (MP3 CD)		\$15	
6	Vernon Howard on Blu-ray – Volume 10		\$30	
7	Esoteric Mind Power		\$4	
SHIPPING & HANDLING Flat Rate (Choose one of the two below) Priority Mail – \$9 or Media Mail – \$4		CA residents add 7.25% tax		
		← SHIPPING		
		GRAND TOTAL		

Name _____
 Billing address _____
 Shipping address _____
 City _____ State _____ Zip _____
 Phone _____ E-mail address _____
 Credit Card Type (Circle one) Visa MasterCard Discover American Express
 Credit Card # _____ Exp. Date _____ Card Verification # _____
 Y22B

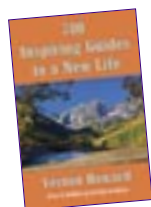


www.anewlife.org

Send today to:
New Life Foundation
PO Box 2230
Pine AZ 85544

Be sure to include your telephone number and e-mail address if ordering by credit card. The phone number is necessary in case of questions.

— Super Special Offers — (Offers good till January 1, 2023)

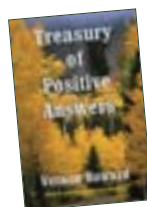


700 Inspiring Guides to a New Life

The stories and similes in this book contain dynamic principles for revealing an entirely new world for you. Happiness truly exists.

(Softcover book – 148 pages)

Normally \$9 • Only \$7



Treasury of Positive Answers

This popular book offers 760 questions and answers to the Higher Life. Discover practical plans for traveling to where you want to be.

(Softcover book – 148 pages)

Normally \$9 • Now Only \$7



How to Handle Difficult People

Dissolve all problems and difficulties with people.

(Softcover booklet – 40 pages)

Usually \$2 • Only \$1.50



Conquer Harmful Anger 100 Ways

The sure cure for what is harming you.

(Softcover booklet – 68 pages)

Usually \$3 • Only \$2.50



Find Higher Safety & Security

The Best of Vernon Howard on MP3 CD

These talks include a complete course in good and evil. Discover how God has already won.

(6 listening hours • 336 MB)

Normally \$20 • Only \$15



Vernon Howard on Blu-ray

Volume 10 (Includes: Good News That Will Change Your Life, The Secret Door to Self-Healing, All You Need Is Understanding, The Power That Sets You Free, The Healing Method That Works plus five more talks.)

Normally \$40 • Only \$30

Esoteric Mind Power (Previous edition – softcover book – 200 pages)

The practical power of classic wisdom will be revealed to you in this valuable book. Only \$4

Please send Check, Money Order or order by Credit Card. SORRY NO CODs.

(All shipping is by USPS or UPS. Contact us if interested in expedited shipping. Online orders will give you many shipping options.)

All items on this page are available at our online bookstore. Go to www.anewlife.org and click on Bookstore.

Points to Ponder (continued)

to lead people astray and away from the higher while saying they are doing it for the greater good and betterment of mankind. They always make it sound so noble.

In **Esoteric Mind Power**, Vernon Howard states, "When society does not know what to do about a problem it invents theories to make it appear that it does know what to do. The appointed crime committee concludes that crime is caused by poverty or drugs or broken homes, which is like saying that illness is caused by sickness. Social problems are caused by human ignorance of spiritual truths, but since few can face this fact in themselves, the problems continue."

If you don't see the ways in which you are being tricked, how can you ever know and discover a new way of living that isn't filled with lies, deceit, pain, and suffering? The nature of this planet is to cause you problems, not to relieve you of them. That's the nature of the human mind. Only you as an individual can rise above the chaos and confusion of this world, including your own inner world.

Vernon puts it this way, "Realization is a dynamic force for self-transformation." Notice or make an effort to notice that when you are in the present moment there is no pain. There is no problem. There is no fear. None of those exist in the 'now.' It's only when you are running mental movies, when you go into thought or into memory that you experience difficulties.

Let's say that there's a task that must periodically be taken care of. The wind blows and deposits leaves and other particles into a certain corner of your porch. This corner seems to be a magnet for attracting debris. If you ignore it, it could lead to expensive repairs. A part of you wishes it would magically take care of itself and you wouldn't have to deal with it. However, you know better; it needs to be handled.

So, instead of procrastinating you clean it up. Now am I studying myself when taking care of the issue? Does resentment come up? Does annoyance rear its ugly head? Why does this keep happening? The mind says, "I have more important things to be doing with my time. I know what I'll do, I'll make lots of money and hire somebody to take care of it. This job is beneath me." I remember one time Vernon picked up some paper that had blown into the entryway. I was there and he could have easily asked me to pick up the trash that had blown in. He did it consciously without any negativity and you could feel the difference.

Truth has no resentment or anger in it. The intellect does. It hates everything. If

we're living only from the mind, it's always either on defense or offense. It's a god unto itself. Its nature is that of an egotistical maniac. In **Treasury of Positive Answers**, Vernon puts it like this, "Q: Give us something to clear the mental mist. A: A man takes his own viewpoint as the only world in existence, which is like taking earth as the only planet in the universe. Look beyond yourself! Feel the meaning in these three words and you will generate power enough to carry you to the cosmic world."

We must start feeling things rather than thinking things. Not in an earthly way but in a heavenly way, where you begin to perceive things entirely differently. I know people who are super intellects, and they can't see things happening before their very eyes. They can quote spiritual truths word for word but are not aware at all that they're immersed in exactly what the quote is talking about. They are asleep. They don't get it. This is simply a fact.

Vernon states, "His unconsciousness is his slavery.... Never having sighted their psychic chains they deny their existence." We have to want to see beyond our blinding beliefs.

A new neighbor recently moved in close to where we live. He has three horses and periodically likes to ride. He saddled up one of the horses and rode into the National Forest which backs up to his property. It's bear country and he came across an area where there were bushes loaded with wild berries but there were also signs of bear everywhere. His horse became very skittish as it sensed and felt the bears were nearby. The horse instinctively did not like it. So, the neighbor realized it was a good idea to get out of there. He dismounted the horse, grabbed the reins, and led it away from danger. He didn't want the horse to get spooked and then rear up and throw him.

You see, the horse instinctually and naturally knew there was a predator nearby. It didn't have to think about it, it just knew. It followed natural laws of self-preservation. We need to learn to recognize and follow natural cosmic laws just as

the horse does. It is not natural to think so much. Everything is processed through our memory banks when we should be focusing on self-awareness.

Vernon says it this way, "Our single greatest problem is unawareness." "Unnaturalness covers and blocks naturalness."* It is not natural to be negative. It is not natural to suffer. Why can't we as humans see that? "Consciousness of the need for a wisdom beyond the self draws that wisdom to us."*

Vernon Howard's teachings go way beyond thought and the limits of intellectualism. They are loaded with uplifting and inspiring messages we can use to rise above the utter madness and stupidity of this world, as well as our own negativities and shortcomings. We are instructed to "Meet everything with a free and flexible mind which is not tied to past experiences."*

From **Esoteric Mind Power – You can buy on page 4 or at our online bookstore*

Pagosa Banquet Report (cont.)

Lots more was given than can be included here. Many inspiring guides were provided for going against negative forces and leaving behind the false self and this world. For example, forcing and fighting and opposing problems doesn't work; be still, be quiet. The irritation will get much worse unless you choose to be aware.

People made super efforts to attend, enjoy the activities offered and learn how to end problems. As was mentioned in student comments, "multiple super efforts" are necessary. The ladies did a spectacular job with providing meals, snacks, the BBQ feast and scrumptious desserts. The lively dancing and pleasant music were also a special treat, with enjoyable entertainment from clean, jolly jokes. As always, Lynne and Kyle sang with exquisite harmony, and danced a polka that looked so fun it made you want to join in. In one skit three ladies proved that chocolate is a vegetable and is part of a necessary, healthy food group! And as Richard pointed out, if you get outside of yourself during the acts, that self-forgetting transfers itself to the audience. A different energy from the world's arises as we participate and work for something higher. Shy people came out of their shells and actually had fun!

Banquets always help to get everyone back on track, one person remarked. Invigorating. Encouraging. Each banquet where only truth is taught is unique. The banquet experience always inspires us to continue forward to get free from the psychic hypnosis of this mad world that surrounds and tries to envelop us.





www.anewlife.org

New Life Foundation
PO Box 2230
Pine AZ 85544

Presrt Std
U.S. POSTAGE PAID
PINE, AZ
Permit #57

ADDRESS SERVICE REQUESTED

**Powerful Lessons,
Exercises, Quotes,
FAQs, What's New,
Special Offers
and much more inside**

Praises

Note from woman in New York:

You don't know how much I value your New Life News and emails. Vernon Howard's teachings are actually giving me the will to live. Bless you all.

E-mail from man in North Carolina:

The article on Haste by Moe J. included in your 'End Suffering' online series was great. Once in a Pagosa Springs class, Moe talked about the 4-way stop signs at the market near our meeting place. Everyone was making motions to go, but the law is clear about who has the right-of-way. The confusion shows up when people try to be friendly, let others go out of turn and end up with a mess. There is a valuable lesson in that.

E-mail from woman in Arizona:

Thank you for making Vernon Howard's teachings available to all through your website and by email. The Principles, if followed, will advance all who are open to instruction to the New Life desired. I found the New Life teachings after googling the word "Truth." That was many years ago. I've studied many other teachings and those which do not agree with what Vernon Howard taught always fall by the

wayside. I had never heard of a guarantee such as the offer of just studying each day and receiving the peace which I have experienced. Much love to all at New Life Foundation!

E-mail from lady in North Carolina:

I want to personally thank you for all the earnest, wonderful literature that you put out. I discovered Vernon Howard 20 years ago in a small dimly lit bookstore in Philadelphia as a young woman. I knew then my life would never really be the same. I was always a questioner. However, as a young college student at a large university, I continued to struggle with confusion, anger, and depression. I didn't even know why I was here. Well, the booklet that I had obtained from that bookstore was tucked away in a drawer ... there it sat for years. After 20 years, I found it. I read it again and finally a breakthrough was made. Perhaps I wasn't ready then, but I felt that booklet saved a little of my sanity. I read that he died in 1992 and felt sad reading that even though I was a little girl then. Now that I'm an adult, I will never tire of his teachings, and I have New Life to thank for that.

— Forever Grateful

The Wool Coat (continued)

explained he had been unable to use the selected sheep. When hearing this the merchant felt depressed and angry.

In the absence of human vanity, daily circumstances cannot cause distress.

(This is from the book *Inspire Yourself*)

FAQs (continued)

completely losing their minds?

A: People often fear what they don't understand. Start by seeing that those behind the crises, conflicts and uprisings are egotistical, self-centered tyrants out for themselves. As Vernon explained in **Cosmic Command #384**, "Wars are caused by human beings who deny their inner wars." Fear is a horribly draining emotion which we have unconsciously picked up from years living with and among family, friends and society and we deem it necessary for our very survival. It is not at all! Evil itself knows that people in fear are more easily manipulated and controlled. In addition, fear attracts the very negative events and people that we say we want to avoid. An understanding of these facts can help anyone who sincerely wants to live a fear-free life.