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**All New Powerful  
Lessons, Exercises,  
Quotes, Special Offers  
and much more inside**

### **Insightful Q & A Quotes**

By Vernon Howard

What can break my habit of worrying about everything?

Just see that you have something much better to do with your life.

What causes my inner house to be haunted? Absolutely nothing but your misunderstanding, which knowledge can correct.

I'd like a friend who is never angry with me. Truth fits that description.

I worry that there might not be something on the other side of my mental wall.

There's something there but you must climb the wall to see it.

If you knew the cruel things I've done in the past you might not let me in this class. Your past is nothing — your present wish for help is everything.

Please repeat what you said about a conscious rebuke of suffering.

One day you'll be able to get so tough with sorrow that it will run away.

I'm astonished that I neglected these truths so long.

But now your personal miracle has begun.

Is everyone as dumb as I am?

It depends on how dumb you are.

### **Photographs**



**Judith speaking in front of the class during the Sunday banquet festivities.**



**A beautiful rainbow in July after a thunderstorm at New Life Pagosa.**

### **More Insightful Q & A Quotes**

I'm guilty of foolish thoughts.

You can learn wise thoughts which will chase them out.

I want to learn but what if I make dumb mistakes?

I give you permission to make ten thousand mistakes.

What is meant by instant recovery?

It's a skill for returning to yourself instantly after getting kidnapped by a harmful feeling.

I admit my despair, as you say we must do, but it leads nowhere.

Each admission of despair must be accompanied by a wish to find something higher than despair.

How can I tell whether or not I have a false position?

You have a false position if the opposite position makes you nervous.

Maybe I don't know what I'm talking about after all.

That's a positive doubt that can teach you to know what you're talking about.

I want something else but don't know what it is.

Don't let your usual thinking tell you what it is and you will finally know what it is.

### Points to Ponder (continued)

negative attitudes and concentrate on the truly profitable aim of building a new inner self. This doesn't mean we tolerate other people's nonsense or wrongness. There's so much more that has to be seen if we are ever going to wake up.

Seeing these things shouldn't discourage us; in fact we should be thrilled that we're finally beginning to catch on. In "Conquer Anxiety and Frustration," Vernon Howard says, *"The fact is, self-rescuing methods are both available and plentiful. Anyone who really wants something higher than self-assault can have it. But there is a barrier to overcome. It consists of the seeker's own intellect with its accumulated distortions and vanity-serving obsessions."*

Most people are filtering truth through their personal beliefs, conditioning, experiences, ideas, interpretations and opinions. Their perception comes from earthly knowledge and human personality rather than cosmic knowledge and enlightened being. The difference is that earthly knowledge is memorized and comes mostly from contrived propaganda, whereas cosmic knowledge comes from truth itself, from something higher that isn't dependent on words. It doesn't have an ulterior motive. It's just what is. It's seeing without filters. It's the ability to tap into something outside the ordinary mind. It's cosmic consciousness. It goes way beyond words and the intellect.

Here's an example of something that happened to me as I was growing up which helped point me in a right direction. When I was a young boy my mother decided that I was going to get some culture. It wasn't as if I had a choice in the matter but I was going to learn to play the piano. I still remember the piano teacher's name, Mrs. Pirtle. In retrospect I can see that my mother was probably trying to get me to do something constructive with myself. All I wanted to do was play outside. Just a side note here, there is a natural part of us that is rightly connected to nature. God put it there for us to enjoy, to be inspired by, to be awed by. It wasn't

put there for us to destroy, exploit and ruin. Only an utter hatred of God would allow that to happen. Who or what in their right mind would do something like that? It's just another example of how far off course human beings have strayed.

To get back to my piano teacher, I went and took a number of lessons. I did okay but there was a slight lack of application because my heart really wasn't in it, even though there was a small part of me that actually enjoyed it. At a certain point Mrs. Pirtle decided it was time for a recital and for some odd reason, which I still haven't been able to figure out, she decided that I was going to be the featured pianist. I was to play *H.M.S. Pinafore*. Well I emphasize, supposed to play. Because I didn't practice properly and learn the piece like I was supposed to and there was fear of failure operating inside, guess what happened? It was a disaster. It was a very painful experience for a young boy and I must add for the parents and the audience in general. I can remember polite applause but my performance really didn't deserve that.

The interesting thing though is that aside from the emotional pain I was experiencing, something in me knew that it wasn't right. You see there's something inside that knows when you hit a wrong note. So that also means there is something inside that knows when you hit a right note. To take it further, there is something inside which can recognize the Truth when we hear it. All we have to do is get ourselves out of the way. No matter how painful it appears to be, there is something that can take us beyond that painful experience. It can show us that a higher way exists and that we can put an end to suffering. We don't have to go along with it. Remember these words of encouragement from Vernon Howard, *"Persist in spite of everything. You are doing the right thing. You are passing thru an astonishingly beautiful experience that will change your life forever."*

### The Acorn (continued)

self-conflict."

"I still don't understand how I can simply be myself."

"Get tired of not being yourself."

*Realize that you are never really anyone but yourself, which is a truth that makes you free.*

(This is from the book INSPIRE YOURSELF)

### FAQs (continued)

while calling it goodness. Honestly now, what have you given to yourself up until now in your own life? You have enough to do to save yourself. Dedicate your life to finding what is real and true. Then you will have something real to offer those who may approach you.

Here is a special lesson from Vernon Howard about helping others entitled **Unearned Benefits:** *"It is extremely dangerous to give people unearned benefits. It first destroys the receiver of unearned benefits, then it destroys the society that gives out unearned benefits. The receivers destroy the givers and themselves. It is an absolute spiritual law that every benefit in life must be individually earned."*

**Q:** What is the proper sequence in which to study these materials?

**A:** We are used to studying programs that start with the fundamentals and then proceed to the more advanced material. But authentic, workable spiritual principles are not like that. You need not follow any sequence; jump in anywhere and if you're sincerely willing to work with the principles, you'll immediately find help, new understanding and relief. Often, when we choose a book or lecture whose title appeals to us, it contains exactly what we've been looking for. This is not an accident because a genuine prayer for higher understanding is always answered.


**Q:** Why does Vernon yell like that in his talks?

**A:** Because our psychological walls are so very thick. Only strong talk will begin to break down the buffers and barriers we have erected around ourselves and our PDF's (Precious Darling Feelings, as Vernon Howard called them). What distinguishes a true teacher from the many charlatans is whether or not the teacher forcefully exposes our wrongness. If you are never urged to turn the light of attention onto your own behavior, you will never change. False teachers blither and blab with high-sounding words like "harmony" and "love", but Vernon Howard actually taught us how to reach those states.

### THE WAY THINGS ARE

"If you want to know why things are the way they are, it is because things are the way they are. If you try to change the way things are, you will just keep them the way they are. Knowledge of this changes the way you are, which places you in a new and commanding relationship with the way things are."



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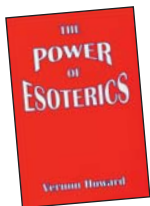


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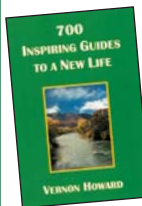
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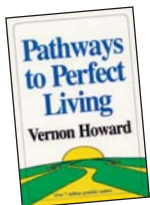
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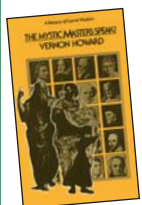
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### FAQs (continued)

seems to be the enemy." The part of us that resists these teachings is the real enemy and knows it will be defeated at the hands of Truth so it desperately fights to hold on to us. It doesn't want to lose a single soul. But anyone who continues to listen with an open mind will sooner or later be ever grateful for persisting in these studies despite everything.

Vernon Howard was fierce against the wrong parts of us but a conscious man cannot be negative. His strength was coming from a higher place. You could feel it in his presence during his lifetime and you can feel it now on films and recordings of his lectures. He is fighting for the essence within — for who we really are. But Truth does not and cannot force itself on anyone. It is up to the individual to choose between the old life and the new and bright life that awaits us if we will love what we're hearing.

**Q:** Why does so much emphasis seem to be placed on what is wrong with us? Isn't it helpful to also remind ourselves of the good things in us?

**A:** Truth wants us to see things, including ourselves, as they really are. The reason we have every problem we've ever had is because we still see things the way we want to see them, not as they are in reality. It is the beginning of real sanity and decency to see that we're really not at all the way we like to think of ourselves as being. No man can be truly helped until he at least begins to sense that he is in urgent need of help.

**Q:** Now that I've been working with these principles for awhile, it seems that things are much worse than I had imagined, both in myself and others. Is this a correct view?

**A:** Actually things have always been as bad as you're now sensing. It is simply that your awakening awareness is now revealing for the first time the reality of how things are. Few wish to see the emptiness of others' lives, let alone their own. But do not despair, Vernon Howard told us that a deeper look into hell is always equaled by a higher look into heaven. You are on your way out!

**Q:** These teachings seem to emphasize personal development over helping others. Is there not something to be said for helping others?

**A:** No one can give to others what he has not first truly found for himself. The world is full of people who spread badness

*("FAQs" continued on page 5)*

### Pagosa Report (continued)

David," who likened the lives of lost human beings to the disoriented bees now in the news. Talks provided many clues on how to solve our problems, which are caused by an inflated but imaginary ego, though we're hoaxed into believing the cause is outer rather than inner.

Some very meaningful and rightly emotional statements came from Richard on male-female relationships. He emphasized to "just be a nice man." About marriage, he said, "You're looking for something or someone to complete yourself. Instead, look inside. The answer lies within. I didn't say you shouldn't get married. But do the right thing. Be a good man, be a good woman." Bruce also echoed something from one of Vernon's talks that "when my heart is right, my mind and body will follow."

Sunday's moderator Bill Brown opened with the reminder that we were in a sacred place. Now traditionally held outdoors above the New Life Foundation property, Sunday's class found us reviewing our weekend lessons. A comment was made that a tremendous amount of effort was put forth to carry out this incredible celebration. Originally designed by Vernon Howard to provide us with opportunities to go beyond ourselves, banquets give us a choice between going higher at the expense of the old nature, or of holding on to the ego self and perhaps even leaving, never knowing what one could have had. Sally Forrest mentioned that we are able to do a lot more than our minds tells us we can do.

'How to Own your own Life', instead of being buffeted this way and that by dark moods and negativities, was Sunday morning's subject. Bill discussed the science fiction movies whose aliens come down, take over the planet, and create illusions which convince the humans that they are real. (Lynne later recalled that in these movies, many of the humans stupidly believe in the good intentions of the aliens to their own destruction). Bill asked us to right now face a painful past memory, allow its full intensity to wash over us and then be astounded by what the dark forces have been doing with our lives. Speaker Craig Martz quoted Vernon's injunction that you must go straight through hell to get to heaven, by staying with the pain in order to be free of it.

As we laughed and learned, Jon Johannessen acknowledged, "The Truth is here. It's in these classes. It's such a

special thing to see and feel and we're very grateful for it." As Vernon once said, "Gratitude towards Truth can take you all the way out."

During Sunday's class, we were visited by a doe lightly moving behind the speakers, and all the while the soft background music of birds singing seemed to call that a higher world is waiting if we will only listen. At New Life, we're going higher. Want to come? Let these teachings show you how. Join Truth.

### New Life News Items

- Typically we have banquets on the second Saturday of every other month with the exception of Thanksgiving and Christmas. However the July banquet in 2009 will be held in Pagosa Springs, CO on July 17, 18 & 19. Please make a note of this as in some previous literature we have sent out, this banquet is listed as taking place one week earlier.

- Bill Brown invites you to attend the Scottsdale, AZ seminar the first Sunday of every month at the Hampton Inn & Suites. We also offer ongoing classes year-round in Westminster and Pasadena, CA, Pagosa Springs, CO and in Strawberry, AZ. If you're visiting any of these areas and are interested in Vernon Howard's teachings, make plans to attend. For more detailed information on any or all of the above, visit our website or call or write to us and we'll send you details. The New Life website is loaded with invaluable lessons. Check it frequently.

### Banquet Invitation

New Life Foundation has been having banquets for over 25 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 27**  
(Classes also on Wed, Fri and Sun)

**Christmas in Strawberry, AZ**  
**Thursday • December 25**  
(Classes also on Wed, Sat and Sun)

**Irish Banquet in Strawberry, AZ**  
**Saturday • March 14**  
(Classes also on Wed and Sun)

*(For more details call or visit our website.)*

## "What Was I About to Say"

### Spiritual Exercise

Transcribed by Sally Forrest from a class lecture

Vernon gave us this beautiful exercise because it's for our true health and happiness.

This is an exercise to increase our awareness of something that is not a part of the old mechanical life. Ask yourself, "What was I about to say?"

Be determined to give yourself little jolts, and one you can give yourself is to be without your usual reaction to a situation. For instance, always saying the same things. Catch yourself saying, "Well, that's the way the cookie crumbles," and when you realize it's just a mechanical habit, that's the impetus to be more aware when saying it. Now, you can dare what all your life you called darkness, which is the unknown, and now you can go right into it and not have anything to

**"Stay awake and try to see ..."**

say. You will then know for yourself when you don't say "That's the way the cookie crumbles" that there's the empty space, which means there will be the non-re-creation of you.

If you endure it, you hear the darkness lie to you and say, "You're coming to an end, fill up the space with a remark, anything, say anything." Stay awake and try to see what you are just about to say, and remember do not try to stop it. If you try to stop it, **you** are trying to stop it. Now you have inserted a you who is going to stop an old you, and they're both you and they're both wrong.

Thought has no place in this operation. Notice the arising thoughts for you to say, "That's the way the cookie crumbles," and then eliminate the phrase for ever.

When you go home, take a piece of paper and at the top write Shock List, then write your favorite phrases you use when speaking to other people. Now, you may have two hundred of them, but just get the most frequent ones.

The catching of the mechanical is the changing.

## Pagosa Springs Banquet Report July 2008

By Judith Anderson & Regina Netherton

'Powerful Techniques for Self-Rescue' was the unifying theme of this July weekend celebration of truth in Pagosa Springs, Colorado. The energized atmosphere of the banquet again provided an undeniable sensing of the presence of

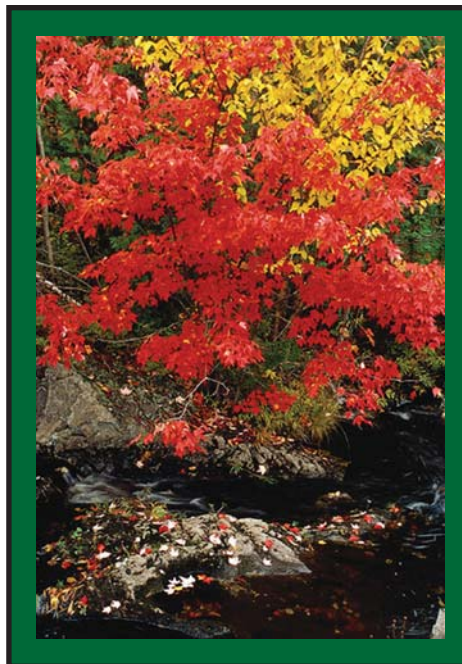
Something Else, with a glimpse of a higher world that becomes stronger and more uplifting with each get-together.

As is the normal high standard at New Life banquets, the food was delectable and abundant all weekend long, "the best in the Four Corners," according to the much-traveled Moe Janosec. Delightful wholesome entertainment also provided much good humor.

Friday night Bruce Tracy guided the class speakers in a discussion of the first talk on MP3 (#82) entitled 'How to Escape Your Noisy Mind'. Simple, clear instructions were given to watch our thoughts and to remain unconnected to them. Then Bruce asked us to simply and quietly notice how often all of those crazy thoughts just 'happen' to be about one person in particular. Instead of living from that mad mind, he pointed out, we can experience "the Kingdom of Heaven located in the space between two thoughts."

New Life Director Richard Wooldridge led the class on Saturday with an examination of the topic 'How to be Happy with Yourself'. He referred to us being attacked by marauding thoughts like the tiny "No-see-um" bugs that deliver an annoying bite. In his talk Moe Janosec also likened human beings to the lost and wandering ant who crawled around the banquet floor without direction, unaware of being in danger underfoot. Moe added, "It's going to take more conscious effort if we're ever going to wake up. Just now we're fakers. We're all pretending." Yet another such comparison was made Sunday by "Tall

*(Pagosa Report continued on page 3)*



## Points to Ponder (continued)

*should not see so much badness. The opposite is right. You should and must know all about hurtful human behavior, for only exposure of the wrong can invite the right. The real peril is to NOT see things as they are, for delusion is dangerous to the deluded."*

It is very interesting to study human nature. Recently my wife and I were discussing a certain situation involving a person we have known for many years. We could see that this person was very cynical and angry over the behavior of some people who attend New Life classes. A revealing insight came to her, that this person has been living in a dream world, believing that spiritual students are wonderful people and that they somehow should know everything and should behave differently, even 'perfectly'. Waking up is a process and until we awaken and leave our childish and immature behavior behind for good, we are going to manifest unpleasant and even 'difficult' patterns of behavior. But the point is we must not be afraid to look beyond the facade. You may know someone superficially and then because circumstances change and you come into closer contact with them on a more regular basis, their actual level of being becomes more apparent. You start to see what they are really like. Perhaps you begin to see that they aren't really as strong as they appeared to be or they weren't as composed as they would like others to think, or they don't have it as together as they thought they did. So the one person gets mad and blames the other person for not being who they thought they were when it was their own lack of insight and unawareness of human nature that caused the problem. Their lack of development or their inability to see thru false personality was the culprit.

Do you also see that the person who is so critical of someone else is no different than the person whom they are criticizing? I can begin to understand that someone is lost and that they have a lot of hidden hostility or they don't have a clue as to what they are talking about but it doesn't mean that I become a self-righteous hypocrite or indignant or cynical because someone else is lost. The whole world is lost. See this as a fact. It is imperative that we see the madness, whether in ourselves or out there in someone else. Remember that our purpose in these teachings is to set aside our

*("Points to Ponder" continued on page 5)*

# 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:** What are Vernon Howard's credentials? Does he have philosophy or psychology degrees?

**A:** Vernon went a billion miles above and beyond the conventional credentials of this world. His book *The Mystic Masters Speak* reveals how widely he explored men of true wisdom, but his own awakening lifted him out of the world of words (though he was a supreme master there too) into a world of direct perception. Thus he inspires us to break free of the burden of memorized thought and to receive Truth directly.

**Q:** Is awakening a sudden experience?

**A:** No, awakening requires the long hard work of uncovering and recovering your natural essence. It's a lengthy but necessary process, because the more F.P. (false personality) you have covering it up, the more work and the more resistance. There comes a point where you must turn completely toward heavenly help and it will be done for you. But not in imagination. Self-deception is our constant foe, always justifying our vanity and wrong behavior. Be still and listen for the true voice within.

**Q:** Isn't there a gradual and increasing awakening of people all over the planet?

**A:** No, the hypnosis is becoming worse and the sleep deeper. Society's propaganda has greatly increased in the last few decades. The myth that there will be a mass awakening is part of the fantasy sold to the millions to keep them imagining that they are all right the way they are, don't need to change and are already on a higher level than most. We have been tricked long enough. The game is fixed. Get off life's mad merry-go-round as Vernon Howard put it.

**Q:** Sometimes these teachings seem full of contradictions.

**A:** Isn't Truth fascinating! It is far above the mind of opposites. We were trained, especially in schools and universities, to debate, to look for the opposite point of view, to argue about every little statement. This is on the mechanical level of thought that leads nowhere. Truth has no opposite. If you truly want to find understanding, answers about God and Reality, you must go to a higher level yourself.

**Q:** Why is Vernon Howard so negative?

**A:** I'm very glad you asked that question. People actually think that Truth — including what Vernon teaches — is out to hurt them but it is only out to expose what has been hurting us. Can that be negative? But to begin to sense this, an individual needs more insight into himself. A part of him must begin to suspect that he simply does not understand what is going on inside, though the false nature will try to convince him that he does. As Vernon puts it, "The healthy information you must acquire, the right information, at first

*("FAQs" continued on page 3)*

## The Acorn

By Vernon Howard

An acorn anxiously asked its mother, a large oak tree, "How can I become an oak tree like you?"



"Just be yourself," answered the mother.

"But how do I do that?"

"You don't have to do anything but realize your true nature. The moment you try to do anything else you separate yourself from yourself."

"Sometimes I wish I were a sycamore or cypress tree."

"That is the problem. You are wishing instead of understanding, which causes

*("The Acorn" continued on p. 5)*

## Points to Ponder

By Richard Wooldridge

One of the most exciting things as you go along in these studies is when you begin to see from yourself that everything Vernon Howard has said is true. If we stick with it long enough and we're willing to let all of our pet beliefs be challenged, we will actually start to experience something beyond ordinary thinking. Little by little the truth is revealed to us, about our self and all of humanity. One of the things we are going to have to see is that we have been duped all of our lives. We have been lied to by society, organized religion and human authority.

One obstacle that must be overcome is our belief in human nature. That it can be trusted, that it has something to offer us. That something good can come out of something inherently bad. In "50 Ways to See Thru People," Vernon Howard says, "Never hesitate to see thru people. Go as far as you can as fast as you can. Your entrance into a new world depends upon it. Some students of human nature are reluctant about exposing falseness and weakness in others. They think they

*("Points to Ponder" continued on page 2)*

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