

NEW LIFE NEWS

Richard Wooldridge Director • Vernon Howard Founder

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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: I have a desire to turn toward something higher but seem mired in old reactions and feelings of disappointment and regret. What will help me to remember this right aim?

A: Just this morning I walked outside to the garden and noticed a group of sunflowers I hadn't seen before. Every one of them was turned toward the rising sun. What an encouraging view to brighten my day and my outlook. It reminded me that spiritually speaking, the rising sun and all it represents is ever-present. In a world of fleeting, temporary thrills followed by frustrating setbacks, the sun-nature is patiently and quietly waiting for a student on the path to change direction in order to receive its warmth, energy and vitality. However, the wish to turn in a new direction cannot be separated from a continual willingness to turn away from what is hurting us.

Q: The picture of the sunflowers naturally turning toward the light really appeals to me, but I doubt my own ability to do the same.

A: The only thing that blocks us from understanding all of this is lack of receptivity and unconscious resistance to what we're hearing. The entity that doubts your God-given right to live a trouble-free life is the same one clinging to the false feeling of life created by immersion in disappointment, regret or any other bad feeling. In complete contrast, a life dedicated to the superior and exceptional force of truth is exactly the same as a life dedicated to our own real happiness. When the force above occupies our inner space, there is no room for lowness. Our inner home will be as clear and as refreshed as a beautiful mountain landscape after a cleansing rain.

Q: Recently, my neighbor and I had a strong disagreement. The experience upset me, and I became aware that I subsequently wanted to avoid him. I knew this feeling was not coming from a position of inner strength but was based in hostility and fear.

A: Depending upon the circumstances, wisdom can reside in either approaching or cutting off contact with the neighbor, but the crucial point is the strength of your wish to be free from your own cringing reaction to the encounter. How much do you really want to stop vibrating to your own loss of control and to someone else's negative atmosphere?

Q: You know, there is something in me that longs for freedom from all the negativity.

A: Then get very serious and honestly ask yourself, "Do I really want to continue to be controlled by these underground fears and shakings or do I want to calmly command every situation I'm faced with?" One problem is that the reaction is lightning-fast, isn't it? It comes up in a nanosecond. But do you know what? Because Truth doesn't exist in time, it is quicker than the downward pressure of the familiar response. Slowing

(“FAQs” continued on page 3)

The Wandering Ship

by Vernon Howard

In the days of sailing ships, a captain set a course for a port in Ireland. Every evening he carefully charted the next day's journey. After a few days he was bewildered



to find that the ship was off course. He checked his calculations every evening, but on the next day he found the ship still heading in the wrong direction.

Only after two weeks was the mystery solved. A stowaway was caught, who confessed to making

small but vital changes in the captain's calculations. The stowaway had hoped to reach a port of his own choice.

(“The Wandering Ship” continued on p. 6)

Points to Ponder

by Richard Wooldridge

Vernon Howard would periodically quote the New Testament and remind us “Whoever is not with me is against me, and whoever does not gather with me scatters.” In other words, there is no middle ground. You can't sit on the fence. If we remain undecided, we have chosen to remain ambivalent. In other words, we're hindered by having mixed feelings about someone or something; about being unable to choose between two courses of action.

I remember when I was a teenager my father once got very firm about a particular matter with me and told me, “There's no gray area. You can't have it both ways.” There can be no neutrality here. You either love the Truth or have hostility toward it. You either get it or you don't get it. You either want to break out or you refuse to break out. You're either for me or against me. It can't get any clearer than that.

We all have to make a choice. Most people have already made up their minds. They have chosen ordinary life over the higher life. In this work you cannot remain uncommitted to it. There can be only one loyalty. It's either right or wrong; good or

(“Points to Ponder” continued on p. 2)

Contents

A Sense of Urgency	2, 3, 5
Banquet Schedule	3
Book Offers	4
FAQs	1, 3, 5
New Book Editions	4
Pagosa Banquet Report ...	2, 3, 5
Points to Ponder	1, 2, 5
Powerful Quotes	2, 3, 5
Praises for Vernon Howard	6
Spiritual Exercise	2, 3, 5
The Wandering Ship	1, 6

Spiritual Exercise

“A Sense of Urgency”

Transcribed by Regina Netherton from a Vernon Howard class lecture

Do you know what the word *urgency* means? You’ve got to allow yourself to have a feeling of urgency, a passionate feeling, desire for self-change to come over you. This sense of urgency is the extra energy you need, so that you can refuse to listen to the screams for fun, for habit, for being with the crowd.

Don’t you have the honesty to know that your life is nothing but a wreck? Now

... have the honesty to know that ...

there’s no alternative to you seeing that because that’s the fact. It’s chaotic and you justify it. You say, “Well, it’s because of

other people.” You would rather complain, accuse other people than save your soul!

Remember the word *urgency* while we go on to the word *agree*. You possess the source of energy which is called *agreeing to the truth*, with what it says.

Think of you being trapped in a building at night and the lights go out. Nobody knows you’re in the back room. You don’t know how to get out and you get panicky. Then you yell out, “Turn on the light.” Remember you have no strength of your own. You’re helpless inside there. You can’t turn on the light. You do agree that you want out of there. So in your helplessness, in darkness all around, and in terror you cry out, “Please someone, turn on the light.” A minute later, the light goes on. Whew, and there’s the nice smiling guard there, and he says, “Oh, I’m sorry, I didn’t know you were back there.”

Here’s the point if you will do it. You’re capable of saying, “Yes, heaven, turn on the inner light. I need it so badly. I’m helpless here in the dark.” You’ve forgotten that the word *Yes* is sufficient to heaven.

All you have to do, try it, try it all the time: Sit back in your chair shaking with what’s happening on earth, shaking with the thousands of griefs you have. Just sit back there and see if God is more faithful to you than you are to Him.

See, God is quite willing and eager to prove himself to you. Will you let the higher source come down right in the middle of all your desperation? Are you willing to not enjoy being terrified! You do enjoy it now. You love it. It’s nine-tenths of your life — *feeling you*.

Will you let yourself see that there is a crisis, that you do have to break out of what you call yourself? Please see the

urgency of stopping in the dark building of your life, which you know very well you’re in; stopping there and just be calm — deliberately.

Oh, I know what will happen for the first ten thousand times you just go limp and calm and non-excitable. It’ll start to scare you. “What happened to my friend ‘frantic mad screams’?” Peace is startling at the start. You’re not used to being intelligent. You’re used to yelling out like an idiot, like the world is going to continue to do.

(“Spiritual Exercise” continued on p. 3)

Pagosa Springs Banquet Report

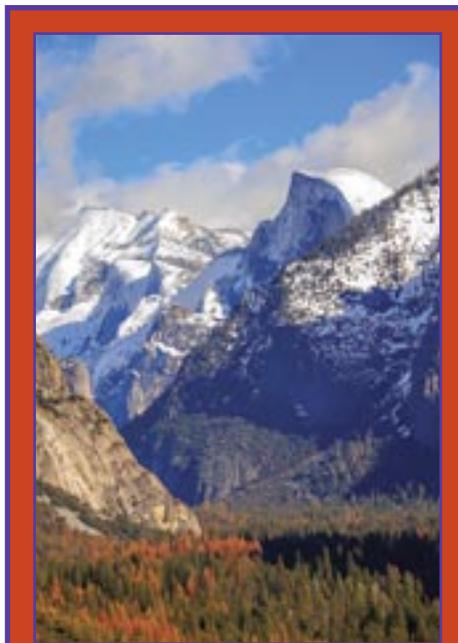
July 2018 by Judith A. & Regina N.

In a serene area with splendid mountain peaks visible in the distance, the New Life banquet in Pagosa Springs, Colorado, had a cool breeze wafting throughout the spacious hall where we enjoyed the meetings, entertainment and a lavish buffet. The clouds and wind and rain followed by sun, described in Karen W.’s “Little Pinewood Cabin” poem during the entertainment, became a reality on banquet day — to refresh and uplift us above our habitual selves.

Even the lost swallow who got temporarily trapped inside the hall was a reminder from the natural world surrounding us that we must avoid worldly traps and fly higher. At banquets, the struggles between the old negative nature and who we really are can become very apparent.

As Doug S. said in his talk, “Underneath your well-polished act, when you go to bed at night, you know it’s not working.” It was

(Banquet Report continued on p. 3)



Points to Ponder (continued)

bad; real or counterfeit; truth or falsehood; heaven or hell.

One of the things I love the most about this work, these cosmic facts, is the definitiveness and directness of them. Vernon Howard was never wishy washy or confused or unsure of himself. Nothing about him was ever contrived. He was for real. There is a way in which we can live our lives without any uncertainty at all.

God intended us to be absolutely sure about everything, but we are still fooled by appearances. We still think people are nice because they smile at us or turn on the charm or have perfected the act of being friendly. People in the retail business have to be outwardly cordial because they want your business. They have been trained in business etiquette or customer service and have learned over time it’s probably best to be pleasant when doing business if you want repeat customers. In some cases, you may not even want their business again, but it’s a rehearsed or learned behavior with an artificial motive. When you want something from somebody, it automatically puts you in a compromising or trading position.

The whole point of this work is to become real. If we’re unnatural we suffer. Recently I was paying for my breakfast and the waitress commented to me, “That lady was rude.” I didn’t know who she was talking about, but she said she tried a few times to be ‘nice’ to her, but the lady did not reciprocate. The waitress was bothered by the woman’s unresponsiveness. So, she had set herself up to feel wronged. “If I’m nice to them, they should be nice to me in return.” Therefore, I’m going to feel bad because they did not have the appropriate response. Do you see how we do it to ourselves?

Vernon Howard frequently instructed us to be consciously pleasant, not because we want something from the other person or that we’re trying to achieve a desired result, but simply because it is our natural state. It’s the right thing to do. It’s not good for my spiritual life to be a perpetual grump.

In summary it is imperative that we start seeing through the superficiality of people. We are neither the grump nor the phonily cheerful one. It’s time to accept the fact that human beings are masters of mendacity/duplicity.

Here is something marvelous and very high that I came across recently from a talk given in July 1980. “There’s no way you can think your way back to the Father’s house because the Father’s

(“Points to Ponder” continued on p. 5)

FAQs (continued)

down the freight train of clattering thoughts and feelings is an effective way of inviting something higher in that can handle what the old nature can't handle. A deliberate effort to slow down creates self-awareness which puts distance between the challenge and the self-defeating reply. This is how spiritual memory, the ability to remember these lessons in the moment, is developed.

Q: Something in me senses the importance of the idea that men and women are occupied by two selves, a False Self and a True Self, but I can't quite grasp its full meaning.

A: Know that this is much more than just a compelling idea; it's a reality. The False Self, which embodies personal egotism, is the creator of every single problem, every trouble we have. Convinced that it is emperor of the universe whose every demand should be met, it cannot see anything outside of itself. It can't be reformed but can be dissolved. And thank heavens, there is also a True Self within that is meant to replace the illusory nature. Right now, it's covered over but can be uncovered with right work. A fuller understanding will enter when you know from yourself that the presence of these conflicting selves is not just a convenient or expedient concept for the mind to latch on to. The replacement of the false nature by the true nature is our actual destiny.

(“FAQs” continued on page 5)

Spiritual Exercise (continued)

But you're going to break apart from the world. So you sit there in the dark. And you don't know in your present level that there is a God; there is a supreme watchman of the night; you don't know that.

That's not a problem. The problem is you inventing your own fantasy guards that are going to come and save you — the new boyfriend, the new raise in pay, whatever. You don't know that rescue exists because you've never been rescued. So you haven't had the experience of being lost and having the heavenly night watchman come and show you the way.

Now all you have to do is say Yes in the dark. Say, “I don't know what I'm supposed to do, but I am willing to have the light turned on inside myself.” That's all that's required of you and don't you dare do anything else! You'll spoil it all! “God, I don't know what I'm doing. Please let something come to me that I can't go to. I can't go to you, God. I don't know where you are. I can't go to it but I can let it

(“Spiritual Exercise” continued on p. 5)

Pagosa Springs Banquet Report (continued)

a reminder that we have to start with seeing what's wrong first. The banquet gives us our chance to honestly admit we're still suffering and out of touch with the true and permanent self. That well-polished act is no longer what we want to live from; we can choose something far better.

For the entire banquet weekend, DVD Volume 6, **“Solutions for Lasting Security”** (also on Blu-Ray Vol. 3) was the basis for many meaningful talks. On Friday night Moe Janosec set forth a warning about “free fireworks” that leave us empty: “Sooner or later, you'll have to pay for what you thought was free entertainment.” Moe emphasized the point that we're looking one way, dazzled by the fireworks display, while our life energy is being stolen. He exclaimed, “Get tired of being duped by childish wishes! God is watching — are you going to do something different this time?” Paul Wolfe also recounted how these classes and banquets are a necessary reminder of our higher purpose, “when you want something new more than what the old you wants.” Paul continued that we must turn our loyalty toward Truth which means detaching our allegiance to the past, to other people, to our own mechanical reactions, and so on.

Saturday's talks highlighted the day's abundant activities. Richard Wooldridge, New Life Director stated, “Security, happiness, doesn't exist in things of this world.” He stressed that “unless we know and see Truth for ourselves, we don't know anything at all.” A fundamental principle is that you must see through yourself. Examples given included how we set up agitation so we can believe we exist, trying to find security in repetition, and throwing up a psychological wall as a barrier to seeing evil. Richard explained you can go beyond the mistake-making machine and become new; “you can change.” Vernon Howard said to tell yourself, “I'm not satisfied with that answer and I'm not going to accept it. I refuse it.” Vernon's DVD talks on solutions underscored that we must “endure uncertainty to find certainty.”

At Sunday's talks Bill Brown gave the exercise to “Let Truth trap you. Unconditional surrender. No conditions.” He suggested to no longer think of the self as a unified person but as a transitory state. Connected to that, Brad L. also reminded us that Vernon told us to read the “You Do Not

Exist” talk (which is published in **Your Power of Natural Knowing**) every day for 30 days. This can change your understanding of everything!

Many profound truths like these were heard at this banquet. A familiar yet unique cycle occurs at these events, where people are different when they leave than when they arrived. Each banquet is unique and a higher energy is always felt by anyone open to the exceptional atmosphere.

After the talks on Saturday, a delicious barbecue meal with lots of accompaniments and desserts was served. We danced and laughed and enjoyed cheerful songs and funny, wholesome jokes. An old familiar song “Swinging on a Star” became new and alive and fun with special choreography. It's not just the fabulous food and pleasant entertainment or valuable talks that made the event indescribable; it's the taste of Truth that sets it apart from anything else you'll ever experience. Something Else is present in the atmosphere.

The traditional trek up the “Happy Trail” to the pergola where Sunday morning's class was held concluded the weekend experience with a ‘higher world’ touch. When students made comments at Sunday's class, gratitude for banquets was one topic. Regina N. summed up:

(Banquet Report continued on page 5)

Banquet Invitation

New Life Foundation has been having banquets for over 35 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.

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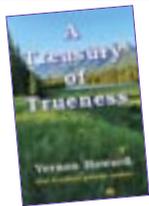


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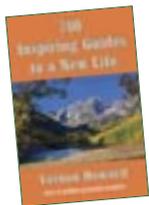


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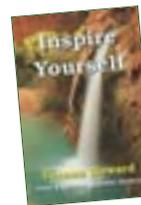


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Points to Ponder by Richard Wooldridge (continued)

house is without personal thoughts. When you understand this, the thought structure collapses and with its collapse you ARE back home.”

When Vernon Howard speaks of being back home, it represents a safe place, an unshakeable inner locale where nothing can disturb or faze us. He once put it this way, “Disorders are healed when lifted to a higher plane of thought than the plane which caused them, for on this higher plane we cease to interfere with the healing.”¹ The healing medicine is above the mind. If we stick with these teachings long enough, we will see for ourselves what all this means. It will come to you that the healing occurs by embracing the Truth.

Recently I was pulling and removing thistles on the property. Here in Colorado the thistle is an invasive species. If allowed to, it will take over and push out native species of plants. It has a spiny stem and thorny leaves which can be painful if you’re pricked by them. The thistles know they aren’t welcome so will sometimes grow next to a rock or under some other kind of bush or vegetation making them more difficult to see and extract.

You can spray them with poison or you can get rid of them the more labor-intensive way, which is to remove them manually. You must try to get the root out which can be as long as the part of the plant seen above ground. The best time to pull them out is when the soil is damp or wet or when they’re embedded in softer soil. Wearing heavier work gloves you pull them out from the base of the plant. If they have grown in harder soil you may need to use a pick.

This illustration can be connected on many levels to our efforts to be free from what is hurting us. Mechanical, negative thoughts and feelings can be likened to thistles. So can bad habits. But through super effort, they can be removed at their very foundation before they destroy our lives. They will make life miserable for us if allowed to multiply and must be gotten rid of.

If we are unconscious and unaware of their existence they go undiscovered and do their damage surreptitiously. First of all, it’s necessary to become well-acquainted with the quality of our thoughts and feelings and recognize the damage they’re doing. Negativity is an alien, invasive species to human beings. It is not normal. We were not created by God to be filled with negativity. All the wrongness that has been picked up has been acquired from other undeveloped biped beings on this planet through imitation.

¹ *A Treasury of Trueness (#194)* – see p. 4

Through right effort on our part we can begin to see clearly what must be done. We can refuse to go along with the negativity, but we must first detect it. We must see it as bad for us. Complaining is negative. It is a thistle. Confusion is negative. It is a thistle. Being resentful is negative. It is a thistle. And so on.

Clarification comes as a result of right effort. There has to be a conscious wish on our part to want to understand. God wants to help me but I must allow him to do that. My interference is getting in the way. The intrusion is my incessant unconscious thinking. An incredible point that was made is “... the Father’s house is without personal thought.” This is a huge clue we’re being given. Let this cosmic fact do its marvelous work to help and heal us. It will if we will acquiesce.

FAQs (continued)

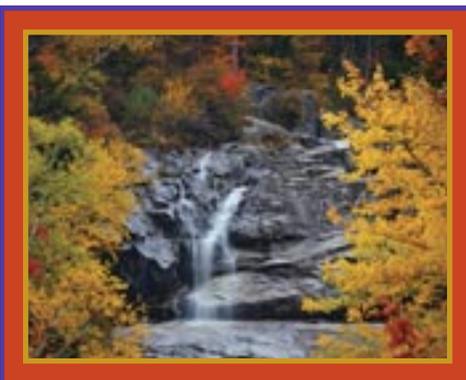
Q: Why do we need spiritual help?

A: Wherever we go we take our whole world with us. We have settled in troubled lands. There is an urgent need to refresh, reboot and remember that Now is always New. A new nature is necessary.

The answer to every problem is a spiritual one. There is no separate answer to the financial problem, the relationship trouble, the work difficulty, the anger problem. The answer to every problem resides in a different place, on a different level than the problem itself.

Q: It’s hard to understand that there’s only one solution. Why can’t I just work on the specific areas where I see there’s an issue?

A: Because then you’ll just be caught in the endless trap of solving the “next” difficulty, then the next and on and on. The mental self doesn’t want salvation. You call it intelligence but it’s really ignorance that insists it knows what should be done about all these difficulties and heartaches. Deep down though, something in you knows all solutions on that level have always failed and will always fail. “You” can’t do it, but God can!



Pagosa Banquet Report (cont.)

“It’s a miracle we’re here.” Bill noted that the old nature, the ungrateful ego, can walk in and “just expect the food to be here, to be entertained”, when in reality a great deal of work must be done in advance to prepare for the banquet. Then Sherry Day revealed how “I don’t know what a mess I really am until I come into this higher atmosphere.” Kyle R. talked about our expectations for life and banquets: “If things went your way you’d never learn anything. God is trying to show us another way.” Lorraine P. affirmed that she was very happy to be at the banquet with others who have a real interest in transforming their lives through these authentic spiritual principles.

It becomes evident, as Lynne W. related, that “there would be nothing real for me to do without dedicating myself to these teachings and without the classes.” Dave echoed this when he asked, “What else are you going to do with your life but this?” So are we going to be like the trapped bird, to only fly in endless, frantic circles or will we try God’s way instead of ours? Something far better awaits us. Altogether the weekend offered a vacation from ourselves, from our relentlessly noisy minds. And, because of the effort made, New Life was awakened within.

Spiritual Exercise (continued)

come to me. Will you let the light come to me?” Stop right there.

That’s the problem. You want to get in on your own salvation. You want to be able to tell people you meet how much you know about spirituality and all the religious verses you can quote. You want to brag that you saved yourself. Will you stop supplying your own solutions to your unhappiness? Please abandon, throw out all those papers and books and plans and blueprints you’ve had. It’s the only chance you have to get out of the dark.

Then you can’t depend on yourself anymore, can you? You have to depend on the watchman of the night to turn on the light, which he will do. Do nothing about your own salvation, except know that you need it very badly and that you can’t do a thing to save yourself.

When you cry out, “Please turn on the light,” the light will turn on. You don’t have to know who you’re talking to because you don’t know who you’re talking to. But who you’re talking to has heard your plea and the light will come on.



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Praises

E-mail from lady in North Carolina:

Thanks so much for your messages and the new "Take Charge" articles on the New Life website. Regina Netherton's observations about the unpleasant phone encounter were just what I needed today, having recently started a job with more interactions with the public. I have been a Secrets of Life subscriber for several years now and always look forward to them each morning. They have kept me on the right track, reminding me to do the inner work each day. I am not always successful, but more and more, I grow stronger, more confident, relaxed, in awe of the natural world and feeling more at peace with it. I have learned to say "no" to wrong requests and demands from both my false self and others, and "yes" to those that are just right. I will be forever grateful.

E-mail from man in Colorado:

The (Spring 2018) newsletter is great! It's just full of fantastic stuff. I'm impressed that you used the word "solipsistic" in "Points to Ponder." I have no idea what it means, but I'm going to look it up!

E-mail from lady in Slovenia:

Thank you for doing the work to keep the Truth present!

E-mail from lady in Minnesota:

These are such wonderful quotes! Thank you! I see that I am constantly living in the past and trying to make it into my future. The only way to stop doing that is to see the uselessness of this type of thought. Glorification of a romanticized past takes away the present and wrecks the future.

E-mail from man in Wisconsin:

Thank you for today's (as usual) amazingly profound Secrets of Life quote — and for all the work you do at New Life.

E-mail from lady in Arizona:

How wonderful. The report is inspiring, uplifting and just plain fun to read. I really like all the different people's banquet comments which rightly intensified as they went along. Just great! A lot of work went into this report which will help anyone who reads it. (March Irish Banquet Report)

E-mail from man in California:

I just read 'The Witness Self' in the newest newsletter (Spring 2018) and it's done a lot for my journey as I'm piecing it all together. Thank you for keeping these teachings alive!

E-mail from man:

Wow. Thank you. More than any other, this Secrets of Life message was provided specifically for me to hear.

The Wandering Ship (continued)

We must catch psychological stow-aways who pull us off course, such as grumbling and self-righteousness.

(This is from the book [Inspire Yourself](#))

Praises (continued)

E-mail from lady in Pennsylvania:

Vernon's talk (DVD Volume 1, Talk 4) was so significant that I transcribed it for future understanding and use. With much appreciation always.

E-mail from man in California:

It was good to see you and to have gone through a most dynamic banquet week (July 2018). Great company, great growth and some real healing took place. I am most grateful! Thanks too for the hospitality and great meals.

E-mail from lady in Nevada:

I'm so grateful to have Vernon's CDs to take with me on an upcoming trip. It was also a real pleasure to have recently attended the Pasadena and Westminster classes.

E-mail from man in Michigan:

I am so enjoying and am comforted by Vernon's talks. I cannot live without this amazing information. Thanks for everything.