

# NEW LIFE NEWS

Vernon Howard Founder

Richard Wooldridge Director

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

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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:** I'm trying to grasp what these teachings are all about.

**A:** Try to understand what would happen to your personal world if you saw your life in a completely new and different light. Imagine gaining so much clarity that every experience you've ever had would be thoroughly understood and transcended. What if you knew that right in the midst of this physical life, you could live from a spirit that is free? No more fear of the past, present or future, no more nervousness, distress or confusion.

That is the essence of these teachings and having a heightened and sincere interest in working with them will put you into contact with inner powers and energies that are presently unused and ignored because they are being obscured by the hardened protective shell of the false self.

**Q:** I've noticed that Vernon Howard's books are different in a very surprising way. Every time I re-read them, the meaning becomes clearer and I discover points made that I did not catch before. Why is that?

**A:** Truth illuminates as only the higher can. You're beginning to experience what it means to change. As you absorb more truths, your spirit becomes more receptive to higher understanding. What you found puzzling before now begins to make sense. As consciousness expands, life becomes less of a challenge and more of a pleasant journey of discovery. Miraculously, barriers that seemed so impossible to get around suddenly vanish. It's like the careful process of restoring an old painting. When the layers of dirt and yellowed varnish are removed, the original beauty of the painting is revealed.

**Q:** Can you say more about the artificial self that Vernon talks about?

**A:** Here's a valuable illustration from **Psycho-Pictography** that was brought up in a recent New Life class. Picture being on a boat ride going around a lake at an amusement park. Although it appears the captain is steering the boat, its course over the water is actually being controlled by a set of underground rails. The boat has no choice but to follow the pattern set by the rails.

Do you see the correlation here with our own situation? Human beings follow long-established sets of negative rails created from a made-up sense of self, wrongly believing they are steering the boat. No, the boat is being controlled by underground constraints and typically people don't try to break out for fear that escape isn't possible. This work assures us there is definitely a way out of the tightness and limitation of the bindings, but to receive the help, you and I must do some serious spiritual work.

**Q:** What kind of work must I do?

**A:** One of our greatest potential powers is that of self-honesty. Truth knows you are letting yesterday's memories affect today's

*("FAQs" continued on page 2)*

## In The Bakery

By Vernon Howard

There once was a baker who diligently sought and finally found the secrets of life. He wrote his discoveries in a book and placed the volume on a counter in his bakery. Calling in several unhappy friends he announced, "In this book are the answers you seek." One by one the men spoke up:

"What a delicious-looking chocolate cake!"

"How much are those coconut cookies?"

"What an aroma from that fresh bread!"

"I'll take two of your great apple pies."

Only one man picked up and studied the book.

*("In The Bakery" continued on page 5)*



## Points to Ponder

By Richard Wooldridge

Typically, most people take care of their physical bodies. They brush their teeth, bathe, wear clean clothes, etc. or at least you hope they do. Animals certainly have enough sense to wash and clean themselves. Birds take baths in streams, cats and dogs and squirrels groom themselves and various animals do different things to preen and take care of themselves in that way. We know that personal hygiene is a good and necessary thing. We also know that the body needs to engage in a certain amount of physical activity and movement to be healthy too.

Our parents feed us and pick out foods for us to eat, hopefully nutritious, so that our bones, muscles, nervous system, brain, immune system and other parts of the body grow strong and healthy. At a certain point in our physical development we must start making decisions for ourselves in choosing our own food, determining what we're going to wear, etc. We try to choose delicious, nutritious and balanced foods, but obviously some of these choices are prompted by budget constraints in our younger years.

*("Points to Ponder" continued on page 3)*

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**The Witness Self****Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

Now I want to go into an extremely important topic and I'd like you to think about it over the next few weeks, and more.

You have an active self. You also have a witness self. The witness witnesses the active self. The active is the mechanical part of you – the unseen, unconscious, not understood part of you. You are now in the grip of the unconscious, active, moving self within you.

You will now understand and develop the witness self which is now very weak. And you will train it to be the boss of the active self – to be the healer of the blundering, painful, active self. The witness self is apart from this whole world. It's free; the witness self is free. There's no way it can be hurt.

Picture yourself in a nice, comfortable, pleasant home, and you're looking out the window at a savage raging storm. The witnesser inside is peaceful, in charge, looking out through the window at the lightning, thunder, the fury of it. All right, you remember this illustration, it's very basic to understanding this.

No matter how raging your human relations get. No matter how you feel all tight inside yourself. No matter how hard you try to cover things up, trying to prevent yourself from seeing the storm inside of you, remember this. No matter what happens in the storm inside of you, there is another part to be developed to full strength inside of you that has no relationship to it at all. We're talking about you being apart from yourself.

You are not the storm outside! You are not! Get that once and for all. Never get away from that point so that the next time you're doing business out there and something goes wrong and you're getting nervous about it, remember, “I am not really that storm.” Don't believe in it.

All right, you're developing, growing, a witness self. It is the absolute commander over what happens outside. It's very quiet. “No, I'm not going to go any more!” Use those words. “I don't need pain. I don't need to protect myself. I am not going to be so asleep any more.”

You must fall in love with being peaceful. You must fall out of loving what is stormy.

Continue with your spiritual work and see that you're going to let something else be happy for you. You can't do it of yourself. You know very well you haven't

done it. “Oh, let's see; well wait a minute, I don't want something else, I want me!” All this is loving the storm....

Don't ever, ever, ever try to quiet the storm. You can't, you are the storm. Think about how closely a storm describes the social life, the business world, the money making world, the sex world, the whole business.

The witness self will teach you that you don't have a you that needs to have that certain person in your life that you're crying over. You don't need to be a financial success. You don't need to have people around you all the time. Look, please, Truth is everything. What else do you need?

You've been tricked into thinking that it's better to have a rerun than to keep the set blank for the night. No, it's better to keep the set blank so you could see how crazy you go when you don't have a television show to watch.

Ah, you're coming face to face with the storm. And you're going to dare to go back and sit down in a chair and just watch the storm rage. And you don't turn TV on for weeks at a time, maybe. And say – “What's going on with me? – Hey, hey, this is a new experience. This is different. I don't know what I'm supposed to do to be happy. I knew it last night when I saw the tenth rerun of that movie. Oh isn't that amazing! Wow, I don't know what to do to be cheerful. I don't know what to do. I don't know what to do to keep myself going.”

Stay with it. Don't think that you don't  
*(The Witness Self continued on p. 5)*

**FAQs (continued)**

flow. You must know it. Truth knows that no matter how hard you try to be upbeat, you are still plagued by feelings of discouragement. You must face this. Truth knows it is absolutely useless to pretend you know what will make you happy when every path you've tried up until now has not lead to permanent relief. You must see this. The very admission that we are standing in our own way is the building ground for the stunning perception that we can stop it right now! Because this exploration is designed for the individual seeker, you can learn everything you need you to know by staying home with yourself.

**Q:** I get so confused about spiritual instructions. Sometimes my mind thinks it's all too much to understand.

**A:** People complicate spiritual matters because they think about them from minds full of confused, muddy thoughts. This is equally true in worldly matters of finance, science, religion, education, etc. Social institutions were invented by the human intellect and are weighed down under layers of conflict and contradiction.

Education has become obtuse; governments get bigger and laws have multiplied beyond any reason. Politics have become a battleground; relationships are war zones. All of our thinking, plotting, planning, analyzing, and theorizing has led to the utter degradation of human life. It stifles and chokes life out of us, instead of aiding us in the fulfillment of life's real purpose. All this occurs because the divided human intellect is in charge instead of the spirit.

“What should I do?” we wonder. Simplify. Or as Vernon Howard once said, “Keep it simple, stupid!” [KISS]. Contrary to popular education theories, it is dumb to think so much! Don't think about it; instead be aware. Just be. Just know “I am here” [see this great exercise in the **Monthly Lessons** for December 2017 at [www.anewlife.org](http://www.anewlife.org)]. Just relax and let the mind clear, like the pond which was once stirred up and muddied but is now calm. Be quiet.

**Q:** I don't feel safe in this world. Can Truth help?

**A:** Vernon wrote the essential booklet **Be Safe in a Dangerous World** to help us because he understood that even though the world is unsafe, true protection and real security are possible. We can be safe in a dangerous world. It is wise to recognize the danger, but even wiser to understand we do not have to be afraid of it.

*(“FAQs” continued on page 5)*

**“It's free; the witness self is free.”**

**Points to Ponder (continued)**

There are other things which need to be nourished as well, the mind and the emotions. We go to school, hopefully to learn something practical and help us deal with life’s daily challenges. It used to be described as the 3 R’s, Readin, Ritin and Rithmetic. This phrase was said to be introduced in 1795. If you do a little research, you will discover that the second ‘R’ at one time was reason and the third ‘R’ was probably reckoning. Reckoning was a Victorian term for mental arithmetic and had been in use as such since the 14th century. Today it’s the 3 I’s, iPad, iPhone and IT (Information Technology).

God also put into human beings a fourth element, a yearning to discover why we were put here on earth. Vernon Howard put it this way, *“Something in you yearns for goodness and permanence.”*<sup>1</sup> Another way to state it is that our inner nature is waiting to be transformed through conscious effort on our part. Remember, *“There’s nothing to do, there’s only something to see.”*

There’s so much more that needs to be understood about what’s really going on. Here is a clue which can help us understand. In **Pathways to Perfect Living**, Vernon states it this way, *“A false society has imposed upon you a false conscience which chains down your natural happiness. By rising above society’s falseness with trueness to your own nature, artificial conscience can neither exist nor pain you. True conscience springs from your recovered essence and is the same for all who live from essence.”*<sup>2</sup>

As the damage that has been done to us begins to be undone, it frees us from the burdensome weight and interference of the false self. And conditioning from all the years of feeding our mind and emotions with wrong data, faulty information and misleading phony religious, moral codes and ideas. If you put trash in, you’re going to get trash out. How can faulty conditions exist outside of a faulty mind? Get rid of your faulty thinking and you get rid of all of your problems.

It’s like trying to tune in a distant radio station but there’s lots of static and interference from all sorts of things of which we’re simply not aware. As we get closer to the source or the storms move away, the signal becomes clearer and stronger. Eventually we can hear the message perfectly. The dial is then set to harmonious, Heavenly, Truthful or Cosmic wavelengths instead of negative, moody, distorted or dark forces’ frequencies.

In a fabulous talk I just recently listened to, Vernon said this, *“Being good is a*

*need, it’s not just a virtue.”*<sup>1</sup> We need water, we need food, we need activity, we need a roof over our heads, we need warm clothes in the winter and so on, but we need Goodness above all else. Deep down we’re looking for something that will not betray us or let us down. That something exists. All of these truths are provable facts that can be verified by anyone who is willing to accept the unvarnished truth and who wants real happiness, not the counterfeit variety that this society is offering.

Recently I was in the local Post Office to pick up a package. While I was waiting a customer came up to the counter and knew the lady who was helping him. He asked her, “How are things with you?” She responded, “Pretty good.” I observed by the tone of her voice and facial expression that she really wasn’t good at all. She wasn’t happy. She just said the mechanical, programmed and expected response in that particular situation. People reveal themselves all the time. They show what they’re really feeling and thinking. She has chosen that state. She is unaware that a higher way of living exists for her. She doesn’t know she could be wide awake while answering the gentleman’s question without annoyance or any other kind of negativity.

We have said we want something different. We have said we want to stop making wrong choices and getting into trouble with ourselves and others. We start by seeing how we unconsciously make demands of this ungrateful world. We are demanding that we *think* we should be treated differently and that somehow we are owed something. We are also insisting that other people should act differently. Even though I can act immaturely, others should behave intelligently, they should be more mature. How can they do this if they are like you are? Vernon put it this way, *“What you do is what you are.”*

We’re neglecting something. We’re failing to see what we are really like. Can I honestly begin to admit without any self-condemnation that I’m lost? *“All lost people are loaded with hostility.”* That I’m not a nice person. I’m not a happy person. In the same talk I alluded to earlier, Vernon gave an incredibly uplifting and positive fact if I can realize it, *“Consciousness of your badness dissolves it.”* How marvelous. Aren’t you excited when you hear a beautiful statement like that? If you want to put it this way, there’s real hope. There’s a real opportunity for me to see that something higher exists above this sick world and my mad mind.

There’s a pre-requisite though. You have to love what you are hearing. Your old nature doesn’t and can’t love it, but the budding new nature can. *“Your essence is happiness itself.”*<sup>2</sup> Another incredible, dynamic, living, true statement.

There’s something that we can begin to see for ourselves and that is, besides the human body that we inhabit, there is a spirit. It was just referred to above as essence. It’s something that God has put into human beings, but it is not developed. It needs nourishment just like the body does. So, we’re either doing one of two things — we’re uncovering it or we’re neglecting or even damaging it. We’ve been given the chance for understanding and we’re either doing the right thing or we’re doing the wrong thing with this chance. If we begin to see ourselves and others in action, it becomes easy to see what the consequences of those actions are.

The existence of the essence within cannot be proven or disproven intellectually. It’s a spiritual matter and it is real. You can see and feel the energy of it. If we must use a word to describe it, that word would be intuition. The dictionary defines intuition as the ability to understand something immediately, without the need for conscious reasoning. But it’s actually more than just intuition. It’s much more. It could also be called pure perception.

As we begin to grow up spiritually, start to wake up from psychic sleep or **“Points to Ponder” 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.

**Join us for one, two or all three  
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**Italian in Strawberry, AZ  
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*(For more details call or visit our website.)*

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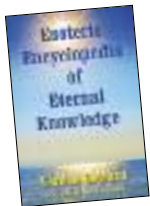
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**In The Bakery (continued)**

*Man is so distracted by habitual sights and desires he cannot grasp the truth even when it is set plainly before him.*

(This is from the book *Inspire Yourself*)

**Points to Ponder (continued)**

unawareness, and catch all these negativities inside of us, it will become clear to us what must be done. It is imperative though that we observe all of these things for ourselves. See the hostility. Notice the price paid — the loss of energy, feeling awful or whatever the aftereffect is that inevitably comes from being wrong.

If we're separated from God, from Truth, there can only be anger, resentment, fear, hypocrisy, irritability, worry, rage, desperation, emptiness, loneliness, etc. These are the consequences of not following cosmic laws.

All of my wounds and problems are self-inflicted. But I have to verify that by my own personal observation. As long as I remain solipsistic I will continue to pay the price. But the good news is that something can be done about our faulty thinking. It can be transcended. *“We can win over the world by not being a part of it.”*<sup>1</sup> We can also defeat what now defeats us.

If we follow all the truths outlined we will experience a feeling which is out of this world.

I highly recommend listening to the first talk on MP3 CD Volume 30.

<sup>1</sup> Vernon Howard's Higher World MP3 CD, Volume 30, Track 1. Date of talk is 9/2/90.

<sup>2</sup> **Pathways to Perfect Living** (available for sale on page 4 of this newsletter)

**Special Instruction**

from Vernon Howard

I order you from now on whenever you see marchers in the street, I want you to notice the violence and the hatred in their faces. Then I want to ask you another question. Is violence and hatred from Satan or God? Watch the expressions, their gestures, until you are so shocked, you can never, ever be deceived by a human devil again.

**Frequently Asked Questions (continued)**

Vernon relates a story about a “lion tamer” — a man who started thinking in the right direction. He often visited his local zoo and made the connection that people he feared were like zoo animals. Just as the ferocious lion was locked up behind bars, the man realized there was an insightful part of him capable of providing bars of understanding separating him from this scary world.

I can know that I am intimidated by the angry check-out person at the market or by an aggressive driver, but I can also refuse the fear. I can stop and just drop my troubled emotions and stand aside from my wrong thoughts. I can give God a space to come in and show me that the fear is in me, not in the event. This is an astonishing secret; a tremendous truth. Everything these teachings tell us is true. It is possible to have the fearless life we've always wanted.

**Q:** What is the difference between ordinary life and Life with a capital L?

**A:** They are as different as night and day! Ordinary life consists of the atmosphere, patterns, thoughts, beliefs that we were born into and acquired through conditioning from books, movies, education, etc. And even when we see people who are caught up in different belief systems and customs, it's apparent that the thread of the hypnosis of pain and suffering strongly affects them too.

Real Life cannot be created by us but can come to us if we will invite the awakening of genuine vitality within us. The natural nature which lives Life is relaxed and in charge no matter what is happening. Nothing is too much for it.

**Q:** But how can that be? How can something exist personally for me that is not a part of the world I see and live in?

**A:** Vernon says we're sight slaves to everything around us because it never occurs to us that it is the invisible, spiritual world that is the crucial one.

**Q:** Why do I run into my own laziness all the time?

**A:** Left to their own devices, our bad mental and emotional habits revolve around mechanically inside of a contained circle. We always come back to where we started because we refuse to let the shocks of life stun us so much that we're knocked outside of our hardened, fixed attitudes. Laziness is a habit we've become comfortable with. But also remember that what we are inviting in can be uninvited.

A good time to go against the inertia is when just waking up in the morning. Right after awakening one morning, I saw how I was already welcoming defeat into the day by letting my mind be overrun by negative thoughts of what the day would bring. I felt the sleep state and the laziness that was behind the invitation to wrongness and said no to it right then. It made all the difference in my day.

**Q:** Why won't talking about my problems with friends help?

**A:** Haven't we wasted too much time already in trying to force a solution where it doesn't exist? First of all, ordinary communication between people typically consists of trading complaints with an implicit agreement to drain one another. But as Vernon said, there is only one real type of communication between people. It is “when essence speaks to essence.”

**The Witness Self (continued)**

need it. The last thing you need is your present nature.

So all the time, you're developing the power to stand aside from yourself and look out the window, and have no reaction at all. And if you see yourself reacting, which you will do for a long time, know it has nothing to do with you. Not in reality. At the same time that you see what's going on out there in the world, down in your office, in your home, the witness is also pointing inward, so you see your response to what you see out there. And it will always be wrong. There's no response when you're free.

You're going to see that you can't do anything for yourself except see what's going on inside of you. You can do that. An enormous amount of work. And more and more the Heavenly will take over the earthly and you will change.

**E-mail from Woman in Vermont**

I liked this quote a lot about discovering and reclaiming what we have lost. Over a period of years of living, it is so easy to lose sight of what is important to you, what you really need that is essential; far more important than making a living.

**“Don't trust anything of human origin. You trust because you don't know. When you know, there is no need to trust. Knowing is life; trusting is death.”**

— *Vernon Howard*





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## ADDRESS SERVICE REQUESTED

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Quotes, New Editions  
and much more inside**

### Praises

#### Man in California via e-mail regarding 2017 Christmas Banquet :

I arrived in Strawberry pretty well rundown from the life I lead. Feelings of fear come up in my days and I still find myself swept over by the winds of depression that blow in quite often. I left the banquet feeling much stronger and more resolute. Three days washed out a lot of the psychic toxins that had built up in me. There is something really powerful about the banquet experience. There is a pure experience of confidence that only spiritual knowing can provide.

Thank you for your encouragement and for all the possibilities that you make available for a better life. The further I go into these teachings, the more I see how true they are.

#### E-mail from man in Michigan:

Thanks so much for the Christmas banquet report. It is really nice to read about your wonderful get-together and all that went on.

#### E-mail from man in California:

I wanted to thank you for keeping the banquets and New Life going. The atmosphere there is very unique, and I can see how man could tarnish and corrupt the simplicity of both. Thanks again.

#### E-mail from lady in Texas:

I was so grateful to be at the banquet. It is like a door opening ... at first you can only look inside and see a bit of light, but the door begins to open wider with each banquet, with continuing the work on one's self — continuing the banquet. More and more light becomes available and visible. As Vernon says, the banquet is for everyone though relatively few partake of it. We move literally from darkness to light, from standing outside the door peaking in, until one day the door opens wide and we step in completely, immersed in that light.

#### E-mail from man in Pennsylvania:

Ordered Wednesday and received Saturday — AMAZING service! Keep up the great work.

Good call on reprinting some of the books. The font size and style are MUCH easier to read. I know print material is going digital but I'm an old-school book reader. I don't like reading screens but like turning pages and being able to turn back quickly if the need arises or to just flip around and start reading. You all ROCK!

#### E-mail from lady:

I've been reading Vernon Howard most of my life — I should have paid more attention to what he has to say!!!!

### What's New

- We now have available ten brand new beautiful editions of Vernon Howard books. Rediscover these wonderful titles with larger print and brighter paper making them easier to read. Seven of them can be ordered from page 4 of this newsletter. The other three books, **Cosmic Command**, **A Treasury of Trueness** and **Inspire Yourself** can be ordered online or you can contact us to send you flyers with attached Order Forms that can be faxed or sent in by mail. All can be ordered from [www.anewlife.org](http://www.anewlife.org). Go to the Books page.

- All previous editions of the ten titles recently reprinted can be purchased at a 25% off discount from our website.

- Join us for a helpful special talk in sunny Pasadena, California ▪ Neighborhood Church ▪ 301 N. Orange Grove Blvd. ▪ Saturday ▪ April 21 ▪ 11 AM ▪ *Topic:* The Esoteric Path to a New Life ▪ \$3 Donation Requested

- **TELL A FRIEND!** Part of our work as spiritual students is to let others know about these wonderful teachings. We were instructed by Vernon Howard to use good judgment and common sense when telling others. Also this is the most marvelous message ever given to mankind.