

# 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:** How can I face reality and not run away and hide?

**A:** Come back to NOW. Don't think about yourself. Now you're safe — with nothing to run away from.

**Q:** When I ask God for help, it doesn't seem to come. What's wrong?

**A:** We've been told if we are sincere, if we really want higher help, it will come. Also we've been told that people are often not really praying to God but only to themselves or to something very base and low. (See the "Prayer Mountain" story in **Solved — The Mystery of Life**, for example.) So first always watch and question your prayers: What is my state? What am I saying? What are my real motives? For years we'll observe wrongness, yet it is right to keep watching and asking, to "cry out for help" (see **A Treasury of Trueness**, #2303). Daily, minutely, ask what is God's will instead of my own. Of course the false self only wants its own way, but seeing that consciously will weaken and change the state to a right request for trueness and innocence. God is helping us in ways we don't yet see. We will gradually be able to see more as we become free of the bondage of self.

**Q:** We've been told to go out into the world and to use our daily experiences to observe the folly of human nature. One thing I observe all around me is that a lot of people seem to be just going through the motions. They're very active but when you look at their faces and observe their states of mind, they seem to be bitter toward life.

**A:** These teachings say that futility is doing something without knowing why

you're doing it. People go through their whole lives doing things, pursuing things, without really understanding why they're doing them. They have their money, their friends, their businesses, their families, but they do not operate from an independent spirit, they do not own their own lives. And rather than look for the real cause of unhappiness, they become bitter and hardened when life fails them.

In reality, the underlying cause of all discontentment can be tracked back to this feeling of futility. At the core, underneath all of the rushing around, there is a voice saying "What's really the use of all this?" There is a sensing of missing the point of life but unfortunately it's often accompanied by a pervasive, almost paralyzing fear that lasting relief is not attainable. But Truth assures us that we haven't been left here alone with no answer, with no way to escape this fierce, mauling world. The solution comes with knowing this feeling of futility is with us constantly, but that we must not try to fill the emptiness ourselves. Everything comes

*("FAQs" continued on p. 3)*

## The Tapestry

by Vernon Howard

In a city on the Arabian peninsula there was a special temple. On its walls hung a tapestry of rare beauty. Its ingenious designs and colors made it an outstanding work of art. Tradition said it had come from a school of higher wisdom.



Below the tapestry was printed: FOR THOSE WHO LOVE BEAUTY.

Over the years, the tapestry was viewed by thousands of visitors. All of them went away in agreement that it was truly for those who loved beauty, for everyone felt new emotions while standing before it.

However, a few of the viewers agreed in

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

## Points to Ponder

by Richard Wooldridge

First of all, this work is magnificent. It is beyond anything anyone can imagine. It is the only thing that can truly make a difference in your life. It can turn your life around and give you real purpose and direction. If you will allow it, this work will explain everything. It is the most important thing anyone can ever pursue. There are so many charlatans and phonies and hostile people out there. But if you don't have eyes to see and ears to hear you will be fooled. What most people refuse to comprehend is that there is an evil force that is hell-bent on destroying us, making our lives miserable and generally making everything we do while here on this earth as difficult as possible. Almost no one will look at this fact. But if you stick with it long enough you can begin to see all these things for yourself.

So here are a few of the things that must be seen. This next point is immense, because most human beings are so tied to their mental activity, they never realize there is something which exists beyond ordinary human thinking. Almost everyone

*("Points to Ponder" continued on p. 2)*

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## Spiritual Exercise "Don't Interfere"

*Transcribed by Regina Netherton from  
a Vernon Howard class lecture*

Everyone does (interfere). Why? Because you take feeling as life. You are responsible for whatever you feel. Where there's a pain, there's something that you won't give up. It is the habitual fondness for feeling emotional fire, plus a disinterest in trying to find out what it's all about.

**"You have one  
chance which  
is to be ..."**

You have one chance which is to be willing to take what comes to you a hundred times a day without you interfering with it ... the financial disappointment, and you interfere with it. Stop interfering with your own life. There's no one usual there, regardless of what happens in your social or financial world. There's no one there to feel defeated. You thought there was. When you see your faults, just see them as a fact and as nothing else. You want fire, heat, in order to say "that feeling is me, I exist." And you also say, "I don't need God" because you are now worshipping yourself. If you give it up, instead of that, you'll have life.

Here's what you must do: Simply see that negative reaction, for example, jealousy, as an existing condition inside of you. You have to see it is there! But suppose you just calmly stand aside and look at the wave of envy, fear, or worry go through you and you just simply, quietly, as a detached observer, say to it, "Let's see now, that is called having a feeling of jealousy (or fear, violence, worry). Quietly identify the feeling and don't go any farther than that. DON'T INTERFERE with what you see. You stay out of it.

See? Your false treasure was one series of reactions and explosions after another; that was your life — quarreling, anger, worry over the headline. That was your unconscious way of going through your day. And because you had this laziness, it didn't occur to you to question your life, so you just suffered from yourself. From now on put the question mark in your mind "Could there be something else?" Stop there. If you enjoy the feeling you keep it going.

Now you begin to practice the exercise of observing what is happening to you and stopping right there! No commentary, no enjoying the feeling which will keep it going. Don't ask "What will replace me?" Then you won't change.

*(Exercise continued in next column)*

Astonishing beautiful fact: No matter how muddled and confused you may be at this moment, God knows what to do for you. You don't. Why do you try? Simply know, for example, that jealousy is there and don't do anything about it at all, because if you do something you will increase its power to come back again.

Never forget this: Whatever you do for yourself, you do against yourself; and what you allow God to do for you is perfect.

## A Taste of Another World

**Pagosa Springs Banquet Report – July 2011  
by Judith Anderson**

Too bad the whole world wasn't at our summer banquet weekend! They could have had a chance to awaken a bit to a higher-world atmosphere, as those attending did. And what an experience it was to be at this New Life banquet in Pagosa Springs, CO this July 2011. Yet the magic truly lies in one's degree of receptivity to Truth, the topic with which Moe Janosec launched Friday night's talks. With receptivity everyone had the opportunity to attain a bit of a different level of being and to gather personal evidence that higher possibilities exist for each of us. Our level of receptivity is always a matter of personal choice but for those who let the beauty of Truth's message outweigh any negativity, the rewards were great.

All weekend talks were based on Vernon Howard's THE ANSWER, the letters in which Vernon wrote, "If you carelessly disregard (this message from Truth) you must pay the heavy penalty ...." We were

*(Pagosa Report continued on p. 3)*



## Points to Ponder (continued)

who proclaims to have gone beyond the human mind is lying. In a talk I just recently heard, Vernon Howard says, "Human beings are thought worshippers."<sup>1</sup> Thinking is not the way out. It never has been and never will be.

I googled the word consciousness and found many websites related to this topic. There have been all sorts of studies done by the so-called experts but the instrument that is trying to understand and explain is a function of the lower. Look closely and you'll see that all questions and results have as their source human thought. The scientists and philosophers expound on imagining, visualizing, ruminating, cogitating, intellectualizing, rationalizing and everything in between. Imagination is not reality. All of the consciousness studies that have been done originate from memorized knowledge, data and information. They'll even show physical pictures/images depicting what the particular state of consciousness represents. This is physical matter. This is not the actual state. It has nothing to do with what is spiritual. Awareness is invisible. All of that is meant to deceive us.

If a person is stupid because of a lack of spiritual development, they are stupid. How many have ever in your life had contact with another human being whom you knew was stupid? There was no doubt in your mind. There was no getting around it. They were just dumb. Or maybe it was you. Come on, all of us have done stupid things in our lives for lack of spiritual understanding and awareness. Now, that's a fact, is it not? There is no criticism in a fact. It just is. This is so difficult for the average human being to understand. Listen to what your heart (the truth) is trying to tell you. Why? Because we have been so brainwashed by society to believe certain things. We have been told we are being insensitive, that we must be 'caring', we must be 'loving', we must go along with it.

What we fail to see is that there are literally millions of thoughts telling us what to do, how to feel, how to act, how to handle this situation or that situation. We are nothing but programmed robots; I'm sorry, I should have said synthetic humanoids. That's how evil forces use and manipulate us. Realize that "Almost all human advice is worthless."<sup>2</sup>

<sup>1</sup> Vernon Howard's Higher World · Volume 6 · Talk 134 · Track 5

<sup>2</sup> Your Power to Say NO

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

## FAQs (continued)

back to wanting authentic fulfillment. You see, when you're on the spiritual path laid out by these teachings, there is always true purpose. There are no nagging doubts about whether what you're doing is right, if what you're doing is good for you. You will feel the fulfillment and you will know that God can lead you all the way out.

**Q:** We often see the 'attack' or challenge as coming from outside of ourselves. But in reality, it's frequently coming from our own mind. Right?

**A:** Yes, right. One student recently told this story in a New Life class. She drove a long distance one day to attend an exercise class but when she got there, found out it had been cancelled. At this point a choice presented itself — either fall into disappointment and annoyance or try to be fully present in the moment and enjoy the drive back through the beautiful countryside. She chose the latter and stated, "It was so nice not to be attacked," that is, it was a huge relief not to be attacked by the harping mind which would have complained about the time wasted, about the gas money spent, about not getting the anticipated exercise, etc. Remember that phrase "It's so nice not to be attacked" the next time something negative wants to act in your name, the next time the imposter inside of you demands that it has the right to tell you how to feel.

**Q:** Vernon Howard's books and audio recordings have been very, very helpful to me. I thought my friends would find them useful too, but they have no interest at all whenever I talk about them. In fact, it seems as though they would rather I not bring the subject up. Why aren't they as interested as I am?

**A:** It is said in these teachings that Truth is the only real friend you'll ever have so consider yourself very fortunate! Truth continuously calls everyone but only a few can hear. Just about everyone's peace and quiet is drowned out by the loud noise of society making its silly and dangerous demands, not to mention our own inner voices that add to the cacophony. Vernon Howard once said, 'Truth is the most unpopular product on earth' but of course what is right and what is godly is the only true liberator. People say they yearn to be free but almost everybody would rather stay shackled to their fear and their suffering. It's their idea of security

*("FAQs" continued on p. 5)*

## A Taste of Another World (continued)

assured we can know what Vernon knew. James Potts, visiting from England, and one who speaks from his heart, reminded us that this world is on the Titanic and we don't want to go down with the ship.

On Saturday an exquisite breakfast of fresh fruits, quiches, sweet rolls, piping hot coffee and much, much more was provided by the New Life ladies, followed by a meeting which indeed nurtured our spirits. Speaker Doug Stewart, from the Southern California classes, shed light on how dark forces keep us in egotistical confusion so nothing higher can come in. Then New Life Director and compelling speaker, Richard Wooldridge, set a lofty yet relaxed atmosphere in the room. He described the egotistical and hostile mind as a prison, which we can get beyond so that no one can push our buttons, an essential task in our work. "We are here to learn to sit back, relax and let God take care of everything," he said.

The serious work and talks were beautifully balanced with a barbeque banquet feast spread nearly the width of the hall, followed by delightful 'home-grown' entertainment and lively 'follow-the-leader' dancing for all. Western songs, dances and jokes augmented the Southwestern theme for the Colorado festivities. Lots of effort went into providing food for the weekend, arranging the book table, setting up and taking down equipment, and for the 'clean-up party' at the end of the day. This is an intended part of the banquet experience that provides the chance to work with others and typically provokes some of those negativities within that we hide from ourselves and that do so much damage. But instead of blaming the other person, we could expose and drop them. The more we participated in these activities, the more the outside world began to lose its grip on us and there was an awakening to the presence of something else. Our essence began to be felt.

*(Pagosa Report continued next column)*

## Cassette Special – 75% Off

All cassette tapes are now 75% off. If you order cassette tapes online it will automatically reflect the discount when you add the item to the shopping cart. If you are a die hard cassette tape fan, we still have some in stock, especially the titled supertapes. We also still have an inventory of cassette tape albums which you can purchase at \$5 each. All talks are now available on MP3 CD.

And speaking of the enormity of physical work and planning in preparation for the banquet, one speaker emphasized the necessity of spiritual initiative. Bill Brown said, "You've got billiard-ball brains — unless the ball hits you, you don't move!" All classes offer the opportunity for anyone to go against the fear, by getting up behind the microphone and giving the class something helpful, as well as telling a joke, being in a skit, singing a song or dancing in the entertainment segment.

Sunday morning, our new energy was still present at the New Life building in the country and up a winding path (the "happy trail") to the pergola on a mountainside resplendent with tiny wild flowers and rollicking golden mantled squirrels. Another rewarding class was held there, with examples given of how the masses are propagandized and, like puppets, do what they're told. The speakers left us with powerful messages from the letters in **The Answer** like these: "The mind can ask questions but can't answer them," and "Time does not exist in Reality — you are living in a complete state of delusion," as well as Vernon's powerful analogy that we are trying to understand the Cosmos with our mind, which is equivalent to using a toy telescope. Although the masses don't and will never want the Answer, anyone receptive to truth can have it — here at our classes and banquets at New Life Foundation.

## Banquet Invitation


New Life Foundation has been having banquets for over 30 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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**Points to Ponder by Richard Wooldridge (continued)**

Let's say you are in a city where you have never been before and you don't know your way around, and someone points out that you are lost. So the fact is, you are lost. Where's the problem? The mind says "You'll look foolish" or "You are stupid." If all you do is SEE that you are lost and then don't go into a self-condemning thought, where's the pain? There is none. Who or what says you have to go into pain over this. The 'thought worshipping' self does. Do you now understand why Vernon Howard says that "You love your pain." By the way, you got lost in the first place because you allowed a thought to distract you.

What almost every 'authority' does, whether they are 'trained' or self-taught in the field of spiritual studies or consciousness, is to read a bunch of books. They then take certain key points that strike them and meld them into their own philosophy or discipline of life. There is nothing original or higher involved. Their discourse has nothing to do with God, Truth, Reality. It has all been created from the mind, from thought. They say their motive for doing this is to 'help' people but they may also see an easy way to make money in order to survive on this earth. Maybe they don't like digging ditches or doing some other labor-intensive job so working in the intellectual realm is very appealing to them. See, people are looking for the easy way to get through life. Nobody wants to have to work for anything anymore. They want it all handed to them on a silver platter.

Here's the mistake we are making. We choose what to do in this life rather than allowing truth to choose for us. Vernon Howard puts it this way, "You choose to allow God to choose for you. Now you don't have to be a thought worshipper anymore." Have you ever considered all of the problems inherent in living a thought life? If you are looking for love or companionship or completion in another human being you'll never find it. You will only find pain and heartache, because that's the nature of the beast. "Seek ye first the kingdom of heaven and all else will be added unto you." Real completion can only occur when we, as individuals, return to our spiritual homeland.

Here's another popular misconception put out by sick human beings who profess to be religious guides. Have you ever considered the possibility that there are those who are deliberately twisting everything to purposely lead you astray? How many have heard or think or believe

that God punishes you for your sins or transgressions? God doesn't punish you; you punish yourself. We punish ourselves by our lack of awareness of cosmic laws, which reside far above human laws. This isn't religious rhetoric; this is fact. The world is trying to foist off lies that certain behaviors are now all of a sudden acceptable. They can legislate it, they can shove it down your throat, they can rationalize it, they can do all sorts of things with it, but it doesn't change the Truth of what is. Study the faces of those who think they can do whatever they feel like doing.

All right, study yourself when you get into an argument with another person. Have you ever done that? Watch the effect it has on your inner psychic being. It drains your energy. You feel bad. It brings along regret, self-hate, hopelessness and other negative friends/enemies. Now make the connection that you are breaking a cosmic law. If we were to see this clearly enough to stop doing it we wouldn't feel bad anymore. This is the beginning of breaking away from the thought-self and discovering that another world exists. Make another connection. How can argument lead to clarity, a real solution? Now, bring up to memory the national debt crisis in the U.S. "All man-made solutions have failed and will always fail. There must be a spiritual solution or none at all. Where human intellect has failed, spiritual intelligence can succeed."<sup>2</sup>

It is great when a human being actually begins to see for himself/herself what is really going on. You SEE clearly the trick that is being played on you. You cut through all the nonsense and lies you are being fed and have been fed since you've been here on this earth. And finally, you SEE that God truly does exist and that there is an invisible world of understanding that is waiting for any sincere person who wants to know what is really going on. Most of the people on this planet believe in the tragedy or the fallibility of their lives. If they didn't, there wouldn't be war, problems, hunger, drugs, economic woes, murder, headaches, divorce, thieves, etc. You are being duped and don't see it. "All you have to do is come awake and stay awake."<sup>1</sup>

<sup>1</sup> Vernon Howard's Higher World · Volume 6 · Talk 134 · Track 5

<sup>2</sup> Your Power to Say NO

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**FAQs (continued)**

and they don't want to give it up. They don't want to learn about the keys that could open the prison door and teach them how to live a happy life with real meaning. Keep walking your own path and don't worry about doing it alone. Ultimately, you will learn a great deal about your friends and you'll be thankful for the insights. There is great significance to the saying "And the truth shall set you free."

**Q:** Give me something I really need to know.

**A:** If you were to find out who you really are, you could be right in the middle of this cruel world and it would not be able to touch you at all.

**The Tapestry (continued)**

a different way. Within the tapestry's designs were hidden several symbols which expressed great esoteric truths. People who had developed themselves inwardly could read and understand the symbols. These people loved a higher beauty.

*To see wonders unseen by the multitudes on earth, develop your psychic sight.*

(This is from the book **Inspire Yourself**)





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### Englishman's Visit

By Dr. Lynne Wooldridge

In 1989 a man from England felt a need for something more in his life, so truth led him to Vernon Howard. Knowing no one, he booked his first trip over to Nevada and stayed for a full 6 months. He then went back to England for a short period of time and came back for another 6 months! Right away he felt a strong connection with what he was hearing. His name is James Potts and he subsequently made many journeys to New Life classes from England. He has also thrown himself into the work, helping out whenever and wherever he can, thus increasing his opportunity to learn more and to benefit from a right attitude toward truth.

It has been 5 years since his last visit to New Life and he was thrilled to have the opportunity to come again and to participate in all of the activities going on in Pagosa Springs, Colorado. Speaking in his broad Lancashire accent, James said about the trip, "It's like coming back home. We should never take New Life and these classes for granted. We are only here temporarily." He timed his visit so he would be able to attend the 3-day banquet festivities recently held there. He was a star in one of the best acts ever given at

a banquet. It is the theme song of most human beings on this planet, the song "Gloom, Despair and Agony on Me" from the old HeeHaw TV show. The students who participated dressed the part perfectly and sang the song with great gusto. All of the singers as well as those in the audience loved it.

James was rejuvenated by being around like-minded people, those seeking something higher than what the world has to offer or what they can do for themselves. It was very interesting because a number of students at the banquet who had never met him before felt drawn to James right away. Even though they didn't know him personally they had something in common with him. A receptive spirit and a genuine love of truth can take you a long way in this work.

James is very unpretentious and leads a simple life. He rents a small flat in England and spends a lot of his time listening to and reading Vernon Howard and applying what he hears to his own life. We could all learn something from him.

Upon returning to England he let us know he had received tremendous energy

from the experience and was very grateful for everything.

Breaking News! — James is a perfect example that you don't have to be an aggressive 'striver' to get along or to really make it in this world. One of Vernon Howard's favorite words, which he used quite frequently, is the word 'pleasant.' It's all right to just be a pleasant man or

woman. He is a great contrast to some spiritual students who are full of themselves and full of unconscious hostility and unseen egotism. Real humility is a very attractive quality to find in a seeker and it is much more rare than would normally be supposed. As James himself said in one of his talks,

"We can stop trying to be important." Here's another helpful quote on this subject from **1500 Ways to Escape the Human Jungle**, "When spiritual facts are not accompanied by the erasing of egotism, we fall into imaginary spirituality."

Let's all refuse to live in imagination and embrace the life lessons of simplicity, unpretentiousness and thankfulness toward the power that has given us the chance to 'live above this crazy world.'

