

NEW LIFE NEWS

Vernon Howard Founder

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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 have noticed something remarkable about Vernon's books and the recordings of his talks. I'll go back and listen to a talk for a second or third time or re-read one of his books and it seems as if I come across more and more things that I don't recall reading or hearing the first time. More of what he is saying seems to be clearer and easier to understand. What is going on?

A: Truth only gives you what it knows you can handle. Through your studies, you are absorbing true spiritual wisdom, which develops your ability to see and hear in new ways. In the New Testament it says "Blessed are your eyes because they see, and your ears because they hear." By accumulating as many spiritual facts as you can, you give the Spirit more to work with, more to resonate within you. You begin to see more deeply and to understand more. Revisiting something said or written by Vernon always yields new insights. When the dark curtains of a window are pulled aside, light can come in, making everything in the room visible.

Q: What is my biggest problem?

A: You are so busy trying to make an impression on this world, you are so fiercely engaged in futile attempts to have your worldly demands met that you have forgotten there is a spiritual home you must reach before dark. To get home is the true purpose of your life.

Q: How do I overcome resistance to obeying Truth's instructions? I like the precept of going against myself but I can't seem to do it very vigorously or very often.

A: Whether we are aware of it or not, there is a constant battle going on inside of us between the wish to do the right

thing and our stubborn self-will. Much of our resistance is quite simply based on weakness and laziness. We have spent a lifetime taking the easy way out, getting by with the least amount of effort possible.

Vernon told us to start with small steps. For example, if you wish to do a written exercise he gave us, pick up a pen, put paper on the table and start with a word. If you can get one center, like the physical, pointed in the right direction, one foot on the path up the mountain, then it's much easier to take the next step and then the next step. Remind yourself often that if you don't go against yourself, you will inevitably continue in an endless circle (of self), repeating the same mistakes again and again. So if you want a different life, you must break the pattern.

Just say, "Please God, help me to be willing in spite of myself." All change of being is really "in spite of myself" — for the false self never wants to change. Genuine help does not reside on the lower level. We must voluntarily approach and welcome the higher without hesitation for

("FAQs" continued on page 2)

Rain

By Vernon Howard

A man often stood at his window and prayed for rain. If the showers came he felt that heaven was on his side. But on dry days he believed he was being punished for his sins.



His neighbor also stood at the window, but he prayed that it would not rain. So in dry weather the neighbor felt favored

by heaven. But on rainy days he had bitter feelings of being betrayed by heaven.

There was also a third man who stood at the window. He made no attempt to influence the weather, for he knew it

(Rain continued on page 3)

Points to Ponder

By Richard Wooldridge

God exists but most human beings are not aware of this fact. This is because they are only mental. All they have is an idea about God, a mere thought about the celestial kingdom. On Vernon Howard's Higher World MP3 CD, Volume 10, Track 4, Vernon says, "... Never mind thinking, just be a receiver of angelic instructions ... the last thing you need is your own intellect, the way it operates and mangles you." To prove this, all you have to do is observe your mind at work and notice how it never shuts up. It is a constantly whirring machine which never takes a break or gives us a moment of peace and quiet. If we had clear vision, we would see that we live from nothing but a tangled web of thoughts. If we stick with studying these truth facts we'll discover that, just as the sun exists above this planet, there is something a million miles above our unoriginal and mechanical thinking processes.

This world wants you to do nothing but to think about everything. This is how it manipulates and confuses us. Society is constantly telling us how we should view

("Points to Ponder" continued on page 3)

Contents

Banquet Invitation	3
DVD Special Offer	4
Every Man is a King	5
FAQs	1, 2, 5
Gratitude for Teachings	6
MP3 CD Special Offer	4
Points to Ponder	1, 3, 5
Rain	1, 3
Special Offers	4
Spiritual Exercise	2
Who Are You Trying to Kid?	2

“Who Are You Trying to Kid?”**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

There are 7 billion people on the face of the earth. Besides that, there are spirits who inhabit human beings. They're evil spirits. I haven't counted them lately but let's say there are fifty trillion of them. Fifty trillion enemies, evilers, and all fifty trillion of them are ganged up against you. They are! If there were fifty trillion, trillion, they'd all be ganged up against you. They'd be all ganged up against you

“They hate the human race. They hate men,”

finding God. They hate the human race. They hate men, they hate women, they hate children, they hate

old people, and they hate middle-aged people. They have nothing but a desire to destroy every human being they can. Now, I'm telling you what the odds are.

No problem at all because you, as a human being put on earth here by God — when you were put here by God do you know what he gave you? He gave you an opportunity to say what I just told you; he gave you enough instruction, information and a willingness to learn. Don't forget that one — a willingness to learn. With that, you can arrive at the place where you go thru your whole day watching the evil force working thru another person and working thru you. You can watch it leap up and try to tell you what to say, feel, how to react. When that man spilled the coffee all over your new \$20 book, for example. Evil spirits want to pick up your body and tell you to walk over and scream at the man. But instead, you say, “Who do you think you're kidding?” That is a true natural statement which will grow in intensity and in power and in frequency inside if you continue with it.

Listen! You've got to remember to do it for the first time! When something offends you, when something that wants to hurt you is about to try it for the hundred thousandth time — you, with your right choice, ask God to empower the statement, “Who do you think you're trying to kid?” That simple attitude, because it is spiritual, has all power over fifty trillion, trillion devils! All of them surrounding you and trying to keep you in their power. They don't stand a chance. I know that. I want you to know it.

You must be aware and catch dark forces; you must remember to say it. Then make notes on it. That is cooperation with God, with joining yourself with heavenly forces. The old nature becomes weaker and weaker.

FAQs (continued)

this alone can begin to develop real strength within.

Q: Why do nonsensical ideas draw large audiences but few want to listen to a Truth talk?

A: Vernon once said that people are more stimulated by crowds than they are attracted by Truth. He further explained that these teachings will never appeal to the masses of humanity and will never attract a huge following. These astounding truths coming down from on high are for those men and women who are sick and tired of giving their lives over to psychological suffering and who want to risk all to find “the pearl of great price.”

Q: Sometimes I feel really strong in these teachings and other times I'm overwhelmed by what I'm learning about human nature.

A: These principles can be a great shock to the aspiring spiritual student who has been taught and compelled to live in Dreamland for years. Truth is trying to tell us that a dream existence is a pale imitation of real life. We must be shocked by how bad it is but at the same time be aware that no one can ever function normally and naturally when living within the confines of an unreal fantasy world. Reality is limitless while daydreams put us into a prison of our own making. So persist on the path and go through the jolts and shocks willingly and you'll experience something very few people on this earth know anything about. You'll

**FAQs (continued)**

understand that beyond the terrible facts about human nature lie the wonderful truths about our potential to return to our ‘cosmic homeland’, as Vernon once put it.

Q: A lot of terrible things going on in this world and on the news scare me to death. Is there really an answer to this?

A: Yes. Vernon was a perfect example of an unafraid human being in this warring and hostile world and he assured us that we could be too. We can actually reach the point of freedom from all fear and anxiety but must go through the terror of leaving all of our self-images, hardened beliefs and emotional props behind. Don't allow yourself to be distracted from seeking the higher solution and from understanding the necessity of trying to reach the spiritual mountaintop. Be assured that purity of spirit does exist and the healing answer lies beyond the worsening insanity of this world.

Q: Why don't I always do what's best for me?

A: If we're living from the ego, it has no interest in doing what is truly best for us. Its only plan and purpose is to lead us into destruction. If we can start to see where it is stealing our life, forcing us to live in negativity, chaos, heartache and defeat, we can go to work in a beneficial way. Is it wise to do harm to ourselves? Absolutely not! These teachings give us so much practical help, as when Vernon tells us to slow down and begin to carefully observe our thoughts and feelings in a new way. Slowing down leaves room for the voice of wisdom to enter and nothing is more useful in everyday affairs than this inner voice. “We must be practical. What good is it to be a nervous scholar or a frustrated hero or a miserable leader? The only worthwhile philosophy is that which shows us where to go at every step of the journey.” (***Secrets for Higher Success***). Nothing is more practical than living from our True Self, which always does what is best for us.

Q: I still think if I can get the right man [or woman] in my life and enough money, and maybe the right place to live, I will be happy. What's wrong with that?

A: How many times have you attracted someone into your life you thought you wanted and in Vernon's words, “The love boat turned into a battleship”? The reality is no other person and no amount of money will ever quell the awful ache inside that, by the way, no one ever talks about. The emptiness and craving in a

(“FAQs” continued on page 5)

Points to Ponder (continued)

events, experiences, people. It says do this or do that; believe this or believe that; this is how you should live your life. It writes songs that say, "I'm a believer." Why do you think the world does this? It is not just some frivolous, trite or clever saying. Belief is not reality. God does not believe. He understands and knows. Have you ever pondered this? You should, because you are being hoaxed.

The mind is the trickiest enemy we face on the way up the spiritual mountain. Its purpose is to deceive us into believing that our thoughts are reality, to chain us to burdensome and nonsensical notions and to interfere with spontaneity. We are meant to rise above thinking and to live a life without interference. If you try to tune a radio station in and there is static, you cannot hear the station clearly and sometimes the message is even completely inaudible. You are either too far away from the source or something is interfering with the signal or you have an inferior radio. It's the same with our mind. The mind can be a useful tool on the everyday level but it was meant to be used strictly for practical purposes. It does allow us to acquire right knowledge and information by listening to or reading truth facts from a true teacher. But we were not meant to be only a thinking thing, a machine imprisoned by our own thought life.

Somehow, some way we must go beyond the mind. By tuning into cosmic radio waves we can hear angelic messages coming from the cosmic source. Also on the same MP3 CD, Vernon Howard tells us, "You can call on angels anytime you want ... you can be visited by angels of spiritual information and inspiration today if you wish." Personally, I was thrilled to hear that. We can actually become receivers of higher impressions. It is exciting to know that real help exists. You can't do it by yourself but must contact a source of authentic aid. As a matter of fact, we were not meant to do it alone. Do you really think that God would put us in a position on this earth where escape from our mental miseries was impossible?

When I was flipping through the menu guide of my satellite TV service recently, I happened to notice there was a program on about scientists trying to prove the existence of God. It was clear to me there is no way through debate, theoretical deductions, arguments or however you view it, that scientists can prove the existence of God. They either have an agenda or are being paid to come to certain conclusions. They are only using the limited mind to

arrive at their hypotheses. No matter how 'brilliant' they are, any conclusion they reach will be flawed. I didn't say they were blocked from finding God. Any individual who truly wants to find God can do so but he or she cannot use mental machinery to do it.

You don't see how lost everyone is. The world gives the show away all the time if we would just pay closer attention to what is going on. It's hard to put into words but the more we SEE the better off we are going to BE. Evil and badness working through sleeping human beings can only do bad things. Read the exercise on Page 2 of this newsletter. It explains everything we need to know if we could only be open and receptive to the truth of it. This exercise explains why this world is the way it is. It explains the recent horrific events in the news. It gives you the motive. Despite the fact that the News Media is always asking the question "Why?", it can never give you the true answer. But these teachings can. They will explain EVERYTHING. They will explain the why. Human beings are always baffled and confused because they are undeveloped. They live on a very low level of understanding because they are stupid. What was your reaction to what I just said? This is not an insulting or cynical statement on my part. We must get beyond the tricky little mind in order to understand what a disservice we are doing to ourselves when we block out the real explanation.

Here is the answer. It comes after many years of hard work and trying to apply these principles; by reading these books; by listening to the talks or attending classes on a regular basis; by watching the DVDs; by remembering to do the work projects; by being defeated by life; by seeing the folly of this world we live in/on; by running up against a block wall (psychologically); by seeing the futility of you or me trying to do it; by making special efforts to attend banquets; by going against yourself; by allowing your ego to be insulted and to not fight back; by loving what you are hearing (being receptive); by working when you don't feel like working; by allowing angels sent by God to show you the way; by refusing to go along with the wrongness of this world; by not giving into negativity; by making sacrifices; by giving up your egotistical, self-serving non-existence; by seeing clearly that something else does exist and much more.

People contact us and are always asking, how. How do I do this? I just gave you a bunch of hows. Every talk Vernon Howard

ever gave gives you all kinds of hows. But you have to do the work and grasp this fact inwardly. Then one day, right in the middle of that crisis, whether it's big or small, the Truth comes to you. There's no mistaking it. It lifts you up. Everything changes instantly for that second or moment or for whatever length of time it may be. It transcends your petty little life. You are no longer thinking. Any negative state which was present is gone. You stop asking questions about what to do. You are simply elevated above this world. Your feelings are cleared of torment. You become truly nice for the first time in your life. You change right before your eyes. You stop being you. The world doesn't change, but you do. You are truly different. You no longer care what happens to you. Nothing is up to you anymore, it's all in God's hands. You are living in the present moment. This isn't phony sentiment or religious nonsense or wild imagination or mere words, it's reality. It's a moment of

("Points to Ponder" continued on page 5)

Rain (continued)

operated on a different cosmic scale than his own. He did not think that heaven was either for him or against him. And he was a sane and calm human being who enjoyed all kinds of weather.

Sanity and enjoyment exist within the man who does not make himself the center of the universe.

(This is from the book Inspire Yourself.)

Banquet Invitation

New Life Foundation has been having banquets for almost 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.

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2	The Power of Esoterics		\$9	
3	50 Ways to Escape Cruel People		\$1.50	
4	50 Ways to See Thru People		\$1	
5	Vernon Howard's Higher World MP3 CDs (Volumes 23 thru 26)		\$95	
6	Vernon Howard on DVD (Volumes 16 thru 20)		\$60	
7	The Esoteric Path to a New Life (Cassette Tape Album)		\$3	
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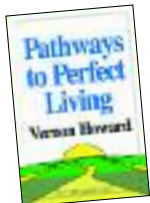


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Points to Ponder (continued)

great spiritual exhilaration. It's contentment. Just realize that if we work hard enough we can have this all the time for the rest of our lives. Wouldn't that be great!

It is imperative that we SEE this for ourselves. It is also necessary that we SEE that this world does not want you to find this out. It wants to destroy your chance for something higher. It is dedicated to destroying you and this planet we are presently inhabiting. It does not want you to know that God truly exists. It will use every trick in the book to deceive you. There's really only one requirement and that is you have to WANT to know it with every fiber of your being. You must be tired of feeling bad and you must be tired of lying about feeling bad. You're tired of pretending everything is OK when you know it isn't. You know the old saying, "Honesty is the best policy." It's absolutely true. You have to be honest with yourself. Forget what the world thinks you should do. Do what your heart knows is right.

Here's something that I see as a huge problem for people. They are way too literal. Because they don't see their mind at work, everything becomes a projection of their own intellect. They are only mental, which causes severe limitations and blocks truth from entering. If we are experiencing fear, then everything is filtered through that specific condition. If I'm confused then everything I perceive is tainted by confusion. So, we are nothing but a state of confusion, of fear. We then make the mistake of believing that is who we are simply because we are thinking about it.

This is the way the intellect operates and evil loves this because then you become an easy target for suggestion and manipulation. The 5 o'clock news loves to dish out a steady diet of sensational negative stories. Notice this for yourself. So because the average human being only operates from the mental, they take it in, believing they are independent thinkers, and they end up in a state of fear or depression or some other negative

condition. One negative state invites other negative states which in turn make you feel awful. You have then become an unwilling dupe or perhaps if we examine it more closely, we have become an unconscious willing dupe of the 5 o'clock news. It follows that we must love to feel bad or else we wouldn't feel bad. If we didn't get a secret thrill from badness, we wouldn't allow those writing the negative news stories to deceive us like they do.

If you are not guided by truth, your thinking will lead you in the wrong direction. If we allow the mind to be the absolute ruler of our world, then everything becomes distorted and as a result we make dumb decisions or do stupid things which cause problems for everyone. Something higher than the mind, which is truth, was meant to oversee the intellect, not the other way around. It's like the tail wagging the dog. It can never work.

Let me ask you this. Would God do anything to put you into a situation which causes you distress in any way? Would something that is truly an advanced, good, benign being create problems for you or want you to suffer? Logic would say NO! God does not cause suffering or punish anyone. We hurt ourselves. Limited human beings hurt other limited/undeveloped human beings. Only a sick, twisted, perverted mind does harm to another person. Almost no one can even begin to fathom how messed up most human beings are including those whom we call our friends. If we can begin to allow this knowledge to fall on the part of us that wants to know, we have a chance for something higher.

It is imperative for us to see what this work is all about so that we can no longer be influenced by wrongness or dissuaded from pursuing the pure truth. Remember that angels fear nothing.

I'll leave you with this powerful quote by Vernon Howard, "To play it safe is to play it dangerous. To risk all is to win all." (From MP3 CD, Volume 10, Talk 4)

FAQs (continued)

person's inner life will never be satisfied by accumulating people, experiences or wealth. But who will be honest enough to admit that this is the truth and so go on to be qualified to receive the authentic answers?

Q: Why has my nature not changed? Or to put it another way, why is my level still so low and my behavior so childish?

A: You need to reach the point in your studies where being told the truth about yourself is a pleasure, not an upsetting or unwanted experience. Truth can never force itself upon you, but is always right there with the explanation when you are ready to enter into mental silence.

Q: I seem to be caught in the "time-trap."

A: It is common for people to live either in the past or in the future, often rapidly flip-flopping between the two. Looking back at the past often brings up feelings of nostalgia or regret. Trying to peer into the future creates equal chaos with worries about possible dire outcomes or nervously hoping things will work out in our favor. In this condition, there is no possibility of enjoying the present moment, what is right here, right now. Our efforts to prevent the past from happening again result in things turning out exactly the way we don't want them to. It's like trying to walk forward while looking backward. Our lack of understanding of the principles of life only insures that no matter how hard we try to bend and twist reality to conform to our mental wishes, we will never be happy when suspended between the past and the future. It takes a lot of spiritual work to see that the past and the future don't really exist. There truly is only the moment of now and that is where a new and enjoyable life resides. As Vernon wrote, "Don't let the past control your thinking. Accept the offer of newness in the now."

Q: I'm just beginning to notice how everyone is so divided and compartmentalized. For example, a friend will talk about the need to be kindly and generous and the very next moment will make a biting, cruel remark.

A: Division and lack of wholeness is the price we pay for living outside of the Kingdom of Heaven. We were made by the higher power to be whole and complete within ourselves. In this state we no longer suffer from living in the opposites (for example, "kindly/cruel") but with great relief and freedom, effortlessly act from the oneness of our original nature.

Coming Soon!

Watch for the all new anewlife.org website.

"Every man is a king through conscious awareness of his true identity. He need not try to be anything, he need only realize who he really is — a king by birthright."

— Vernon Howard





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**FAQs, Points to Ponder,
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Gratitude for Teachings

Man from Colorado via email:

New Life is the ONLY place I've ever been where we're given the understanding not to be a part of the very low level of this world. And why we're told to be as independent as possible and to do as much as we can for OURSELVES. It's actually very freeing to be able to see this more and more.

Lady from California via e-mail:

This quote is so beautiful and so true. Thank you very much for your service. When I must be away from my Vernon Howard classes, these daily reminders are lifesavers here in the cold, cold world. They are rain which makes the roses grow amongst the weeds. They make the mind stop, at least for a moment. I am so grateful.

Man from Pennsylvania via email:

I received the order on Tuesday even with the devastation from 'Superstorm Sandy'! All I can say is that when the student is ready, the teacher will appear. To say Vernon Howard has had a profound impact on my thinking would be a colossal understatement. Thank you so much for continuing his work - it is much appreciated!

Lady from Texas via email:

I received my two books and have read them both. Such profound wisdom I've never seen anywhere else and in such simple-to-understand language. These two books have already accomplished for me what no other self-help books have ever been able to do and I have read many of them.

Man from Tennessee via email:

I just wanted to write to tell you thank you for your knowledge. I bought several New Life/Vernon Howard pamphlets and books and I am extremely grateful for the information they contain. Studying the Vernon Howard materials has given me some great wisdom to work with in protecting myself and in growing spiritually. Thanks again friends ... may you be well and continue to prosper in 2013.

Lady from California via email:

The quotes are like having a reliable friend in my Inbox. I give testimony whenever I can to the remarkable healing effects of Vernon Howard's guides and solutions for a better way to live and function. I can see that my grandchild, in small ways, has already benefitted from his teachings.

Man via email:

I have been a student of Vernon Howard's teachings since 1987 when I was given a copy of *The Mystic Path to Cosmic Power*. Since then I have purchased nearly everything written and produced on tape by Vernon. You are doing a great service to mankind by keeping these works alive and by introducing new people to Vernon's precious gifts. I give you a lavish amount of praise for offering these very profound and to-the-point teachings through your daily email subscriptions. After subscribing for over a year to this wonderful service, it has dawned on me that his Secrets of Life wisdom is the most FAR-REACHING way to continually bring forth Truth to everyone who wants it. You've really 'hit the nail on the head' with this method and are deeply enriching lives each and every morning when we open up our email with one hand while having a cup of coffee in the other. Great Job!

Lady from Australia via email:

Thank you for your prompt reply to my inquiry about my latest order. I'm looking so forward to viewing Vernon Howard on DVD!