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**Special Offers,
Powerful Lessons,
Exercises, Quotes
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Insightful Q & A Quotes

by Vernon Howard

How does awareness bring relief?
When you're aware of playing a role you no longer play it, which ends self-division.

I don't know about my future.
If you love these ideas your future can only be good — and that is all you need to know.

We're not afraid to laugh in this class.
What part does laughter play in self-development?

Laughter is often a good sign that we recognize nonsense as nonsense.

Why can't I hear the rescuing voice?
The voice is calling down into the cave but you must climb up within hearing.

I want a first glimpse of the higher kingdom.
Seeing that you must depart from usual thoughts is the same as sighting the kingdom.

I've been a phony all my life.
Isn't it a relief to see it? Now you can become real.

Why does delusion fail to satisfy?
Because NOTHING can't be felt as SOMETHING.

Why am I the victim of everything?
Because you fight everything.

Informal Snapshots



Sunday pre-class photograph of the Pagosa Springs 2007 banquet.



New Life Pretties dancing at Pagosa Springs 2007 banquet.

More Insightful Q & A Quotes

Tell us one of the wonders we will see.
While still in this life you can discover what is beyond this life.

Why does life seem to attack me?
Because you wrongly assume you have a self which life can attack.

How can I stop getting involved with the wrong people?
Stop getting involved with your own wrong values.

How strange! Why do we fight to preserve our conflict?
Because the emotional thrill in conflict is falsely called an exciting life.

I guess I'm not very logical.
What's more foolish than to fight to keep the very errors that make us miserable?

I like the idea of calling the bluff on my troubles. How is it done?
Invite troubles to do their worst to you. This gets them so confused they lose interest in you.

The world is often too much for me.
The outer world pressing down on you is really your inner world pressing up on you.

What happens when I wake up?
You wake up cured.

Points to Ponder (continued)

Another student recently came over to help pull thistles on the New Life property. In England they are planted in gardens and if I'm not mistaken it is the national flower of Scotland, but in Colorado the thistle is considered a weed that is detrimental to the natural indigenous plants and vegetation of the region. As Judith was pulling some thistles, she spotted more a little further down from where she was working. So she took off to get them. She was walking through vegetation and flowers in the area that were about knee high when suddenly she saw a tiny fawn lying on the ground that had just been born the night before. The fawn instinctively knew she was there and tried to get up but couldn't. So Judith immediately left the area so the mother would come back as soon as the human presence or threat had left.

We weren't sure if the fawn would survive because we had disturbed and intruded upon its resting place. But the next morning I made it a point of looking to see if there were any signs of the doe. Sure enough she was there taking care of her offspring. We knew that the only chance for the fawn to survive was for us to get out of there and leave the area alone.

Later I pondered the spiritual significance of this incident. In order for us to wake up and grow up spiritually, we have to stop interfering in God's plan for us. The only chance for us to make it out is to begin to get out of our own way. There's something higher which wants to take care of us but we won't let it. We've got all of these important plans and goals in life that have done nothing for us but we keep insisting on doing things 'our way'.

Wouldn't it be great if we were just able to admit we don't know what we are doing and leave it at that? This type of honesty would open the door for something above our ordinary mind to supply the solution. The doe and the fawn didn't need our help. Just leave it alone and stay out of the way. Something has provided for its

survival. It's all taken care of. The same has been done for us if we only were to open up our eyes. There's nothing for us to do, there's only something for us to SEE!

Any thoughts we had of trying to help the fawn were pointless. Any emotions that went through us or you concerning the fawn when reading about it served no useful purpose. They would be negative in their nature. "Oh, there must be something we can do (or that could have been done)." "Is it going to (did it) survive?" See, these are fear thoughts. And fear thoughts take me away from who I really am. They steal my life. It occurred to me that one of the most difficult things for us to do in this case is to do nothing. That's the way it is with almost everything we do. It can then be expanded to man and this planet we live on. Leave it alone.

Vernon Howard once gave a lesson which connects with the above story. He gave us the acronym M.E.G., which means meddling ends growth. If only we had enough sense to stay out of it. Man has all these plans for righting the ship, fixing things and all he does is make it worse. When are we going to understand that as long as we think we can do something about it, help someone (when we can't even help ourselves), improve on it, figure out the next miracle formula or pill, it will never be all right. It's not going to be fine as long as you and I are trying to manipulate the outcome. Get out of the picture and everything will be perfect. Let God handle it. He can and He will if we'll let him.

¹ "Secrets for Higher Success" — on sale (see page 4.)

Perfect Pineapples (continued)

criticism. But others inspected carefully and recognizing perfection, gladly made the purchase.

Truth never bargains but comes to those who pay the price, the price being a willingness to abandon self-centered ways.

(This is from the book INSPIRE YOURSELF)

How I Use Vernon Howard Principles (continued)

Doug Stewart (continued)

today", "Please God, save me from me", "Please God, let me be strong with Your Strength ... let me be wise with Your Wisdom ... let me be pleasant with Your Pleasantness" and others. One day, a prayer came to me "Please God, let me be sane with Your Sanity". I'll take all the authentic help I can get!

Driving to my office or to class usually involves a fair amount of time on the road. I used to grumble about all the driving but the long stretches in the car have presented me with a unique opportunity to add more Truth to my life. There's almost always a Vernon Howard tape playing in my cassette deck. I will listen to a tape over and over again before moving on to another one. There is so much I miss on the first pass that it often takes three or four listenings before I hear most everything on both sides. It's fun to go back to old tapes after a number of years. I am often sure that I have discovered the side of a tape I never listened to before until I come across a particular phrase that rings a bell. When this happens, I have to chuckle at myself. An important part of my Work is to attend as many classes and banquets as I can. I make an announcement in each class about a wonderful New Life free service, the "Secrets of Life" daily quote. I often can't wait to open my e-mail each morning to see what insights await me there.

I end my day with a few brief prayers, all of them from New Life materials. One of the most disturbing ones to my old, bad nature is a prayer that says "Please God, show me how to make You my only friend." It takes courage that I don't often have to ask God for things I don't understand. I've heard Vernon give words of genuine guidance: he tells you to ask God for something even if you don't know what you're asking for.

There is so much to learn and not all the time in the world left to do it. With each new gleam of insight that comes from Mr. Howard's teachings, it becomes more and more clear to me that nothing is more important than The Work. As that famous television series used to say, "The Truth is out there!" Yes, it is and no one provides it more clearly or in such abundance as Vernon Howard does.

(If Vernon Howard principles have helped you in your daily life, please send us your specific examples by mail or e-mail.)

SELF-AWAKENING

"Self-awakening is the one great task of every man and woman on earth. To be self-awake is to be free of unconscious self-sleep. The first step toward self-awakening is to detect one's actual state of psychic sleep, which is characterized by secret suffering, fear, anguish and similar negative states."



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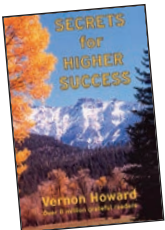
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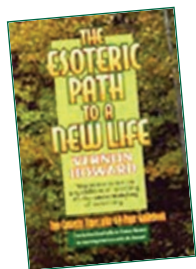


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How I Use Vernon Howard Principles in My Daily Life (continued)

By Dr. Bruce Tracy (continued)

what Christ said about the Kingdom of Heaven) is beginning to seem more possible to me with every passing year in these New Life studies. Occasionally I can glimpse what Mr. Howard must have done himself and to “step aside” in small ways from all that I’ve considered to be “me”, “my” life, “my” needs and wants and demands and to investigate what it might mean to “let go and let God.” It’s something I can sense the utter rightness of, something beyond all pleasant-sounding phrases and religious slogans, and something I’m beginning to want much, much more of — thank God!

Vernon’s proclamation of individual liberty that he taught and lived has never been so vitally important as it is today. That’s the legacy that any of us can absorb and call to life within ourselves and then learn (ever more, day after day, without ever stopping) to enjoy the actual benefits thereof. Not just a clever philosophical slogan, “Cosmic Power” is a living reality we can each experience for ourselves.

A “New Life” — which is more needed than anything else in this weary, reeling world — can be ours: a personal possession beyond all others, the answer to every cry of the heart, the answer to any and all questions and the utter end at last of all nonsense. Yes, that’s how the teachings of Vernon Howard help me in my daily life — healing the wounds of the past and fears of the future, straightening what’s been twisted and pointing me (if I’m willing to go) towards that effortless, peaceful state we’ve all yearned for — and eventually getting us “home before dark.” I encourage all readers to test his instructions for yourselves, for if you do, I can guarantee you won’t be disappointed!

By Janice Peck

Walking in the mountains at an elevation of 7,800 ft early one morning, there was dew on the tips of the leaves and grass, deer scampering across the roadway, chipmunks darting across the path, birds singing, bunnies hopping, together with the greenery of brush, shrubs, aspen and pine, and the aroma of the early morning high country fresh mountain air — Spectacular! This is God’s gift to us.

Looking inside at my mind and observing that it is constantly thinking and thinking, the contrast is startling.

But we have been given so many tools to break the spell of the mind and to

return to our true spiritual home. Some of the most valuable of these are the spiritual exercises Vernon has given us in abundance.

Here are some exercises and instructions I use over and over again to break the hypnosis of what Vernon calls ‘mental movies’: 1) With the *Abrupt Interrupt* exercise, I cut off the painful thought the moment it appears and know where I am at that moment and ‘observe’ or ‘see’ rather than think. 2) Vernon also encouraged us to practice the *Run Out of Yourself* exercise which is to tell yourself all about yourself. 3) Carry notes, a booklet, a book, something of the higher with me so that I can get true help at any moment. 4) Instead of running away from painful interactions with others, it is often critical to invite the knowledge that what you see in the other person also exists presently in you. It’s just hidden and buried from view. By letting the truth of the other person’s trait reveal similar wrongness in you, it cancels out the criticalness and brings a definite humility, a relief and a new understanding. This must be done honestly and truthfully and not just done to quiet the pain. 5) Practice non-identification because everything in the false self resists feeling real shame, resists feeling and knowing its own cruelty and resists being aware of its own mental ‘war games’.

I recently observed a bumper sticker that reads: “Queen of the Road.” Isn’t that really how, in secret, we all live and consequently get from life nothing authentic? What about having a new bumper sticker, one that reads: “God, Truth, Reality Rules”? Wouldn’t it be a good reminder to thank him for his gifts and especially for the Truth Teachings we were given here, which, if used to change ourselves, can exceed the level of all the stars in the sky? When understood, we gladly obey.

With the correct order of putting Truth first, how can anything but goodness follow?

By Doug Stewart

The teachings of Vernon Howard have touched my life in so many ways. They have shaped how I start my day, how I pass through it and how I end it. How true it is that every moment presents all of us with the opportunity to wake up.

Vernon tells us to start our day in a right way. I employ the suggestions in “*Practical Exercises for Inner Harmony*”. Despite the grogginess, I try to feel my feet on the floor and give my psychic

system a good shake when I first get out of bed. My next inclination is to get a cup of coffee or do some calisthenics, but I don’t. A phrase came to my head one day, which was “Put the Spiritual Before the Physical”, so I move on to another Vernon Howard exercise I heard on a tape called “Walk Yourself Awake” — you’ll find it printed on the New Life website. There are probably only four or five days out of each year that I do not do this exercise, if you’ll pardon the term, religiously. One has to do it alone and sometimes it’s been a challenge while on out-of-town trips with family members or organized events like Boy Scout campouts but one can find a way. I also include something else that’s vitally important to me.

A number of years ago, I heard a tape about Right Prayers. I have always been fascinated with praying to God. Before coming to New Life, I was very confused and reluctant to pray, primarily because everything I learned about praying came from corrupted sources. You can imagine the kind of prayers that were answered and those that weren’t! Do you know what a miracle it is to learn how to pray rightly? I don’t go out of the house each morning without saying a number of right prayers that I have heard Mr. Howard give us on tapes and in books. I also include some that I have created myself, using guidelines he articulated. The prayers I say include “Please God, go with me

(“*How I Use*” continued on page 5)

Banquet Invitation

New Life Foundation has been having banquets for over 25 years. These special weekends were established by Vernon Howard for the purpose of teaching unique spiritual lessons. So many elements of both the spiritual and physical are brought together in one congenial setting. It is pleasant being with like-minded people who are trying to work on themselves.

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(For more details call or visit our website.)

"I Have Nothing to Say to That" Exercise

Transcribed from a class lecture by Sally Forrest

Vernon gave the class this simple yet powerful exercise of answering the world in a different way. This will be of tremendous help in our daily lives:

Thousands of years ago a certain man, a certain woman over here and over there somewhere in the world, made an astonishing discovery, a marvelous discovery, and this person tried to tell other people about it, but other people didn't want it at all and this individual passed it on down in writings. Some people read the writings and others didn't, but this secret which I'm going to give to you exists right today.

It doesn't exist for the vast population over in China or France or Portugal or Egypt or any where else, but it exists for individuals and I'm going to explain it to you very carefully.

Someone says, "We've got all this military equipment just laying around, let's start a war," and they destroy each other. Now the same thing goes on inside you. You are very contagious to yourself as well as taking on the contagion of the outer world. Someone can say something

to you and you react in kind in a negative way. You are answering the

"I have nothing to say to that."

world with your neurosis. The world talks to you in different ways, such as in advertising, in political meetings and in religious meetings.

You overhear a conversation down where you work and you react in a certain way to it. You unknowingly answer the world in kind. Here's a key phrase to use when answering the world: "I have nothing to say to that."

The world insists, it demands, "I know what is best for you." And because you're so easily intimidated, you meekly answer, "Yes Sir, Yes Ma'am." When you agree with the outer world and the equally sick world inside you, you don't know that you've taken another step downhill. Someone angrily challenges you and offers something you don't really want, your only answer is simply, "I have nothing to say to that," and that's the end of it. This cuts off energy waste.

Real slow now, when you meet any situation one of two things happens, the situation takes charge of you or you take charge of it. Now which would you say it is presently? Doesn't the situation take

charge of you, which merely means that you are living your life from the outer to the inner. Why don't you start living your life from the inner to the outer? Wouldn't you like to be in charge instead of the inner chaos? Don't you ever again answer chaos and confusion in you when it wants to take you over.

The Light exists, Truth exists, it will work for you as you receive it. Remember the main point, "I have nothing to say to that," get it into your memory and let it go into your spiritual memory. Now if you don't reply the way you usually do, what else is there? There is silence and that is the reply that is different, and it's coming from something higher than you. God is silent. Pursue this all the way to see what it means to be spiritually silent and you'll walk through this noisy world and you won't hear a thing offensive.

All New Website – www.anewlife.org

If you haven't already checked out the spectacular new website, do so. It has a whole new look, updated components, an all new one-step Shopping Cart with real-time shipping calculations for domestic and foreign shipping, buyer registration if you so choose, better navigation, and all sorts of new features to take advantage of. You also no longer have to use PayPal to place online orders.

The website is filled with wonderful inspiring lessons, quotes, exercises, interviews and lots more. In fact everything a sincere student needs to understand these Higher Truths and to wake up is contained within the website. Discover this for yourself. Take the time to peruse and investigate all the beautiful truths contained therein. You will be rewarded in a way you could never have imagined. Watch for a new look for the vernonhoward.org website this fall.



Points to Ponder (continued)

These teachings should come more alive and you should become more excited the further you go and progress. If this isn't happening, everything is still on the mental level. Here's a quote from "Secrets for Higher Success" which should help. "I am familiar with many basic truths," said Jean E., "but something is wrong. For instance, I know I must do my own thinking, but I am still wrongly influenced by others. Why?" Reply: "Because you know it as a quotation but not as a personal experience. Ponder deeply the difference in the two. Anyone can quote."

This work must become very personal to us. For example, instead of trying to avoid difficult people and challenges, we must both expect and welcome them to come into our lives. You don't have to go out and look for them because there are plenty of sleeping human beings everywhere who will more than accommodate you. All of them believe they are intelligent and special of course. Dealing with this kind of egotism can actually help us to grow faster. Are we living in imagination about how much we can really take? If we still get bothered or agitated or negative in any way we haven't really risen above the problem-creating self.

If we're ever going to get this we have to stop living for and through other people. In reality, we don't need anyone else. One big crutch we have which is getting in the way is that we're unconsciously depending on someone else to do it for us. Even the most enlightened man who ever walked this planet cannot understand these things for us. He could point us in the right direction and give us helpful clues but he cannot wake up for us. You must and have to do it for yourself. That should be great news! But you want the easy way. You want someone else to do it for you. That's why you're so easily fooled, influenced, manipulated, victimized, used, taken advantage of, etc., etc. That's why when you're thrown back on yourself there's nothing there to guide you through the difficulty. You haven't as yet done the necessary work.

We must get a life of our own. Here are some words of encouragement from Vernon Howard, "Always keep in sight the fact that truth is in YOU, not in an exterior source... We must remember that the self which takes challenges all wrong can be replaced with quite another self which takes everything all right ... a higher mind which transcends all problems."¹

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

Fall –
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2007

NEW LIFE NEWS

Vernon Howard Founder • Richard Wooldridge Director
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How I Use Vernon Howard Principles in My Daily Life

Below are more examples of students of these teachings explaining how they apply specific exercises and principles in their daily lives. Perhaps it will inspire you to work harder and will help clarify how to use these teachings to increase understanding and insight and to view every event that comes your way as an opportunity for higher learning. When we are truly working on ourselves there is always more to learn and understand. We need all the help we can get. Learn more about how you can take charge of life and be grateful that a genuine method actually exists for us to rise above this crazy world. See and discover for yourself that this work can genuinely make a difference in your life.

By Bruce Tracy, Ph.D.

It's been the greatest pleasure of my life to have discovered the life-healing teachings of Vernon Howard and to be learning to apply them in my daily life. His clear, no-nonsense instructions for cleaning clutter out of my life have shown me, gradually and over years and years, how to drop harmful ties to negative people in my life; how to move beyond a lifetime career that, although satisfactory in many ways, wasn't as suited to inner development as what has replaced it; how to upgrade my living environment — moving from a large city out to the country; and how to begin putting the Truth first in my life.

Naturally, this entire process of self-transformation is ongoing, and I wouldn't at all say I'm "out of the woods" yet, not by a long shot. But the path lies clear before me and at last I know what I must do to maximize life-freedom for myself in the years ahead.

When first encountering these powerful teachings, I was embroiled in all the usual personal and professional relationships and obligations — many of them running my life and telling me how to feel instead of me being in control of them. Not so

much now. While still finding myself ensnared by false so-called duties to groups and individuals, I can nevertheless think more clearly toward the cries of the world for my time, energy and money. I can stand back more from situations and better evaluate where my own true benefit lies instead of just automatically falling under the spell of others.

This same power of clear sight taught by Mr. Howard has done good work in my career path as well, twice now showing me how to flat-out quit otherwise excellent and secure jobs I held in my previous (decades-long) profession in order to move into other lines of work that allow me to support myself from home — a much more pleasant circumstance all around. Amazing how truly practical these wonderful teachings are, for they also showed me how I could leave the noise and danger of modern city life and escape to more rural surroundings — something I'd only dreamed of before; and now I can't imagine putting up with urban crowding and crime ever again. ("Satan loves the big city and detests the small towns," as Vernon once said.)

The prospect of putting Truth first (like *"How I Use"* continued on page 3)

Perfect Pineapples

by Vernon Howard

There was once a field of pure and perfect pineapples. The fruit was so superior that the owner never permitted any bargaining over the price, even though bargaining was a popular custom.



All day long the shoppers came to glance at the pineapples. Most of them used all kinds of cunning tricks to avoid paying the fixed price. But all were told, "There can be no bargaining with such perfect pineapples. Either you want them or you do not."

Many shoppers departed in anger and (*"Perfect Pineapples"* continued on p. 5)

Points to Ponder

by Richard Wooldridge

I remember Vernon Howard once telling us that there's always more work to do. There's no end to what can be learned. There's always more understanding to be gained. If we're truly working on ourselves, there is no end to what we can see and discover. It's extremely important to NOT settle. Most humans do. They settle for the rewards of this world. They stagnate. What we must understand is that *everything of this world is temporary*. Here's an astounding and incredibly shocking fact that I recently read on the internet. In the last 3000 years there have been 5000 wars on this earth. This was a warring planet 3000 years ago and this is still a warring planet. The good news is that this is not our permanent home, but we must work hard to understand what this means.

If you ever get to the point where you say you've reached the spiritual mountaintop, there's nothing more to learn, this work is boring, 'I just don't get it' or if the work has become mechanical or mundane in any way, then you just aren't applying the principles correctly.

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

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