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NEW LIFE NEWS

Richard Wooldridge Director • Vernon Howard Founder

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Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we hear and have heard over the years. The responses should help to give you a better understanding of these life-healing teachings. Take them in with a receptive spirit and many mysteries will be dissolved in the light of higher understanding.

Q: When can I expect to reach the end of the spiritual journey? Is there an end to these teachings?

A: When I first heard Vernon Howard speak, he described his adventure with Truth, which of course can be our adventure too. He told a story of a man who climbed mountains just to see what was on the other side — a very curious man, one who discovered daily newness. The story was so appealing. With evident enthusiasm, Vernon said, “And the spiritual journey never ends, it goes on and on and on. I climb for the pure pleasure of it.” I never forgot this.

In my goal-oriented mind, having to “arrive,” I thought there was a finish line to reach with everything. To be connected to a never-ending school of unlimited learning that can provide a steady flow of realizations that just grow and grow is a new and marvelous experience. And what an opportunity it offers. What an inspiration!

Look at all the books and booklets Vernon wrote and all the talks he gave. He never wrote or said the same thing in the same way twice. He was in touch with endless discoveries and we can be too!

Q: What is one of these discoveries?

A: We are not meant to be afraid of our own weakness. Realize that it's not so much the world out there that frightens us, it's the fear that we can't handle what happens to us that's so scary. By allowing a certain attitude and understanding toward life to be developed within us, this explanation can turn from being mere words into a personal experience. That attitude is: You cannot expect life to give you what only authentic higher teachings can.

This Work is not about taking life as an end in itself and hoping to eventually achieve some kind of final success and

triumph in this world. Your individual life is intended to be used as a means to reach a completely different psychological state with absolutely no fear attached to it. If you place yourself in right relationship toward these teachings, if you understand the direction you're supposed to be going in, then whatever happens in life will not be able to shake you or destroy you. You'll care less and less about what the world calls victory and loss and more and more about living a simple, decent and pleasant life with all of its accompanying insights and mental and emotional perceptions.

Q: Right now, I'm going through a period of discouragement as I work with these principles. What's going on?

A: When you are working hard to understand all of life, including your past follies and mistakes, embarrassment is going to come up and you're going to want to turn away. Don't! To see a pain consciously is no worse than living with it unconsciously. To face this directly leads to the way out. There is tremendous relief when it begins to dawn on us that although hurtful decisions were made and destructive things were done,

(“FAQs” continued on p. 3)

In the Rose Garden

by Vernon Howard

A teacher of ancient China was talented at finding spiritual lessons in nature. One



time he and some friends were seated in a rose garden. From time to time, various birds crossed before them, flying from one side of the garden to the other.

“Your thoughts should fly like those birds,” the lesson began. “They should be permitted to rise, fly past your mental vision, then disappear on the other side. Do you know the cause of personal grief? It is a man's unwise attempt to cling to a thought as if it were his personal possession. For example, many unhappy people cling desperately

(“In the Rose Garden” continued on p. 5)

Points to Ponder

by Richard Wooldridge

I was watching the Evening News recently and there were two news anchors reporting on a story regarding a study being done at a big university to determine if the aging process of human beings can be reversed. According to the report the process that these researchers had come up with looked promising. Both newscasters were past their prime shall we say and had a personal interest in the study. One had been a beauty queen when she was younger and the other, a man, was very successful in the world along with being slightly vain and egotistical. Watching him I was reminded that “Your egotism is costing you eternal life.”¹

He commented somewhat excitedly to the woman that this might be something that could possibly turn things around for them (as they got older). But then the thought came to him that even if the project were successful it would probably be 30 years down the road before any remedy or treatment to reverse aging might become available. With that realization his shoulders slumped and the tone of his voice changed to one of depression.

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

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Spiritual Exercise

"Refuse to Fall Asleep"

Transcribed by Regina Netherton from a Vernon Howard class lecture

There's a wrong illogical part in you that just wants to fall asleep and never have to face another crisis, another threat, or another danger. There is a part in all humans that just wants to close the eyes and fade out and never have to see the world anymore, but separate themselves from it through sleep.

You will shake your head — physically, psychologically, mentally, emotionally — any way you can think of. You will shake your head and you will scream at the top of your voice, "No, I'm not going to sleep! NO, NO, NO! I'm not going to sleep! NO!"

"You will shake your head and you will ..."

That intention to refuse to go along with the power of sleep, the intention is right; it is powerful. All you have to do is intend what is right and God will do the rest.

I want you to know and I'm telling you right now that you can rise up in right rebellion, that you can get rightly emotional. This is the first and only right emotion you'll ever have. You can have that once and it will be followed by others. Your refusal to fall asleep — now, you will make that refusal. You know what you have done? You've said "I am not going along with me anymore because I have betrayed myself and I am not going to fall asleep and dream dreams of self-glory." There's no such thing as a person making an aim or goal for himself. It just happened accidentally out in the world but we always say "I" to it.

If you want more motivation outside of the fact that it's going to save your soul, I want you to look around at the faces of millions of human beings who have surrendered; who've put up the white flag and said, "I'm going to escape this horrible, painful, awful world by falling asleep." And they do, and lots of them become wealthy sometimes — prominent and very, very popular. But you can look at them and not want to be one of them because you understand what has happened to them. They made up their minds for sleep. You have made up your mind to be awake, and to fight for it every step! Right fighting means you're not going to believe that pain is pleasurable anymore. You are not going to be a split personality anymore — the forced smile and the phony confidence — you're not going to do it anymore.

The matter of 'who am I,' the matter of

identity must be pursued until, to your great astonishment and delight, you find out you have no identity and never did have to have one. You're identifying yourself all day long as this person, good, bad, etc. And God tells you you're none of these at all and you must see that if you're ever going to save yourself. God cannot save any human being who has an identity because that prevents Truth from coming in and telling you that not only are you nothing but you don't need to be anyone.

Pagosa Springs Banquet Report

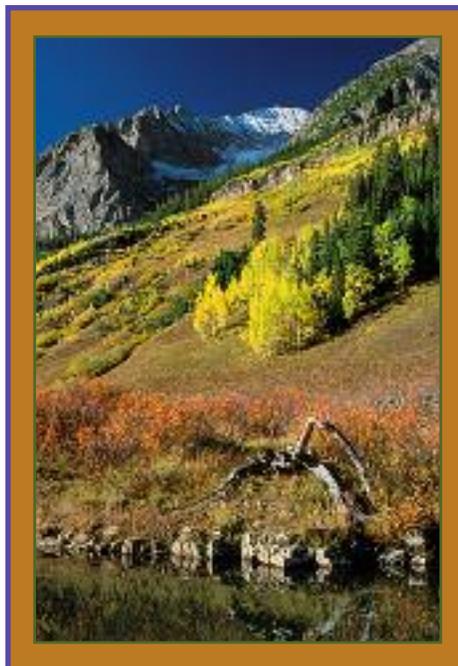
July 2015 by Judith A. & Regina N.

"Inspiring Guides to a New Life" was the theme, based on a book by Vernon Howard, for the New Life banquet held in Pagosa Springs, Colorado over the weekend of July 10th, 11th and 12th.

The weekend combined powerful talks, fabulous food and fun-filled entertainment, all presented by students learning how to work together in a harmonious spirit for the purpose of gaining more understanding about themselves and their life's purpose here on earth. And to learn how to escape "the land of darkness and unhappiness of the world we live in," as moderator Doug Stewart put it.

"Worldly treasures leave you empty," David Netherton said in the opening talk Friday evening, after which he quoted Vernon Howard who pointed out that what is here at New Life is "the greatest treasure of all time." Tom Geiger followed up on that idea, saying, "We're learning here that there's nothing out there that can satisfy you or bring you peace.... Unless

(Banquet Report continued on p. 3)



Points to Ponder (continued)

So on to the next news story on the teleprompter. The show must go on.

If we live for this world there will always be disappointment. It can never fulfill our true needs or solve society's problems. With its subtle threats and sly promises, this world will always leave us in the lurch, empty-handed. But that doesn't have to be the case for you and me. We can have something entirely different. These principles are the perfect proof that there is Something Else. But we're going to have to work much, much harder at breaking the iron grip of the false nature. This requires a tremendous effort on our part. "You're on this earth to work. Go to work!"²

We receive e-mails all the time from people who ask questions about different topics. "What did Vernon Howard have to say about this?" There are two things that I see about the questions. 1) The question askers haven't really studied or applied Vernon Howard principles very closely because the answer to any and all questions that a human being can ask is contained in the books and talks. It's going to require some persistent effort on your part, a sincere wish to want to understand these explanations. An inquiry based on passing or idle curiosity will never be rewarded with the genuine answer. 2) A huge leap must be made by an individual because he or she must begin to go beyond the intellect. As long as all the facts, knowledge and information remain on the mental level nothing will ever be any different and there will be no real change. You will just keep going around and around in the circle of self. You will not make the necessary connections to take you to a higher place inside yourself. The ego is very clever in convincing you that just because you know the words you actually understand, when in reality you don't. Somehow you are going to have to allow something to show you that another world exists beyond the mind.

Recently I was watching part of one of the new Blu-rays and Vernon was explaining how human beings are born into smugness and conceit. We must grasp the fact that we're born undeveloped and must be shocked that we've mistaken this very limited condition for the height of intelligence. We must see and feel this restriction very clearly for ourselves because all this world cares about is developing the mind. It cares nothing for developing essence. In fact the evil that runs this planet wants to destroy essence. It hates essence. It hates

("Points to Ponder" continued on p. 3)

FAQs (continued)

pure memory exists. You can remember the incident with no pain or guilt attached. What a miracle it would be to be free of the tremendous burden of the past in this way.

Q: What is something I may never have realized that will inspire me to keep going on the path?

A: That darkness cannot follow you out of hell.

Q: Vernon Howard seems so stern as a teacher.

A: Any true teacher is stern and uncompromising with what's wrong in an aspiring student. But because "Truth has 10,000 flexibilities," Vernon Howard is also funny, relaxed, casual and truly compassionate when inviting the student to start the inner discovery process. For example, Vernon once began a class by saying "How many of you would like to live on a level above a tuna sandwich?" Of course, this brought laughter from the audience but also brought home the point that by taking higher information and 'insults' with humor, we have achieved a small bit of separation from the stiff, stuffy and constrained false nature that so often controls our actions and feelings.

Q: What does it mean that Vernon Howard broke through to another world and anyone can find it?

A: It means that for anyone who wants it badly enough, there is a way out of the illusion of suffering, fear and loneliness that plagues us on the worldly level of existence. There is no suffering in the Kingdom of Heaven. Why do we endure a life of negativity when we can align ourselves with the power of the Universe? That's what God, Truth, Reality wants to give us.

Points to Ponder (continued)

the truth. "It is the dedicated duty of every lost human being to keep you as lost as he is."³

We fail to see that until we awaken from spiritual sleep, we're living in darkness and are co-conspirators with the wrongness of this world. We fail to see how beneficial these teachings are. We don't truly realize who and what Vernon Howard represented. You may get a sensing or a taste every once in awhile but we were told that this is the greatest teaching ever given to mankind. Vernon put it this way to give us a clue, "So our lesson now is to come awake and see; to partake of the wholeness of life and it will come to us the next time we

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

Pagosa Springs Banquet Report (continued)

we do this work, we'll never catch what's going on in our minds and we'll just be a zombie like everyone else." He quoted Vernon, who wrote, "Take the truly brave trip and travel through yourself."

Hosting the Friday evening class, Doug Stewart drove home a point in his talk by using an actual walnut in its shell to relate a story told about an earnest seeker who found a bit of truth about the size of a walnut. He went on to explain that we are foreigners in this land, trying to find our way back home. "The guide is here. The guide is Truth and it will show you the way out." He said, "Truth and egotism don't mix; the recognition of egotism within is the path to freedom."

As is customary, people came early for the Friday evening class in order to enjoy a surprisingly delightful selection of snacks, which included a platter of rolled ham, turkey, and cheeses, angel eggs, a cheese ball, bean dip, various tortilla chips, plus bowls of fresh cherries and grapes. Breakfast on Saturday and Sunday mornings included a variety of quiches, chili rellenos and sweet rolls with a festive assortment of fresh melons, pineapple and blueberries. There was undeniably something to please everyone's taste. And Sunday morning found the men oohing and aahing over a huge cast iron skillet of freshly made steak and eggs with potatoes – whenever they had time to eat between all the preparations for class up at the pergola.

On banquet Saturday, New Life director Richard Wooldridge talked about how practical truth is. He explained that "the point of this class is to do whatever is necessary to help us wake up. Everything is said and done in order for us to see we're asleep. We don't have a clue as to what this class is all about." He continued, "There's a higher world for you." Later on he reminded the class that Vernon didn't tolerate any of our nonsense and that "you don't even know that's good for you." Yes, correction was a vital part of the weekend experience, which the false self does not like. But at the same time everyone experienced relief, to one degree or another, from his or her usual painful self and relentless, compulsive thoughts. In its place was a hint of something else, a higher or true self emerging.

"We're here to find a different life," Bill Brown told us. Classes included bits of humor interwoven with serious lessons. One such example was when Bill mentioned that what we're learning about here is not in time or thought; it's in awareness. He explained that "You

should use time to bake a cake but if you use time with you, you're going to come away half-baked."

Saturday banquet dinner followed class with a 24-foot table filled with various BBQ meats, potato salad, cole slaw, scrumptious baked beans, specialty breads and tossed salad. The separate dessert table featured a tempting bowl of fresh fruit, irresistible chocolate cake, fresh fruit pies, cheesecake, key lime pie and lemon squares, to name a few.

The afternoon's southwestern-themed entertainment opened with a pretty song, "Tumbling Tumbleweeds" by our own talented singers, Doug, Lynne Wooldridge, Kyle Rickert, Kyle's mom Vanessa, and Judy Poston. Barbara Alpher joined them for a second song also befitting the western setting, the humorous and rambunctious "I'm an Old Cowhand." Other acts included more songs, some especially humorous jokes and funny skits, including the "Farmers and a City Slicker," starring Bill Brown as the city visitor, with assorted country folk, Doug dressed in overalls, cowboy Gary Blatchford, and Moe Janosec, who was also the emcee.

'California' Judy entertained by skillfully reciting an Aesop's fable about a cunning fox caught in his own lies. The finalé was a lively dance by "the Pretties," who traditionally appear in three-tiered rainbow-colored skirts and gracefully designed

(Banquet Report continued on p. 5)

Banquet Invitation

New Life Foundation has been having banquets for over 35 years. These special weekends were established by Vernon Howard for the purpose of teaching unique spiritual lessons. So many elements of both the spiritual and physical are brought together in one congenial setting. It is pleasant being with like-minded people who are trying to work on themselves.

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Saturday • March 12 • 9 AM
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Points to Ponder by Richard Wooldridge (continued)

partake of and let the whole experience go through us." We simply don't understand that if we were to put ourselves on the side of God and Truth, we would be given everything. Our problems and confusions would disappear forever.

Here's an example of something that someone recently asked which brings to light the limitation of thinking. "Did Vernon Howard talk about bullying anywhere?" The simple answer is, 'Yes.' Everything that Vernon Howard ever talked about, explained, discussed, answered, elucidated and expounded upon was and is about the human condition on this earth. Let's go into this a bit further. Human beings have been picking on other human beings for as long as they have existed on this planet. This is not some new condition.

What do you think wars are all about? It's one group of people trying to force/impose their ideas, their beliefs, their will onto another group of people. Millions of lives have been sacrificed in the name of a cause. All of the thousands of wars man has engaged in over the centuries have been 'justified' in the name of a cause. How many billions of people have been murdered since man has been on this earth? Is that not bullying? On the human level nothing can ever change for the better. To put it bluntly, "It ain't gonna happen." Implementing more and more laws certainly isn't the solution. Only when man develops a conscience, grows spiritually, changes his nature will anything ever evolve rightly.

Vernon Howard talked about the human condition and what people are really like and what they really value all throughout his lectures. He wrote *50 Ways to Escape Cruel People*, *50 Ways to See Thru People*, *Conquer Harmful Anger 100 Ways*, *Expose Human Sharks 100 Ways*, *Live Above This Crazy World* and many more. He explained man's problem and what he can do about it. But almost no one hears the message even though it is as clear as a bell. I recently heard the beginning of a talk on one of the new Blu-rays in which Vernon goes into man's favorite pastime. Guess what it is? Complaining. Most humans would rather complain than truly seek the answer.

All negative states are the same. Complaining is the same as bullying. Getting frustrated is the same as being afraid. Being confused about anything is the same as abdicating responsibility. We're going to have to connect the dots. Do you see how you're hoping someone else will do it for you? Do you see that whatever happens, it's always someone

else's fault? All these things are unconscious to us. "You still want something from man instead of everything from God."⁴

The answer to all questions or problems is a spiritual one. Only when man develops a divine nature will anything be truly different. "Most men [and women] have a character that is only one inch deep."⁵ For instance, have you ever tried to honestly point out a flaw in another human being, not because it made you feel powerful but because they could be helped by knowing about it? What was their reaction? Were they grateful that you told them or did they do the common thing which is to react negatively, get defensive, hate you or all of the above?

Here's one reason why the classes we attend on a regular basis are so valuable. Room for spontaneity is allowed. We have a mix of people who personally studied under Vernon Howard and new people who have come to the class since Vernon's passing. You never know when someone will remember a specific lesson or instruction that was given by Vernon and will bring it up. I personally light up and listen intently. I want to hear what the lesson was so that if taken to heart, it can be applied in my life. By being open to something new, your true nature can perk up. Be eternally grateful for being given this opportunity rather than being an ungrateful, egotistical dot.

I'll leave you with a valuable lesson I saw on another Blu-ray talk. We were instructed to be relaxed and attentive. This alone can lead us all the way out.

¹ - ⁵ *A Treasury of Trueness* ¹ #690, ² #317, ³ #963, ⁴ #975, ⁵ #130.

In the Rose Garden (continued)

to thrilling thoughts. Observe each thought, then let it fly away. In this mental freedom is spontaneous happiness."

Suffering exists only when the mind runs along in mechanical thought, so to end anguish, learn how to replace habitual thought with consciousness.

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



Pretties Performing at July Banquet

Pagosa Banquet Report (cont.)

blouses.

Sunday morning's class was held on a scenic mountainside in the New Life pergola, where it is necessary to climb up a pretty path, "the Happy Trail," to reach it. This is symbolic of the effort required to reach higher levels within. "To do that, to wake up," Richard explained, "we need every ounce of energy we can muster."

Surrounded by lavender asters, scarlet gilia and bright yellow columbine, we heard playful squirrels and a catbird cry that added to the atmosphere of the lovely forest. The banquets provide true relief from an otherwise pervasive world, for its influences are left outside the door and beyond the forest. As Moe said, echoing Vernon, "Where are your problems now?" Moe asked us to question, "What is real?" He reminded us "God loves an audacious human being. One who will do something beyond his petty little life. Anything you get must be earned. If I do the work I get the reward." He talked about how we want a safety net, but that Truth does not compromise; it is not gray but either black or white. Moe quoted *A Treasury of Trueness*, "Thought does not enter heaven. Where does that leave you?"

Comments on the banquet experience included gratitude for the opportunity to learn from travel delays, unexpected events, corrections and other challenges. Doug, who arrived a week early, emphasized the large amount of work done at New Life preparing for the upcoming banquet. Then he connected that to its benefits to inner work and growth. He said, "I trimmed the bushes and I got my ego trimmed. And when I cleaned up the cuttings, I was clearing out inner negativities. When you sweep out the garage or other seemingly insignificant tasks, doing it can help you to wake up. Some people may not like this kind of work but we learn by doing what we don't want to do. And the negative attitude can be swept out as well."

Richard concluded with the exhortation, with agreement from students, that the banquet experience is "an absolute necessity; there's no substitute."

Message of Gratitude

"I always ask myself how could I face daily challenges in all aspects without these extraordinary principles! It's such a blessing to be supplied with such wealth of spiritual wisdom in these times we are living in. Thank you for all you do for needy mankind."

— E-mail from Man in Africa



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An HDTV will be necessary to watch these videos and to enjoy them to their fullest. You will also need a Blu-ray player. There are varying degrees of quality players available in a range of prices. Most of them will play not only Blu-rays but DVDs, MP3 CDs and other types of formatted discs. We have been told by the manufacturer that they should also play on most Blu-ray players in other countries as long as the players aren't too old. Also the discs have been replicated so that you should have no problems when viewing them.

Great care was taken to repair the original video masters, but some imperfections remain due to the technology of that time. Nonetheless, you will be amazed at the dramatic improvement in both the video and audio quality of these talks.

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As of the printing of this newsletter there are 10 books and 12 booklets that have been converted to .epub and .mobi formats for purchase from our website. They can be easily used on the most popular eReader devices such as iPad, Kindle, Google, Nook, and Samsung. Vernon Howard eBooks will work on smart phones, other tablets and computers, though you may have to download a free app for your particular device to work.

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Technology is in a constant state of flux and as things change and certain mediums go by the wayside, we are doing our best to keep up with it. The best way to keep up with what we're doing is to keep checking our website. "Happy trails to you ..."