

# NEW LIFE NEWS

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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:** One of your recent Secrets of Life Daily Quotes emphasized that one roadblock on the way to real understanding is a false hope in the future. If I don't have any future rewards to look forward to, what do I have?

**A:** We're always so busy anxiously trying to attain a certain elusive emotional state that we miss what we could have. We're looking for a sense of security where it simply doesn't exist — in continued self-affirmation. Vernon once said, "You're nervously waiting on the dock for the treasure ship that will never come in." False hope that something good will come your way is always going to alternate with bitterness that the anticipated sense of security hasn't arrived. Let the shocking realization that you're waiting in the wrong place lead to the spiritual aim of living in moment-to-moment awareness. That's where enduring happiness resides.

**Q:** I never really feel content, at least not for very long.

**A:** That is the way everyone feels who is living from mental identities. It is the nature of the mind to wander. If we were not "living there," we would not have a problem; we would not feel unsettled and unfulfilled. Some years ago, a very famous person in the media world was giving an interview. He candidly and accurately described his restlessness and lack of contentment, and ours: "No matter where I am, I want to be somewhere else." Of course, there is no place to go except to stay right where we are and see that this restlessness is just another trick of the mind.

**Q:** I have noticed with this work that many of the things I used to do for enjoyment aren't bringing me much joy these days. Something is happening but I don't know

what. Can you help me understand?

**A:** What you are experiencing is the growth of your true self at the expense of your false self. This is actually a very good thing and a very encouraging indicator of your progress along the spiritual path. You're coming up against the realization that the old thrills that once amused and entertained you so much don't offer any genuine rewards for your newly uncovered higher self.

When you look back, you will remember that the old enjoyments didn't last very long. There's a vital clue right there. The false self is only temporarily enchanted with what it calls "thrilling" experiences. It gets bored or upset very easily and there goes the fun! Coming from a pseudo sense of enjoyment, any happiness you might have felt was destined to be short-lived, and ultimately unrewarding.

Authentic joy comes when something right falls on your true self. As you immerse yourself in these higher teachings, you'll be enriching the essential you, resulting in an experience of deep happiness, something you will know, and you will feel from yourself. And the higher you go, the

*("FAQs" continued on page 3)*

## The Elm Tree

by Vernon Howard

A teacher of natural science told a new class, "The word I wish you to remember is *investigation*. If you wish to discover the secrets of science, let that word guide you."



The teacher then invited the students to look out the school window to the yard below, which they did. "Observe that large elm tree," said the teacher. "It has a great secret which investigation will reveal. It sounds incredible, but the leaves of that tree

exhale tons of water every day. The point is, use personal investigation to make a natural fact your fact. Otherwise, you will

*("The Elm Tree" continued on p. 5)*

## Points to Ponder

by Richard Wooldridge

In July of this year, a Secrets of Life quote was posted from Vernon Howard's book **Your Power of Natural Knowing**. The gist of the four-paragraph quote was that, being insecure as we go out into the world, we put on costumes that are artificial, unreal and have no relationship to what ought to be our natural state. We do this because we don't know what else to do. We believe the costumes are necessary for our very existence. These are the roles we have assumed in order to live a fictitious life which we imagine will make us happy.

What almost every human being on earth does not see is that these costumes are unnecessary. The inherent nature of the costume is a lie. We have been fooled into presuming that the eventual result is what we want and what we need. For example, if I get the 'perfect' job it will make me happy. "I will be set for life." "This is going to do it." "My struggles will be over." Remember, this is what you are being conned into unconsciously believing. It is imperative to see the truth of this.

Let's take another example. I say, "If the right person comes into my life, that's going" *("Points to Ponder" continued on p. 2)*

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**Spiritual Exercise****“Just Do It”**

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

*In this exercise, Vernon compared our inner states to a vibrating rod where unconscious negative reactions to people and events are going on inside, though we have a picture of being a nice person.*

Everyone and everything is there to teach you what they are like and what you are like!

Our work is to become conscious of and honestly observe the suppressed rage, to see that you're possessed by something that is using you, that's taking you over. It really is taking you over.

**... write down three words: Just do it!**

Please write down three words: **Just do it!** Here's what that means. It means that all day long your suppressed rages are

going to express themselves somewhere. While everyone else has forgotten the instruction I am giving you now, you're going to remember it. If everyone else forgets it, you're going to remember.

You can engage in a conversation. People are going to talk to you, but you're going to notice the vibrating rod of suppressed rage and strong emotions. And you're going to stop it by grasping this. Internally, spiritually, you stop it by watching it until you understand it completely.

To put that in another way, evil is not a necessity. Well, of course we know that evil is bad. Look, you think right now that badness, evil, is necessary to your life. But it only gives you an appearance of life. So regardless of what anyone else does — if everyone else falls asleep and you look around and see they're asleep — you're going to stay awake.

If you're made a little nervous — wishing they wouldn't talk to you quite so much, for example — you're going to notice that. You're to notice the nature of every reaction you have all day tomorrow. Oh, how much gold you'll have at the end of the day.

The phrase is so simple. Please take it as being magnificent. If everyone else forgets what he or she is supposed to do, you're going to remember it. You're going to be especially watchful of where your wish to impress people with your niceness is not matched by those boiling thoughts that just came up and steamed inside you.

That's called seeing a contradiction. That's called going through an embarrassing incident within. That person threw an apple, a remark over at you. Maybe he thought it was funny, but you took it

personally. And it hurt a little bit, but you went along with the laugh. You're going to notice yourself throwing the apple against the wall. That is, notice the hostile inner reaction to that remark — how you really felt.

This is what will happen by noticing your actual inner condition. The pressure will slowly but absolutely lift. The tension will drift away. Where you feel like that inwardly, you'll feel not so hard, not so pressing.

*(“Spiritual Exercise” continued on p. 3)*

**Pagosa Springs Banquet Report**

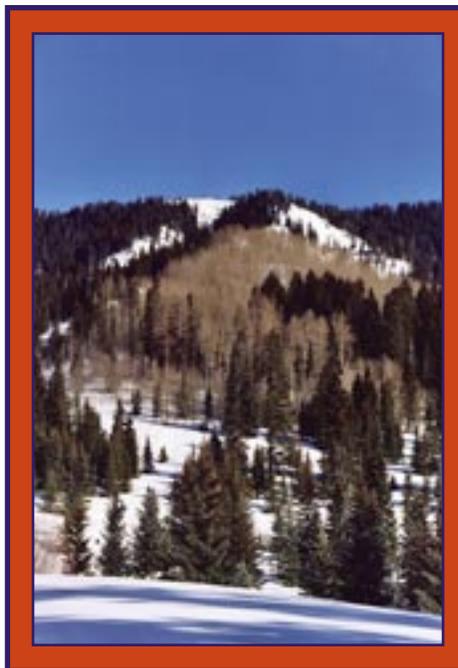
**July 2019 by Judith A. & Regina N.**

When you come to a New Life banquet, your old nature will be challenged and get stirred up. Here's one example: “You're not born with a soul,” remarked New Life Director Richard Wooldridge in his opening talk at the July banquet in Pagosa Springs, Colorado. “But you have the possibility of getting one,” he continued, passing on the cosmic principles highlighted in Vernon Howard's teachings.

Vernon Howard designed banquets and presented these exceptional facts for the few who want to awaken. “The false self is hiding out inside and doesn't want to be exposed,” said Richard. But at banquets it is uncovered and brought to the light, which begins to dissolve it. Before the weekend was over, there was the unmistakable experience of Something Else beginning to awaken in those present. The energy in that is what we have longed for our whole lives.

Talks for the weekend were based on Chapter 2 in **A Treasury of Trueness** about

*(Banquet Report continued on p. 3)*

**Points to Ponder (continued)**

to make everything perfect.” “Everything is going to be hunky-dory.” Whatever I say to try to convince myself that this is going to do it won't work because it's not real. It's just another costume I've put on. Human beings come up with thousands of so-called answers or contrivances to try to be happy. Notice how these schemes always fail and how the next thing is always waiting in the wings to be pursued.

Vernon Howard stated, “A costume is something that is artificial, that you put on uselessly, for the purpose of trying to feel good fortune of some kind.” The role of being a good person, a positive person, a successful businessman, a world class athlete, a helpful person, a loyal person, a loving husband, wife, parent is simply a role. You'll never be able to prove you are any of these things because these qualities do not exist where we are presently living. For instance, as soon as the person who you proclaim to love does something that you don't agree with, what happens to the so-called label of love?

You convince yourself that if you invest in this particular stock or piece of property, you'll make a fortune. What actually happens is that a thought passes through your mind and you grab onto it. Of course, Truth doesn't say not to spend or invest your money wisely. But if your motivation is coming from greed or if you think the action will provide you with power or ‘security’, it isn't going to work. Real security cannot be found in earthly rewards or endeavors because their very nature is temporary. Nothing of this earth can provide you with something permanent, only Truth can do that. Vernon Howard states, “Insecurity is a mental condition, not a condition of finances, friendships or sex.”<sup>1</sup>

You see, even if you acquire the things society tells you will lead to a happy, fulfilling life, like the \$10 million dollars or the nice big home or the family, they will not bring permanent rest and contentment. It is not in the nature of money, people, experiences, events or memories to be able to provide that. They simply can't do it.

And if we aren't intensely pursuing the Higher, only disappointment and bad things await us. It's the nature of the beast. Christ said, “But seek ye first the kingdom of God, and all these things shall be added unto you.”

Have you ever had this happen to you? You meet someone for the first time, and you have the distinct impression that

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

**FAQs (continued)**

freer you will be. You will get more lasting benefits out of attending a Vernon Howard class and learning about all of this than you can possibly imagine. When it comes to happiness, why choose something temporary and uninspiring when you can learn how to have something permanent that is really good for you?

**Q:** Who was Vernon Howard?

**A:** He was a man who lived untouched by the world. He taught that there is another way to live and that we, too, can learn to live untouched by all of the lunacy around us. He was invisible psychologically, no longer affected by any type of negativity. And though his body lived here, he resided in a happy place above this world.

Vernon explained that we grew up in an environment from which we absorbed many things that were harmful to us without being aware of it. For example, people around us would get angry when we broke a dish or spilled the milk. They often got angry and soon we began to unconsciously imitate them. They got sad and cried whenever they didn't get something they wanted and got worried and depressed about the future. And if they lost a job or some money, they felt really bad. "So, it's a sad, lost, desperate world because we don't know any other way to behave," Vernon explained.

He also told us that there's a solution and gave us bright new answers to old, **(“FAQs” continued on page 5)**

**Spiritual Exercise (continued)**

You're going to see that person who made that remark to you as someone you've never seen before because you're seeing him differently. Listen to this. You're not going to see him as an enemy anymore in order to outwit, or to strike back in some way, to throw an apple back at him.

Thank heaven there is a heaven that can teach us lessons, and here it is. That man who made that rude remark didn't know he was rude. You're not to say things like that to people. That man is your teacher. So is your wife. So is your husband. See, you've forgotten this — the world is not supposed to be your enemy or something to win over.

Everyone and everything is to teach you what they are like and what you are like! And when at last you know what you are like, you will know what they are like, and you're free of them. You can walk in and out now — anywhere you want. You don't have to stay anywhere or go anywhere. **(“Spiritual Exercise” continued on p. 5)**

**Pagosa Springs Banquet Report (continued)**

“How to be Truly Happy.” This is a book packed with some of Vernon Howard's most powerful tidbits, unforgettable for their strong appeal to the higher emotional center. This banquet spoke to everyone about every inner issue and so provided answers to any and all difficulties.

We were given the project for all of banquet day to slow down and do everything consciously. A most helpful exercise was also assigned to be applied throughout the weekend activities: *“Instead of going frantic, go conscious”* — particularly useful in a week packed with lots of events and lots of work to do.

Friday night's class moderator Doug Stewart asked students to describe their journey getting to the banquet (they came to Colorado from Arizona, California, Utah, New Mexico and North Carolina) and the obstacles they encountered. A common theme was “I was the biggest obstacle to my getting here,” though worldly events can and often do make it difficult to get where the pure Truth is taught.

Early on we were cautioned by speaker Moe Janosec not to rely on the mental: “Chuck the checklist” containing life plans and false obligations.

He encouraged us to use a right NO! toward inner and outer negativities: “Don't be a wimp. Let your NO be forceful.”

On banquet day Richard got down to basics:

1. “Don't tolerate negativity. Under no circumstances is it OK to be nervous and to worry.”
2. “You can't get this by thinking about it.”
3. *“The damage can be undone.”*

He emphasized that “It's not our job to straighten out the world, it's our job to straighten out ourselves.”

Paul Wolfe, Southern California Director, explained that these classes “are about making contact with a higher self. If you want to go to a higher place, you have to leave the lower.” And he repeated those five, simple, unforgettable words of Vernon: *“Happiness is better than misery.”*

Speaker Jeff Fisher mentioned that there is something in all of us that knows when it hears the truth. If your mind complains that you're not getting this, he quoted, *“When you really want to hear something outside of yourself, you will.”* It always comes back to our own personal responsibility for going through the obstacles and increasing our receptivity.

The banquet in Pagosa Springs offers a Barbeque buffet with plentiful food and fresh, new surprises at the dessert table. Entertainment provided healthy laughter, clean jokes and skits, unusually pretty,

harmonious songs and a lively polka by the Pretties dancers. Plus joining in the fun, ‘follow-the-leader’ dancing offers a challenge to the vanity and an opportunity to experience freedom of movement and spirit.

This awakening is what the heart, the developing spirit wants, though the terrible false self resists it and wants to stay asleep.

A pleasant surprise awaited us on Sunday morning where, after a breakfast of fruit, quiches, coffee and more, the final class of the banquet weekend was held in the outdoor pergola on the New Life property. Fresh mountain breezes, numerous bird calls, a stream cheerfully rippling below all helped to relax the mind and calm the spirit.

Bill Brown, New Life Arizona Director, opened his talk by quoting, *“Seek insight, not happiness.”* His review of inspiring comments from the weekend were timely and practical reminders of our work.

Bill pointed out that Vernon's book title **There is a Way Out** reveals what a part of us knows, that we are actually IN a prison (though we can also “be in the world but not of it”). He told of an old movie called “The Dirty Dozen” that was popular because its cast were men who had committed serious crimes but had the possibility of redemption. We must rebel against our wrongness, he said, or else we get to a place where we settle down **(Banquet Report continued on page 5)**

**Banquet Invitation**

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

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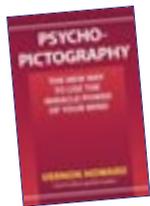
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**Points to Ponder by Richard Wooldridge (continued)**

they can't possibly be this 'nice.' They say things that are over-the-top, like they've heard so much about you and how wonderful it is to finally meet you. You detect that they're actually a big phony only pretending to be friendly, loving, kind, thoughtful, etc., etc. Again, this is a costume they've put on.

And when you don't reciprocate or go along with their phony act and repeat the flatteries, watch how, underneath the surface, they secretly flip-flop to the opposite state of hostility. If someone is not truly genuine, they have no choice but to go from over-the-top praise to secret hostility. You simply know that they know nothing about you and have no awareness at all of what they are doing.

I recently went to a Chinese restaurant for lunch. It has decent food, it's very reasonably priced (under \$20 for two people) and you get a 3-course meal. You also get a fortune cookie at the end of the meal with a check too. On this particular occasion, my fortune said, "Generosity and perfection are your assets and they show." I bought it hook, line and sinker. My wife was with me and she just heartily laughed.

There is so much more to these teachings than anyone can possibly imagine. They will explain everything about life if we are receptive to the message. We can learn to not take ourselves so seriously even though this is a very serious matter. We can start to truly have fun and begin to realize what we're actually supposed to be doing with our lives. Then life genuinely becomes satisfying. As we slowly stop hurting and deceiving ourselves, it won't be possible for us to be deceived by others either.

Recently I happened to look out a window at our home and observed a doe and small fawn. The doe was eating vegetation (deer are vegetarians) while the fawn was investigating its new world. It noticed a set of table and chairs and was very cautious approaching it. It wasn't sure what it was and wondered if it might pose a threat. It then noticed a large rock off to one side and got spooked. It sprang back to mama for safety and security. She would protect it from the big bad rock. The young fawn did not yet recognize that the rock represented no threat to it.

The doe knew there was no danger lurking nearby and wasn't concerned. We have yet to fully recognize that truth poses no threat to us. It is simply trying to show us that pain and suffering is a hoax. I was once privileged to be at a business meeting with Vernon Howard present. He was quietly observing the small group of

people in the room when quite suddenly he exclaimed, "You are being hoaxed and don't know it!" I have never forgotten that moment as it still rings true to this day. It was shouted from the stars.

When are we going to let truth break through our thick heads, our obstinate ways? We believe we know better and that's why we suffer. Everyone thinks they know what they are doing and none of them know. But we can know with God's help.

Vernon Howard once told us, "Listen to me, you can do this." <sup>2</sup> It's wonderful to hear those encouraging words because though we don't often admit it, we have taken negativity and defeat to be a necessary part of life. All these things can be verified with an ounce of self-honesty and a sincere wish to understand.

**1 & 2 A Treasury of Trueness (#262 & 2027)**

**FAQs (continued)**

tired problems. These answers can heal us if we will apply them to our lives. These miraculous teachings show us how to uncover the blockages and get rid of secret heartaches we don't tell anyone about. We can learn to put ourselves in harmony with spiritual, cosmic laws and live where pain and suffering are impossible to experience.

Yes, we can learn to live untouched by this world too. It can be done.

**Q:** I feel I've left God out of my life. How can I correct this?

**A:** With stubborn self-will, I believe I can handle my life. This arrogance blocks God's help in my life. I'm actually a mental midget and an emotional wreck, but that's really hard to admit! I meet events and I howl. Yet, I can learn from the shock of the storms and the howling reactions to prefer God's goodness. The life I'm now choosing is not the life I really want because there is a Higher Choice. I can increase my spiritual memory to meet all events. I can step aside and let God handle the storm because in the absence of me everything can and will be handled perfectly.



**Pagosa Banquet Report (cont.)**

and "are willing to tolerate what evil is doing to us."

Speaker David Netherton mentioned that Truth was present in the peaceful setting and it lit up something in every person there who had the willingness to receive it. He reiterated the principle that our thought patterns create our biggest obstacles. As Vernon said, "You're using the mind to correct the mind, and it can never be done."

Robin Kent recalled Vernon's story of the outlaw who finally admitted to the Cosmic Sheriff, "Yes, I'm tired of running. There has to be something else." After his willing admission came his pardon. Robin gave us Vernon's assurance, "Don't be afraid of what is going to happen to you as a result of these studies because it can only be good."

During Sunday's class students were asked for comments about the banquet and related these fresh discoveries:

- "You get real freedom at banquets."
- About coming to banquet: "I had to give up part of ME to come."
- About cleanup: "I can mop at sea level (California), but not at 7000 feet!"
- A couple of students described how, if you continue to work even when tired, if you make the effort to go against yourself and challenge the thoughts and keep moving forward, you receive bursts of energy from something higher. This always happens, especially for those who stay until the end of the festivities.

**Spiritual Exercise (continued)**

You can stay home or go. You can do anything you want to do because you're not seeking something.

Summary: Watch the vibrations that correspond to what you do at home — occasionally throwing the apple against the wall — and know that that person inside is not really very nice. It's certainly not an intelligent person. It's certainly not a spiritual person. So you're going to see that you're possessed by something that is using you, that's taking you over. It really is taking you over. And when you know that you are taken over, when you know that, it will fall away. And the pressure, little by little, will be relieved.

**The Elm Tree (continued)**

not know but will not know that you do not know."

*Be scientific in self-investigation, which means you wish to find what is there, not what you hope is there.*

(This is from the book *Inspire Yourself*)



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### Praises

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

I had been searching for the meaning of my existence and the Kingdom of Heaven since I was nine years old. I was 83 years, 11 months and 22 days old when I discovered Vernon Howard's book **The Mystic Path to Cosmic Power**. To coin a phrase, reading this book was "when all of the lights came on." Thank you, Mr. Howard.

#### E-mail from lady:

I so appreciate your many hours of effort for the work. I love the website and updates. I contribute my great joy for this life and beyond to the Truth that Vernon so aptly put forth for us in his many delightful books and recordings. What would I do without them? Thank you for continuing to spread the word.

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

Thanks for the TAKE CHARGE article entitled Relax and Receive. Being able to find the lost papers by relaxing reminded me of an expression in golf. It goes like this: "effortless power will always triumph over powerful effort," referring to the tendency to tensely hack at the golf ball. The effortless power is allowing something higher to come in. This power is only given in a relaxed state.

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

Thanks for the great deal on booklet seconds. They are perfect for introducing newbies to Vernon Howard very economically. I must have already given out a couple hundred. They are all great and I especially like **How to Handle Difficult People** because I know that everyone has troublesome people in their lives and this booklet can give a lot of information to help them understand what is going on. Recently I was with a very talkative acquaintance who was blabbing non-stop. Without being at all unpleasant or confrontational, my manner sent him a silent message and like magic, he stopped. What a relief!

#### E-mail from lady:

I'm so enthused and grateful to have found the teachings of Vernon Howard. I have been searching for years and at last have found something that makes perfect sense!

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

The package arrived this morning. All of the books and booklets are beautiful. I now have some serious work to do!

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

I love Vernon Howard's booklets and just gave a copy of **Women — 50 Ways to See Thru Men** to a lady who is going through a nasty divorce.

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### More Praises

#### E-mail from lady in New York:

THANK YOU for all you do!

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

I discovered the book **Psycho-Pictography** in April of last year at a library, just by chance. I read some of it and put it back on the shelf. The next day, it was like some magic had been performed. The reading had an effect I would never have anticipated. That is hard to believe and yet true. So, I have continued with these studies since then. I'll be ordering new books soon. Thanks!