

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: It is said that the Truth is out there but where exactly is it? I have been to many church and spiritual services of all kinds, but I am often left confused and unsure about what I heard. I sense the helpfulness of these teachings but how can I know the truth about Truth?

A: That's a very good question. No matter how many people tell you they have found the Truth, only you will be able to know this for certain from yourself. It's something you experience personally and by no other way. A seed of Truth has been planted inside every man and woman by God. The truth in your heart is waiting to be joined with the larger Truth that it came from. When you fully appreciate and value what you are learning from Vernon Howard's authentically pure spiritual teachings, you will be so energized that you'll say to yourself, "This is what I have been looking for all my life!" No one can say that for you. It's something you must and can know from yourself.

Q: I make a spiritual aim and then forget it. What is happening?

A: When we make a spiritual aim, that aim comes from a right part of us. However, at the present time, this truthful part is not strong enough to remain focused on the intention to rise above ourselves. We have a larger wrong part that is threatened and wants to prevent us from remembering. This domineering part dimly senses that if we succeed in our aim, it will be put out-of-business and we will move to a new elevated place within. Forgetting is an attempt by the old self to prevent this movement upward. Another way of looking at it is that distracting us from our aim is a counterattack by the false nature that does not want to

let us go. Awareness of this counterattack will help us to remember the aim.

Q: As I study Mr. Howard's teachings, I have noticed that the world seems to be getting more gloomy, more strident, and more intrusive. Isn't there anything cheerful out there for us to be encouraged by?

A: Yes, there is, but there are forces that don't want you to be exposed to the encouraging news. You are beginning to see through society's game, which is good. Grim news stories, which continue to flow in at a remarkable rate, are food for the wrong part of us that is convinced we are here on this planet to suffer. People love the dark side of worldly events because those accounts confirm the darkness within themselves. Everyone feels justified in holding on to what's making them miserable instead of walking in a new direction, one that is brighter and healthier. This new direction provides everything helpful, everything encouraging that you need.

Q: But what am I walking away from and where am I going?

(*"FAQs" continued on page 3*)

The Barking Dog

by Vernon Howard

A traveler in Tibet was guiding his horse along a narrow mountain trail. At various



places the path grew vague and divided. This aroused frustration, for he wanted to end the hazardous journey as soon as possible.

When approaching some bushes, a large dog leaped out, barking furiously and blocking the trail. Reluctantly halting, the annoyed traveler considered ways to get rid of this unexpected enemy.

Then a man appeared who said, "He is not trying to block your way, but to show you (*"The Barking Dog" continued on page 6*)

Points to Ponder

by Richard Wooldridge

I was sitting in my truck waiting to turn onto a street from a shopping center parking lot. A pickup truck was going by driving very slowly and I wondered why it was taking them so long. As it passed by me, I observed that the driver was a woman and I could see that she was completely lost in thought. Who knows what she was thinking about, but that is why human life is the way it is. That's why we have accidents. That's why we get into trouble in all sorts of ways. We're not really driving our vehicle. We're not at home. Our mind is somewhere else. We're supposed to be in the present moment, living right now.

The intellect lives in time. It cannot go beyond time. So it is impossible for the mind to realize or understand that there is something beyond thinking. An awakened human being knows, feels and perceives things above the mind. Because human beings are thinking machines, they are very predictable in how they will react and respond in every situation. They are mechanical. They are imitators and mimickers. That's why a study of history shows that the same mistakes are repeated over and over.

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

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Spiritual Exercise "Spiritual Indifference"

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

You hope the world can give you something to do with yourself; that it can be entertaining and profitable. Stop trying to take life from a life stage. That is mere movement. That is what you are looking for to make yourself feel comfortable, to feel excited. You want that person, position, advantage.

What do you want from the world? Everything you get you're going to live to regret. You are going to be sorry. No matter how many successes you get, you don't feel happy. The inner has to be corrected. Work hard on yourself. Rise above — from the inner to the outer.

Now you don't have to go after that man or woman anymore. There is such a thing as spiritual indifference! This means where you used to look out and envy that person, want that, you're indifferent in the sense that you don't want it to give you anything because you know it can't. You are not free of that world! You're tied to people, ideas. You can't see things clearly because if you did, you'd see there's nothing out there.

You're no longer trying to get a feeling of stability from someone or from money. No! Your problem is alienation from God!

It takes your willingness to be knocked around until the nonsense is knocked out of you. You still want your way. Give up your plans on how you are going to be happy, including food and entertainment. Give up what you are doing in order to get a feeling of accomplishment. You don't like those sudden revealing glimpses into what you are like. You want to have what others have. They are secretly miserable because they are alienated from Truth. Recover your perception to see how sick and sad those people are.

You haven't spent your days studying the movements of your mind. You think that thinking can change your life. You invest your money in business, want to be the boss, get high rent. You think that will make you happy. You have done that how many times already? The reason you are unhappy is because nothing works. Success won't do you any good. That is outer, not inner.

Within you is a center that is not a part of this world. It's real, permanent. But it's overwhelmed by your foolish desires to

always be surrounded by people. That little part is small and is bluffed and intimidated and can't grow.

You are lonely because you don't have God in your life. If you did, there'd be no difference in being all alone or in being with someone else, or in being in a busy office. Notice how insufficient you are; pretty awful living with you. Within you is the possibility but you are going to have to be a lot more willing to break out.

Be honest! Know that you can't live (*"Spiritual Exercise" continued on p. 3*)

Pagosa Springs Banquet Report

July 2021 by Judith A. & Regina N.

New Life banquets are an ideal place to make a fresh start, to drop the past, to leave thoughts of the future behind and to experience the magic of the present cosmic moment. We were told by Vernon Howard to "live purely in the now." As director Richard Wooldridge said, "If we are connected to the entire universe, then how can there be loss?"

For Sunday's class we climbed the "Happy Trail" to an outdoor pergola in a bright green mountain setting, a place to relax and be receptive to where we are at the moment. What is my inner state? What is around me? Wild asters and columbine, a robin singing?

The talk theme for the weekend was centered around "How to Smash Barriers and Speed Ahead" from Chapter 14 of **The Mystic Path to Cosmic Power**. A common underlying difficulty was exposed: though we study the facts, we are not seriously applying them to daily life. As Bill said Friday, "You can't suffer unless you

(*Banquet Report continued on p. 3*)



Points to Ponder (continued)

How can something that creates wars ever find peace? How can a troubled person supply genuine answers? How can something which causes problems discover real solutions? How can something which creates pain come up with lasting relief? How can a criminal, who lives to hurt people, effect change for good? We could go on and on with examples of contradiction, but do you see it will never work on that level?

In **There Is a Way Out***, Vernon puts it this way, "A person failing to think from his cosmic mind is the ready victim of every other person who also fails to think for himself. People mistakenly assume that borrowed ideas can keep them safe." The earthly mind can be used for practical matters and for accumulating right facts but cannot implement them. The earthly mind is useless in understanding higher matters. Only that which is above the mind can bring true happiness and cheerfulness.

Did you know that the world hates cheerfulness? Something that isn't affected by the gloominess, negativity, and the wrongness of this world. Take a look at yourself. Is there a part of you that hates the Truth while saying the exact opposite?

Evil knows all this as well and uses it to destroy stupid humans. It counts on ignorance and entrenched beliefs to fool and trick people into enabling their own destruction.

When you live from a belief system you are stuck in a rut. It limits your thinking. It keeps you trapped in time. You wrongly hope that earthly solutions will work when the crisis comes up. They have never worked and never will work because the earthly solutions are on the same level as the problem. In **The Esoteric Path to a New Life***, Mr. Howard tells us, "One of the great secrets of the esoteric path is your ability to escape from time.... we can be free of psychological time and live entirely in the present." We must see the reality of this for ourselves, which can be done.

Periodically we get e-mails from people requesting that we Zoom our classes. This is where you film a conference via video camera. There are dozens of Apps such as GoToMeeting, Google Meet, Skype, WebEx, Zoom, etc. that allow you to video a meeting that a person anywhere in the world can watch in real time with their computer, tablet, smart phone, TV, etc. We will not do that. We do understand that there are students whose circumstances limit their ability to travel, but we also know there are quite a few people who could make the effort to visit New Life and come

(*"Points to Ponder" continued on p. 5*)

FAQs (continued)

A: You are voluntarily walking away from every negativity from which you now suffer. Vernon explains that all those negative thoughts and feelings that reside in us create "a false feeling of life." Bad news gets everyone's attention. It sells newspapers and makes people tune in to news programs. "Now, I have something to think about, to talk about!" we say. This is all a deliberate effort to bring us down and make us give up our rightful purpose in life to connect with the Higher Power. How many encouraging news stories do you see on any given day? Virtually none.

Make a super-effort to understand that this world wants to keep you in the dark, but that you do not have to stay there. Repeatedly make the aim to ignore the gloomy voices and to come back to yourself at each present moment. Now there's authentic encouragement! You can start to experience the Light of a new life right now by heading up the right path to where the air is clean, the view is exhilarating, and you will enjoy your time on this earth instead of suffering through it.

Q: What is a true friend in this Work?

A: A friend in this Work is someone who does not tolerate my weakness, just as I should not. An experience demonstrated to me how nice this can be. A student and I were talking, and I slipped into bemoaning a situation which I said caused me pain. (As it turned out it was a mechanical,

(*"FAQs" continued on page 6*)

Spiritual Exercise (continued)

without having a lot of people around you, including friends and enemies in your own mind. You had to have that enemy. How many hostile thoughts? You think having an enemy will help you get over your loneliness. You know you are a terrified human being.

Your actual state: you can't stand being alone. You take dreams and nightmares from the outer world and bring them in. No wonder you are horrified. You spend and waste your life trying to get a petty favor from people. You are very, very angry — hostile — because you want to be bigger than God. You don't exist. God is everything!

Billions of lost souls all trying to find themselves by taking away from someone else.

You could have started to change your nature years ago. Look at all the time you've wasted. There is something else! You must not try to create your own salvation. You don't know how to make yourself happy. You don't know how to push away the aching loneliness.

(*"Spiritual Exercise" continued on p. 5*)

Pagosa Springs Banquet Report (continued)

see yourself as a 'victim'; but I'm a victim only because I won't obey spiritual rules." We may agree with the idea to 'Take no thought for tomorrow,' but then we ignore it. Vernon says in this chapter, "We might as well turn into stones if we are not going to do this." Bill gave a cautionary but uplifting quote: "Dark forces are able to trick you any time. Do a little more inner work than you want and you'll make it."

On Saturday, Richard and Doug explained more about our resistance to following higher instructions. Doug mentioned this contradiction: "We were attracted to New Life and Vernon Howard because we were in pain, then we don't want to give up our suffering. So I must 'dare to risk more than I'm willing to risk.'

Richard explained we're not following natural laws because we're always being tricked by the intellect. "Some of you are trying to process this with your mind. You have to feel something. Don't think about it." He said the situation or problem you're experiencing is not real at all. Vernon cautions, "Do not let the gap between where you are and where you want to be discourage you.... Forget all else and walk ahead." Our thoughts try to convince us, 'I'm the exception; I can't do this.' "Vernon said you can do this; it can be done."

On Sunday, Moe reminded us to relax, and then provided a nice review of the helpful weekend insights. He asked us to prove what we're learning for ourselves: "Am I better off because I come here?... Nothing is omitted in this work; Vernon explained everything." Gary said that we forget to look up where something there can help us. Encouraging persistence, Moe quoted, "Endured self-exposure is the cure," which leads to abolishing "the painful invented self."

That idea of exposing the false self leads naturally to the value of coming to New Life banquets:

In the comments about the banquet experience, Kyle described how the mind tries to limit us. "It says, I can only do so much, like there's no way I can make another quiche for breakfast. But we can do more, much more, than we know."

Lynne exposed the delusion that it is misguided and wrong to believe there should be huge numbers of people in our classes or else they're not of any value. As a matter of fact, with regard to class size, Vernon himself said "The fewer the truer."

Judith explained that, though the false self will feel stunned and uncomfortable in the presence of Truth, this is a safe

place to work, and Truth wants you to succeed.

Another student said, "I never really had real fun until I came to New Life."

Regina added, "What is unique is what one feels when somehow the slumbering True Self, the Spirit of Truth, begins to awaken. One knows he's in the right place at last and that this is what we've been looking for all our lives."

Work begins early for banquet prep, and as fabulous food is served all weekend, ladies reap the rewards of reaching higher inner states. Saturday's feast, spread over several long tables, included barbecued beef, pork, sausage and turkey with salads and much more.

After an especially tasty and bountiful BBQ dinner with deliciously tempting and numerous desserts, we enjoyed the formal entertainment. Drifting through the entertainment were reminders of the Southwestern theme of Rocky Mountains, yodeling cattle calls and cowboy hats. Beautiful harmonious songs included "Thank God I'm a Country Boy" and "In My Colorado Home."

'Circle dancing' throughout the afternoon provided a secret to the few who know it: when one participates in the dancing and all other activities all the way to the end of the afternoon, one's state completely changes and he finds himself in a truly new place within!

(*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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Points to Ponder (continued)

to some classes, but who choose not to. People are basically lazy. In this world today everyone wants everything to be handed to them on a silver platter with the least amount of effort on their part. If you want the rewards of the higher life, sacrifices must be made. For example, fear, anger, frustration, depression, any kind of negativity must willingly be given up.

You can also go against the fear and resistance and give up some of what you call your precious time, energy, money. Vernon Howard did not make it easy on anyone. He said, "You must come to where the Truth is." We had to be moved to go to where the pure Truth was being taught and not the other way around. Vernon Howard or any true teacher does not need us, we need them. In **There Is a Way Out***, Vernon puts it this way, "Everyone makes the same mistake. He tries to substitute his personal course for the cosmic voyage." This isn't a self-improvement class. It's all about seeing what is actually and factually going on. Seeing beneath the surface personality to know what people are really like.

I personally made some trips to Boulder City, Nevada where Vernon was teaching before I eventually moved there to attend his classes full time. I did not have a lot of money and wasn't sure how I was going to make a living, how things would work out, etc., etc. But something in me knew that if I really wanted help, I needed to go where the oasis was. Over the years there were many people who moved to Boulder City to study with Vernon, and they too had to go through challenges, life changes, etc. Not everyone was financially strapped like me, but they all had to deal with difficult circumstances to make the move.

For those who may not know much about Boulder City, Nevada, it's about 30 miles from Las Vegas. It was built and used as a base camp to house the 5,000 workers who built Hoover Dam. It has a harsh, desert environment. Temperatures in the summertime can reach up to 115°, which I personally experienced. So physically speaking it wasn't the most comfortable place to live, but we didn't move there to enjoy the weather, though it could be enjoyable. It all depends on your state of mind. However, the cosmic weather and atmosphere were fantastic.

Over the years I have watched and studied many people and have observed that humans are very adept at making excuses, finding reasons why they can't do something, justifications for choosing not to make the effort to come to class,

rationales for not endeavoring to follow instructions (the rules), to consciously go against themselves (the lazy false self), etc. There are also students of truth who have made and are still making incredible efforts to come to a class. God is very aware of all these things, and we are and will be rewarded handsomely if we have a right attitude and a contrite, humble spirit. This is all very real.

But evil never stops working on gullible humans and is constantly at work to keep new people from discovering these teachings. It also keeps working on long time students to lead them away from the teachings and the classes. It will use the areas in which we are the weakest to attack us. It will threaten our physical existence for instance. Since darkness has no conscience, it will do absolutely anything to deceive us, like bringing up past follies to create feelings of guilt and regret.

In **Freedom from Harmful Voices*** #80, "They stir up memories of unpleasant events in an attempt to distract and discourage a spiritual seeker." It will whisper to you that you are being disloyal to your religious upbringing or conditioning. It will try to convince you into believing you are responsible for all the ills of this world, which is a horrendous lie.

The interesting thing in all this, if we will notice it, is that the false nature always wants us to feel bad. Notice how human nature always focuses on something wrong, something that must be overcome. Our original nature is happy and content. It doesn't have problems. Troubles do not exist in this higher nature. Just ponder this, if we were normal, we wouldn't feel guilty and we wouldn't feel bad. Wouldn't that be marvelous?

Truth tells us we can understand all of this and much more.

(*Available to purchase on page 4)

Praise

E-mail from woman in Pennsylvania:

Greetings New Life. Thank you for all the hard work you provide to continue Vernon's heartfelt message. I really appreciate it.



Pagosa Banquet Report (cont.)

Vernon gave us the format of the banquets for us to learn necessary lessons available in no other way, for example to learn to enjoy clean healthy fun with good jokes, pretty songs with melodies, and lively, pretty dancing of polkas and waltzes. We come face to face with vanity and embarrassment in order to break out of our frozen self-absorption in thought.

Newcomers are often puzzled at first by this and finally freed of negativities if they participate, persist, and come back in spite of the false nature's wish to escape and hide out. We don't even suspect how frozen we are until we begin to thaw out and our inner and outer states start to alter naturally.

New students from Montana, Virginia and Washington took part in the activities, driving alone many miles to come, because something about the teachings of Vernon Howard touched their hearts and they were compelled to know more. "Only super effort counts" and they made that effort. As one first-time visitor said, "I've read a lot of Vernon Howard books and seen a lot of Vernon's videos, but it's just not the same as being in the class." He and many others recognized that these unique banquets provide special experiences that nourish the spirit and if allowed, will immensely deepen our understanding of these very high teachings.

Spiritual Exercise (continued)

"I don't know how to straighten myself out. I don't know how to be happy." See that another part of you doesn't mean it at all. Start with the awful mind — that's all you've got. In order to grow, say, "I don't know how to straighten myself out, how to be happy." This is an exercise in self-honesty. "I'm just lost altogether. I don't know how to uplift my nature." It is essential not to try to be sincere, but to see that you have no sincerity at all in saying that.

Use that as an exercise over a period of years so you can see there is a lying part underneath that in the next five minutes, you go out and do something to make yourself happy. You'll see that you've lied to yourself all your life about wanting to change.

One day you will say it with the center inside and you'll realize that there is no way you know how to rescue yourself. Then God will enter and teach you. Give up. When your will is no longer your will, then God's will becomes your will.



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FAQs, What's New,
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and much more inside**

Praises

E-mail from man in Maryland:

I look forward to delving deep into his digital presentations. There is ABSOLUTELY NOTHING on this planet like his teachings. I am so grateful for Vernon Howard sharing these teachings and for New Life continuing the quest for individual enlightenment.

E-mail from lady in Illinois:

I just wanted to say how much I value the teachings of Vernon Howard. His books and talks are like gold to us. My husband and I study together. We are deeply grateful and often wonder about what Mr. Howard would have to say about the times we are now living in. My guess is that nothing much would surprise him!

E-mail from man in Alaska:

Thank you for the Spring/Summer 2021 Newsletter. It is a welcome breath of fresh air for those of us who are studying the teachings at a distance.

Note from lady in New Jersey:

All these years, Vernon Howard has been a go-to favorite of mine. He's a Home-Grown Genius! I loved, loved Richard Wooldridge's Points to Ponder in the Spring/Summer 2021 Newsletter. It was a wonderful article. He nailed it!

E-mail from man in Minnesota:

I would like to thank your team at New Life Foundation for all the work you do to keep these teachings alive, by sending out daily quotes, exercises, and much more. I am truly thankful for your efforts.

E-mail from lady in Canada:

I received my books today and am so excited to read them. I have been reading **Pathways to Perfect Living, There is a Way Out** and **The Mystic Path to Cosmic Power** for many years and they have guided me along my way. I recently reviewed them again and discovered so much more with a different viewpoint. I felt the need to push on further and know my new books will give me even more insights.

What's New

- Watch for a brand new booklet box coming in November. **A Treasure Box of Higher Learning** will hold 16 booklets instead of the present booklet box which holds only 14. It will include all of the most recently reprinted booklets including the newly re-sized **The Esoteric Path to a New Life**. The Treasure Box will retail for \$35.

- We are also going to be working on a brand new, updated brochure that should be available by Christmas.

The Barking Dog (continued)

the way. A dangerous bend is just ahead. Keep to the right and you will be safe."

Frustration of desire seems to be an enemy only because we fail to grasp its deeper message of safe guidance.

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

FAQs (continued)

unconscious complaint about something I hadn't even thought of for months.) She replied, "Well, get over it!" This was said without any harshness or malice, and no sympathy either. It was the perfect and kindly reply. It's the same advice I should give myself whenever a wrong thought or emotion appears. "What must I remember?" I must remember to say NO, as long and as strong as necessary until complaint is no longer part of my nature, of wrong memory and of my identity. And I might find that I have a true friend as well, instead of driving someone away because of complaint and unconscious blabbing.

Praise

E-mail from man in Spain:

Vernon is such an original writer. His content is so personal and so distinctive! Thank you!