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**All New Powerful
Lessons, Exercises,
Quotes, Special Offers
and much more inside**

Insightful Q & A Quotes

By Vernon Howard

How will these ideas change our day?
The day will belong to you instead of to your anxiety.

Why can't I get help from friends?
Why can't a carrot get help from rabbits?
I know I need to go beyond myself, but find it scary.

Start by making small decisions for yourself.
This is a first daring step out of yourself.

I feel like a soldier on a dangerous battlefield.
One day you'll tell yourself the war is over.

What do you mean when saying we have a false feeling of life?

Living from emotions such as anger or envy which produce a destructive thrill.

It seems we're hypnotized by our own badness.

Yes, there's a certain false fascination with badness, like watching a monster movie.

How can I end spiritual laziness?
Always do exactly what laziness doesn't want you to do: for example, think about these ideas when you don't feel like it.

Please give us a powerful lesson.
Think about your thinking.

Photographs



Yellow Daisy



Mountain Stream in Spring

More Q & A Quotes

You said I can change the entire world. How?
Change your reactions to the world and the whole world changes for you.

I feel the existence of something higher than my own thought. What's happening?
You're making contact — making contact with Cosmic Command.

I like the idea of getting out of my own haunted house.
And when you succeed you'll wonder why you waited so long.

I'm not at home with myself.
Listen carefully and you'll learn how to move back home.

I feel tied down by invisible ropes.
The ropes are your own wrong thoughts which higher insight can break.

You advise us to be spiritual detectives — what should we detect?
Detect the fact that everything that makes you unhappy has false power over you.

Why is it so hard to have an open mind?
Because we mistake an empty head for an open mind.

Help me stop the mad pace of my life.
See how hard you work to make life hard.

Points to Ponder (continued)

human being? Would it cause confusion and chaos? Would it create an economic system that has inherent problems built into it? Would it trick you into investing your money into something which loses it or spends it foolishly? So where do you think this is coming from? I'll let you answer that question for yourself. In a number of places, Vernon Howard tells us that there is a gigantic conspiracy going on with the express purpose of destroying us. Is there a part of you that hates that statement of fact? Or is there a part of you that wants to hear the truth? There are a number of places where Vernon Howard talks about these things. As an example, read #947 in **A Treasury of Trueness**,* “There exists a sinister and worldwide conspiracy to drive you insane, for insane human beings can be enslaved with deceptive promises. Your chance for escaping insanity consists of understanding this fact instead of fearing it.”

We must see *what is*, without our beliefs, ideas, interpretations, opinions and thoughtless theories. What do you think the purpose of evil and darkness is? It's to deceive and destroy, to deceive and destroy *us*. Its nature is nothing but badness, evil and wrongness. Take sarcasm for instance. The world says it is OK to be sarcastic. Professional comedians use it all the time in their routines and stupid humans laugh when someone makes fun of someone else. What is the purpose of sarcasm? It is to put someone down, to insult them with the intent of hurting them while calling it fun. It is wrong, period.

We must risk the wrath of the devil. What else can he/she do? The devil doesn't discriminate when possessing human beings: men, women, children, old people, beautiful people, mentally challenged, vertically challenged, it doesn't care. It will use anyone. What would happen if I start being disloyal to the wrongness? Let's say I catch myself wanting to make that cutting remark to someone else because I want to get back

at them for some perceived wrongdoing. And because I'm studying these principles I courageously say NO to it. What do you think will happen next? The devil isn't going to give up that easily. He'll try to make you feel guilty for being disloyal to him. He'll try anything. “I know, I'll go to the refrigerator and eat my favorite treat. That will make me feel better and then I can forget all about that other incident.” The tricks are endless.

One morning before class I was looking out of the window and was watching some birds. All of a sudden, some snow from a branch above where a little bird was perched fell. Without thinking about it, the bird immediately got out of harm's way so it wouldn't get hit by the falling snow. I then made a spiritual connection. The bird has wings so in most cases its safety has been provided for by having the ability to fly away, out of danger. It doesn't sit there and worry about it or mull it over or concern itself with what might happen. It is very alert and when an event occurs that might endanger it, it simply flies away. You and I have that same innate ability but have lost touch with this reality. As I said earlier, we're living in a dream world. Christ said something like, “Wake up, come out from among them.” What was he referring to? Sleeping/lost humanity. We have everything that is needed to escape the madness. All we have to do is see it. Just like the little bird we can fly away from danger. We can start to understand that we no longer have to feel bad. We don't have to continue to pay the price for our wrong thinking. We don't have to continue to follow the masses over the edge of the cliff.

If you want a truly great clarification of all of these things, purchase the new edition of **'The Answer'** by Vernon Howard and study it carefully. You can order it on page 4 of this newsletter or you can go to our website: www.anewlife.org and find it under the Sundries page.

* Items for sale on Page 4

The Two Fish (continued)

and I will show you this peaceful place.” “Don't be foolish,” exclaimed the first fish as he swam away. “It isn't every day you meet a suffering hero.”

People prefer their vanity-based imaginations about themselves over reality and peace.

(This is from the book INSPIRE YOURSELF)

FAQs (continued)

within, freedom from pain and suffering, uncovering the truth, which is hidden beneath numerous false identities and pretenses that we take as us but which in fact imprison our essence or spirit. Vernon once said if he could put only one sign on the New Life building, it would be, “There is something else.”

Q: What does it mean to be a spiritual detective?

A: It is a beautiful state where there is no judging, no condemnation, no set idea about how life should unfold according to the demands of the old nature. The spiritual detective is ever watchful, alert and open to facts about the inner states he is observing. There is no pushing away of what is found. He is unattached to the results of his experiment. He sees clearly without mental judgment what the cause and effect of certain actions are. For example, weakness is accompanied by other low states like fear, nervousness, guilt, irritation, etc. Through trial and error he begins to see for himself that personal weakness is destructive and harmful. Eventually this pure watching can take him all the way home to spiritual wholeness.

Q: I'm afraid by following these teachings, I'll lose my friends.

A: It depends on what you and what they want. Certainly we are social beings. Friendship on the level of this world is often based on things we have in common like a love of sports, cooking, raising children, etc. But something different happens when we begin to question our lives in a new way. We found these teachings when we wanted something more — an authentic life — free from suffering, heartache, problems. Others like you found them too. It is this growing inner spiritual aim that draws to itself like-minded people with whom you have only things of value in common. As you follow these teachings, you'll find that old friendships may fall away of themselves only to be replaced by a dawning understanding of life that provides all the comfort and understanding needed by the developing spirit.

THE EFFORTLESS WAY

“An insane human being wants you to doubt your present false position so that he can replace it with his own self-serving false position. A sane human being wants you to doubt your present false position so that you can replace it with the effortless ways of sanity.”



ITEM #	DESCRIPTION	QTY	PRICE	TOTAL
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Great Special Offers — Offers good till September 1, 2009



The Answer — Spectacular New Edition

Five very special letters that were originally made available to students by Vernon Howard. They are incredibly powerful and will take you to another world. Order today!

36-page booklet (5½ x 8½) **Only \$5**



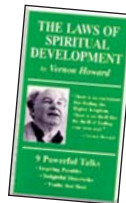
The Answer (Previous edition - price reduced)

Only four letters in this edition. No difference otherwise. (16-page 8½" x 11" booklet) **Was \$4 — Now \$2**

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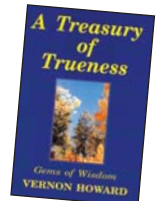
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This magnificent softcover book is filled with beautiful gems of wisdom given by Vernon Howard over a 20-year period in his personal classes. They are arranged in 250 categories.

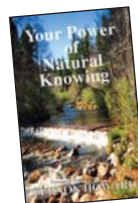
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100 Ways to Defeat Satan

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Points to Ponder (continued)

million miles above and beyond the average man and in this category is included human authorities, so-called experts, intellectuals, leaders, professors and anyone else you can think of. Oh, by the way this is not false worship. This is the unmistakable sensing of the Spirit itself.

All of us come to this work with a lot of knowledge and ideas and the unconscious belief that we know and understand. We have "learned" and "experienced" a lot of things in our lifetime no matter how old we are. In order for any of us to truly change and to become a sane, decent human being, all of these things must be unlearned. Of course, I'm not talking about practical things but about moral, philosophical, psychological, religious and social ideals/misideals. Seeing the baggage that we live from is extremely difficult but it must be done. What we must see is that we've been living in fantasyland.

We receive e-mails all the time from men and women commenting on the Secrets of Life quote of the day. Many of the comments are praiseworthy but quite frequently there are remarks from those whose fanciful beliefs are challenged. At this point what usually happens is that the person becomes very angry and attacks, which is perfect evidence that what was said in the quote is true. Their dream world, their misguided world has been exposed as the fantasy/fraud that it is (it's not real). This is why one of the class mottos is, "If you can take it, you can make it." There's so much which has to be seen through.

If we truly want a different kind of life where we are authentically free of all human pain, problems and suffering we must surrender/give up our will. Vernon Howard often said "It's God's will, not your will." You and I insist that these problems are real and if someone tries to say they aren't, what do we do? We get angry and say "Don't you dare tell me my problems aren't real." It doesn't matter whether we say it out loud or keep it inside. The list of self-defeating thoughts and feelings is endless. "My wife left me." "I lost all my money." "I got fired." "My health has deteriorated." "I'm being persecuted." "I'm being falsely accused." Where's the real problem? Would any problem on this earthly level ever bother or defeat the truly awakened human being? Of course it wouldn't. It is only the neurotic nature that has a problem.

On a recent major talk show, I heard the host ask the following question of the guest: "If there truly were a God why would he allow all these bad things to happen?" The guest really didn't know how to answer, but the host's real purpose was to blame God for all of these problems and to very cleverly discredit the guest. In reality, all of these orchestrated problems are the result of human stupidity, human greed and an astounding lack of insight into the fact that it isn't God doing these horrible things. It is evil and darkness acting through sleeping human beings that are responsible for the mess. God cannot force a human being to do the right thing. God doesn't do bad things. Undeveloped or devil-possessed human beings do bad things, calling them good or justifiable. Don't be afraid of using strong words to describe what we're up against. We must be utterly shocked at what we have allowed to run our lives.

We must realize that evil spirits/dark forces actually exist but that we can refuse their threat or "temptation" to go along with them. This is something we have to work very hard to see. Here is a quote from #6 in **50 Ways to Get Help from God** which should help us better understand what I'm talking about. "Never credit troubles with power. They have none. God rules over all. So you don't have to solve problems. You need only see thru them." This section is entitled "You are more intelligent than your troubles." Do you see that the world, through human hosts, is trying to convince you that all the madness is something we just have to accept? The economic woes are our woes; that crime is our problem; the other person's problems are our problems; you are somehow responsible for the wrong choices others make. Read **False Problems** which is #64 in **100 Ways to Defeat Satan**.* This will light the way to a better understanding of the lie and hoax of the problem-dominated nature.

One of the great things we are taught in this work is that we don't have to believe in the world's problems or in the world's solutions. You don't have to feel guilty about it either. You are not responsible for the world's woes. You are responsible for your own awakening. We must begin to question everything we have been taught. It's all backwards.

All right, ask yourself this: Would a truly good, all powerful, omniscient being cause trouble? Would it hurt another
(“Points to Ponder” continued on page 5)

New Life News Items

- We are in the process of updating, improving and adding some features to our website: www.anewlife.org. While the overall look will remain the same, there will be some changes. For instance, right now on the right side of most pages there is a navigation bar with fly-out submenus. On the updated website, the fly-out submenus will be on the navigation bar which goes across the top of most of the pages. Hopefully this will allow you to navigate faster throughout the website. We're updating shipping information as well. The US Postal service has actually simplified their website and made it much clearer as to what their shipping charges are for domestic and foreign services. Please read the **Important Shopping Cart** note on the Bookstore page. This explains how our Shopping Cart works. Your shipping options do not show up until you've filled in all of your billing information. If you think about it this makes sense as most shipping is determined by zones. Check it out in March for the new improvements.
- Our other website has been completely redone and now has a fresh new look. Though much smaller than our main website, it contains a wealth of material unique to it. It's very easy to navigate and you won't want to miss the wonderful messages it has to offer. Check it out and enjoy the lessons: www.vernonhoward.org.
- New Life is a nonprofit organization.

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.

**Join us for one, two or all three
Americana in Westminster, CA**

Saturday • May 9

(Classes also on Wed, Fri and Sun)

*Richard Wooldridge will conduct the
Wednesday night class in Pasadena.*

Southwestern in Pagosa Springs, CO

Saturday • July 18

(Classes also on Friday and Sunday)

Mexican Banquet in Strawberry, AZ

Saturday • September 12

(Classes also on Wednesday and Sunday)

(For more details call or visit our website.)

"Bear Your Own Burdens"

Spiritual Exercise

Transcribed by Sally Forrest from a class lecture.

Here is an exercise on how to be saved. Write down, "Bear your own burdens."

Here's what it means to bear your own burdens. When you have a suffering emotion or thought, when you hear some news that you call bad, when you feel threatened by someone or something, you make no mental movement whatever to push it away. When you feel afraid, you

"You are to bear your own burdens ..."

are to bear your own burdens by being one hundred percent afraid. You are to permit the fear to course

through you with all its so-called ferocity, with the full flood of it.

If you will do that so that only you are involved and no one else in the world is; if you will permit the flood of terror, of self-doubt, of anxiety, any hellish feeling, if you will permit this hellish feeling to enter you, you'd become conscious of it. It's the consciousness of it that allows it to come to its full force so that you don't dilute the suffering. Then at a certain point where the flood is one hundred percent pressure inside of you, it breaks apart. This means it passes through your mind and goes out of your mind and emotions and goes away from you, leaving you with a conscious recollection of what happened to you. That by the way is what makes you eager for the next experience.

You bear the inner burden fully, which you have to do because your burden is your burden. No one else can carry it for you. Then you will get your reward for yourself from God. This means you won't want any reward from society, which means you're free of its sick false rewards, and you're never going to be wrongly involved with anyone. You'll be rightly involved with everyone else on earth because you're rightly involved with yourself, and sickness can't touch you because you're healthy.

Truth by Vernon Howard

"The truth is warm, kindly, healthy. It is something you feel independent of friends and environment; you know it all by yourself. The truth inspires because it connects what is real in you with what is real in the universe. The truth is all you really need because it includes everything you really need, which you can know by experience. The truth inspires because it is the truth."

Frequently Asked Questions (continued)

Q: What does Mr. Howard mean when he says don't plan your life?

A: On the everyday social level it's fine to plan your life. We have to be good householders and take care of our day-to-day responsibilities. The psychological planning is where we go wrong. We constantly engage in mentally planning for future happiness, like trying to get someone into our lives or out of our lives or looking for security using our ideas of what security means. For example, perhaps we believe that if we get the right employment, we'll make a reasonable amount of money and feel respected in this society. But this type of planning can never provide the true and lasting contentment our hearts really yearn for. What we gather to us from the outside world can never be used to convince ourselves that we're happy inside. At some point haven't you gotten what you wanted? And doesn't a part of you know that it didn't bring you authentic security? Anything that represents happiness in the future can't work because true happiness can only be in the moment with a calm, quiet & aware mind that does not need anything outside itself to tell itself that it's happy. Happiness is a state of being where trueness flows through us and directs us with ease and purpose through our days.

Q: Truth seems to require so much from me.

A: All Truth wants is for you is to live a free and happy life. These teachings help us to understand why we have all these headaches and heartaches and how to get rid of them. We do not have to give up

anything except what is hurting us. The truth of how we hurt ourselves is in plain sight, but we cannot as yet see it. Go to work with every bit of self-honesty you can muster in order to understand more deeply how the negative states that we so carelessly invite into our minds and emotions are interfering with our ability to live a decent, contented and truly free life. Each new insight will provide right excitement for uncovering the next needed revelation!

Q: I need practical solutions for dealing with daily problems with people and money; I don't have time for pursuing the lofty.

A: Stick with these principles, apply them to your daily personal life and watch how old problems begin to disappear. The only proof you need is to investigate and experiment for yourself.

Q: How long does it take?

A: Your only requirement is an open mind and a willingness to learn and you will find help and relief at the very beginning of your studies. As you continue, you will find more and more helpful insights along the way and the progress continues. You won't want to go back to the old ways of dealing with situations that used to drain your energy and time. The New Life will be yours forever.

Q: Won't we become a dull person if we don't allow ourselves to experience life with the full range of emotions we were given?

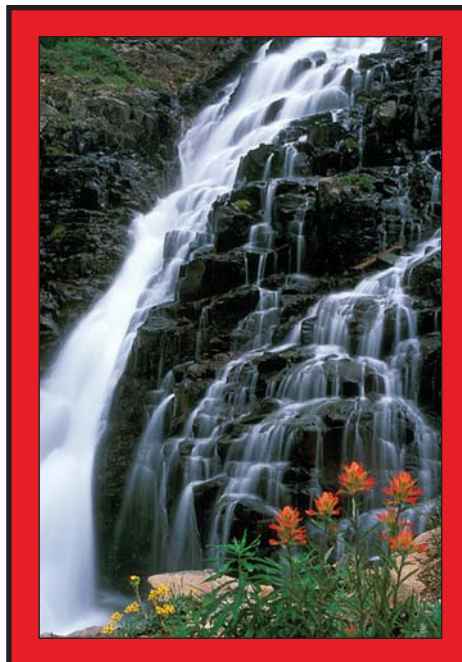
A: We were given feelings and thoughts as part of our human nature. However, there are valuable thoughts and feelings, and there are destructive thoughts and feelings. Unfortunately, we're spending most of our time giving way to all sorts of negative states, calling them right and necessary. The ability to use the mind and the emotions rightly comes from an intense wish for a higher purpose in life.

Try to see that something has taken possession of us and feeds on our mental and emotional energy. It twists this natural source of life into something wrong and destructive and worst of all, we believe that it is us. It is NOT. It is our great pleasure in this class to boot this wrongness out! What is left is a New Life that God is just waiting to give us.

Q: Vernon Howard said he was an ordinary man who found the extraordinary. What is meant by 'the extraordinary'?

A: The same as the Kingdom of Heaven

("FAQs" continued on page 5)



NEW LIFE NEWS

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Frequently Asked Questions (FAQs)

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

Q: I have heard things like this before. What makes this different?

A: We have all heard higher truths and maybe we can quote them glibly, but applying them will require all the help we can get. As we learn to see and drop the falsehoods that have made us unhappy, dark forces will use new and more devious means to prevent progress. The dark forces we are up against will give you 99% truth in order to deliver the 1% of falsehood that will stop your final spiritual success. Only a 100% pure spiritual source can give you the warnings about self-deception that will protect you from start to finish. Vernon Howard is a 100% pure spiritual source.

Q: Why are Vernon Howard classes not held in fancy church-like settings, with men in beautiful robes conducting the classes?

A: If something is real, it never needs window dressing to convince people that it is real. If there is something in you that longs for the higher life, that small part will know that these teachings are genuine guides to the way out and that is all that is necessary.

Q: Why are my prayers not answered?

A: Actually, they are, but because life works in a different way than we imagine, we don't see that the cause of what we get is the result of our actual inner nature. By raising our level of being, we can request new and better things. How? Stop fighting what life brings. We have to stop blaming outer people and events. The inner determines the outer. As Vernon Howard said, "When you rebel in the wrong way against society, any other human being, against conditions, you are

doing the very thing that keeps those conditions in place." We are either working on ourselves and going uphill or going along with our old mechanical reactions and sliding downhill. What we really want is freedom from all that is wrong inside including the big phony actor. Then we will actually have a New Life — something real and lasting. And yes, we know it is right to keep calling on something for help that is not a part of the darkness.

Q: Why is it all so scary?

A: We have it backwards. It isn't scary to who you really are. It is scary to the false parts inside that presently control your life and that are terrified that you will wake up and go to work to boot them out. These voices adamantly protest all along the way, but if you continue, some day you will see that this is the only real friend you ever had, because it is the only thing that can help you to win your own life back. And as we persist we begin to think, "How lucky can I be to have found this and stuck with it?"

("FAQs" continued on page 2)

The Two Fish

By Vernon Howard

Two fish met in the Atlantic Ocean. The first fish said he came from a part of the sea inhabited by savage sharks. He spent a half hour describing his dangers and hardships. Several times he mentioned his heroic service in saving other fish from sharks. "I don't wish to appear immodest," the first fish concluded, "but I suppose you could call me a suffering hero."

The second fish came from a safe and quiet part of the ocean, which he described to the other fish. He added, "There is no need for heroics there, for no one ever attacks anyone else. Follow me

("The Two Fish" continued on page 5)



Points to Ponder

By Richard Wooldridge

I remember when I first came to hear Vernon Howard speak in 1975. One of the most memorable things he said in his talk was that "You don't know anything." Even though this statement was very upsetting for the ego to hear, it wasn't something that was easily forgotten, because underneath the hardened shell of the personality, something inside instinctively knew that the message was not of this world. The reason he said what he did was because unconsciously, I already thought I knew, which is what almost everyone new to this Work believes. If we think we know, how can we ever begin the inner journey to get out? There's nothing to learn if I already know. So we must start by seeing that acquired knowledge on the earthly level is quite different from higher perceived intuitive wisdom. It's not of this world. We must see way beyond the world of ideas and the intellect. Even though it was not his first contact with me, Vernon Howard clearly saw this blockage to my personal level of understanding. He was not an ordinary human being at all but was a

("Points to Ponder" continued on page 3)

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