

NEW LIFE NEWS

Vernon Howard Founder

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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: What is something I may have overlooked that will help me to grow spiritually?

A: Genuine enthusiasm for what you have found in these teachings can take you a long way in this work. If you really understood that these are the most valuable principles you'll ever encounter and that they will lead you to a brand-new and genuinely happy life, wouldn't you be excited to know more? Enthusiasm for learning all about how to escape the pressures and propaganda of both the inner and outer worlds can propel you from a mental level of understanding to the uplifting and inspirational realm of higher feelings where you know you're on the right path and will never stop walking toward the Light.

Q: But this work is what I consider hard and difficult and requires too much of a commitment.

A: We heard this in a recent class: Vernon Howard says in **The Mystic Path to Cosmic Power**, Chapter 7, "Don't work so hard at living your life; just let it be lived." What makes life hard is the resistance to reality. The difficulty is not in working on yourself but in avoiding and fighting life as it occurs. One example of resistance that comes to mind is when Vernon said to "pick up that spiritual book you don't want to read," urging us to go against the impulse to look for that next distraction.

A refrain in nearly every one of Vernon's talks is how there is a large part of us that doesn't want truth, how we refuse it, and how we prefer our suffering because it's familiar to us. What makes life hard is thinking and planning how to take care of myself in an insane world, in fearfully dodging bullets from imaginary enemies,

in forcing my will on events and people, and in getting my own way and then living with the results of my wrong choices. It's more than worth the commitment to not live with that kind of pain and uncertainty anymore.

Q: Then how can I stop resisting and forcing life?

A: Only if I see my resistance and its burdensome consequences deeply can I refuse it, and not before. The mental machine will go on lying and refusing to obey higher instructions as long as the artificial self fearfully attempts to control life.

I can ask God to not let me be me anymore. Getting out of my own way can't be done by forcing something, but by giving up the "delusion of control." In the section of **A Treasury of Trueness**, #1112 says, "I know what to do. I will relax and let the Spirit enter and clear the junk away from me."

Remember Vernon's story about the man steering his own boat and fighting the storms in rough waters? He is told to stop forcing the boat of life, and to go over, sit down and enjoy the ride! "If you

("FAQs" continued on page 2)

The Perplexed Swan

By Vernon Howard

There was once a young swan who became separated from his family by a storm. He felt an inward urge to find and associate with other swans.

However, because he failed to look at his own nature, he did not know what kind of a bird he was. On one occasion he saw some hawks, and thinking he might be one of them, he joined the hawks in a raiding party. He barely escaped the guns of some angry farmers.

In turn he thought he was a mockingbird, a peacock, a duck. All imitations brought grief in one form or another. In despair the

("The Perplexed Swan" cont. on page 5)



Points to Ponder

By Richard Wooldridge

One of the most difficult things for people studying these teachings is to learn to see the difference between the intellect and awareness. You've heard people say, "I've heard that before." They'll read something out of a Vernon Howard book or listen to a lecture or watch a video and retain the facts with the mind, believing they fully understand it and that they need not explore it further.

There is a gigantic difference in seeing something with direct/pure perception and knowing something from memory. Awareness is a million miles above ordinary thought. You can logically arrive at a conclusion about something, but it is only being done with the mind. We must see much more deeply and that can only be done with the spirit.

In **The Mystic Path to Cosmic Power**, Vernon puts it this way, "Another great help is to see that alertness in exterior affairs has no connection with psychic-awareness. Exterior abilities are on the mental plane; psychic skill is on a higher, spiritual level." There is a way to perceive *("Points to Ponder" continued on page 3)*

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A Facial Exercise

Spiritual Exercise Transcribed by Regina Netherton from a class lecture

Be aware that you have facial muscles. Your face moves and smiles. The first thing is to see that you have all these facial muscles, of course. Be aware right now, and the rest of the day, how seldom they are relaxed. Notice that even now here, you have allowed an unseen force to take over more than your face, but we're concentrating on your face now.

“... you can know if you want.”

Unseen forces take over the muscles, your facial expression, and cause you to obey them. That's because you don't know what's happening, but you can know if you want. And at the proper time, just don't have any expression at all, which is what you have at home. How many can see a difference in your facial expression when you're with other people than the one you have at home?

All right, you're going to spend the rest of this weekend, or whatever, going over this with yourself. I don't mean to sit in stony silence. No. After you leave, whatever your facial expression is, smiling or whatever, you're to go back to where you were. Now it could be a nice look. How many want to look nice? You know, a nice quiet look and I'll tell you something, a truly spiritual facial expression is innocent. It is attractive.

You know unattractive looks when you see them, don't you? A conscious man or woman can suddenly catch himself in a strained, awkward facial expression and realize it's just a carry-over habit. You do it today because you did it yesterday. And you find to your astonishment and delight that you are stronger than your face. The spiritual kingdom within is stronger than any false move you might make. But you have to be alert, as always; you have to catch yourself playing a role, right?

Now look, I didn't say when you're smiling you're playing a role. I'm asking you to find yourself smiling when you are playing a role. As I said before, this doesn't mean you sit around with a blank face, but you smile when necessary and in between that you just relax. That relaxation of your facial muscles will be accompanied by relaxation of the rest of yourself, both the visible and invisible parts, because the original source of your spiritual contentment and quietness spreads itself throughout. And you will see how this exercise not only affects the well being of your face but of your speech, of where you go and what you do. It affects everything. But you see, this exercise is giving you a small concise

clear opening that's with you all the time. You're always with your face [laughter] and so you can be conscious. Now let's see, say to yourself, “I have my facial muscles there and just now they're doing this or they're doing that. Do I feel strain at what I'm doing now? Well, I know that when I get furious, I feel strained. So therefore, the facial expression itself is unnecessary and incorrect and self-punishing, so I'm going to drop it.”

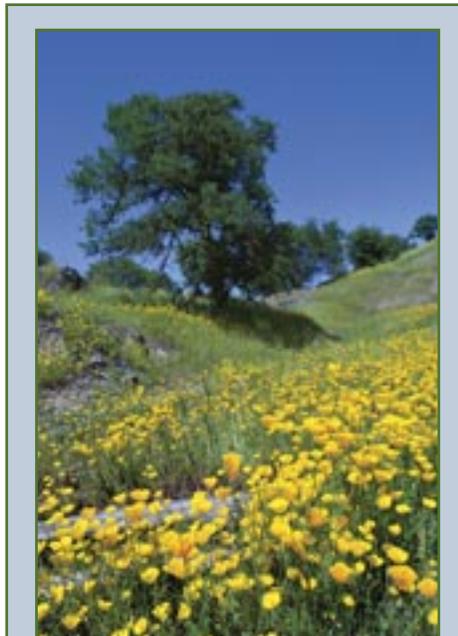
See, you just drop a little part but the part is connected with the whole. Say “I'm going to let my facial muscles relax and I'm going to look intelligent, but I'm not going to remain in a false condition when it comes to my facial movement.” You will find that it affects favorably — it will transfer itself to everything you do. Therefore, everything about you feels better. There's no strain to conform to the expressions of yesterday. You see it is not necessary to give that other person a certain kind of look. You can just relax and be yourself. Isn't that appealing?

Remember to put into practice the exercise you were just given.

Praise

E-mail from woman in Canada:

Thanks for answering my questions and making more of Vernon Howard's talks available. Everything that I've heard so far resonates with me 100%. I am glad to hear someone speak who sees the world as it actually is. I felt quite abandoned for a while but now everything makes perfect sense. More and more so every moment.



FAQs (continued)

still take care of yourself, then God can't do it.... When you don't do anything about guiding the boat, no rocks, no storm.” I am the one who has made the journey hard and I must stop it.

Q: What is one of my biggest misunderstandings?

A: That you are alone in this endeavor to find Real Life. God is always with you as long as there is a sincere desire to wake up, a persistent effort made to apply these teachings in daily life and a willingness to challenge the voices that say no higher solution is really possible. Unfortunately, people are spiritually asleep to the fact that they are not alone and are tormented by believing they are separated from God. The problem is that the thought-self is very clever at convincing us we must battle our way through life. No, this is the wrong train of thought to follow! Instead of struggling and fighting, we can aim to understand that God is in charge of all and our part is only to be open to higher guidance.

Q: Sometimes the assault of social and political strife seems never-ending, and I feel overwhelmed by it all. What can I do to turn things around for myself when this occurs?

A: It's always helpful to return to basics. We recently discussed again in class the benefit of simply relaxing physically — as in relaxing the jaw or releasing tension in the shoulders. This sends a signal to other parts of us to also quiet down. Being alert, aware and relaxed in the present moment is one key to waking up. You can also pick a psychological or physical exercise with particular meaning to you and remember to do it as often as possible during the week.

Society is mad and getting madder. But everything is all right with Truth right now and we can join in the recognition of this.

Q: I am puzzled by an age-old question: What is the purpose of life?

A: The first few pages of Vernon Howard's book **A Treasury of Trueness** give many excellent answers to this question. Vernon tells us that we were created by God and that our real purpose must be to reunite with the powerful force that created us. How do we do this? One of the ways is by actively seeking Higher wisdom, and by refusing to continue to chase after the low false gods that our ego selves tell us we must worship... things such as fame, money, awards, material possessions and the like. We work so hard to get what we think we must have only to wind up

(“FAQs” continued on page 5)

Points to Ponder (continued)

the true spiritual state of others, but it requires us to relax and to allow something to silence the super active mind.

This will happen of itself if we truly want to understand. We simply see clearly. The discernment comes because there exists a part of us that is tired of being deceived, tired of paying the price of being asleep and there develops within us a sincere wish to really understand what is going on. Because people have made the intellect their ‘god,’ they destroy themselves and everything they touch. This is not too strong of a statement to express. It’s simply a tragic fact.

I cannot emphasize enough how critical it is to wake up and to see things as they actually are and not how our vivid imaginations portray them. It really is exciting to get a glimpse into another world. It will not be scary as the mind insists; it will be truly exhilarating.

The mental part of us will fight and defend itself when it feels threatened. People have very strong beliefs about all sorts of things. Beliefs reside in the intellect. And so, thinking they are us, we become attached to them and insist they must be fiercely protected. Truth tells us this is not necessary. Truth is telling us we should be living in a state of awareness. In **The Mystic Path to Cosmic Power**, there is also a section that explains awareness. Here is part of it, “Awareness brings understanding, because there is no condemnation or identification but silent observation.”

It’s hard for the way we are presently made up to fathom that one can stand apart and see everything from a completely fresh viewpoint, a perspective that isn’t encumbered with pain, problems, prejudices and burdens. Almost every human being on this planet thinks and feels and believes life is one awful event after another. Why is the news filled with negative story after negative story or one tragedy after another? People love to pass on bad news. Baseball isn’t America’s favorite pastime, complaining is.

Why is it we don’t want to see things as they actually are? Because we are complicit in the pain game. We love our pain. We refuse to see that we are part of the conspiracy to keep it going. Recently in our class in Pagosa Springs, one student related an encounter they had had with a friend. The friend was telling the student all about a specific problem of hers. The student tried to say a few truthful things to help, but the friend

couldn’t grasp what was being said. The following day, the New Life Daily Quote service posted a Vernon Howard quote which gave the perfect answer to the problem. It couldn’t have been put any more clearly and succinctly. But the student was unable to pass it on because in all likelihood, the friend wouldn’t take it rightly. It was so far above her present mental level that there was no way she could comprehend it. This is a perfect example of how human beings don’t really want help; they simply want to unload their problems onto someone else by talking about them. They actually want to keep them so they’ll have something to complain about.

This type of insight into human nature is absolutely essential. We must give up our fantasy view of this world, that people are basically good, that they only have our best interests at heart and so on. We believe that just saying or thinking positive things about something or someone constitutes the actual state. We haven’t as yet seen the difference between this make-believe world and conscious awareness of reality.

In the book **Inspire Yourself**, Vernon puts it this way, “Man fails to see that thought is useful only for everyday tasks, such as conducting business. He tries to use conditioned thought to understand the whole of life, which cannot be done. Only in a state of simple awareness, which is above thought, can he be one with himself and therefore one with all of life. Thought cannot comprehend the whole, for it is but one part of the mind’s total function.”

I personally will be forever grateful for being led to Vernon Howard. He was an extraordinary human being. These are not just words of praise, but an actual fact. He was extremely tough on what was wrong with us, but at the same time was able to uplift and energize the right part of us. You see, truth can see beyond the facade, the fake front that human beings put on pretending that everything is fine.

Only truth can truly care because it sees things from a completely different vantage point, one where zero self-interest is involved. Truth is prepared to give us everything if we’ll surrender the false personality and all of the negativities associated with it.

Effort is required: short term, long term, persistent effort. It’s like learning to play the piano. One learns the scales first and has to practice them. You then learn a

simple song like Chopsticks and so on. What is required to learn to play the piano well? Persistence, patience and a love of what you are doing. It’s the same with the truth. If you are genuinely interested, you will be rewarded.

Truth never fails to come through for any really sincere truth seeker. It includes every virtue known to man. It supplies every spiritual need that a man or a woman seeks. It is love. It is fulfillment. It is happiness. It is understanding. It’s everything a man or woman wants. There isn’t anything it can’t do.

If you decide to take the journey to another world, to give up your negativity, pain and suffering and to understand these things more deeply, I recommend getting the new MP3 CD, **The Truth About This World** that was recently made available and is for sale in this newsletter (page 4) or online at www.anewlife.org.

The greatest reward that any human being can discover is found in these teachings. Vernon Howard emphasized this is the greatest gift ever given to mankind. If we follow the spark that brought us to these teachings, we will not only find freedom from the misery and madness of this world, we will also be given eternal life. Truth guarantees this to be true. Vernon Howard once told us he wouldn’t trade what he discovered for all the worldly wealth a human being could accumulate on this planet. This world has nothing of real value to give you.

Banquet Invitation

New Life Foundation has been having banquets for over 40 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.

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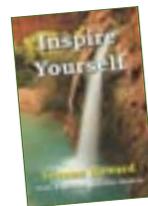


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Frequently Asked Questions (continued)

confused, disappointed and angry when we don't get them ... and if by some chance we do get them, they never bring us the lasting contentment we thought they would. “Negative states want to keep you from discovering the purpose of your life,” Vernon writes. We drift through life asleep, thinking we are awake. Our painful reactions to our daily life experiences prove this point.

Q: So, our purpose is to attain a New Life in this life?

A: The work at New Life is about attaining a spiritual awakening from the deep psychic spell that has been cast upon us. This is done by studying ourselves, by welcoming the jolts that can shake us up and by making an ardent attempt to become aware of everything that is happening to us. With Truth's help, this spiritual work knocks down the barriers that stand in our way and allows what is above the mind to show us the way to authentic safety and security. When we see the pointlessness of suffering, for example, we begin to know that something truly good is happening. All this will take time and persistent effort on our part but, as Vernon tells us, “The greatest day in your life is when you hear the voice of God.”

Q: I've never seen so many jumpy, depressed people out there in my life. The fear factor seems to be overwhelming nearly everyone in this society right now. How do I deal with it?

A: Use your time on this earth to wake up. Only a spiritual solution is capable of permanently vanquishing fear and every other negativity that hounds and torments human beings. Fear is the constant companion of the false nature. And people filled with fear are very easy to manipulate.

Here's an example: Vernon has told us many times, “You are not your body.” Yet, people falsely identify with the body and fear for its continuance. People know intellectually that the body will leave this earth at some point in time, but there is a gigantic wall of denial that blocks full cognizance of this fact.

If we understood that this life is temporary, we would be way more grateful for the life we have been given and would be striving to learn how to live consciously while here in a physical form. We would make good use of our time on the planet to wake up. We would be more rightly serious with these studies. We wouldn't be afraid of the body's inevitable demise, because we would understand that the spirit lives eternally. As Vernon states, “The spirit wants nothing from this world. Why should it? It has everything already from God.”

Q: What does this quote from Vernon Howard mean: “You are responsible for breaking the hoax that was imposed on you”?

A: You are giving power to everything that hurts you. At a business meeting many years ago, Vernon said very forcefully, “You are being hoaxed and don't know it!” You have come into this world and have accepted everything you've been told, like the lie that fear, anger, frustration and all other combative and hostile states are necessary. Truth assures us that they are not necessary, but it is your responsibility to do the work to find out what that means.

Q: Why doesn't everyone follow what is True? Why do so many get dragged away?

A: For one thing, they can't hear spiritual truth but don't know they can't hear, and for another thing, don't most people you know think they already know? We have to study and work hard in order to yield to truth and allow it to transform us. It may take a long time before we begin to hear and understand what we thought we knew long ago. For example, how many understand the fact that “The spiritual path cuts straight through the jungle of sick human nature”? There is no other way but to see what is wrong first, yet millions insist on their own way and end up living in imaginary spirituality.

Q: I pray to God for many things – success

in my business, a mate to share my life with, good health and many other things. Many times, my prayers are not answered. I get disappointed and confused by the whole process.

A: Vernon once said that most prayers never rise any higher than the ceiling of the room in which they were made. He has also said that when people pray, they are just praying to themselves. They are really trying to bolster their own ego. God is not going to give anything to human beings that doesn't lead them toward genuine understanding. God is only going to give you what will help you. Praying from yourself to yourself is only going to supply more of you, which is not what you need.

Q: So then, what is right prayer?

A: If you pray to get something from this world like a new car or a new relationship, don't you have a dim sensing that there will always be a next prayer for something else down the road? We are not here to perpetuate or to feed the unhappy and never-satisfied false nature. We are actually here to have a change of nature.

A good reason to listen to Vernon's talks and read his books is that he tells you what you should be asking God for. If you come across instructions from Vernon on right prayer, follow them. An example is in the booklet **50 Ways to Get Help From God**. In #14, it says to “Ask God to give you guiding light.” He tells us that this kind of request will be honored at once and that “God will supply as much Light as you can take.”

And there is an entire chapter in **Your Power of Natural Knowing** that beautifully clarifies the nature of “Pure Prayer.” Vernon explains that a pre-arranged prayer is not needed because “it's your heart that God is listening to.” Just say “I need help” and stop right there. Don't think and don't try to help God help you. The Higher Power knows what to do with your request and you must leave it at that. God will do the work for you if you will only allow it.

The Perplexed Swan (cont.)

swan flew to the tree of a wise old owl to ask, “Who am I?”

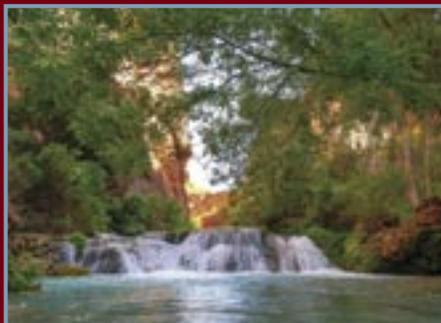
“Examine yourself,” stated the owl, “and you will know. First you must see who you are *not*.”

By dropping labels and imitations we finally dwell within the contentment of our real nature.

(This is from the book *Inspire Yourself*)

“So self-knowledge is everything. If you know what you are all about, you know what life is all about. You are not separate from life; you are life itself.”

— Vernon Howard





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Praises

E-mail from gentleman in Spain:

I find Vernon Howard's works to be tremendously helpful and would be interested in having all 18 of his books in eBook format. Thank you very much and keep up the good work.

E-mail from man in New Jersey:

I've been listening to the talks on the new MP3 CD that I got at the Thanksgiving banquet and am really enjoying them. Thanks for making them available.

E-mail from lady in Maryland:

I so look forward to reading the Vernon Howard materials I just ordered. His book **Pathways to Perfect Living** saved my life.

E-mail from man about recent banquet:

On my way to the airport, I thought about the many experiences everyone shared these past few days. Very helpful and healing. Thank you so much for the priceless spiritual gifts!

E-mail from man in Michigan:

This is excellent information. Like air that uplifts the eagle. Keep up the good work.

E-mail from man:

For all involved in sharing Vernon Howard's work. Your work is appreciated.

Letter from woman in Poland:

Thank you very much for sending me the books and booklets by Vernon Howard. I was very happy to receive them. After reading them, I always feel more energized, powerful and optimistic.

E-mail from man in California:

I have been a fellow student of New Life for about 20 years. I began with reading the Human Sharks booklet and other booklets years ago. I was puzzled why there were so many problems in the world, while there were just as many organizations that were supposed to be solving them. These organizations allegedly have brilliant answers, but they only want to boast about solving problems while nothing improves, but only becomes worse.

Reading is a very helpful guide but it's not enough to wake up. For me, waking up takes place when intense suffering is experienced, when our own little world is crashed, and we're shown we're not the valiant person we thought we were. When the other side of the pain is reached, Life is continuously more beautiful, profound, purer, freer, simplified and clearer. All the answers are there in Vernon's books and lectures.

What's New

• The Truth About This World MP3 CD —

This MP3 CD contains twelve incredibly powerful and insightful talks about evil and the human predicament. Want to understand what's really going on? Then these twelve talks will explain everything. Vernon exclaimed, "Everyone should hear these talks." Three of the lectures are from a series given entitled, "Satan's Sinister Secrets Exposed." If you truly want to understand all that is going on in the world right now, this will explain it perfectly. This MP3 CD has 7+ listening hours and retails for \$12. (See page 4)

• New Editions — Periodically when our inventory of certain titles is depleted we need to reprint them. That is the case now with **The Mystic Path to Cosmic Power** and **Your Power to Say NO**. You can get a fresh copy of each if your previous copies are getting worn or you'd simply like to get a beautiful new edition. The Mystic Path is still only \$12. (See page 4)

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