

# NEW LIFE NEWS

**Vernon Howard** Founder

**Richard Wooldrige** Director

New Life • PO Box 2230 • Pine AZ 85544 • (928) 476-3224 • Fax (928) 476-4743 • E-mail: info@anewlife.org

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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:** Lately, I've noticed that each Secret of Life quote is better than the one preceding it. It feels like I'm becoming more receptive to these healing truths.

**A:** You are beginning to feel the rightness of Truth rather than just think about it. Real Truth principles are like diamonds — each more brilliant than the last. To develop the capacity to continuously take in these truths without resistance or defiance, allow them to fall on the heart rather than on the intellect. The heart can go straight to the point but it is the nature of the mind to try to figure out and interpret life. At some point, though, the mind always finds itself mired in the opposites of mental argument. That's the severe limitation of living on the horizontal level. Your growing willingness to receive something new, different and extraordinarily special will not come through your willpower. It will only appear when your growing receptivity meets Truth's own urging. Gladly follow its directives and guidance and you will be led all the way out to find yourself living in the wide-open spaces of your liberated nature.

**Q:** A man asked me, "Why do you want to study yourself? Isn't that self-centered?" I'm new to this work and I didn't know how to answer him. I only know I want more of it!

**A:** This is an excellent chance to build your own discernment to read that person. Did he seem really interested or was he hostile? Never argue. Just see whether he is ready for new answers, then give him a little bit of the basics.

**Q:** What's a basic principle to start with?

**A:** That we have been led to believe that life success is outer when it is really inner.

First, we are required to scrutinize what is false and phony in us. Watching the thoughts, the voices that constantly bombard the mind and lead the emotions into dark places is a great place to start. In Vernon Howard's **Freedom from Harmful Voices** booklet, we learn that these voices are not really ours but have been imposed on us through indoctrination by many wrong forces. What a freeing experience it is to get even a glimpse of this!

**Q:** As strange as it sounds, I'm afraid to go too deeply into how bad conditions are, into how deep the psychic sleep really is.

**A:** Truth has given us its complete assurance that there is nothing to be afraid of, but we're convinced that if we explore these subjects too thoroughly, it will be too much for us. Of course, it is going to overwhelm the unreal self, but it can never be too much for who we really are. That's really one of the biggest and brightest revelations of these teachings. There is a seed of rightness, decency and strength within, which we were created to live from, though we don't live from it now. All the buffers, pillows and blockages in the

*("FAQs" continued on page 2)*

## The Special Color

By Vernon Howard

An artist wished to mix up a special shade of color for his painting of a seacoast. After several experiments he found what he wanted, which was a variety of orange. He set the special color in a separate dish.



He paused in his work to receive several visitors who claimed to possess artistic skill. The visitors examined and criticized the artist's special color, declaring they could give him something far better. So each created a mixture which distorted the artist's original and special color.

As the visitors departed, the artist studied *("The Special Color" continued on page 5)*

## Points to Ponder

By Richard Wooldrige

Everything I'm about to talk about is 100% verifiable by anyone who wants to discover the Truth for themselves. In fact, if you really want to wake up and go beyond ordinary knowledge, these things must be seen and authenticated by you individually. Then you can know for yourself that there is truly an invisible spiritual world that exists. In fact, *"The inner world is the only real life that exists."*<sup>1</sup> When you stop living in imagination it will be revealed to you. *"There is something far superior to fantasy, but you must begin to drop the myth-man ... the error must be detected and dropped before the right reveals itself."*<sup>2</sup>

The great pain in our lives is not knowing what to do with ourselves. So, we accept the dictates of society and willingly allow the world to entice us into taking part in ten million wrong things just to fill up space, to occupy time. There are numerous sources that will gladly supply us with something to do with ourselves. We allow the Chamber of Commerce, that group or organization or club, that cause, that sports activity or that advertisement to lure us *("Points to Ponder" continued on page 3)*

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## Don't Die Asleep

**Spiritual Exercise** Transcribed by Regina Netherton from a class lecture

Now you listen to me. I want to tell you that you value your fear. It's precious to you. You don't know how deeply valuable your haunted house is to you. You don't see that it is your food, it's your drink, it's your daily way of living. And you come to a meeting like this, or you read a book and the truth or reality or a fact is presented

*"... that you value your fear."*

to you and the fear of that fact becomes the only defense you can think of because you have everything reversed!

What you are not just possessing but are living — what you are living is death!

If you have not risen above your ordinary mind you are living in a state of death. There's no life to it at all. There's no life, there's no freshness, there's no spontaneity. There's only fear, tension, anxiety, wanting to hurt people — the whole thing.

This false life, and you should know by now, is so capable of telling you that this is all there is, that you put out your arms and embrace your fears as your friend, as your savior, as your life-giver. Nothing sounds more logical to you than to do this because you're saying "I, look, no man in his right mind wants to die."

I'm telling you that you don't have to die asleep! Now what are you going to do about it? You only know you're asleep when you can look back and see the state you are in without being horrified by it. If you're horrified by the state that you see, you're still identified with it and you're still asleep. You have to be nobody. You can't be anybody and be awake. You simply have to be impersonally awake — seeing everything and not being afraid of anything or anyone, any circumstance, or any future.

Then you know you're untouchable. No matter what the world does to you, you're untouchable. You've got something that isn't of this world. You know about the other world now. You know it and you live in it. And that awareness, that consciousness, that living in that new world makes you adequate and makes you sane as you presently are — also without division — living in the physical world.

When you are sane, that very sanity never for one millionth of one degree ever tolerates insanity. Not that you can do anything about it. Not that you have to do anything about the insanity of the world or about the insanity of those people out there. We're trying to make sanity appear. Then I'm no longer contributing to it as I used to do, as you used to do. Are any of

you aware of how you used to contribute to the insanity of this world? And what you did unto this world you did unto yourself at the same time. Why don't you make an agreement to call it off? You don't have to go along with it. There's something else.

The people you are living with and the people you know and the people you work with, they don't want to go. They don't want to travel to this other world. They want to stay right where they are, they're so happy in their sickness and in their misery.

One value of this class is that you are associating with other people who want to be something different than what they now are. As bad off as we may be — and it's pretty bad — there's a little part of us that says, "I want to find something else."

You read and listen to talks, you work on yourself and you will find something else. You won't have to be a self-tormentor anymore. You won't have to hide out in the closet fearful of what's outside the door, as you now are.

If you ever say, "I've got mine," you're a brute. When you have nothing, you have everything you need.

Start all over again. Work all over again. If it took you 90 years of your life to find God, you've found him forever.

## Praise

### Email from man:

This quote is great, thank you so much! I love this teaching. Staying on track means learning and living these principles on a daily basis. To find Vernon's teachings is the best thing that can happen to anyone.



## FAQs (continued)

world can't and won't change this reality. Letting go of the false to make way for the true is the purpose of life. Vernon Howard guaranteed, "If you live up to what little Light you have now, more will be added to you."

**Q:** Please give me an esoteric principle that can lead me all the way out if I apply it.

**A:** One of the great secrets of happiness is to cease to defend yourself to the point where there is no one left to defend. For example, consciously lose the argument. Simply cease to fight. Instead of angrily defending yourself, relax from yourself. No, this is not weakness. It's the start of the realization that what you're defending is an illusion that keeps you separate from God. The mind will object vehemently to stepping back, to simply watching and being aware of what is happening rather than battling the person or the situation. Despite howls of protest from the old nature, don't forget this exercise. Make a note of it and work, work, work to understand that tense self-defense gives no protection. It only leads to more uneasiness and more touchiness.

**Q:** Can you clarify why we want to step back from our usual reactions?

**A:** Vernon said to "be a Watchman in the night." What have you seen in yourself or society that you sense is wrong? Like realizing that you were faking it in school. Pretending to know when you didn't know. We have all been told to "never be a nobody, try to be somebody," get approval, be appreciated, needed, elected, saved, even vilified, as long as you're not ignored. People spend their lives in endless and useless activities trying to cover up underground emotions and tormenting thoughts. Truth tells us that there is something far above the fray that can observe everything without being affected by it. Not only that, we are equipped to develop that power. The impartial watcher can do what we cannot. It can see and understand everything fully and clearly.

**Q:** What is a blockage I have that I'm not even aware of?

**A:** Here's something to be aware of and to work with in our daily studies. As hard as it is to fathom, we secretly and unconsciously believe our current way is the only way possible. We have moments of true encouragement with the sighting of another way, thanks to these marvelous teachings, but the old mind always wants to return to its habitual prison cell. Vernon Howard said we should use what we see out in the

*("FAQs" continued on page 5)*

### **Points to Ponder (continued)**

into distraction after distraction, many of which drain our energy and empty our pocketbooks. How many times do I have to buy the new shirt, the blouse, spend all that money on the expensive dinner or whatever it may be before I see that these things will not relieve me of the empty feeling inside?

Say that you finally got that position or person in your life you so desperately desired. You swallowed the propaganda whole and seemed to be ‘affirmed’ by having the new companion or being on the receiving end of the flattering comment. Before the flattery, you felt that no one noticed you or even cared that you existed. In reality, they still don’t! But if you were a truly happy and content human being, it wouldn’t matter if no one noticed you or if everyone knew who you were. In reality, the flattery neither confirms nor invalidates you.

These are delusions which we foolishly go along with. A delusion is defined as a belief that is persistently held despite evidence to the contrary. In **The Answer**, Vernon puts it this way, *“Fantasy takes over and persists as long as we have little or no knowledge as to our true purpose in being alive here on earth.”*

As long as we put the rewards of this world before Truth, we will continue to feel pain, be shocked, be disappointed, get knocked down and to suffer unconsciously. An extremely important part of our work is to start to distinguish between daydreams/ imagination and reality. *“Fantasies, being fantasies, are always in danger of being attacked, exposed, hurt, threatened, jabbed, accused, jolted, persecuted, haunted, ignored, isolated.”*<sup>2</sup>

I was sitting in a local establishment drinking coffee recently and watching the parade of people come in and out. There were young and old, but they all had something in common. They were all terrified. Why were they terrified? Because they didn’t know what to do with themselves.

Some felt threatened. Some were clinging to one another. Some were immersed in their smart phone. All were living from ideas about themselves. Even their way of dress said something about them. Some wanted to be noticed. Some had piercings in odd places. Some had tattoos. Some had dyed their hair green, red or purple. God didn’t do a good enough job with their physical bodies, so they had to decorate, embellish or mutilate them. It was 4 degrees outside that day and one rather burly man came in with a short-sleeved

shirt on with no jacket or coat! This is not an exaggeration.

But the most astounding thing I saw was that every single one of them was living from the same emotions. Fear, pretense, anger, hostility, anxiety, defeat, nervousness, arrogance, phony confidence, etc. It didn’t matter what their age was or what they had done outwardly to appear unique, they were all the same inwardly. This is the way all human beings live and that’s why human beings suffer so terribly.

Everyone you meet is wearing a label or sign saying, “This is who I am.” The image can reflect a so-called positive trait or a so-called negative trait. The label appears real and solid, but it isn’t. Because we are lost spiritually, we are destined to carry the weight of the world on our shoulders.

Everyone is bluffing. Haven’t you known someone in life who is very successful, has lots of money, is able to travel the world, has a family, rubs noses with the rich and famous, etc. And maybe you’ve gotten to know them a little and you’re able to look beneath the surface to see they are miserable and in a lot of pain. And on the other end of the spectrum, we also must see that the ‘nobody’ suffers as well.

As long as you and I live from the same place internally nothing is ever going to change. The younger generation can try to create a new reality different from previous generations where everyone is ‘woke’ and will spend their lives righting all actual or perceived wrongs and injustices of the previous generations. But nothing has changed within the essence of human beings. They still are living from the same basic concealed lost natures and almost no one sees or is aware of it at all.

Changing the exterior changes nothing. *“Imagination, which plays the role of Reality, must be dissolved by steady effort on your part.”*<sup>2</sup> What we fail to see is that these acquired behaviors of falling apart when something in life doesn’t go our way or when we suffer a ‘tragic’ loss or when some other kind of catastrophe occurs outside of our ‘control’ are not real. They are part of the fantasy life we’ve been living. We’ve been dreaming we’re awake when we’re actually lost in imagination or thought. No matter what label we slap on ourselves, we’re still the same inwardly.

One thing that is helpful is if we can get past our initial quick reaction, our conditioned ideas or stereotyping, and just see people as they actually are without the filters. Somehow, I must learn to suspend the immediate mechanical response. If I

can see past the scowl or the smile, the defensive or offensive posturing of the other person or the effusive compliment someone gives me, I’m stepping outside the circle of fantasy. Personally, this never happens to me, but I recently saw someone walk up to someone else and say, “I haven’t seen you in ages and you look marvelous.” The other person completely believed it, puffed up and said, “Why thank you and you look fantastic as well.” They are both charter members of a mutual admiration society. If someone falls for that, then they’re also going to fall for the nasty insult.

Each of us has a set pattern or way of viewing things and doing things that is unique to what I call ‘me.’ It is an accumulation of everything that has been learned, picked up by this ‘me’ over the many years I have been living here on this earth. This includes the way I self-reference everything. Also included is the stupid belief that I think it is necessary for me to suffer, to feel bad, to be enraged. It also comprises how I should act when I’m around other people. So all these many things are an unconscious burden which limit me, upset me, make me ill-at-ease and cause problems with other people. This all has to be seen through by us.

Everything changes when we change. Then we are no longer tied to our false nature. We’re released from all our phony  
*(“Points to Ponder” continued on page 5)*

### **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.

**Join us for one, two or all three**

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(Classes also on Wed, Fri and Sun)

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

**Southwestern in Pagosa Springs, CO**

**Saturday • July 11**

(Classes also on Fri and Sun)

**Italian in Strawberry, AZ**

**Saturday • September 12**

(Classes also on Wed and Sun)

*(For more details call or visit our website.)*

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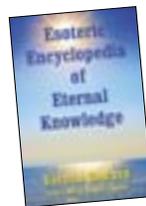
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**Frequently Asked Questions (continued)**

world to remind us of these spiritual facts — in this case, a striking though unfamiliar way to handle things.

Recently, I experienced an example of a different way. I had to move an old refrigerator out of the way to make room for a new one. Two of us lowered the refrigerator down some steps, with a hand truck bearing almost all the weight, but still a decided exertion was needed to get it down the steps. Two delivery men moved the new refrigerator in working with an entirely different method, using something called forearm forklift straps. It was truly amazing to watch; they carried the entire weight of the refrigerator up steps with seeming ease. You would not suspect something could be so easy, and yet that is what Vernon Howard repeatedly tells us about the spiritual life — if we are not there, everything is easy!

**Q:** I have been following the teachings of Vernon Howard for many years. His writings and talks have been enormously helpful to me. I understand things about myself and about the world a lot better than I ever did. Currently, however, I am baffled because I feel a lot of fear now in my life and it seems more intense than I have

ever felt before. Can you explain why this is happening?

**A:** Your psychic eyes are being opened. You think those feelings of fear are new, but they are not. They have been there throughout your life. You’ve just managed to push them down or put them aside. It takes a lot of unconscious energy to cover over what is really going on inside. Now that you are developing cosmic consciousness, the True You is not only tired of covering up fear, it wants you to see that so much of what you are afraid of has nothing to do with who you really are. In fact, your real nature is giving you the strength to see what fear really is: a hoax. Fear is something that keeps you from growing, from enjoying your life and the impostor inside who has been passing himself off as you is responsible for the whole problem. As you understand more and more of fear’s bluff, the warmth and sunlight of Truth will dissipate the storms of fear within you.

**Q:** I have a friend who says he read a book written by a woman who has had “visions” about a future Heaven. The book describes what a great place it’s going to be and sounds very appealing. Wealth for everyone, pleasant surroundings and relations, etc.

How do New Life teachings view this subject?

**A:** There’s a right part of us that sees the condition of the world we live in today. It’s a very restless, confused, hostile, insecure, and unsettled place. That same right part also senses the existence of something much better that surely can be individually attained and can be ours. Well, it’s true. There really is a Heaven and it’s ready and available for us right here, right now. However, Vernon Howard warned us about “various roadblocks along the esoteric highway,” one of which is false hope in the future. He clarifies by saying, “Beware of those who urge you to sacrifice today for some misty heaven tomorrow. It will never come. The right time to wake up is right now.”

**Q:** Your articles on how to “Take Charge” of life on your website have given me a fresh view on that subject. I always thought this meant to be in command as an authority figure at work or home.

**A:** It certainly applies to exterior business and to relationships. We must be self-responsible wherever we work or live. But our primary emphasis must be on our interior life, the state we’re in. To truly be “in charge” is not to control a situation or people; exterior control is an illusion. What we really want is to be at peace within ourselves. What’s ironic is that usually means to not do something. One way to say it is that to take charge is to let go — of myself. For example, as Vernon Howard said in **Cosmic Command**, it is “ceasing to behave badly while justifying it.” When I get panicked and impulsive, that is the chance to work on myself. For if I go along with the panic, I am actually trusting myself more than I trust God. If I stop doing the wrong things, that allows the higher to enter and to direct and command my feelings, thoughts and actions. Only then are things in the proper order — God is in charge of my life and I am led spontaneously.

**Points to Ponder (continued)**

belief systems and conditionings. We see the lie that our trials and tribulations are real. When we change, we begin to understand that none of these things are really happening to us. Vernon Howard once put it this way, “There’s nothing to do, there’s only something to see.”

Once the process begins, if we are genuinely sincere about these things, over time we will be shown things. It happens of itself. It’s nothing that you do. It’s not an intellectual endeavor. One day you’ll be sitting at work or at the dining table with other people and it just comes to you. You become free of everything. You are calm, you are relaxed, you can say something or not say something, participate in a conversation or not. There’s no pressure there and you know exactly what

to do. You no longer have to think about it, and you are no longer adding to the madness of this world!

Vernon Howard puts it this way, “You will see how *Light and darkness contend for possession of your life, and you will see that all you need to do is give your consent to the Light, after which it does for you what you could not do for yourself, that is, it will win for you.*”<sup>2</sup>

This only happens on Truth’s terms, not on your terms. All of this is real, but we must see this for ourselves. If we will stay the course, these teachings will breathe new life into us and give us everything we’ve ever truly wanted.

<sup>1</sup> **A Treasury of Trueness**, Chapter 5, Your Bright Future in the Real World

<sup>2</sup> **The Answer**, Letter 3

**The Special Color (continued)**

their mixtures. He knew they were all wrong for him. He returned to his own special color and knew it was just right.

*Man’s illusions and vanities distort the truth, but any individual can find it within his own recovered essence.*

(This is from the book *Inspire Yourself*)

**Praise**

**Email from lady:**

Thank you so-o-o much for your daily inspirations. The message today touched my heart.

**“You can trust Truth because it is the only thing that is not in trouble with itself. Spirit is heavenly, mind is earthly. There is heaven on earth when the spirit guides the mind.”**

— Vernon Howard





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**FAQs, Points to Ponder,  
Spiritual Exercise,  
Quotes, Special Offers  
and much more inside**

### Praises

#### E-mail from lady in Scotland:

Since recently discovering Vernon Howard's works, my whole life has changed like I could never even imagine! To have physical copies of all his works (I've currently just been buying the eBooks) means I can have his teachings on hand at all times. So much love and gratitude for the people keeping his legacy alive so we can still have access to these incredible teachings.

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

These teachings that we are studying are more important to me than ever. I laugh when I hear Vernon jokingly say that some students think this is a three-week course. As you know, this is a lifetime dedication. I am so grateful for the teachings and what they have done for me. It's amazing to see the world so differently knowing that it hasn't changed much — still the awful place it always was — except for the natural beauty it contains. It is something else that is changing though I don't know what it is. The paranoid, deluded self is diminishing while something much greater is growing. I don't care how long it takes because I know that nothing can stop what is underway!

#### E-mail from lady in England:

Just writing to say that I'm so happy to find Vernon's eBooks on your website. I have copies of many of the print books that I've found online and at a bookstore in London that carries his works. This is extraordinary information and I'm very grateful to have found it. Thank you.

#### E-mail from man:

I'm a longtime student and want to thank you for being a part of this ongoing journey of awakening. I see my reactions changing to being more peaceful rather than projecting negativity. The road is getting brighter and more exciting. As Vernon says, "there is a way out." When you realize the house is on fire, get out! Tell others on your way out, but it is our main purpose to get out ourselves.

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

The new super eTalks are great. The download process is easy. They are recorded well, and the sound is very clear. It has been astonishing to me how talks recorded many years ago directly address issues I am dealing with today. It goes to show that these truths are timeless. I have listened to 10 talks so far and will continue down the list.

### What's New

- **Duplicated DVD Special Offer** — We have an inventory of 33 of the 36 DVDs that were duplicated instead of replicated. Because of this we will be selling them for \$5 each. Go to our online Bookstore to order. Duplication is a little less reliable process than replication.

- **How to End Suffering** — New Life is presenting a fantastic, insightful new series of commentaries on specific negative emotions that cause people serious issues and result in suffering. Each month a longtime student will be elucidating a specific negative trait and how it causes you suffering and produces detrimental effects in your daily life. You will also be shown how Truth can help you to lessen these effects and how you can eventually eliminate them from your life altogether. It will show the remedy for these common problems. If we will allow it, these truths will lead to true resolutions. See them on What's New page of the New Life website.

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