

NEW LIFE NEWS

Richard Wooldridge Director • Vernon Howard Founder

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

Copyright©2024 by New Life Foundation. All rights reserved.

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: I've been experiencing bouts of insomnia for a while now and have noticed in conversations that many other people are also waking up in the middle of the night and having trouble going back to sleep or they simply can't fall asleep at all. What's the cause of all this?

A: Vernon Howard taught the lesson of Keeping it Simple. What goes on in your nighttime mind is simply an extension of what occupies that same mind all day long. Are you afraid you can't handle a certain situation that unexpectedly comes up? Are you tormented because a friend doesn't like you anymore? Are you worried about societal chaos? These and thousands of other thoughts and emotions force themselves on us during the day and continue their invasion to cause nightmares and to prevent restful sleep at night.

When asked to go into an explanation of dreams and nightmares Vernon made it clear. Your mind will be straightened out if you will constantly and carefully practice impartial self-observation during the day. Vernon said you can even make an aim to be aware of what your mind is doing while you're sleeping! And he said yes, you can know what is going on in your mind even while asleep. And since negativity cannot stand to be seen and studied, it will leave you alone and eventually go away altogether. The result will be calmer days and a good night's sleep.

Q: I sense I try forcing situations in a certain direction to give me a desired outcome.

A: Examine what's doing the forcing and you'll see it's being driven by a transitory desire of the moment. Then be honest in seeing that after the "victory" of getting what you want, you must put your shoulder

to the wheel again to force yet another outcome. Society will try to convince you that this is "life." Go against this lie by becoming aware of a tiredness and feeling of futility in this endless effort to create the result you want. We were born to have a life that flows, like a mountain stream that easily glides over every obstacle in its path as it flows toward its ocean home. Remember that the Law of Natural Living is to flow, not to force.

Q: I find my mind returning to memories of the past all the time, some pleasant, some very painful. I know that's not the place I should be living, but I seem to be carried away all the time by the pull of "yesterday."

A: Unless we're living a higher life, we're all memory worshippers. We believe reliving a memory, even a painful one, provides the security of knowing who we are, but it only keeps us anchored to the lower level of the false self when we could be soaring above the clouds right now. One way to cease being a memory worshipper is to detach your sense of self from the memory, as if it didn't happen to the real you,

("FAQs" continued on page 3)

The Hermit

by Vernon Howard

A citizen fleeing from a wicked king found refuge in a cave on the side of a mountain. There he lived for years in nervous discomfort. Not only did he fear capture, but huge boulders crashed constantly around his head.

One morning, weary of his fearful existence, he climbed cautiously to the plateau above the cave. There he met a group of happy people who told him the king had no power to reach them.

Complained the hermit, "Why didn't you tell me about this before?"

Someone answered, "You never asked."
("The Hermit" continued on page 6)



Points to Ponder

by Richard Wooldridge

Recently, I happened to see a political analyst on TV who was biased to an extreme. He couldn't see the forest for the trees. His belief in what he was espousing was insane. I was trying to understand how he could be so blind as to have such a narrow, distorted view of things. His perspective stemmed from an utter hatred of one person and a completely unrealistic view of someone else.

One word that comes to mind to describe what I saw is worship. In **Your Power of Natural Knowing** there is a chapter entitled Vernonisms. It originally was produced in booklet form and it's where Vernon Howard used special words, phrases and definitions of actual human conditions or attitudes to help us better understand human nature. One of them is called **Memory Worshipper**: "To live from mental films stored in the memory bank in which the person is the center of attention. Memory worship is self-worship. Escape this painful condition by erasing egotism."

Worship is the idolization of someone or something. Society defines it as an admirable quality. It tells us that worship
("Points to Ponder" continued on p. 2)

Contents

Banquet Schedule	3
FAQs	1, 3, 6
Love the Water of Life	2, 3
Pagosa Banquet Report ...	2, 3, 5
Points to Ponder	1, 2, 5
Powerful Quotes	2, 3, 5
Praises	6
Special Offers	4
Spiritual Exercise	2, 3
The Hermit	1, 6

Spiritual Exercise “Love the Water of Life”

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

Sometime, step outside your home and look around the yard. Look at the plants and the trees and the hedges and you will see something interesting which is a spiritual lesson. You'll see that some of the plants and some of the flowers are green — bright green and thriving. Others are dry, frail, colorless. Why?

**“... if you
remember
the lesson;”**

This is a lesson from nature, and it will jump into your mind if you remember the lesson; and it will help you to transfer it to the spiritual principle inside. Why are some of the plants green and strong, tall, and others weak? Underground water, right? Some of them have stretched out their roots below ground and reached out for it. Others did not.

I am telling you, you will find no better simple example of why most human beings are indeed frail and scared, have no real life at all. If you want to change that into being a very lively type of human being, think about the idea all the time — that the water of life is there. It is yours for the reaching. (And by the way, another lesson. The green plants don't have to have anything to do with the dry ones, and neither must you, whether that dryness is in you or someone else.)

Most everyone scorns the water of life. How many love the water of life? Love it more, and it will be so easy to not get entangled with the dreary, sick affairs of this world. You will indeed get up in the morning and you will be eager in a new way not to score that business victory, not to find some way to push away your concealed angers, but you'll get up, and the first thing you will think about is to know that you have your Father's work to do.

And why does He give us this work? Because He knows it is what we need in order to grow in the spirit, to grow in knowledge and graciousness of what life is truly all about. So, there is much work to be done!

Let me emphasize that point for a minute. You can't go back to your old ways. STOP IT! What you've just heard is enough pure water for you to absorb and for you to want to know from experience, not from the dictionary, what the word dedication means. It means you are constantly catching yourself sound asleep mentally, emotionally, spiritually. Catch yourself

thinking something you shouldn't at all be thinking, saying something utterly wasteful just to prove how friendly you are, or how concerned you are with someone else.

You catch yourself doing wrong things, and having done that, you're going to prove to yourself that you can indeed escape yourself. But listen to me, you do not have...any awareness of how subtly you are deceiving yourself. And I'll tell you one of the worst self-deceptions of all.

(“Spiritual Exercise” continued on p. 3)

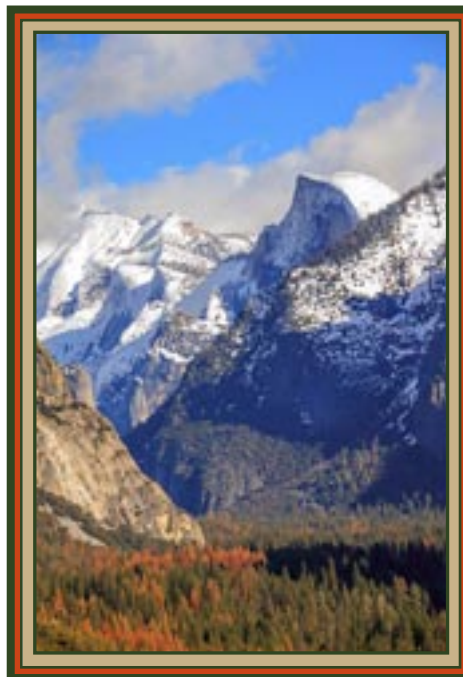
Pagosa Springs Banquet Report July 2024 by Judith Anderson

This July banquet in Pagosa Springs, for those fortunate enough to attend, was a life-saving experience. Cosmic energy increased from Friday to Saturday to its culmination on Sunday in the pergola, where class was symbolically held on a beautiful mountainside above the bustling town. Students were so full of energy by the end of this last class that comments after the speakers' talks were non-stop about what they had seen and their gratitude for the events they had experienced.

TALKS

Friday evening, after much preparation, we gathered for our first powerful class led by Moe Janosec, who introduced the weekend topic from **Pathways to Perfect Living**, Chapter 11: “How to Place the Whole Universe on Your Side.” Moe shouted a clear call for awareness: “You think you're working and you fall asleep. Wake up!” Moe explained about how to get rid of our file cabinet of ready-made solutions, the fixed responses in our reactions to people

(Banquet Report continued on p. 3)



Points to Ponder (continued)

is a good thing, a healthy thing when it is really a bad thing. Worship is defined as a type of unquestioning devotion or adoration of someone or something. In **A Treasury of Trueness**, Vernon Howard states, “Admiration is a terrible thing. It is division. Admiring God or someone else means you are apart. The idea stands between you and the good life.” How can you love something that isn't real, that doesn't exist in reality? Why would you idolize something or someone that is undeveloped or flawed?

When we put another human being or some statue or ornament or doctrine or belief above God, we're abdicating self-responsibility for waking up. God exists, but not as someone to be blindly followed. Would it not make sense that God wants you to have all things good? And if you only have your idea of who God is, how can there be anything good, decent, clear, superior, patient, happy, content, above all problems, without stress, etc.

It makes no sense that we would be put on this earth to experience some future heaven or hell. It's been a wasted life if I don't make an effort to understand why I've been given this earthly life. God is not an idea. Truth did not put us here to follow some lost human being or belief or opinion. Another Vernonism under **Word Worshipers** is defined as, “Those believing that words have virtues in themselves. Write the word **sandwich** on a piece of paper and then try to satisfy your hunger by eating the paper. Talking about God cannot satisfy your spiritual needs.”

I recently was having breakfast at a dining establishment and there was a young couple there also eating breakfast. They each had a Bible and were completely immersed in what they were reading. If you're making an effort to be consciously aware, you can see and feel the states of others. At a glance, it was apparent that they were lost and frightened human beings. There was zero awareness there. They didn't know the other existed or that there was anyone else in the restaurant. Their fear was so pervasive that even if they were reading a passage that had truth in it, it would do them no good.

Imagination is a very powerful deceiver. We think by doing certain things that we will somehow attract right things to us. If I faithfully read the Bible every day, or mechanically pray at certain times of the day, I will be blessed, and only favorable things will come to me.

This planet is on a very low level. All we
 (“Points to Ponder” continued on p. 5)

FAQs (continued)

which, in reality, it didn't. Wouldn't it be a relief to remember any incident or any experience with no personal pain connected to it at all? It's perfectly possible to do so if we want it more than we want to cling to our old ways.

Q: I've been working with these principles for awhile now, but am still overtaken by negative feelings and moods, sometimes for an extended period. What more do I need to see?

A: First, try to separate from the negative feeling, which you can do. It's impossible to be completely overtaken by a negative state, and to be aware of it at the same time. So if we'll choose the awareness of the pain caused by the state itself, it loses its power to harm us.

Secondly, try to slow down your thoughts enough to see that a painful emotional state is always preceded by a negative thought. The negative thought then invites in its buddy, the negative emotional state.

And lastly, we recently discussed at our classes in Pagosa Springs a very interesting aspect of this, where Vernon said: "Be indifferent to your feelings." Some of us

(“FAQs” continued on page 6)

Spiritual Exercise (continued)

You've read the books; you've heard a thousand talks; you've talked with other people. You want to be able to talk to yourself, blab to yourself, lie to yourself and say, "I know what I'm doing." You haven't the slightest notion of what you're doing. If you know that about yourself, then there's a chance for you. Liars shall not enter the Kingdom of Heaven.

Look, knowing how bad it is, is absolutely essential for you to know how good it can be about spiritual and psychological matters, and all you have is a mind filled with mechanical motions that you think is power and spirituality, which it is not.

The only way to shatter that is for you to go out of that door determined that during your twenty-four hours of each day, you're going to know how bad off you really are. And you're bluffing it and faking it, even when you try to convince yourself that you know what you're doing.

God says: "Stay close to Me; that's all you need." And when you do that, no one, nothing, poverty, nothing can ever be a difficulty with you, because you see, the eternal Truth is health; it is happiness. The heavenly ways are perfect.

Let God prove Himself to you. Let your entire inner life go. It will be replaced with what is heavenly.

Pagosa Springs Banquet Report (continued)

and circumstances. He emphasized that there is absolutely nothing to stop us from not acting as we usually do. He also cautioned that we're more insolent than we know, echoed later by Bill Brown, who warned, "People act like they know better than God."

Jeff F. noted how powerful the banquet experience can be by saying, "Reading the books, listening to the talks and watching the DVDs is nothing compared to experiencing what's offered at a banquet." He also gave the helpful reminder to watch the mind when it wants to reminisce and see when you stop looking at a situation practically and get sentimental about it."

Resentment was talked about by Robin K., who said, "You suppress your resentment towards someone you get a benefit from, but then it always pops back up again." It's essential that we become aware of what we do when we're offended. He also quoted Vernon, who said that you must refuse to "sacrifice your universal strength, your natural integrity, for supposed (human-level) benefits."

As we were discussing concerns over the physical body, Dave H. added the helpful reminder to "feed it, wash it and forget it!" which was greeted with laughter and nods.

On banquet Saturday, New Life Director Richard Wooldridge guided us further in learning how to put universal strength on our side. He emphasized the basic truth principle that we are to "See things as they are." Then deeper revelations will come to us. He said we already have everything we need. Vernon told us, "The universal forces are already within you." From a section in this chapter on understanding real freedom, he also quoted, "All freedom is internal." Richard illustrated how this class and the banquet provide a mirror: that person you don't like is a mirror; you are that person (for example, first you see hostility in them, then in yourself).

The great section called "What You Need NOT Do" was elucidated further by Paul W. He said, "It's not a burden to work on yourself. Take it lightly and rightly." The work is endless which is a good thing, for the higher you go the freer you are of all that's weighing you down.

Sunday's talks expanded our knowledge and energy for understanding. Bill reminded us Vernon said to "Remember at all costs, something is trying to help us." But I'm always interfering, telling God how to run the universe. (How's that for insolence and lack of trust!) Bill clarified that we can begin to relieve tension by seeing the

true facts of reality vs. what we want. For example, Vernon said wanting security from this world is like "trying to nail a board to a stream." The mind will always try to find something to occupy you instead of the truth. Bill concluded there's nothing more relieving than to admit you're wrong. Moe also later added from Vernon that God is waiting for you to remember yourself a millionth of a second after you do something wrong.

The "Seven Steps for Certain Progress" was summarized by Dave N., and he encouraged us not to forget to have a single aim for each new day.

Natural forces, Asa G. explained, cannot be conceptualized with the mind and words, but must be experienced directly. He said I need to "question my grumbles," and to be objective in the way I see what I label my failures. At banquets we are "pressure-tested" by bumping into other people and being put in new learning situations.

FEAST AND FUN

The BBQ feast on Saturday offered delicious meats, salads and desserts, and was followed by fun jokes, skits, pretty songs and informal dancing. Robin remembered Vernon blasting the men during the dancing, telling them to get out and dance, to go against yourself. These injunctions become easier and more welcome as our resistance is seen

(Banquet Report 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. It is pleasant being with like-minded people who are trying to work on themselves.

**Join us for one, two or all three
Thanksgiving in Westminster, CA
Thursday • November 28 • 10 AM
(Classes also on Wed, Fri and Sun)**

**Christmas in Strawberry, AZ
Wednesday • December 25 • 9 AM
(Classes also on Sat, Sun and Tues)**

**Irish Banquet in Strawberry, AZ
Saturday • March 8, 2025 • 9 AM
(Classes also on Wed and Sun)**

*For more details call us or visit our website.
928-476-3224 or www.anewlife.org*

ITEM #	DESCRIPTION	QTY	PRICE	TOTAL
1	Your Power of Natural Knowing		\$8.25	
2	The Power of Esoterics		\$9	
3	50 Ways to Get Help from God		\$1.75	
4	Live Above This Crazy World		\$2	
5	Treasury of Positive Answers		\$6.75	
6	700 Inspiring Guides to a New Life		\$6.75	
7	The Mystic Path to Cosmic Power		\$9	
SHIPPING & HANDLING Flat Rate (Choose one of the two below) Priority Mail - \$10 or Media Mail - \$5		CA residents add 7.25% tax		
		← SHIPPING		
		GRAND TOTAL		

Name _____
 Billing address _____
 Shipping address _____
 City _____ State _____ Zip _____
 Phone _____ E-mail address _____
 Credit Card Type (Circle one) Visa MasterCard Discover American Express
 Credit Card # _____ Exp. Date _____ Card Verification # _____
 Y24B



www.anewlife.org

Send today to:
New Life Foundation
PO Box 2230
Pine AZ 85544

Be sure to include your telephone number and e-mail address if ordering by credit card. The phone number is necessary in case of questions.

— Super Special Offers — (Offers good till January 1, 2025)

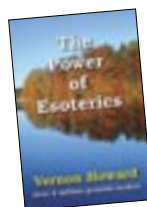


Your Power of Natural Knowing

This book will reveal precise methods for awakening intuitive knowledge already existing within you beyond conditioned reactions.

(Softcover book - Previous edition - 200 pages)

Normally \$11 • **Only \$8.25**



The Power of Esoterics

Using analogy and parables, each of the 144 teaching stories is followed by 7 sentences that bring hidden and powerful connections to light.

(Softcover book - Previous edition - 190 pages)

Normally \$12 • **Now Only \$9**



50 Ways to Get Help from God

Gain fresh inspiration for personal growth.

(Softcover booklet - 40 pages)

Usually \$2.25 • **Only \$1.75**



Live Above This Crazy World

100 proven methods for starting life all over.

(Softcover booklet - 72 pages)

Usually \$2.50 • **Only \$2**



Treasury of Positive Answers

This book offers 760 questions and answers to guide students to the Higher Life. Discover practical plans for traveling to where you want to be.

(Softcover book - Previous edition - 148 pages)

Normally \$9 • **Only \$6.75**



700 Inspiring Guides to a New Life

The stories and similes in this book contain dynamic principles for revealing a totally new world for you. Contentment is possible.

(Softcover book - Previous edition - 148 pages)

Normally \$9 • **Only \$6.75**

The Mystic Path to Cosmic Power (Previous edition - softcover book - 256 pages)
Vernon Howard's classic bestseller. Over 1 million copies sold. Was \$12 Now only \$9

Please send Check, Money Order or order by Credit Card. SORRY NO CODs.

(All shipping is by USPS or UPS. Contact us if interested in expedited shipping. Online orders will give you many shipping options.)

All items on this page are available at our online bookstore. Go to www.anewlife.org and click on Bookstore.

Points to Ponder (continued)

have to do is look at the news and headlines on the Internet or in the newspaper or on the 5 o'clock TV news.

As I'm writing this article, there's war in the Middle East and people on both sides are killing each other or threatening to kill one another. Russia and Ukraine are in conflict, killing, destroying property and buildings and homes all over the place. The stock market plummeted 1000 points in one day and there's a possible impending recession or even worse. So and so is going to take someone to court in a nasty divorce dispute. There's a rash of violent crimes in this city. There's a controversy in this sporting event at the Olympics. Are these events any indication of a sane world? No, this world is utterly mad.

Of course, we are always justified in doing this or that because I'm right and you're wrong. Of course, we can always depend upon the experts to tell us the facts. They claim to be the ultimate authority on a particular matter and present the so-called 'facts' to you. Then another individual or group loudly proclaims they are the ultimate authority, giving out an opposing set of 'facts.' All of this causes tremendous confusion and uncertainty. But the good news is that happiness exists and there is true winning but not in the way this world tells us.

Here is something I delightfully discovered recently in **The Power of Your Supermind** and which connects with everything I have been talking about up until now. *“Never assume what your added good will be. Never assume how and when it will come. Assumptions are projections of your own desires, which produce nothing new. Your added good is always different from your preconceived imagination.”*

In a previous article, I mentioned I was once in a restaurant where four men were discussing a book they all had read about the meaning of certain passages in the Bible. None of them could wait for the others to stop talking so that they could give their interpretation of what they had read or recite what the author had said. They all thought they were having a meaningful dialogue, when in reality they had no clue what they were talking about. The earlier illustrations given here from Vernonisms also applied to them. They all were Memory and Word Worshipers. The only thing that will help is to develop a deeper understanding of these matters that comes from within. This true understanding exists above the mind and is available to anyone who is open to it and wants it badly enough.

Just having the knowledge about something doesn't mean we actually know or understand anything at all. I have known people who were walking encyclopedias of information and have read thousands of books in their lives or people who have important positions in this life, but their personal lives were a mess. They were miserable. All the accumulated knowledge and experiences and wealth did nothing for them. Only the pure Truth can fulfill what we truly yearn for, will take away the awful pain and give our life real meaning and satisfaction.

Abandoning the present to retreat into the past or project into the future is a harmful universal human trait. It distracts us from what we should be doing and can lead to making mistakes. I recently showed up for an appointment and was kept waiting for 15 minutes while the person I was seeing finished up a phone call. She was taking care of some business matters, and I could tell she was harried and distracted so when she got to me her mind was still occupied with the phone call along with other situations she was having to deal with. She was feeling guilty for making me wait for 15 minutes too.

I also know someone who was looking forward to a vacation, but it didn't live up to his expectations and upon returning, the trip was forgotten, and he was already moving on to the "next thing" to occupy his time and energy. If we're always looking forward to "what's next," how can we enjoy "right now"? Even on the trip this person was likely thinking about all the things that had to be taken care of when he came back home. So, how could he enjoy himself when the mind was not present where his body was? So, we're caught in the trap of thinking ahead or thinking in the past. What might have been, which is regret.

The reason we're so unhappy is we're never living in the present moment. I'm busy collecting memories and experiences and I'm also constantly looking forward to "the next thing," whatever that may be. These are my 'gods.' This is what we are

unconsciously worshipping. We fail to see the trap our minds have set for us. We are constantly letting ourselves be distracted by someone or something.

This is why we make mistakes, drop things, lose things, forget things and get into trouble with other people. There is no awareness because our minds are going a million miles per hour and dominating everything we do. Vernon Howard put it this way from **The Power of Your Supermind**, Chapter 11, "When you enjoy the present moment, you do not worry about tomorrow's enjoyment."

Pagosa Banquet Report (cont.)

and challenged, and we actually begin to have real fun. Also as Moe added, when you think you are too tired to keep going, the more you work or dance, you get a "second wind," even a third one or more.

At the end of talks we were given the wonderful exercise to "Shed the influence of the last person encountered," to observe, then not linger over or allow another person to affect you. We were encouraged to continue the consciousness for as long as possible, to prolong the awareness and energy evoked from one moment, hour and one day to the next. You can notice the nice connection and benefits between those two exercises.

Before another tasty picnic meal, cleanup and heading home, students added many comments of appreciation at the end of the Sunday class. Here are just a few examples of insights, favorite acts or food and moments of the day.

Richard echoed those who praised the two especially gifted New Life lady singers, Lynne and Kyle, who bring us such pretty, melodic songs, contrasting them with the music of today, which Vernon called cries of despair.

Paul W. asked, "How do you know what you're really like unless you bump into people," especially helpful here at banquets.

Lynne remembered Vernon saying, "Be nice to each other." (Not phonily nice.)

And finally, Kyle gave a super illustration of a less-than-welcome neighbor showing up, then providing her with a sump pump at the exact time it was needed to solve a problem with a muddy cistern — which helped her and us see how unexpected universal forces will appear and are always there to help if we "let all unfold." And as Paul added, we must first see how much we fight the unexpected, thinking it is not what we want. Only when we see the resistance can we be open to receiving higher help.





www.anewlife.org

New Life Foundation
PO Box 2230
Pine AZ 85544

Presrt Std
U.S. POSTAGE PAID
PINE, AZ
Permit #57

ADDRESS SERVICE REQUESTED

**Powerful Lessons,
Exercises, Quotes,
FAQs, Praises, News,
Special Offers
and much more inside**

Praises

E-mail from man in Croatia:

I've already read **The Mystic Path to Cosmic Power** and **Psycho-Pictography**, both excellent reads. I'm very interested in the books of Mr. Howard and want to buy more of them. Once again, thank you for your message and I wish you all the best.

E-mail from woman in Florida:

Thank you for being a part of this service. I appreciate the opportunity to support the New Life Foundation while bringing light in the form of your books to my family and friends.

E-mail from man in New Jersey:

Thank you, Vernon Howard. Thank you, New Life Foundation for not letting this genius work be lost!!!

Note 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.

E-mail from man related to daily quote:

How remarkably helpful to read this quote from Vernon today.

Note from lady in Arizona:

This message from Vernon is so very refreshing! Thank you.

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.

E-mail from man in Spain:

Vernon is such an original writer. **50 Ways to Get Help from God** is a concise and fresh booklet; his content is so personal and so distinctive! Thank you!

Note from lady in New York:

Thank you, God the Father, for these insights from Vernon Howard. I've gotten that glimpse and am following it to freedom!

E-mail from man regarding daily quotes:

It's almost like you know exactly what is needed day by day. Thank you very much for your heroic efforts.

E-mail from lady in Illinois:

Can you please update my email address for your **Secrets of Life Quote** service? I love receiving them and don't want to miss them. Thank you so much!!!

The Hermit (continued)

People live in a world of fear because they do not question the necessity for doing so.

(This is from the book [Inspire Yourself](#))

FAQs (continued)

found this to be an amazing statement. Why should I consent to be at the mercy of bad feelings? One senses that if this simple instruction is followed, eventually we will see that these negative states are not us, but simply impostors stealing our energy, and our life. We can rise above them.

Q: I don't understand, Vernon Howard said in a talk that we have no intelligence at all?

A: Vernon allowed that we might have the intelligence to cook and repair cars, but at present, we cannot live with the intelligent absence of anxiety, open or hidden. See that what you call your "intelligence" is always focused on something that is temporary and invariably has a false feeling of self-glorification in it. True intelligence is eternal, without egotism, lasting beyond the persistent ruminations of the mind. Being truly wise and perceptive, higher intelligence is able to handle the earthly and the temporary with perfect ease.