

# 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©2020 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:** There is an extraordinary amount of fear in the world today and it's hard not to get caught up in it. I feel the need to draw closer to these teachings more than at any other time in my life.

**A:** It's good that you have recognized the power of Truth and sensed that it will help you. It will. What's important to remember is that dramatic worldly events always provide an extraordinary opportunity to move further up the spiritual path. This is a good time to see how fear is being used as a smokescreen to paralyze everyone. Truth clears the air. Dark forces don't want us to know that truth always protects those who walk towards its light. We can use this exciting fact to see how fear is trying to keep us from being in contact with our true self, which knows everything is just fine. In response to the scary headlines, terrifying news reports and the gloom that is choking the planet, you can do what New Life students are told: "Don't get caught up in it." Use all that's going on to get to the point in your life where you see through fear and are no longer controlled by it. Vernon tells us, "There is something stronger than the world in each of us." And always remember this: "Evil only wins in this world."

**Q:** I was listening to a Vernon Howard lecture in which he told the class: "You don't know anything." I know I have been drawn to these teachings because I need help, but I also feel like I know some things that are of religious and spiritual value.

**A:** Our position in relation to Reality is somewhat captured by certain movies where the viewer finally realizes that he was not watching "the movie" but "a movie" that was inside of "the movie." He thought he basically "knew" what was going on only

to find he knew no such thing. Our movie is mental knowing; Reality is spiritual knowing. Vernon Howard put it this way: "If you don't know you are walking across the floor, you don't know anything else." We need to become aware that we almost never have even physical in-the-moment awareness, let alone complete self-knowledge of how we operate.

**Q:** What is an example of an unseen enemy within that blocks crucial knowledge I could have about myself?

**A:** Well there are so many, like vanity, fear, hostility and pretense, even sadness, all of which we take as essential parts of our make-up. Or how about the insistence on winning the argument, even though you sense this course might wreck your relationships with other people in your life? You may not even be aware that you always have to have the last word, that you feel you're in the right and the error is always in the other person's viewpoint. You may be able to see this trait in someone else, but what about making it your objective to diligently watch your own behavior, your own thoughts and feelings? Begin to sense that the one

*("FAQs" continued on page 3)*

## The Volcanos

by Vernon Howard

A certain land was covered with hundreds of smoldering volcanos. Wishing to understand their nature, some scientists lived among the volcanos for several weeks. Part of their report read:

"The volcanos have a peculiar pattern of cause and effect. Every time a volcano erupts, its lava and smoke cross the ground to reach surrounding volcanos. The fiery touch

of the erupting volcano causes the other volcanos to explode. So these volcanos have their own way of fighting among themselves, with one provoking another.

*("The Volcanos" continued on page 6)*



## Points to Ponder

by Richard Wooldridge

In **50 Ways to See Thru People**, Vernon Howard states, "Seeing is freeing." The problem is that our seeing is clouded by stupid ideas, ideals, beliefs, sentiments, opinions, assumptions, and other things which originate in the mind. None of these things has anything to do with reality. They are all formed in imagination. The dictionary defines imagination as the part of the mind that envisions, fantasizes, imagines things. That means they don't actually exist. They are fictitious but we believe they are substantive and real.

The mind is incapable of understanding anything spiritually. It can only distort or interpret the truth. It can form opinions but again an opinion is an idea that is believed to be true or valid without positive knowledge. As long as the intellect is king or queen there will be no peace on earth, nor will there be a lasting solution to personal problems.

As long as we cling to ourselves there can only be suffering because we are holding onto something which requires a defense. When you take a position on something, its opposite will invariably appear. And the

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

### Contents

<b>Banquet Schedule .....</b>	<b>3</b>
<b>FAQs .....</b>	<b>1, 3</b>
<b>News Items .....</b>	<b>6</b>
<b>Pagosa Banquet Report ...</b>	<b>2, 3, 5</b>
<b>Points to Ponder .....</b>	<b>1, 2, 5</b>
<b>Powerful Quotes .....</b>	<b>2, 3, 5</b>
<b>Praises for Vernon Howard .....</b>	<b>6</b>
<b>Special Offers .....</b>	<b>4</b>
<b>Spiritual Exercise .....</b>	<b>2, 3, 5</b>
<b>The Braying Donkey .....</b>	<b>4</b>
<b>The Volcanos .....</b>	<b>1, 6</b>

## Spiritual Exercise

### “Understand the Problem”

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

To be conscious of something means to know it, to understand it with your entire system. It means to understand thoroughly because there is no entity, no individual, no personality there to misunderstand.

**“It means to understand thoroughly...”**

Can't you see for yourself the wretched, defeated way you are presently living — that there is a so-called self, a person, a personality

there who does not understand anything? There is you and there is misunderstanding. And you groan and say, “I don't know what life is all about. I can't figure it out.”

I want to explain the terms awareness, consciousness, understanding, insight. Are you conscious of how everyone has problems? You aren't. You don't know deeply, thoroughly, altogether, that this is a horribly suffering sick world. And it's because you don't know how badly off you are. Not having any consciousness, any insight into your own emptiness, you can't look out into the world and see how sorrowful other people are, because you're always thinking about yourself. And don't ever say that you care for other people because you don't. You're utterly, completely, painfully self-centered.

Can you begin to understand everyone is loaded with troubles? Look at their faces, how sad they are. Look how they chase around looking for solutions, for something that will ease the pain, just as you do. Not only do people have thousands of difficulties, but they want you to supply the solutions.

No one you see in that world out there has answers to anything. Not the answers to economic woes of the nation, of the world, or the answer to crime, to alcoholism, to drugs. They are all fakes, just like you are.

What do you expect of this society when this is the way it is; when you want to play the same sick game that society is playing? I'm talking about you listening to me right now. Yes, you, not your neighbor, not some other group. They are just as bad off as you are.

I'm looking for one man or woman who will listen to what is being said and say, “Yes, that's right. It's absolutely true. I see it. I didn't want to admit it for years. I know it's true and I'm not going to be a part of society or my own sickness anymore.”

Show a little right initiative in the right direction so the truth can begin to come to you and begin to change you. You're not going to change the way you're doing it now, all wrapped up in yourself, angrily insisting that you already have the answers. How did you sleep last night? Some of you couldn't shut your mind off, could you? How many have chronic headaches? Constantly hate someone? Want to fight all the time? To argue? To prove you're right when you're wrong?

*(“Spiritual Exercise” continued on p. 3)*

## Pagosa Springs Banquet Report

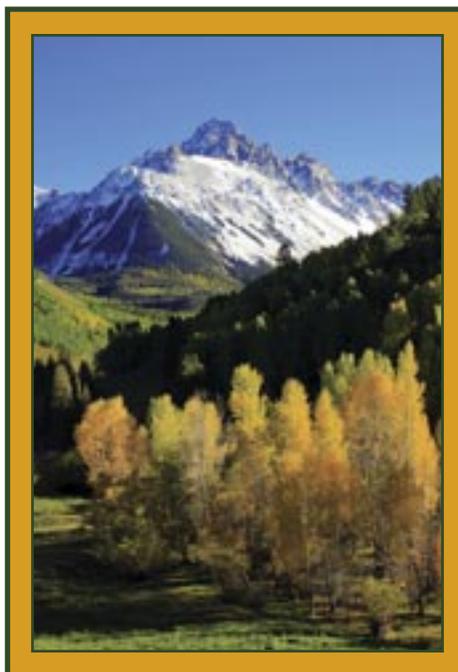
### July 2020 by Judith A. & Regina N.

Something beautiful happened at the New Life banquet in Pagosa Springs, CO, while we were engaging in a variety of activities throughout the weekend. Our efforts, including striving to be conscious, resulted in experiencing higher energy and spiritual gold! Here is the proof of the Vernon Howard statement, “Only super effort counts.” What the heart and spirit really want penetrated our essence.

And, yes, New Life Foundation is different! In his talk, director Richard Wooldridge began with these stunning statements: “You don't know anything at all. You don't understand anything at all.” That was a shock Vernon once gave him as a young, new student. And it applied to all of us because if we did have genuine spiritual understanding, we'd be free of anything and everything that now bothers us.

Using Vernon Howard's **There is a Way Out** (chapters 3, 4 & 5) as a basis for all of the talks, this banquet included how to learn from the current social, political and

*(Banquet Report continued on p. 3)*



## Points to Ponder (continued)

appearance of the opposite always leads to argument, dissension, a fight or something negative or catastrophic and we end up paying a heavy price for our stubborn inflexibility. We're like a dog with a bone. Have you ever tried to take a bone away from a dog? You're fighting a losing battle.

God wants us to see. He wants us to be happy, unafraid, in charge of the universe. What was your immediate reaction to the phrase ‘in charge of the universe?’ How can that be possible? Yes, it is possible. If we are in command of ourselves, of our mind, our emotions, our body — then aren't we in charge of the whole universe? We must honestly inquire if these things are in charge of us or if we are in charge of them. If we observe our physical, mental and emotional movements at all, it will become obvious that they are pushing and driving us, not the other way around. We must start loving the Truth more than we love the neurosis, the sickness. If we are afraid of anything, we love fear more than we love God.

One of the things you hear a lot about in the world today is the high incidence of insomnia or the inability to sleep well. It could be an overactive mind with thoughts driving you crazy and not allowing you to fall asleep or worry about something that keeps running over and over again in the mind or maybe it's even external influences affecting the ability to relax and rest. The world, meaning human beings, take advantage of the problem and offer hundreds of solutions. Some of them are so-called natural remedies with herbs, others are prescription-related, some are man-made inventions such as special mattresses and pillows, all of which for a certain price will do the trick.

Vernon Howard tells us there's only a spiritual solution to all human problems. One night, it occurred to me to do something different. I was moved to read something spiritual before going to sleep. I noticed that my mind had been super active and there have been things going on in the world which I didn't comprehend, but there was a wish to understand. So I picked up **Powerful Guides for Spiritual Freedom** and began reading it.

Something in me loved what Vernon was saying in that guidebook. It made perfect sense. It explained the madness that is going on in the world today. There was no resistance to what was being read. A part of me was absorbing the pure truth which put my mind at ease. In fact, it was far above the mind. It chased out the frantic

*(“Points to Ponder” continued on p. 5)*

### FAQs (continued)

way to change your life in an amazing way is to become an “aware” person.

**Q:** I regularly attend Vernon Howard classes, read his books and listen to his talks. Why should I attend the banquets that New Life offers?

**A:** The banquets were created by Vernon and are special gatherings that New Life holds approximately every two months. At every banquet, you are offered inspiring talks, clean, humorous entertainment (something very rare today), great food and the chance to grow spiritually. What distinguishes banquets from regular classes is the incredible healing power that takes place in their unique atmosphere. Many a student will confirm that they have arrived at the banquets with a load of problems and worries but by the end of the weekend, something has lifted the weight of the world off their shoulders. At the most recent banquet, those who came were told they were there to be purified. Yes, something extraordinary does happen, something that is impossible to convey. A speaker gave a quote from Vernon that summed it all up: “You can’t put a spiritual experience into words.” Attend a banquet and experience something remarkable yourself.

“The banquet is always on the table, but hungry men and women refuse to approach.” (1500 Ways to Escape the Human Jungle, #81)

### Spiritual Exercise (continued)

*[Vernon then gave a story of windmills in Holland all breaking down and everyone insisting the cause was external.]* That’s what you’re doing. You’re looking outside yourself.

Maybe one intelligent, honest, decent man said, “Let’s see, my windmill isn’t operating properly and that makes me unhappy, so maybe I’d better look inside and see where it has broken down internally. Maybe that is where the problem is.” Then it’s going to work again, become creative again.

Do you know who all the other people are who refuse to investigate internally? They’re society as it now operates, lying, lying, lying; placing the enemy outside of themselves. What is it, the other political party, an ex-spouse, bad luck? There’s always an enemy out there, never inside, so they think.

No longer be a part of sick society and you won’t be as miserable as they are. You’re miserable now, every one of you. You know that.

*(“Spiritual Exercise” continued on p. 5)*

### Pagosa Springs Banquet Report (continued)

health scares which are all trying to put us under more and more fear.

#### Friday evening

Moe Janosec got things off to a rip-roaring start: “What’s wrong with you, being afraid of this world? Don’t do it!” Moe quoted Vernon, “We’re here to wake the dead!” We had to laugh when he said that “some people say I don’t need a microphone.” He encouraged us, “You can know everything you need to know.”

Speaker Gary Blatchford clarified to the audience, “You’re in prison and need strong shocks to break out.” In a story he related, a friend is shaking a sleeping man to awaken him. The man can choose either to resent and resist the shaking or use it to wake up. Our classes and banquets are especially good and necessary to jolt us out of the stupor of our usual mechanical ways. We definitely benefited from this exceptional effect throughout the three days of the banquet while the spirit was energized and encouraged to come alive.

#### Saturday banquet day

Lessons were legion and provided welcome guides to know ourselves. Richard said firmly, “You can’t get this with your mind. It can be done but **you** can’t do it.” You must feel the truth, but this can only happen when you begin to voluntarily ally yourself with God’s will.

Richard explained how Truth comes in brief glimpses and quiet insights; there is no sudden transformation. In MP3 CD, Volume 34, Talk 15 Vernon said to hang on to the flash of light. Don’t be impatient; wait on God.

Paul Wolfe also emphasized giving up our habitual ways. He talked about the sentry, who is on guard to keep the riff-raff out of the mind. “When you fail utterly and can’t help yourself, that’s a right prayer.... God loves a failure,” because the student can then admit, “I need help.”

Doug Stewart had previously echoed this idea on Friday, saying, “Prayer doesn’t come from the mind. Prayer must come from the Spirit.”

#### Sunday morning

The highlights Sunday morning are trekking up the scenic “Happy Trail” to the open-air elevated pergola for class on the New Life mountain property and partaking in an outdoor picnic lunch with more of the barbeque feast and desserts. Squirrels and birds accompany the talks with tweets and chatter. But as speaker Dave Netherton said, tourists who come here to “get away” can’t stand the silence.

“We make our own lives difficult with our demands.” He gave an example of an acquaintance who is dating online looking for a lady — well, in particular a rich one from a warm climate! He warned us, “Don’t let the voices pull you away” from these teachings.

Jeff Fisher later added, “Silence. That’s where God is, because we’re not there.” He reminded us that “Everything is trying to keep you from waking up.” So being aware you are asleep is a good thing, like the exercise of trying to notice the mile markers when driving and realizing you missed most of them. “See the fact without feeling bad.”

Bill Brown gave an excellent summary, a précis of the weekend talks, which served as a great reminder of the many uplifting lessons given. We must come to class with complete humility, as Vernon said, even down on our knees if necessary. “My world is a battle. Relax instead of fighting.” Bill said to say this prayer, “God help me in spite of myself.”

#### Feasting and Entertainment

The banquet goes far beyond the classes. It was working together in the kitchen, where breakfasts with quiches, tasty fruit and snacks, and a bountiful Texas BBQ buffet were created. Tempting meals were provided throughout the weekend. Gratitude for that goes to the ladies who worked long in the hot July kitchens.

*(Banquet Report continued on page 5)*

### Banquet Invitation

New Life Foundation has been having banquets for over 35 years. These special weekends were established by Vernon Howard for the purpose of teaching unique spiritual lessons. So many elements of both the spiritual and physical are brought together in one congenial setting. It is pleasant being with like-minded people who are trying to work on themselves.

**Join us for one, two or all three  
Thanksgiving in Westminster, CA  
Thursday • November 26 • 10 AM  
(Classes also on Wed, Fri and Sun)**

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

**Irish Banquet in Strawberry, AZ  
Saturday • March 13, 2021 • 9 AM  
(Classes on Wed, Sat and Sun)**

*For more details call us or visit our website.  
928-476-3224 or [www.anewlife.org](http://www.anewlife.org)*

ITEM #	DESCRIPTION	QTY	PRICE	TOTAL
1	The Power of Esoterics		\$10	
2	Your Power of Natural Knowing		\$9	
3	50 Ways to See Thru People		\$1.75	
4	Be Safe in a Dangerous World		\$1.75	
5	The Secret of Spiritual Awakening (MP3 CD)		\$15	
6	Vernon Howard on Blu-ray – Volume 8		\$30	
7	The Braying Donkey		\$2.25	
<b>SHIPPING &amp; HANDLING</b> <b>Flat Rate (Choose one of the two below)</b> <b>Priority Mail – \$9 or Media Mail – \$4</b>		CA residents add 7.5% 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 # \_\_\_\_\_  
 Y20B

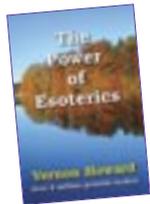


[www.anewlife.org](http://www.anewlife.org)

**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, 2021)**

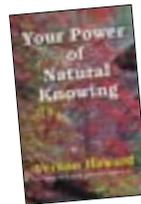


**The Power of Esoterics**

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

(Softcover book – 190 pages)

Normally \$12 • **Only \$10**



**Your Power of Natural Knowing**

This book will reveal precise methods for awakening intuitive knowledge already existing within you. It will make your spirit soar.

(Softcover book – 200 pages)

Was \$11 • **Now Only \$9**



**50 Ways to See Thru People**

Incredible secrets of human behavior revealed.

(Softcover booklet – 40 pages)

Normally \$2.25 • **On Sale \$1.75**



**Be Safe in a Dangerous World**

Powerful principles for personal security.

(Softcover booklet – 40 pages)

Normally \$2.25 • **On Sale \$1.75**



**The Secret of Spiritual Awakening**

**The Best of Vernon Howard on MP3 CD**

(Includes: Your Treasure of Higher Pleasure, Truth Never Condemns You, Let This Talk Awaken You, Awaken to a New Dawn in Life and Secrets the Whole World Should Hear. (7½ hrs listening time)

Normally \$20 • **Only \$15**



**Vernon Howard on Blu-ray**

**Volume 8**

(Includes: You Are Not at the Mercy of Life, Secret Energy for Inner Change, The World's Most Needed Revelation, Which World Do You Want to Win?, Four Steps to Spiritual Help plus 4 more talks.

Normally \$40 • **Only \$30**

**NEW The Braying Donkey** — Vernon Howard said, "Within this short story is the complete map by which any human being can journey from the dark jungle to the sunny meadow." — **\$2.25**

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

(All shipping is by UPS or USPS. 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](http://www.anewlife.org) and click on Bookstore.**

**Points to Ponder (continued)**

thoughts and left me with calmness, which is not part of the wandering mind. Interestingly enough I noticed that after putting the guidebook down I quickly went to sleep. I wasn't being hounded by my own thoughts and feelings any longer.

Here's something else which we need to observe. Have you noticed how the world, lost and depraved human beings, always have to be stirring things up? Their restless spirits and thoughts are always causing trouble. They are never happy about anything. Nothing is ever right. There's always something wrong. They can't stand peace and quiet and order. To put it another way they are seriously disturbed. But as the expression goes, it's the nature of the beast.

In **50 Ways to See Thru People, #40**, Vernon Howard states, *"Anger cannot be logical, tears cannot be calm, fear cannot be perceptive. This means you must see thru people who try to lure you into an emotional whirlpool."* Look at all the things going on in the world today. What a perfect opportunity to use these practical, powerful and beautiful truths, to put them to work for us so that we can rise above all the lunacy. Do we want eternal life, or do we want hell? Most people prefer hell.

Something you should find beneficial is something we recently covered in class in Pagosa Springs. Everyone reading this article right now should be extremely grateful that a place like New Life exists and that Vernon Howard fulfilled his purpose here on earth. This planet that we live on is a staggeringly evil, filthy place. The odds of someone actually seeing this are astronomical but you and I can. Human beings have been so brainwashed they can't even begin to fathom the depravity of most humans. A few have, which is good news.

Human beings can't stand peace and quiet. They say they want harmony and security, but their lives prove otherwise. In **Pathways to Perfect Living**, Vernon Howard states, *"With mental and physical relaxation, listen to what it is trying to tell you, for it is good news."* God is trying to get thru to us all the time, but we prefer to remain in fear, stressed out, tense, fussy, irascible, grumpy, bilious, touchy, etc. You see it's fun to see how all these different negative states connect to one another plus you can expand your vocabulary.

Vernon told us we're supposed to 'meet life with skill.' We were meant to be able to handle all situations that life throws at us. It's like a baseball player who expertly fields his position. We can learn to do the same. Vernon Howard wasn't born into this world awake. Through hard work, a sincere

wish to understand, tremendous effort to go against the false nature, by not running away from difficult challenges, he succeeded in conquering this illusory world both within himself and out there. Just as Christ and a few others have done while here on earth, he proved it can be done.

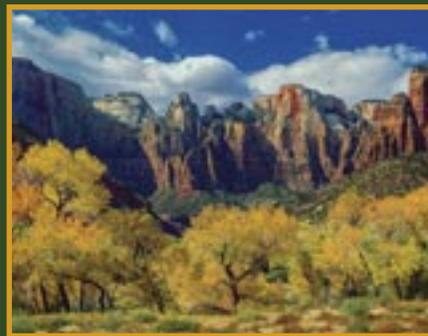
That should inspire and rightly excite any human being who has an ounce of sincerity in him or her or is simply sick and tired of being fooled and hurt by living from their lying, deceitful self. In **There Is a Way Out** in a section entitled, **Cosmic Inspiration** it was put this way, *"Rightness is not on the level of influence. Rightness resides on the loftier level of cosmic inspiration."* Wouldn't it be fantastic to feel the whole power of the universe behind you? What a relief it would be. Truth guarantees us we can feel the pure, refreshing and permanent energy and presence of God if we'll just follow the instructions of these teachings and stop allowing the darkness and deception of the mind to trick us. We must obey cosmic laws.

**Pagosa Banquet Report (cont.)**

The banquet was also men busy rearranging tables and chairs and keeping everything clean, and packing and unpacking supplies. It was providing all of Vernon's books and talks for sale at the appealing book table. It was participating in the entertainment segment, and dancing to pretty old-fashioned music.

The formal entertainment afforded even more opportunity for fun, inspiration and observation. Western songs by Doug, Lynne, Kyle and Judy gladdened us all. The three ladies performed an amazing rendition of "Lonely Yukon Stars," combining unique harmony with an exquisite bell-like sound of yodeling in a round. Entertainment was also accented by hilarious skits and fun light-hearted parodies, like the western song "I'm an Ole Cowhand" ("Step aside, you ornery tenderfeet, let a big bad buckaroo pass"), and a joke about a dude ranch (I'll take a saddle without a horn, not much traffic around here).

Right use of the principle to "risk rejection"



**Pagosa Banquet Report (cont.)**

in the speaking, dancing, entertaining and working was a signal to dismiss the ego and leave an empty space for higher guidance and a new life. One secret to acquiring higher energy is in going against ourselves, and participating in all the activities. The more we worked, the more our spirits soared — a cosmic law uniquely experienced at New Life events.

All throughout the weekend, great energy miraculously appeared which left no room for negativity to disturb the atmosphere. Our states were changed, confirming we are on the right path at last, something that is exceedingly rare in this wicked, lying world in which we presently live. Richard pointed out at the conclusion of the banquet that it was evident from being there that we had "Let Truth breathe life into us."

In a talk, Vernon said, "You're not going to find anyplace in this world like New Life where you can come and purify yourself."

**Spiritual Exercise (continued)**

You have picked up from sick society the habit of getting mad when you could go into understanding. Did it ever occur to you, that instead of getting distressed or angry over any problem at all, to try to understand it?

Again then, no excuse for not changing! The next time you have a hurt, a difficulty, a confusion, a jealousy, a self-punishing attitude or emotion — if you try to understand the problem involved in it, instead of fight it with anger, the problem will go away. It has to go away. It will dissolve and how delightful your life will be!

For the third time, the next time you have a problem, a difficulty, try to understand why you have it instead of getting mad. Fourth time: when something bothers you why don't you turn internally and say, "Why am I churning, nervous like this?" Do that so you can understand the problem out of existence instead of flaring up and blaming something outside of yourself.

Aren't you beginning to get excited about what I'm talking about? Did you ever hear anything cheerier, more positive? I'm going to hammer at you, for that one man or woman who doesn't want to be a liar anymore, but instead wants to turn into a good, decent, truly peaceful, truly innocent, truly spiritual human being.

You can enter this other world which has no usual you in it at all, but which simply sees and knows, and is completely at peace. This is called true spiritual life. Very few attain it, but you can have it if you want it badly enough, if you seek hard enough for it, and yield yourself to truth.



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, News Items,  
Special Offers  
and much more inside**

### Praises

#### E-mail from man in North Carolina:

Thank you for the banquet weekend. The experience of being immersed in the teachings for three days is really beyond words. The people and slowing down to experience the process cannot be stressed enough. I hope to come again soon.

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

Greetings from Canada. It's always such a pleasure to receive my daily lessons. I have been receiving the daily quotes for a long time and so look forward to them. Today I reviewed the quote archives and found surprises in what I had forgotten over the years. They are full of life and most definitely the most precious things I have on my computer. Having these quotes at the click of the mouse is clever and so very useful. Reading, listening and seeing Vernon on the DVDs has literally kept me alive and happy. Many thanks again for making this possible.

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

I am a personal development trainer. I'm always being asked for recommended reading and duly put them on to Vernon's teachings. They have made a huge positive difference in my life and the same can be said for those to whom I pass them along.

#### E-mail from man:

Thank you so much for keeping the legacy of Vernon Howard alive. I was introduced to his books and teachings some time ago when I felt hopeless and helpless. I was filled with despair and felt that I could not go on for another day. The teachings of Vernon Howard saved my life and gave me hope that I could achieve happiness and tranquility if I was willing to take some very painful steps to change my thinking and my established belief systems. They have given me a life that I never dreamed I could have. Thank you so much for carrying on his wonderful work.

#### Lady banquet visitor from Washington:

There is a thirst for Truth here. It amazed me how everyone cooperated and worked together seamlessly to make the banquet such an enjoyable experience. My heart swells with gratitude.

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

I am constantly reading Vernon Howard's booklets and am working on trying to come out west to the classes.

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

I am so delighted to be able to download Vernon Howard materials and will be ordering the set of his DVDs very soon. I really look forward to ordering them!

### The Volcanos (continued)

However, a few volcanos are peaceful. They never attack and therefore are never attacked."

*It is psychic law that a person gets what he actually gives, regardless of what he wrongly assumes he gives.*

(This is from the book *Inspire Yourself*)

### News Items

- All classes in Arizona, California and Colorado are meeting as usual. You can always check the New Life website for the latest up-to-date information. All of the planned upcoming banquets will be held as scheduled.

- Longtime associate of Vernon Howard, Sally Forrest, passed away in late July from natural causes. She was almost 90 years old. Originally from Scotland, she played an integral role in helping Vernon with the secretarial work for the foundation along with sending out a newsletter regularly in the 1970s and 1980s.

### Humor

"All right, how many of you know what a stakeout is? No, it is not what the waitress calls out on a take-home order."

(From a talk on MP3 CD, Volume 16)