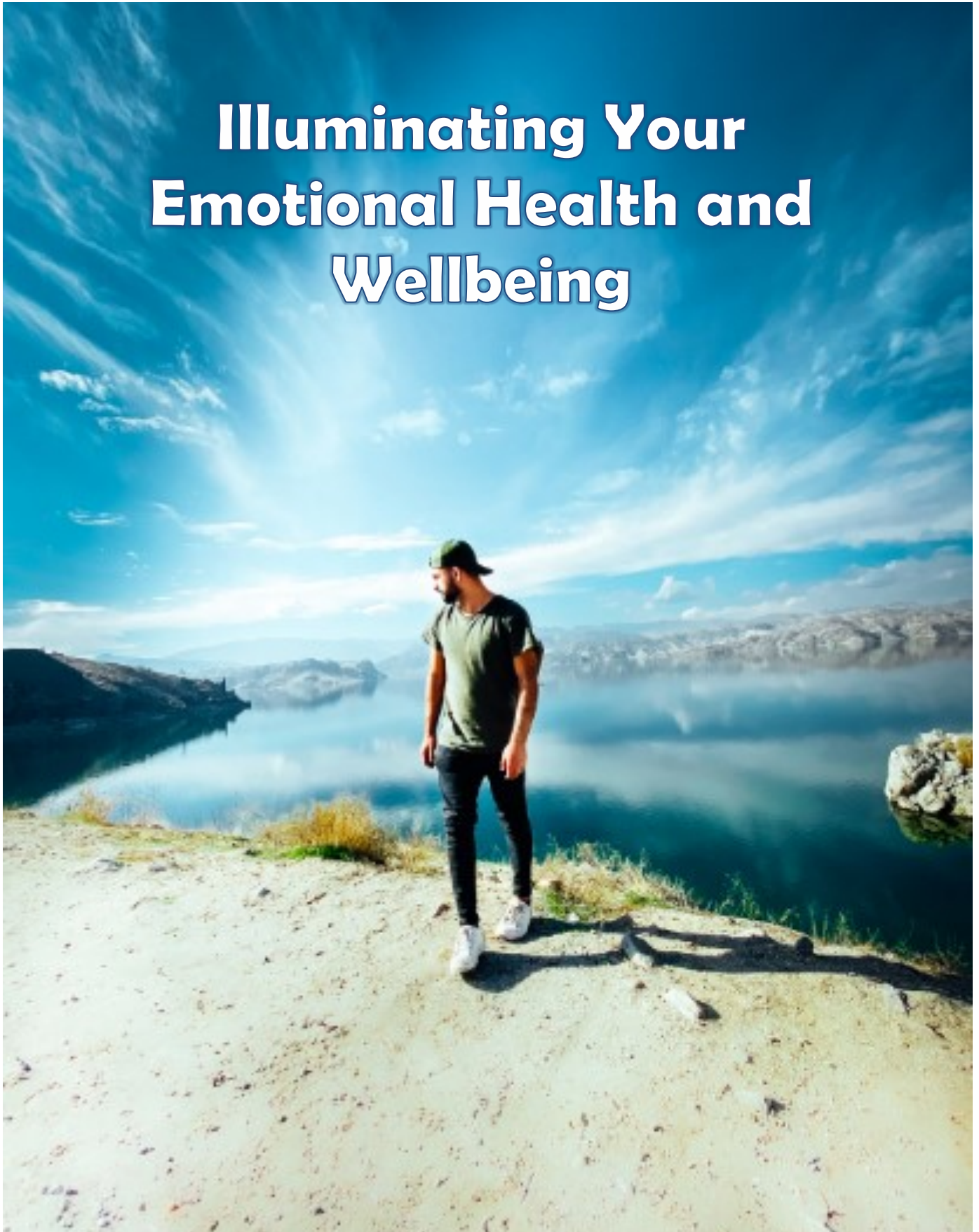




New Insights

Autumn 2023

Illuminating Your Emotional Health and Wellbeing





After you are married, the initial excitement created by a new experience is bound to wane.

A man and woman should overcome certain unhealthy emotions that they feel toward each other. Unless this is accomplished, they will never be happily married.

Perhaps you remember your first date? Like all new experiences, it was "exciting." Do you recall the quickened heartbeat, the excitement of feeling, and the stimulating arousal of sexual desire?

After you are married, the initial excitement created by a new experience is bound to wane. There is something wrong if this does not occur. For example, ice-skating, sky diving, underwater-fishing, dancing, a new toy, hobby or adventure - all carry with them this sense of excitement when done for the first few times. Soon however, we become "accustomed" to them. We conquer or overcome our "reactions," as we become used to these dangerous or new experiences.

Becoming excited by challenge is part of growing. This outside excitement calls the best out of us and with this "best," we overcome the problem. In other words, we shall grow stronger, wiser and more skilful. Then the challenge of the danger or of the newness is no longer present, and we then meet these challenges upon a new level of experience. If this were not the case, we would never "grow" at all. For example, the man who is afraid of driving will always be more and more afraid, not less and less afraid, for he has failed to meet and to conquer the challenge. Any experience, therefore, that you do not meet successfully, inevitably will conquer you.



Why Men Fail (continued)

The need for excitement and emotional challenge is a symbol of your inward incompleteness.

That is what is wrong with your marriage. The trouble lies in these continuing reactions that you feel toward each other: that you have not conquered, or become accustomed to. On the other hand, you may have "become accustomed" to your marriage partner, erroneously believing that this should not be. Perhaps you will strive to create these "new" excitements in yourself or in your mate; however, in this process, you start to create very serious problems between the two of you. The hunger for new conquests is a problem of ego, the need for excitement and emotional challenge is a symbol of your inward incompleteness.

Before we delve more deeply into this subject, we must review this basic premise, so that no one misunderstands. You are hungry. So you eat; you are thirsty. So you drink. You see, there are certain body functions that will ever be "hungry and satisfied." Sex is one of these body functions that will forever be hungry - then satisfied - in a natural way. But surely you must also see that any one of these functions should not be disturbed, or over-indulged, once they are satisfied. However, when we have not found purpose, life becomes boring as we become accustomed to it and too comfortable. It becomes a struggle to liven up our lethargic existence, but in the effort toward greater pleasures, we labour toward greater agony.

For example, after a good meal, you should not spend your leisure moments figuring out ways to make yourself hungry again, or you will be liable to make yourself very sick. In the same way, an impatient mother makes her child sick by tempting him to eat when he is not really hungry. She "perverts" his natural appetite, causing the child to become dependent upon the temptation and provocation before he will eat a mouthful. Eventually, that child will become accustomed to the "excitement" of gourmet but always, newer excitements must be found with which to stimulate that delicate, unnatural appetite. (Conversely, the child will eat himself to death.) Soon the child becomes a walking zombie. He eats only from the dictates of the "social-conscience", but not according to his own body demands. Many parents kill their children in this way.

This entire process of over-feeding, unnatural stimulation, and so on, begins somewhat like this. If a child turns up his nose at a fine meal that mother has prepared (simply because he is not hungry) mother becomes upset and offended. She is insulted and thinks to herself, "After slaving all day over a hot stove to make a wonderful meal!" Soon, in order to conquer her offensive irritation, she provokes her child to eat. However, a wise, understanding, patient mother, who did not "hunger" to be loved, worshipped and appreciated, would not feel the need to provoke in this way.

As in the above case, wives tend to "provoke" their husbands into sex relations after their mates are satisfied, with such lines as: "You don't love me anymore." The wife feels offended, because "attention" falls away from her, in the form of a satisfied mate. Soon, the male of the species is unable to function until he is excited by the woman. Unfortunately, as he tends to become accustomed to the excitement, it takes more and more pressure and provocation on the part of the wife to get him to "respond," until he is unable to respond anymore. Then he will go out to look for someone else who can excite him. Therefore, in trying to "possess" her husband, the wife only succeeds in driving



Why Men Fail (continued)

him away. Man has lost his natural hunger for sex, just as we lose our natural appetite for food when prodded by a stupid, possessive, impatient mother. Perhaps the reverse will happen. Instead of becoming accustomed to the provocation, the partners will become more and more easily excited by sex.

Either we conquer our feelings toward a situation, becoming accustomed to it, or we are over excited by the danger, finding only more and more fear and reaction to it. In this case, man will find himself more easily aroused and controlled by almost any enticing gesture of the female form. Thus, a conditioned man cannot be loyal, since he is losing control over his body functions. He will become a victim of anyone who can tug upon the strings of his emotions. Always he will feel an aftermath of guilt in this relationship which often arouses a terrible rage and revenge upon the temptress.

Again, in the first variation of reaction, man depends upon the mood of his wife to excite him; otherwise, he is too lethargic to move normally. Eventually, he will lose his feeling altogether, as his mate is no longer able to find new ways with which to excite him. One day he will leave home to search for another woman who can excite him, in order to prove that he is still a man. The woman who is able to excite him must follow the same pattern already established, until she also loses her power to excite.

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This whole pattern is most unfortunate, since morality is slipping, and into the picture there creeps a new trait, called "shame." Now the man is unable to find a "nice" woman for his adventures; he must find a more "immoral" female for what needs to be done to him; therefore, the lower down on the scale of life that the man goes, the less he is apt to find that quality which can excite him. Now the only elevating thing left to excite him in any way is the idea of doing wrong and getting away with it!

Back to our over-excited "sex fiend." He becomes so obnoxious that his wife cannot, or will not, pacify him, and soon he is off on a merry wild-goose chase with other women. Totally obsessed by the growing excitements in sex, he is drained of life, purpose and energy: drawn into trouble by every provocative eye. The woman's ego resents its inferiority to the man, just as the egotistical man's ego resents its inferiority to God. The egotistical woman marries to tempt her man to fall.

She finds a man who seems to represent all that is respectable, noble and strong. Then she "loves" him in a strange way. She puts him upon a pedestal, and sees him as a god – but only as the type of god that will eventually succumb to her torments. When he is upset, she then sees herself as the greater good. She "worships" him in order to build him up, so that she might "nourish" him to the point where she can cut him down. If man's roots would touch the inner Principle, he would never fall; then "Eve's" temptations would fail. She would see herself contrasted against Adam's respect for his true God, and she would rejoice in her man; for in his soul is her life!

It is the weakness of man that allows the evil in woman to flourish. He, too, enjoys his "martyrdom" at the hands of his wayward wife. Too often his lenience, which in reality is weakness "posing as good," allows his wife to grow wicked, so that he will seem "good" by contrast.



Why Men Fail (continued)

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He frustrates her with his cunning indifference, which appears to be tolerance, but is not; for he is cultivating her for condemnation: allowing her to ripen, unopposed in her folly.

Man is the cause of woman's "success" in temptation, as well as her ultimate frustration in that success; but seldom is he the cause of loving correction. His weakness is often the cause of her attempt to "tempt" him.

There is excitement in snaring the weaker prey; but it is the "weakness" that spawns the temptation through the very fact that it is "being weak." In other words, you tempt people to tempt you. Too often, the weakness of man encourages the woman to tempt; and, because of that weakness, to succeed in that temptation. Her success is the vexation of her soul.

Eve resents Adam for blaming her for the temptation that he, himself, spawned. As long as woman tempts, man can blame her, and not see his own weakness. Man enjoys the degrading "temptation" of Eve, for it upholds his sense of superiority. Her degrading behaviour also upholds his sense of pleasure, as he observes the gymnastics she goes through in worshipful service to him. What man at first loves his girl for her "virtue?" Does he not take pride in her un-chastity?

Let every man then show his love of the Truth by the way in which he responds to his Eve; let him make her truly ashamed and repentant. In the same way, every man will one day be "ashamed" before his God; unable to successfully disobey His laws.

When a man repents of his weakness, then shall his woman also repent. The man will repent of his desire to be God, and to be worshipped and loved as a god: the reason he gets married. He shall repent of his role of god. He shall repent of his enjoyment of temptation. Man marries for the pride of "ownership." Man marries to rescue a fallen woman's virtue. Man marries to save woman from her evil ways. Man marries to demoralize and to defile his wife, so that he might be seen as "moral," by contrast to his "immoral" wife.

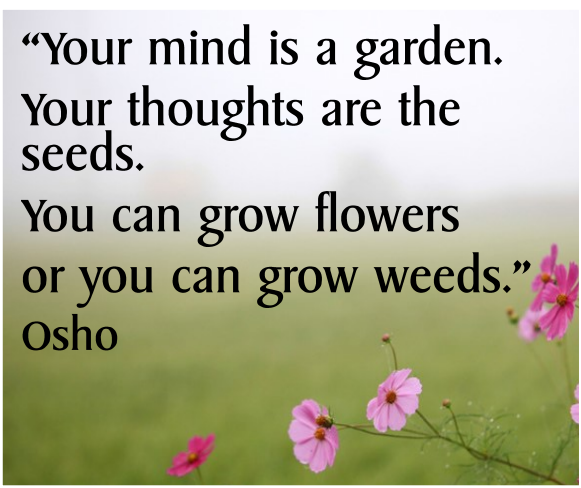
Potentially repentant, a temptress woman will marry a man whom she knows, deep in her heart, will stand firm under temptation; for it is only when her cunning has reached its "ripeness" that she will see herself fully revealed. Only then can she respect her man and rejoice in him.

All men should seek the deeper meaning of what it is to be a man. All women need to find the deeper meaning of true womanhood. This is found only through the intense desire for Truth.

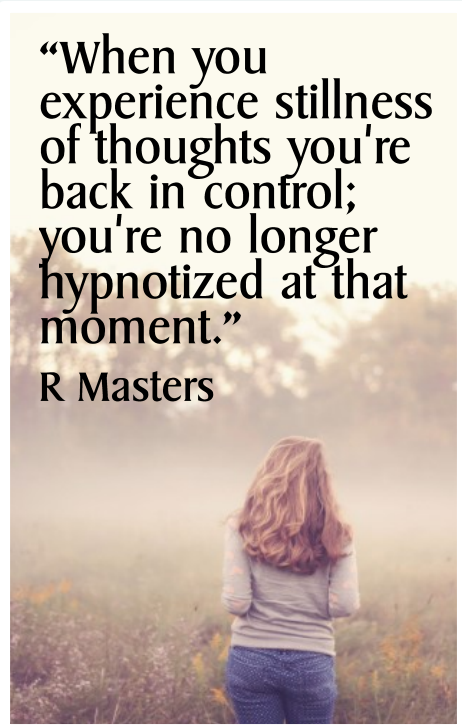
The female ego is the venom of the male. When man is cut off from deeper insights, he is unprotected against the cunning of the she-ego that he THREATENS. On one side of man's conscience stands God, on the other stands woman, each desirous of possessing man's form. Man's innate desire to BE God disqualifies him from the delicate, protective relationship with Truth; and to woman, he becomes legal game, to be possessed and enslaved.

Quotations

"Your mind is a garden.
Your thoughts are the
seeds.
You can grow flowers
or you can grow weeds."
Osho



"When you
experience stillness
of thoughts you're
back in control;
you're no longer
hypnotized at that
moment."
R Masters



"The mind: a beautiful
servant, a dangerous
master."
Osho



"There is a God shaped
vacuum in the heart of every
man which cannot be filled
by any created thing, but
only by God, the Creator,
made known through Jesus."
Blaise Pascal



"All men's miseries
derive from not being
able to sit in a quiet
room alone."
Blaise Pascal





Dr Kaufman studied Maslow's writings and picks up where he left off. With their combined wisdom, he offers a reimagined model for human needs. The sailing boat of need has two parts.

The Hull



The hull of the boat provides the secure base from the waves, which are inevitable as we sail the open seas of life.



The hull is made up of planks, each providing security. The stronger the boat, the more secure we feel.



Safety, strong connections and feelings of worthiness – these are the planks. They allow you to stay afloat.

The Sail



The sail allows you to move. It represents growth. Without it, you're protected from the water, but you'll stay still.

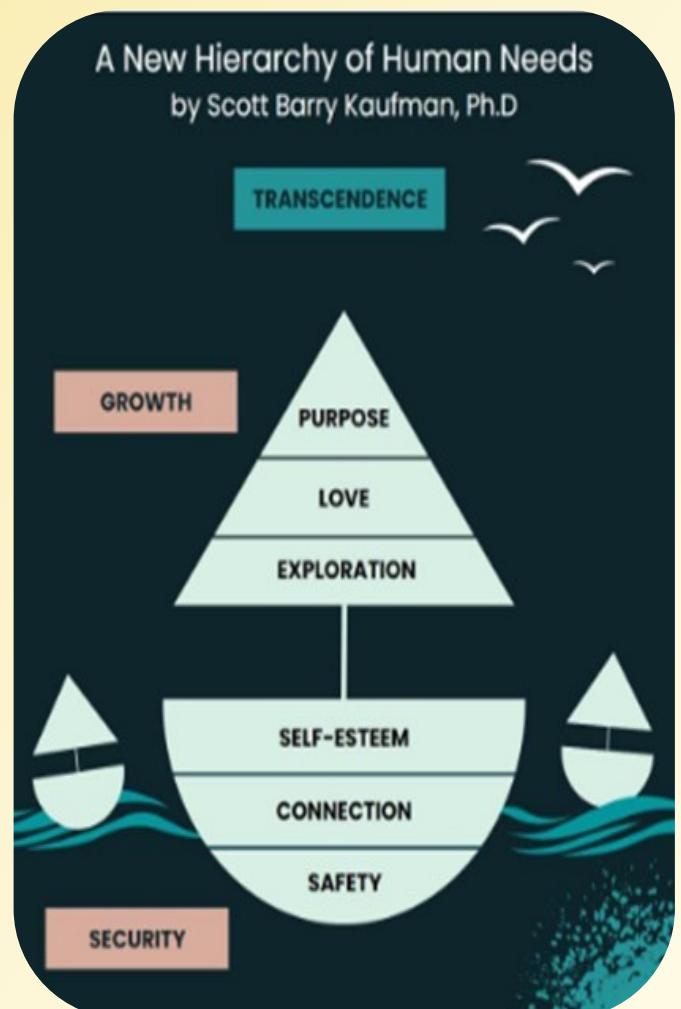


Unfurling. It means you drop your defences, and see what happens, closing it up when you feel threatened.



Each level of the sail allows you to capture more wind, helping you explore and adapt. Your exploration, love and purpose develop. The more you unfurl your sail, the further you will go.

A New Hierarchy of Human Needs by Scott Barry Kaufman, Ph.D



Rebooting from Porn Addiction by No Fap



The Basics of Rebooting

Prolonged or intense exposure to pornography causes the brain to wire itself in ways that can create negative effects in a person's life, such as sexual dysfunction, addiction, and other related problems.

Rebooting is the term coined by recovering porn users for the process of abstaining from pornography, masturbation, and sometimes orgasm altogether for a sufficient duration to recover from these negative effects. By abstaining from problematic sexual habits, we can "reboot" the brain to factory settings .

Although we at No Fap may have our recommendations on effective ways to reboot, no two people will have the same rebooting experience. In fact, people choose to reboot in many different ways, all of them valid. While we see the individual nature of rebooting as a strength, it can lead to confusion for new community members looking for a clear idea of how the rebooting process occurs. We created this page to help people get started.

In addition to abstaining from problematic sexual behaviours, we encourage rebooters to develop habits and hobbies that promote self-growth. For many rebooters, negative thoughts and feelings can trigger urges to use porn, ultimately leading to a reset or relapse. By building good habits and slowly progressing towards positive long-term goals, a rebooter can bolster their self-confidence, reduce negative thinking, and constructively use the surplus time and energy they will have after quitting porn.

It's up to the rebooter to choose their own habits and hobbies. No one can tell you what activity will give you the positive boost you need!

For an extra challenge, try adding habits or hobbies to your challenge parameters. Commit to working on your habits or hobbies every day of your challenge.

It is important to note that a rebooter shouldn't try to add too many habits or hobbies all at once. It is better to start small and excel than to

Prolonged or intense exposure to pornography causes the brain to wire itself in ways that can create negative effects in a person's life.



Rebooting from Porn
Addiction
(continued)

bite off more than you can chew. Choose small goals for one or two habits or hobbies. After handling them successfully for a sustained period, slowly ramp up to bigger or more challenging goals. Refrain from taking on more habits until your first set have become second nature.

Habits

Common habits include new exercise or dietary programmes, meditation, or adult daily living skills such as housework. Some rebooters like to challenge themselves to take a cold shower every morning for the duration of their reboot, as a simple way of building self-discipline.

A good habit to choose is something a rebooter can work on each day. It should be challenging enough to make a rebooter feel a sense of accomplishment, but not so intimidating that they're just setting themselves up for more failure, which could result in negative thinking.

For instance, a sedentary rebooter will do well to exercise for 20 minutes each day rather than taking on a high-intensity exercise programme. Someone looking to eat healthier might do better making sure they drink eight glasses of water each day rather than suddenly going vegan. Creative rebooters might want to finally get that novel written, but a good place to start could be a 750 words-per-day writing discipline.

Hobbies

Working on a hobby is a good way to pass the time. Some heavy porn users may have spent hours each day looking at porn and are surprised to find themselves with time on their hands once they start their reboot. This extra time may lead to boredom, which is another common trigger for porn use.

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Hobbies could include finishing a project or pursuing an interest you've always been curious about. Hobbies that promote physical activity are a fantastic option. Taking up hiking, fun runs, or a new sport are excellent choices. Hobbies that take skill to accomplish and engage creative passions can be particularly fulfilling, and ones that engage manual dexterity can help keep "idle hands" busy. Learning to play a new instrument or handicrafts such as knitting are good options.

A good hobby provides relaxation rather than escapism. Relaxing hobbies are engaged in deliberately and leave you feeling refreshed and recharged. By contrast, escapist activities are often compulsive, performed as a way of escaping from uncomfortable duties or feelings, and will leave you feeling depleted. Only you will be able to determine whether a hobby is relaxation or escapism. For instance, video games and reading can be relaxing hobbies for one rebooter while providing destructive escapism for another rebooter.

No Fap's mission is to facilitate users and empower them to help each other while they undergo the reboot process.

<https://nofap.com/>



You Tube [Youtube.com/FHU United Kingdom](https://www.youtube.com/FHU United Kingdom)

Thank you foundation of human understanding and thank you Roy for being a Dad to me after my dad passed.

Awesome Roy. I love it when you have these moments when you just tell everyone what needs to be heard, the plain truth. But the evil one via his minions has kept the truth from us.

The way he's able to break down the stuff we see everyday is amazing. It's boiled down common sense logic. And it goes [against] everything the world has force fed us since the day we took our own breath of air.

One of the only spiritual teachers I can listen to without getting hypnotized by them. I realized I can't listen to most teachers. It tends to put me more in my ego, but Roy Masters does not tend to do that for me.

I loved what came through Roy, simple and straight to the point. When you listen with the conscience and heart, you understand everything he's saying.

Listening to this video reminds me of when I spoke to Roy on the phone some twenty years ago. I actually called Roy several times. I shared my life experience/hell with Roy. He lovingly helped me lock my hell away. The last time I called Roy during those times, Roy said: "You don't need me anymore." My broken life was healed. God, through Roy, saved my life and my marriage. May Roy rest in peace...

This man has profoundly affected my life in such a positive way for over 30 years. When I first heard him the information sounded like a foreign language, then the light of understanding came on and I could get what he was saying!! Keep listening and eventually you will get it. The meditation exercise is the key to slowing down the mind to actually see all your dysfunctions... RIP Roy!!!

Meditation. Take advantage of neuroplasticity. Unwind the neuronal pathways that wired together because they so often fired together. Eventually one comes to understand one is not one's thoughts. Thoughts are eventually realized to be nothing more than any other object of awareness/consciousness like a rock or tree. Then we flip the mind from being master to being servant.

Speaking Out

Within The Stillness

Within the stillness is the "Vision" of the Christ. Not a feeling glimpse, but to be able to "see" as He would have you "see" as He sees. "Be Still and know", who you really are. The stillness is to be at peace with yourself and with all of creation. It's from where you were created and where you will end up when your mortality ceases. But it does not end there.

It is the source of life itself (The Tree of Life) centred not only in the middle of a garden (the Garden of Eden) but within your soul. Make no mistake (do not doubt) the stillness contains the essence (Jesus came from an elite tribe of believers/knowers called the Essenes) that is the energy (quantum field) that is all that God is. To connect to this energy (stillness) is to be "born again" regenerated, redeemed.

The eternal self that calls to us in a constant knocking at our door, via our conscience. Roy Masters was the perfect teacher of this theory which leads to the "Truth that sets you free."

The Truth being at one with God. The total healing principle of all of us. The sustainer and provider of all that we require, to be a better person and lead a better, prosperous life.

There is no end to this Love that the Creator gives to "Those that love him," (read Proverbs 3) be truly grateful that God gave us uncle Roy. We may not be fortunate to know a more wonderful gifted person again.

Glen (Basingstoke)

FhuUnitedKingdom@aol.com

*"Be Still and know",
who you really are.*



Your letters, feedback, views and opinions are also welcome.

We learn best from life's experiences and mistakes.

Feel free to share them with others, anonymously if you prefer.

Email: **FhuUnitedKingdom@aol.com**

NEW INSIGHTS

Foundation of Human Understanding,
27 Old Gloucester Street, London WC1N 3XX. UK

Email FhuUnitedKingdom@aol.com

Website www.FhuEurope.org



FHU United Kingdom Facebook



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Do you want to be the person that you were born to be?
Instead of the person that you have become due to life's
pressure and traumatic experiences.



Turn Your Grey Sky to Blue

Learn to lift your veil of negative emotions, take control of your thoughts and see for yourself a whole new dimension to your life that you never knew existed.

Often we spend so long looking outwardly, blaming others or our circumstances for our failings, that we don't look inside. When we start to grow from within it does not matter that the world is imperfect: it has little effect on our wellbeing

Once you start to have self-awareness and less stress in your life, your personal and work relationships will improve and you will be on the path to living your confident, happy, fulfilled and successful life.

www.FhuEurope.org

The Foundation of Human Understanding in the United Kingdom is a not-for-profit Christian organization without religiosity.

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