



# New Insights

Autumn 2024

## illuminating and Elevating Your Emotional Health and Wellbeing

### Don't Feel Sorry for the Poor

People will stay poor until they have  
broken their poverty self-image

### Quotations

Inspiring and uplifting quotes

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Aleksandr Solzhenitsyn

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# Don't Feel Sorry for the Poor by Roy Masters



If I were the devil himself, this is how I would keep you in line. First, of course, I would torture you, subjecting you to horrible cruelty and excessive pressure. This would keep you overreacting and failing. Then I would appear before you in a different form, as a "saving" friend or gang of friends bringing total support and a lot of creature-comforts. You would now find yourself in an environment in which your slightest discomfort would be relieved, where you never suffered or went without: in a world that treated you as if it owed you a living. In this way, with a little help from your "friends," I would turn you into a dull, fat, weak porker ready for slaughter. Where there is no adversity, poverty, disease, or consequences for personal failing, the soul cannot learn that sins are sins. It can never be free from the pig farmer - the devil himself. A pig doesn't know it's in hell ... it thinks it's in hog heaven. So, there it stays growing fat for the slaughter-house on the "free" slop the farmer provides.

*Where there is no  
adversity, poverty or  
disease....*

Some of these victims seek only to preserve their comfort, passively sinking ever deeper into their piggy state. They become addicted to free-loading. Others react against their dehumanization with rebellion. Sensing a trap, they put up a misdirected fight, striking out against their "helpful" friends or against the environment itself. Some guilty souls cannot live in "perfect" conditions; they feel undeserving and uncomfortable. Or an easy life threatens them; they need intrigue and challenge, conditions in which the ambitious ego may grow to a sense of its own greatness. This kind may vacillate between extremes, struggling for the "good" life, then feeling unworthy and throwing it all away. And there are those damaged souls, clinging-vine types, who take pride in being weak, dependent, and useless.

Few recover from the injury to them by being "helped" too much. The best in us cannot emerge except through hardship, and working through of our own problems until we grow strong and wise. Be wary of



Don't Feel Sorry  
for the Poor  
(continued)

*Are you being  
weakened by  
another's giving you  
sex, food, "love," or  
money?*

those who would smooth your way, and of the impulse in yourself to smooth the way for others. It is simple to see that no human being can save another from his sin. You must peck open your own egg, so to speak. No one must do it for you. Remember, suffering prepares the soul for the right kind of help - for salvation.

How do you know when a friend is a friend and not a tool of evil? The actual effect of a relationship will tell you what is really behind the facade. Are you being weakened by another's giving you sex, food, "love," or money?

How do you know when you are being a friend in helping others and not playing the devil's advocate? Surely, you say, one should give help in due season. Yes, of course; but if you feel too good about giving, if it gives you a high, stop and question. You may be playing God. Be careful that you are not being conned. You can tell when this is happening. You feel compelled to give more, the taker takes more and does nothing for himself. Playing God, you can become a slave of a good-for-nothing king/bum and hate/love it so much you won't be able to stop until you have a nervous breakdown or have nothing left to give.

The more you help a person in the wrong way, the more you hurt him and therefore cause him to despise you. The more you give him, the more you deprive him. He may feel fanatically grateful, and at the same time cheated, betrayed and trapped. Can you see what the effect of such conflicting emotions might be?

The "deprived", to whom too much has been given, yet never enough: often retaliate through desperate acts of contempt and violence; to counter the debilitating effects of always receiving. They turn to crime, forcibly taking from the hated givers. But taking is but another form of receiving, and no matter how much a thief steals, he feels no relief from his condition

Criminal violence is an attempt to compensate for spiritual loss, a grabbing for things to ease the desolation of the spirit. Yet it is this very infatuation with things that causes desolation of spirit. He wants his freedom back, his self, his soul. That is what has been stolen from him by the givers. The violent criminal takes the passive victim's life as "just" compensation for his own ruination, for the stunting and crippling of his soul by being given to and given in to, whether out of pity or fear.

The hardcore wretched poor go through life judging, blaming the rich for their suffering, taking pride in poverty, drinking, drugging to soothe contradictions away. Spending whatever money, they come by foolishly or selfishly. Any excuse will do to justify their sloth. To despise and judge those who have; what a marvellous excuse for never making an effort, for wasting one's own substance. Anything rather than face what the real problem is. Anything to please the prideful ego and absolve it from blame.

The same task is required of all: to seek the Truth. Adversity is the taskmaster that prods us to seek it. If it is doing its job, it makes us see the errors of our ways. Then we can be sorry and change. It is worth all the pain. Even if it kills us. So, be it; for how else could even a single soul be saved?



Don't Feel Sorry  
for the Poor  
(continued)

If you would learn from your suffering, you must first determine what the real problem is. The problem is never the difficulty or condition. Always, the problem is an unrecognized failing in yourself. Surely you can see that if you regularly yield to the temptation to spend your money foolishly, you are headed for financial disaster. The problem is not the temptation, but your weakness. Behind the temptation is the invisible tempter, appealing to your weakness for things. That is what you have to face in yourself. Are you being subjected to stress (cruelty)? Ask yourself, how did I give someone such power over me? Are you getting too much help from others? Why am I always needing help?

You see, that it is never some person or condition we are meant to overcome, but the spirit behind the person or condition, behind appearances. This is your adversary. It fears you might become detached from things. It fears losing control. It doesn't care if you are rich or poor, so long as you are weak and can be tempted to fall. That is why the question of poverty or riches should not occupy you. Wealthy or poor, you can be miserable.

*The problem is not  
the temptation, but  
your weakness.*

Having it too soft makes you an easy mark for the tempter. If you feel guilty and ashamed for having an easier life than so many others, watch out. You are the perfect candidate to be tricked into playing God. How many times have you come down from your "heaven" to "save" someone as if he were your creature and responsibility? Why do you think you keep making this same mistake? It is because you are on a power trip. "Helping" makes you feel important, and while you play God you cannot see your "help" as a mistake. Nothing a selfish ego does to take pride in itself is seen as a mistake. Instead of seeing you are doing wrong, you see your meddling as good deeds. You are a knight in shining armour riding to the rescue. A very, sick ego seduced you into the elevation of feeling sorry. It has tricked you into serving up your substance, making you a slave to its indwelling evil. I use the word "tricked" here because you may be one who truly wants to help but haven't yet learned what true help is and how to give it. You can't understand why people use you and turn on you.

You must have both wisdom and a pure motive if you would truly help others. The wrong kind of giving always weakens the recipient. Sympathy is so seductive that it enslaves the sufferer. Anything that is given to pacify or console (money, sex, praise) debilitates the recipient and therefore victimizes him. Giving can be a form of taking advantage, of extracting gratification from the misery of others. There is giving to assuage guilt; or merely to relieve embarrassment or discomfort; or just to "get rid" of someone. There is giving out of fear. Often the guilt of ambitious, exploitive men makes them fear the poor; they may become philanthropists to keep their feared victims pacified and quiet. Parents ruin their children with their wrong giving. The world is full of cheating hearts who see handouts as help. Their false benevolence weakens, spoils, tempts, and breeds greater and greater discontent.

Have politicians solved the problems of crime with your tax money, or have they created more crime and poverty? They can no more solve social problems than you can your family problems. The more sophisticated medicine becomes, curing symptoms only, the more at odds are doctor and patient, often ending up as defendant and accuser



Don't Feel Sorry  
for the Poor  
(continued)

*What you must  
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in a court of law. The sorrier you are for your good-for-nothing son and the more you do for him, the more despicable you are both going to be. He will blame you because he doesn't have the strength to stop using you. You will feel guilty and try harder and things will get worse; the more you give, the more he expects.

The Lord of Failure is behind all this, a spirit existing in the many forms of the taken and the taker, the coward and the bully. Your failures to deal with temptation with honour, with calm wisdom, with strength, identify you as part of the system. If you feel you are halfway to hell, it is because you are.

So-called successful people destroy and impoverish in many ways. Their brand of success, "achieved" through exploiting the weak, becomes a model for rookie exploiters to follow. A man once told me his secret for not getting ulcers: "I give them." Can a man who keeps from being sick by making others sick be really well? Isn't his "health" like the "wealth" of the rich-rat exploiters of the poor? Surely there is a better way.

The spirit of a temptation projects through such men and reproduces two opposite conditions: the misery of wealth and the misery of poverty. Each with its own brand of miserable addiction that perpetuates misery. If you want, above everything, to be rich and to live like a king, and you fail, in your resentment you will "create" a wretched world where you rule as king over other failures. Failed parents make their children fail. They belittle, berate, criticize, condemn and discourage because that is the only way they know how to be winners over losers. What glory ... to be a king of losers! Now and then a child "escapes", over-compensates and becomes one of those successful failures; perhaps a champion of losers' "rights."

Where is the true life if you befriend your adversary? Rather awaken to your own weakness and the good fight. Don't be fooled by the adversary appearing as a friend. The effect of a relationship tells you what is behind it. Have you been helped until you think the world owes you a living? Then a false spirit stands behind your helpers. See this and have the courage to go without, or just take what you must until you can get on your own two feet. This is the only way to get ahead of your own destruction and be free of the enslaver. Rob someone because you have been robbed and you are still a victim. What you must overcome to be free is the spirit inside you, which got there by indulging your weaknesses.

A skid row bum belongs on skid row. We all belong where we are. I cannot live on skid row, but neither can the skid row bum live in my world. If I take such a man into my home before he is ready to change, he will pollute my household and introduce his hell into my heaven. Immediately he will set about creating the conditions in which he feels at home. Recently I read of an instance of this. The government of Brazil attacked the problem of poverty by building one million low-cost homes; within six months after occupancy, the entire project had been turned into a slum. Here you have a classic example of the waste and futility of such efforts. It is no use removing the poor from the slums without first removing the slums from the poor. No one can be helped until he understands what he himself has been doing wrong and wants to change.

# Quotations

*Watch your thoughts, they become words.*

*Watch your words, they become actions.*

*Watch your actions, they become habits.*

*Watch your habits, they become character.*

*Watch your character, they become your destiny.*

*Lau Tzu*

*What lies behind you and what lies in front of you,  
pales in comparison to what lies inside of you.*

*Ralph Waldo Emerson*

*In the silence of the heart, God speaks!*

*Mother Theresa*

*For as he thinks in his heart, so he is.*

*Proverbs 23:7*

*Resentment is like drinking poison and  
waiting for the other person to die.*

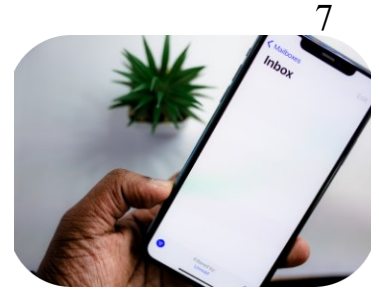
*Saint Augustine*

*Once you replace negative thoughts with positive ones, you'll  
start having positive results.*

*Willie Nelson*



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## Russian Morality - Excerpts of a Speech by Aleksandr Solzhenitsyn



We, the dissidents of the USSR, don't have any tanks, we don't have any weapons, we have no organization. We don't have anything. Our hands are empty. We have only a heart and what we have lived through in the half century of this system. When we have found the firmness within ourselves to stand up for our rights, we have done so. It's only by firmness of spirit that we have withstood. And if I am standing here before you, it's not because of the kindness or the good will of communism, not thanks to detente, but thanks to my own firmness and your firm support. They knew that I would not yield one inch, not one hair. And when they couldn't do more they themselves fell back. This is not easy. In our conditions this was taught to me by the difficulties of my own life.

At the present time it is widely accepted among lawyers that law is higher than morality: law is something which is worked out and developed, whereas morality is something inchoate and amorphous. That isn't the case. The opposite is rather true! Morality is higher than law! While law is our human attempt to embody in rules a part of that moral sphere which is above us. We try to understand this morality, bring it down to earth and present it in the form of laws.

It is almost a joke now in the western world, to use words like 'good' and 'evil.' They have become almost old-fashioned concepts, but they are very real and genuine concepts. These are concepts from a sphere which is higher than us. And instead of getting involved in base, petty, short-sighted political calculations and games, we have to recognize that the concentration of world evil and the tremendous force of hatred is there and it's flowing from there throughout the world. And we have to stand up against it and not hasten to give to it, give to it, give to it, everything that it wants to swallow.

Communism has never concealed the fact that it rejects all absolute concepts of morality. It scoffs at any consideration of "good" and "evil" as indisputable categories. Communism considers morality to be relative, to be a class matter. Depending on circumstances and the political situation, any act, including murder, even the killing of hundreds of thousands, could be good or could be bad. It all depends on class ideology. And who defines this ideology? The whole class cannot get together to pass judgment. A handful of people determine what is good and what is bad. But I must say that in this respect Communism has been most successful. It has infected the whole world with the belief in the relativity of good and evil. Today, many people apart from the Communists are carried away by this idea.

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## Speaking Out

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*Food is the connecting substance between the spiritual and material worlds.*

### The Power of Food

In its natural state food has no power. You put it in your mouth, chew it up and swallow. It fills you up and your body digests it. You just take it for granted that what you're eating will do you good, and stop the pangs of hunger for a while.

It can be food or drink, but who's or what's presence are you eating it in? What is going through your mind as you chew or as it enters your stomach? Are you eating the food while you are angry at someone or something? Are you eating the food whilst out on a date? Or because you have to because it's time for breakfast, dinner or tea? Or you're just plain bored?

Food is the connecting substance between the spiritual and material worlds. You either eat the food of disobedience or eat the food of faith. There is no in between. Jesus said that the table of the Last Supper Take, eat, for this is my body, do this in remembrance of me. To think of our Lord Jesus whilst eating is to eat the food of faith. On the other hand, in the Garden of Eden the serpent used food as a tool to corrupt (disobey God's instructions.) It's OK to eat the fruit of this tree, God is a liar you will not die.

So, eating food in the presence of mind of our Lord Jesus dissolves the power of disobedience when we eat forgetting Him. To eat food without Jesus in mind, in effect is to eat evil.

Being aware of his presence whilst eating will bless the food and help to heal any ailments you may have with your digestive system and your body as a whole. What you eat doesn't really matter, but what your state of mind is whilst eating it will either corrupt the food or imbue it with the spirit of health and healing.

Oh, one more thing, it tastes much better if you think of Jesus.

God bless you all

Glen -England

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## Speaking Out

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*if you don't listen to  
what you know is  
right in your heart,  
nothing you do will be  
right.*

### A Good Lesson

On a training course, we were showed a beautiful lamp, but not how to make it. We had the idea and we had to figure it out ourselves. This was the best thing for us. It showed that we could learn how to make something on our own, without a pattern or someone breathing down our necks. We could see what had to be done for ourselves.

Slowly but surely we made a lot of different lamps with pillows to match. We decided to start a little business.

When we first started the company we were very enthusiastic. We worked every day on our lamps. We soon developed a motto: Time is Money. Hence we took every opportunity to save time.

Our lamps were exceptionally charming despite the unfinished looking interior (we had no lining). We assumed no one would really notice the unfinished seams.

We carried onward despite our intuitive knowing that something was not quite right. We put some lamps on consignment in a store in Grants Pass. Then we took our lamps to a drapery store. The combination of their drapes with a lamp to match was quite a unique idea. They invited us to display this combination in a home decorating show.

At the show we observed the public's reaction to our lamps. Their first reaction was, What a beautiful lamp! Then, after a more careful look, they were dissatisfied with an unfinished product.

Now as we look back we see a subtle principle taking shape. Once you are ambitious, all understanding is blocked. We were given an opportunity to see what was right in the beginning, when we started this project. But through our ambition, profit overtook principle.

We can now see clearly the mistakes we made. We really know that if you don't listen to what you know is right in your heart, nothing you do will be right. Nothing is more important in this world than being committed to what is right.

Cindy & Sharon - USA

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## Speaking Out

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*I'm fully aware of the danger of overdosing on negative news.*

### Don't Feed The Rats

In the spring a small rat appeared in my garden, probably drawn by the irresistible smell of my freshly emptied compost bin. Knowing full well that rats can spread diseases and cause physical damage, there was no way that I was going to welcome the vermin by feeding it. To my delight, I watched a cat chase the rat across the lawn and killed it.

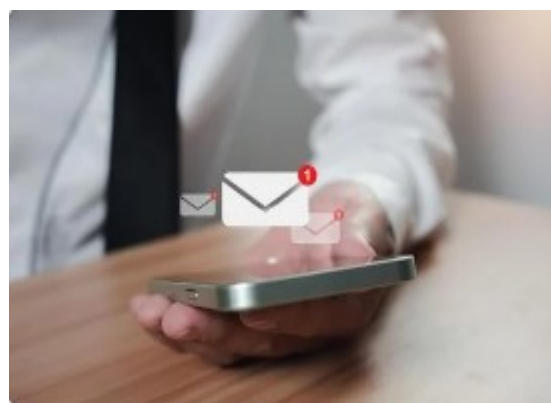
I know how easy it is for my feelings and emotions to take a hold of my behaviour and decision making, thus leading me to eat and drink things that will temporarily make me feel better but will certainly cause me to physical damage my body. Meanwhile those emotions will still be working away in my psyche diseasing my mind.. So I'm fully aware of the danger of overdosing on negative news that does not affect me, or I can not do anything about or maybe are just opinions.

Why then do so many people go online and regularly feed their negative emotions and feelings by actively seeking presenters whose only aim is to report on: conspiracy theories, social injustice and political intrigue?

The need to constantly be fed by negative news can be a distraction from what is troubling you. At the same time getting upset by the news articles releases adrenalin and cortisol hormones: which are stimulants. Combined, these two forces have a high probability of becoming a highly addictive and at the same time destructive way of life.

So become very aware, that what appears to be a free short term benefit to your feelings; it can come with a high long term cost to your mental health and spiritual wellbeing. So be careful when feeding your "rats!"

Malcy ~ England



*Your feedback, views and opinions are always welcome.*

*We learn best from life's experiences and mistakes.*

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

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# NEW INSIGHTS

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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.

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