



FHU New Insights

Spring 2018

Illuminating your emotional health and wellbeing

Faith, Hope & Healing by Roy Masters



A placebo releases the mind from worry and doubt and the user gets healthier and performs better; it's faith in a tablet form. This has the same effect that true faith has, temporarily at least.

Thinking leads to feeling; feeling leads to thinking.

Anger is the energy that our egotistical will lives on. When you get angry with a problem or illness, you give it the energy to make it worse.

You get an uplifting feeling with something or someone. However, that uplifting emotion comes at a cost to another emotion i.e. doubt. If you are easily angered, you can fear speaking up in case you get angry. Doubting our ability to speak up is the cost along with fear. You doubt that you can overcome your anger, which then leads us to doubt that you can or should speak up.

The more that you degrade a person, the more superior you feel towards him.

When you eat beautifully-presented food or in wonderful locations, the greatness gets inside you. You get lifted emotionally but the energy is

*That uplifting emotion
comes at a cost*





Faith, Hope & Healing
(continued)

from the wrong source. It's ego energy. Anger gives you an energy to 'live' by, but the energy source is from the dark side that feeds your pride. As a result you grow deeper downwards and become prey to the dark forces.

In your faithless state, when you get sick, you become angry with the illness. Our bodies go to war with the virus or bacteria, the anger weakens us and sets us up for more illnesses. What you should be doing is letting go of the anger, see where you are going wrong and let your bodies heal naturally.

When you react to your environment, you build up your immune system and you become stronger for a time. Your animal body evolves which boots your pride. However, your vanity separates you from faith. Your body recovers from the virus but your spirit becomes weaker. A body only has so much strength until eventually it gives up and cannot fight the disease any more.

Animals react to their environment and it makes them stronger and healthier. When you worry about your problem or illness you give it attention but it's an egotistical attention. You feel self-righteous that you have made it better by fighting it, but you become sicker overall as your faith dies.

*Anger weakens us and
sets us up for more
illnesses*

When you turn to doctors, drugs, food supplements, healthy eating and stimulants to maintain your health, they give you energy and make you better temporarily, but you become self-righteous. It's an ego driven process that separates you from your higher nature. Now with less faith in God, you become more dependent on these external inputs. Every time you put your faith in doctors and drugs etc – and imbibe them pridefully – your faith diminishes. So you become sicker and get angry. The anger stops you seeing the cause of your illness and on it goes. You then turn to your doctor again. Most diseases are as a result of wrong lifestyle and a lack of faith. If you eat healthily, and exercise, but do it pridefully you become self-righteous and your faith fades and you become more susceptible to illness. Eat and live well but do it because it's the right thing to do. Do it because that's the way you were made to live. With this attitude your faith will grow and give you hope in something that will never fail you. Your health and wellbeing will be restored and you will become whole again.

The reason why you don't get better is because you don't look to see who traumatised you. You would rather look down on others'. your ego cannot cope with knowing that there is something greater and more terrifying than you. It's easier to look down than up. You have to feel in control, so you struggle with your problems and illnesses.



Faith, Hope & Healing
(continued)

The hope of a cure is preferred because you don't have to look for the cause. You put your faith in doctors and medicines because you don't know any other way.

When you don't react to someone's anger, they feel like they are talking to themselves. They then feel silly and walk away. A lion always attracts the weaker deer; he seeks his prey out first before he attacks.

The power to fight evil is not with more evil. The power to fight germs is not with external resistance. It is with grace. If you have grace in the first place then you will not have problems in the second place. The problem is that egos don't grow from wisdom and grace, they die to them.

When you can't win at life you play games, gamble or follow sport to watch others win. If a bad person were to live by faith, he would live by the Spirit of Truth and then he could not evolve his ego.

Living by faith is knowing by what you know is right from a power greater than yourself, therefore, how can you get credit for it? You can't; and an egotistical person cannot live that way. That's why conceited people make things difficult for themselves so that they can take the credit for sorting things out.

*The positive thought
will cover up the
negative ones of worry,
anxiety, doubt and fear*

If people make you feel good, then they have the power to make you feel bad. What you need is a stable relationship inside yourself. Your faith must be reserved for the Good Lord and not in people.

If you did not know that you had cancer, you would probably live longer than if you did because once you find out, the worry accelerates the rate of growth. Having a positive thought about an ulcer or a painful joint will help it get better because the positive thought will cover up the negative ones of worry, anxiety, doubt and fear.

You don't have true fulfilment, instead you have the fulfilment of fools. However, the negative thoughts are still there, working away in your subconscious.

When you are upset, your mind is put in a spin and makes you subject to the spinner and his suggestions.

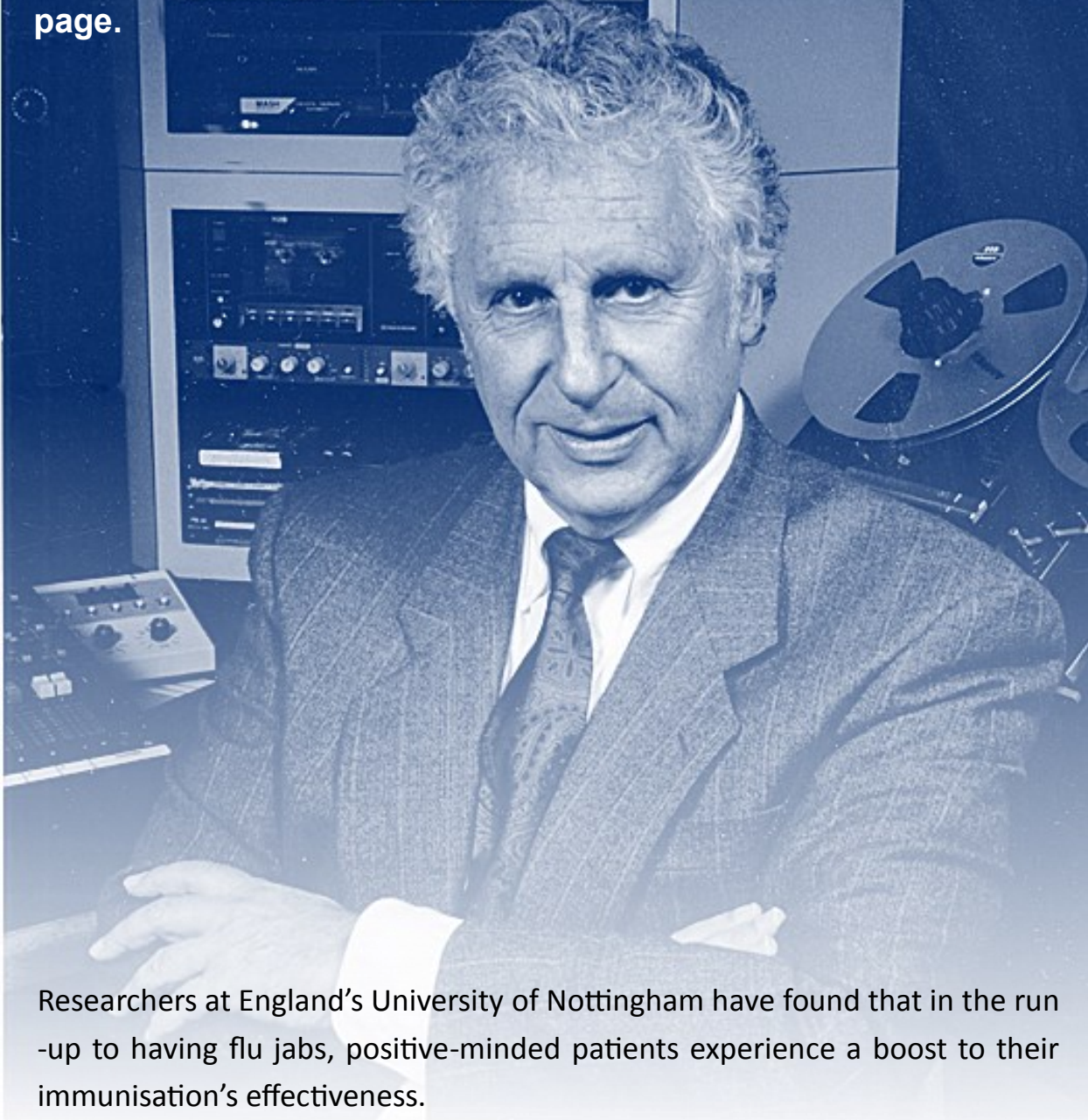
Cancer cannot be cured until a patient's relationship with his Creator is first established. This can be done quickly, when you see and believe where I am coming from. ●

This is a partial transcript and paraphrase from the talk "Faith, Hope & Healing" by Roy Masters. To receive a full copy, please see page 4.

FHU CDs

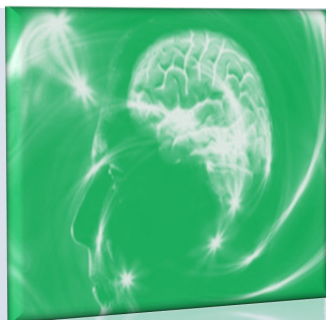
The full lecture “Faith, Hope & Healing” by Roy Masters is available *free of charge* or for a donation, as an audio CD or a MP3 file via email.

To order your copy, please see our contact details on the back page.



Researchers at England’s University of Nottingham have found that in the run-up to having flu jabs, positive-minded patients experience a boost to their immunisation’s effectiveness.

The 2017 research put the results down to people in a happy frame of mind having more antibodies in their blood. Conversely people under stress have fewer antibodies and are less likely to be able to fight off a virus.



The Psychological Factor in Healing

A summary by Janet Kightlinger of a lecture given by Norman Cousins

Norman Cousins was a renowned author and lecturer on the psychological factors in healing. He was also an adjunct Professor of the Medical Humanities at UCLA School of Medicine.

Mr Cousins says that negative emotions can cause disease or intensify disease. Emotions such as panic, hate, rage, frustration and despair can all produce specific downside physiological change. So he decided to find out what positive emotions can do to heal disease. Emotions such as love, faith, hope, confidence, determination, creativity, purpose and festivity.

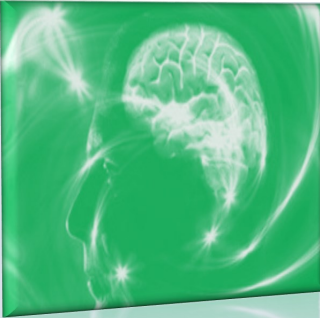
He told us that the brain is not only the seat of consciousness, but it is a gland which produces three dozen secretions. He says, "The brain is a prolific gland. (Prolific: causing abundant growth, generation, or reproduction.) The brain is a magnificent apothecary capable of writing an infinite number of prescriptions". (Apothecary: a person who compounds and dispenses drugs.)

"The brain produces substances with morphine-like molecules called endorphins and enkephalins, and these are the body's natural opiates. But does so compatibly with no side effects. The brain can produce gamma globulin which can fortify the immune system."

Mr Cousins is trying to discover what we can do to potentiate the brain to prescribe for itself, instead of reaching out for something synthetic. What are the circumstances in which the apothecary can do its job?

"We don't understand pain; pain becomes severe because we don't understand it. Pain becomes intensified because of the restrictions (of blood vessels) produced by our apprehensions. And the brain can't work the way it is supposed to by supplying us with endorphins, precisely because we have been educated to fear pain. When we get pain, we don't ask the right questions. We don't ask, 'What is it that we are doing wrong that is causing the pain?' We don't understand that pain is really a gift. It is nature's way of telling us to stop doing something that is wrong. We get the message all twisted. We think that what the message says is that we've got to reach out for some pill that's going to bury the pain: and we ignore the cause of the pain."

Pain becomes intensified because of the restrictions (of blood vessels) produced by our apprehensions



***The Psychological
Factor in Healing
(continued)***

*Once they had a label to
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worse.*

"When we get pain we should ask, 'What is the message that the pain is trying to deliver'? Is it trying to tell us that we are smoking too much or drinking too much or eating too much or eating the wrong things? Or that there may be too much congestion in our lives? Or something wrong with our relationships? Or feeling insecure? Or too much stress?"

"We must not confuse painkillers with healing. And yet we become a nation of pill-poppers because we don't understand the way the human body works."

"When someone becomes ill, the most important thing is to reassure that person. The reason why most heart attack patients die within the first twenty four hours is not just because of a heart attack but because of panic. The patient does not know how to handle the panic and that's what's truly lethal. The panic then constricts the blood vessels and the heart, which is already in a damaged condition, now to pump even harder to get through the narrow openings."

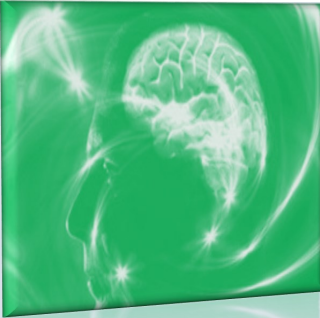
"Psychologically we are in default in dealing with patients. We must produce an environment that is life supporting instead of life threatening". (Here, Mr Cousins is referring to the loud sound of the ambulance siren, big signs which say EMERGENCY and so forth, all of which can contribute to a patient's feelings of panic.)

"Any treatment requires two things. That the patient has access to the best that medical science has to offer. Also that the patient be able to put forth the best that the patient has himself or herself to offer. Love, hope, faith, the will to live, laughter, creativity, festivity, all can't be ignored in the treatment of human beings."

Mr Cousins talked about the Wellness Community in Santa Monica, California. The Wellness Community is a group of about eighty patients who have all lived far past the time predicted for them by their oncologists (cancer doctors). They meet for the purpose of providing emotional support for the people who have just been diagnosed as having cancer.

Mr Cousins talked to over 400 cancer patients and found out that once they had a label to attach to their disease, they became much worse. It seems to him that language has a lot to do with how one handles disease.

He asked a member of the Wellness Community how she had lived for six years past her predicted time. Her answer was that she did not believe the verdict her doctor had given her. When she was initially told she had only four to six months to live she said, "no" to the verdict. She knew she had cancer, but she did not believe she would die so soon. If a person believes he or she is going to die, they make an appointment with death.



*The Psychological
Factor in Healing
(continued)*

*The healing system is
linked to a belief
system.*

"Psychological factors play a part in bringing on disease. The way it happens is the immune system is affected by stress, by despair and by panic."

One therapy that Mr Cousins supports is to teach a patient with a tumour to visualize the activation of the body's defences. How to visualize the NK cells (natural killer cells) going directly to the site of the tumour and discharging poisons into the tumour cell. It is a natural psycho-toxin. The psycho-toxin is compatible with the body and the NK cells are not diffused throughout the entire body, which is the problem with chemotherapy.

"We do have a magnificent system but it can't become activated through fear or panic. So we have to think about the opposite of panic. Love, hope, laughter and determination."

"One can actually increase the red blood cell population by ten to fifteen per cent as a result of a blazing determination. We have the possibility of making our own blood transfusions."

"We go in through the mind first. You don't ignore medical science. You need medical science. You have to create an environment in which medical science can do its best."

"The healing system is linked to a belief system. The healing system is strongest when the belief system is strongest. We have to believe that something good is going to happen. Because you move down the path of expectations. If fears dominate your horizon, that's where you're going to go." •

Sunday Conversations

www.FHU.com/sunday-conversations

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*"And this gospel of the Kingdom shall be
proclaimed throughout the world, so that
all nations shall hear it and then,
finally, the end shall come"*

- Matthew 24:14

The Power of Meditation

- by a grateful user



Meditation continues to do so much for me that there's no way to adequately express my gratitude. Here are a few thoughts that may be helpful to others.

THE MEDITATION 'SYSTEM'

Many of your ideas sounded right when I was handed a book of yours. But I learned the hard way that the "technique" or "system" is absolutely necessary for success.

Reading your material helped intellectually but I continued my old ways. At age 30, I was completely exhausted – living what I now see was a life programmed by someone else. I avoided doing the meditation, in part because I was tempted to believe that all systems are bad. Little did I realize that THERE'S ALWAYS A SYSTEM. At that moment, I was ruled by an evil system.

Only in desperation did I begin meditating. It took a few years to see that this meditation is a technique like no other: a technique to go beyond technique, a system to undo systems, a routine to break routine.

COMMITMENT TO MEDITATION

Until I became convinced that MY will caused only misery, disease and disaster for me, commitment to meditation wasn't possible. After that it was easy, and it remains easy as long as I remember where wilfulness leads me: back to domination by an evil system, which sets up the illusion that I'm in control.

*At age 30, I was
completely exhausted*



*The Power of
Meditation
(continued)*

*Some people avoid
meditation because
they believe that all
systems are wrong*

NO 'OVERDOING' THE MEDITATION

There seems to be no overdoing the exercise, though I feared this for a while. When I began, I was ill and would lie down and meditate for five or six hours a day, because it relieved physical pain. I still meditate three hours daily, more on weekends. I need it.

MEDITATION AND WILL

I used my will to build and protect my ego. I became so confused I was sure I'd go crazy. How fantastic to find through meditation a way to use the will in the proper manner, to destroy wilfulness and get beyond the hell of being so wilful.

EXPLAINING MEDITATION TO OTHERS

More and more I see how profound this meditation is. Telling others about it is about as easy as describing a sunset to a blind man.

MEDITATION, THE POSITIVE STRESSOR

While most stress is negative, there are positive stressors that cause positive adaptations. Meditation for me is an ideal stressor. The body "responds and adapts" to meditation by becoming able not to respond and adapt to worldly stressors.

THE COOKIE CUTTER AND THE SCULPTOR

While meditating, I often feel I'm beneath a giant cookie cutter that slowly reforms me according to a very beautiful plan – if I will only allow it. Other times it feels like I'm being re-sculptured, parts being chiselled away to create a new person. The chisel hurts, but time has shown me it is worth it. It takes a bit of faith in the sculptor, that's all.

THE PANTOGRAPH

A pantograph is a device that allows a railroad car to reach up to an overhead power source. Meditation acts like a pantograph, permitting a new energy to flow through.

WHAT IS IT TO BE HUMAN?

As you have written, meditation represents a choice – one which each human being can make. Until we make that choice, we tacitly consent to being ruled by animal forces. When so few people have made the choice to evolve to humanity, is it any wonder our world is dog-eat-dog?

MEDITATION AND HEALING

The exercise assists healing in at least five ways:

1) I had my body mapped electrically before and during meditation. Currents were generated during meditation that are known to promote healing and regeneration.



*The Power of
Meditation
(continued)*

- 2) Improved awareness moment-to-moment means recognition of stress before it does its damage to the body.
- 3) Increased awareness leads to automatic stopping of detrimental living habits such as poor eating, staying up too late, working too hard, etc. This conserves a lot of energy that can be used for healing.
- 4) Over a period of time, increased awareness leads one to those activities, places and associates that are best matched for that person. This conserves the energy wasted "doing someone else's work", dealing with situations that are best left to others, etc. When you're doing what you were "built to do" the body knows this and feels better.
- 5) Meditation offers a source of comfort, guidance and perspective that slowly reduces the folly of the ego life making a mess and then cleaning it up. Much wear and tear is thus avoided.

Reading all this, it sounds tempting to "use" meditation for healing. I did that and it won't work. A certain change had to occur first, the repentance you speak of, before benefits came. Doing the meditation helped bring me to the point of repentance: then things began to improve.

THE MEDITATIVE LIFESTYLE

I now make a point of balancing each day with several hours of "internal" activity (meditation) as well as the usual "outer" activity. A great error in my upbringing (and in our whole American lifestyle) was the unbalanced focus on the "outer" work, person and activities, while the inner self starved and shrivelled. Now I feel that the meditation process is what life is all about. My other activities are an outcome or expression of what I've gained through meditation.

IN THE WORLD BUT NOT OF IT

I am accomplishing more work, of better quality, the more I meditate. My work is very analytical (nutrition and biochemistry). Meditation allows the analytical faculties to be exercised without losing perspective and humanity.

THE SECRET WEAPON

Meditation is a fabulous secret weapon in the workplace. It acts as a checking-over procedure to prevent burnout and emotional involvement and makes impossible people and crazy situations bearable at least.

ADVENTURE UNLIMITED

Meditation has also enabled me to see literally that "anything is possible." Clearly there is NO LIMIT to the power and the love that can flow through, IF ONLY I ALLOW IT. After four years, I'm just beginning.

Friends ask why I usually skip going to movies. The answer is, I go every day through meditation – and although the "show" is sometimes sad or bizarre, I wouldn't have it any other way. Meditation is the antithesis of Hollywood – it is real adventure: one that gives meaning to living. ●

*I am accomplishing
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Reclaiming Your Immune System

by Roy Masters



If you were to fight a war, you would be sure to have enough tanks, guns, ammunition, airplanes and battleships to ensure a victory over your enemy. Being a peaceful person and not the aggressor, you would use all the implements of warfare only as a defence. This strategy also works for your immune system; it needs to be mobilized, always healthy and fine-tuned, ready to fight disease and viruses.

*You must be spiritually,
psychologically,
emotionally and
physically fine-tuned*

Then again, wars are fought on different levels, not just with guns and soldiers against guns and soldiers. The enemy tries to penetrate your defences with his intelligence and undermine your war effort with sabotage, to weaken morale. He will send spies to steal your secret weapons, and most dangerous of all, his tactic is to place one of his “moles” in your highest level of command.

Fighting virus and bacteriological warfare requires you to have all your ducks in a row. What I mean is that you must be spiritually, psychologically, emotionally and physically fine-tuned. It is all very well to eat sensibly, take your vitamins and all that good stuff, but if you are emotionally upset all the time, your immune system is undermined and compromised by the enemy. If the secret cause that allows for disease is not detected and remedied, the positive value of your food and that healthier lifestyle is diminished.

FRIENDLY ENEMIES

I have a saying, “live longer, become wronger,” which means that if you are overreacting and losing control over your life, you have allowed an enemy into your camp, undermining your war effort, so to speak. Your emotional reactions to stress allow the enemy to penetrate your defences on a spiritual, psychological and emotional level. And if you



***Reclaiming Your
Immune System
(continued)***

*Most doctors are
compassionate, decent
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alleviate the suffering
they see*

were fighting a real war with a visible enemy, you would, as a good commander-in-chief, pay much attention to internal security.

But do we look inwardly? And even if we do look inside and understand what our problem is, we may overreact and become overly focused, distracted and dangerously absorbed there. However, if we have the proper insight and resolve, we will inherit the natural power to fight a unified war on all fronts and win. The first enemy you must deal with is your own private demon.

The enemy has gotten inside and, like the Trojan horse, will open the gates of the city to your enemy. I know it is difficult to look at the enemy within and see what a fool you have been, especially if it's in the guise of "love and friendship."

The chances are that the very fact that you are sick in the first place could mean that your enemy has already penetrated your defences on a spiritual, psychological and/or emotional level and has compromised your immune system. Yes, of course you need doctors to help treat the symptom, but you must not put all your faith in medicine: do not make doctors your god. Putting all your faith in doctors will unbalance your faith in God and reset the stage for your next suffering. By allowing the doctor to you from your responsibility for your own suffering, you set him up to fail. In this way, you unconsciously cause the cure to become the sickness. In a sense, you have made an enemy out of what might have been a friend. By misusing the doctor's services, you begin to rely on the medicine rather than on strengthening your own immune defences.

MEDICINE'S MISSING LINK

Most doctors are compassionate, decent people who want to alleviate the suffering they see all around them in any way they can. The problem is that they are taught to see the symptom as the cause. There are many reasons why people elect to become doctors. It could be for example, a traumatic experience in a person's life: seeing a loved one die in agony from cancer and resolving there-and-then that, since God 'does not answer' prayers, he will 'better' God and fight the scourge of disease himself. Some wannabe physicians work only for the sake of power, money and ambition. Physicians such as these are not teachable; they rarely become wise. Some of these doctors are threatened by real cures.

Then there is a certain type of woman, who chooses nursing as a profession because of a submissive relationship with her sick mother. Her angry and sick mother always made her feel guilty and responsible for her unhappiness and illness, so the daughter became devoted to



***Reclaiming Your
Immune System
(continued)***

*The soul should be
sovereign over the
mind, emotions and
body*

serving her mother out of guilt until the old girl died. Feeling that void that comes from being compelled to serve out of guilt – and having become addicted to the role of slave – she turned to the nursing profession. Without understanding what had happened to her, she tended to become the enabler with all her patients.

I don't mean to impugn the character of all health professionals because their remedies can be extremely valuable, but without the modifying factor of enlightened reason, they simply become part of the patient's problem. There are many well-meaning physicians and health practitioners who are beginning to see the failing one-sided approach to medicine. Antibiotics are failing and germ and virus strains are becoming dominant once again. We could very well be facing a pandemic of frightening proportions. The symptom-as-the-cause approach to medicine is dangerously flawed. If you are ever to recover from what is, or could become, a terminal illness, you must see the truth about this lie. Faith in the efficacy of medicine as the cure is equivalent to Adam's doubt that separated him from the Paradise state. Doubting the truth transfers one's loyalty to the lie. Faith in the deceiver transfers from the immortal to a mortal, with a slavish trust in the misuse of every kind of help.

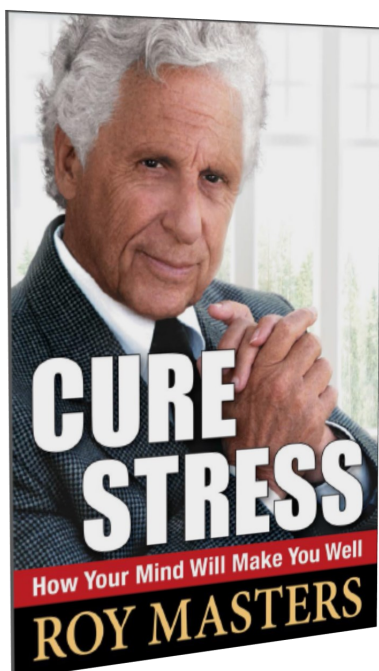
STRUGGLE FEEDS THE ILLNESS

That the mind disturbs bodily functions is only partly true. The soul should be sovereign over the mind, emotions and body; unfortunately it is not. The reason is that the spirit has lost its connection to God. The evidence of this division is that the body reacts compulsively to the will lurking behind all forms of stress, and the reaction always expresses itself in emotion. Emotion in turn translates into negative thoughts and pulls the consciousness into a whirlpool of thinking helplessly. Here we witness two struggles. The first struggle is with the external adversary. We overreact and lose. Overreacting opens the gates of our mind and allows the enemy in to torment and confuse our soul from its base in our thinking. If we struggle with our thoughts and feelings, we notice that we use up our resources fighting, eventually giving in – making our internal problem worse as the extension of our external problems.

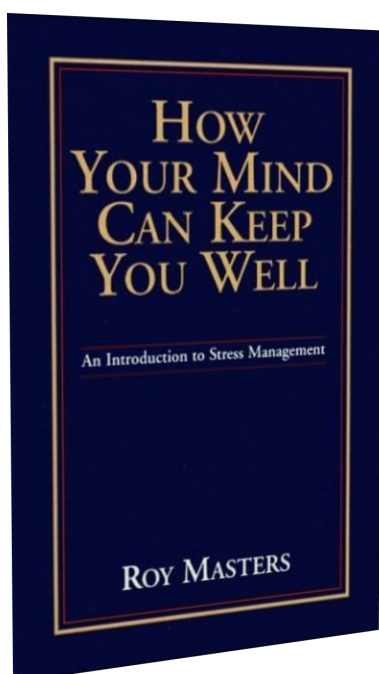
When your consciousness desires its true meaning and purpose, each time you meditate, a pattern of good (appearing as understanding) will drive your feelings, which will affect your reactions – and you effortlessly affect for the better the conditions under which you live. ●

You have been reading an extract from Roy Master book: "Cure Stress – How Your Mind Will Make You Well." The book is available as a paperback or PDF file, which can be read on smartphones, tablets and PCs. See page 14 for the full details.

FHU eBooks



The earlier edition paperback “How Your Mind Can Keep You Well” is half price, only £7.50 including p&p.



This amazing book is an update of the classic book “How Your Mind Can Keep You Well”. I personally cannot recommend this high enough; if there is one book that you should read on how to take control of your life, then this is it.

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- ◆ How to Survive Your Parents
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- ◆ Hypnotic States of Americans
- ◆ Meaning & Happiness
- ◆ Secret Path to Peace of Mind
- ◆ Secrets of a Parallel Universe
- ◆ Secret Power of Words
- ◆ Surviving the Comfort Zone
- ◆ Understanding Sexuality

Your Letters



*Its promised salvation
is short-lived*

There is no reason why anyone's life should be problematic, if only they would slow down and be able to see things more clearly. Life would become their guide. Our minds would be receptive to all that is right and wrong and good, should we choose to let go of needless thinking and doing.

Following our feelings is just illusory, apart from when they are telling us we shouldn't go there or do that. It's better to ignore our imaginations and live in reality, even if it's boring or unstimulating. Our impulses after all, always cost us in the long run. Our emotions are not common sense and never satisfy us.

Unless we have the patience to cope, we are in for a rough ride. Allowing ourselves the initial pain of letting go or going without, is a sacrifice worth having. The art of vigilance is not going to cost us money or our sanity.

Can you see the futility of materialism? How its promised salvation is short-lived. Can you see the futility of fear, worry and depression? All of which are forms of 'salvation' for the self-pitiful among us when life never meets our wants. Salvation's alternatives are very deceptive, especially when we are lost in our thinking. Illness, false relationships, comfort food, escape through hobbies, holidays, sports, drink, drugs, sex, etc. The list is almost endless, but it's all temporary and nothing like the blessings of our eternal home. It's all so simple, as we can do nothing of ourselves but by the Grace of God.

Just by observing the thoughts that invade our brains and letting them pass, we give God the chance to be heard and acknowledged, in order to heal our lives. Let go of struggles, trying to change circumstances, worries, anxieties of all kinds and become free. Effortlessly, His purpose for your life will unfold in front of you. Surely this is what you have always wanted?

Thank you so much Mr Masters.

Glen – Basingstoke, UK



Help others by writing your views and sharing your stories of how your growing self-awareness has helped you - and how learning to be still has benefitted your life.

See the back page for our contact details.

NEW INSIGHTS

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