



# New Insights

Illuminating your emotional health and wellbeing

Spring 2023



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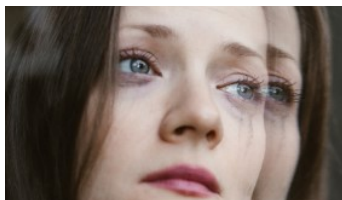
## Hypnotic Suggestion and Animal Magnetism by Roy Masters

*If you were really  
living your own life,  
you could not have any  
conflict with yourself.*

Hypnotic suggestion and animal magnetism are relatives, one growing out of the other. Used together scientifically by unscrupulous manipulators, they have chained the entire world to a demoralizing, disgusting, debilitating and deadly existence. If you were really living your own life, you could not have any conflict with yourself; but observe that this is not the case.

The main reason animals are naturally content and healthy is that they have no conscious will, no chance for self determination. Animals can never be in conflict with their own nature; on the contrary, following impulse is a body language for meaning and survival. Nature draws its creatures magnetically back to reinforce the created form. But animals are not suggestible the way people are, which is to say that they cannot be persuaded into degrading behaviour patterns. Animal behaviour revolves around what it needs to do for its reinforcement, those irresistible attractions and compulsions I have termed natural love or animal magnetism. Animal magnetism is the creative and vital hold of environment, be it a place, person or a thing

People understand as well as provoke these unnaturally natural desires, then rise to the occasion of your needs with corresponding lies, and it is the rhetoric of the lie that protects your ego from the truth of the matter and "frees" you to follow "your" feelings without question. You are dying from the compulsion to sin. Once you step outside the boundary of reason, you are under compulsion to err to the death. And the person who "understands" you is really controlling you.



Hypnotic Suggestion and  
Animal Magnetism  
(continued)

*If your ego wants  
what it has to offer,  
then you will  
condescend to  
indulge.*

A hypnotic lie lures your ego to get high. A high is an escape effect that comes out of an emotional involvement with things. Soon after you have indulged yourself, you discover strange animal "love" and hate feelings. Once you have been led down to become the extension of nature, you become subject to that particular condition, as are natural living things.

Our Creator made animals to be compulsively loyal to their environment, but that same relationship for you means that you have lost the infinite ground of your True Being; it means that you are doomed to exist like an animal in a falsely secure way around the bizarre source of your change. Men certainly get into a lot of trouble with women this way.

Let me bring forward a basic theme again: The animal is drawn like a nail to magnet to the world that created him; he is the projection of a set of circumstances and conditions. He is a "slave," and he cannot exist without their reinforcement. For you, those same relationships are mostly comforts for what went wrong, and it is imperative that you see this fact.

Allow me to restate the principle. A proud man demands that the female guile lie to his ego; he then needs her services to accept the beast that comes out of his demand to be lied to. As a result he becomes more unprincipled as his ego grows more high and mighty. To make your marriage relationship healthy again, all you need to do is take the ego trip out of your relationship, and then there will be no more failing, no more descending. You become less involved yet more appreciative of each other in a new way. You will be able to love each other as people, and not as objects of use, for everything you use to make your ego feel secure is addicting. Because Adam allowed his ego to be led by the "serpent" in Eve, all men function on the basis of feeling from the woman, and the "truth" that his conscious mind seeks is merely rationale for his ridiculous behaviour, also woman-based. The serpent indeed was the most subtle of all the creatures of the garden; he knew that the most effective way to control the man was through the woman: the reason being the principle of the lie and the magnetic animal life influence being in one package. That old snake in the grass is still around today doing its thing, helping Adam's descendants think of their ego compulsions toward Eve as love, while teaching her to feel secure like God with His creation. The serpent controls the entire world through his lies and our compulsions and false loyalties.

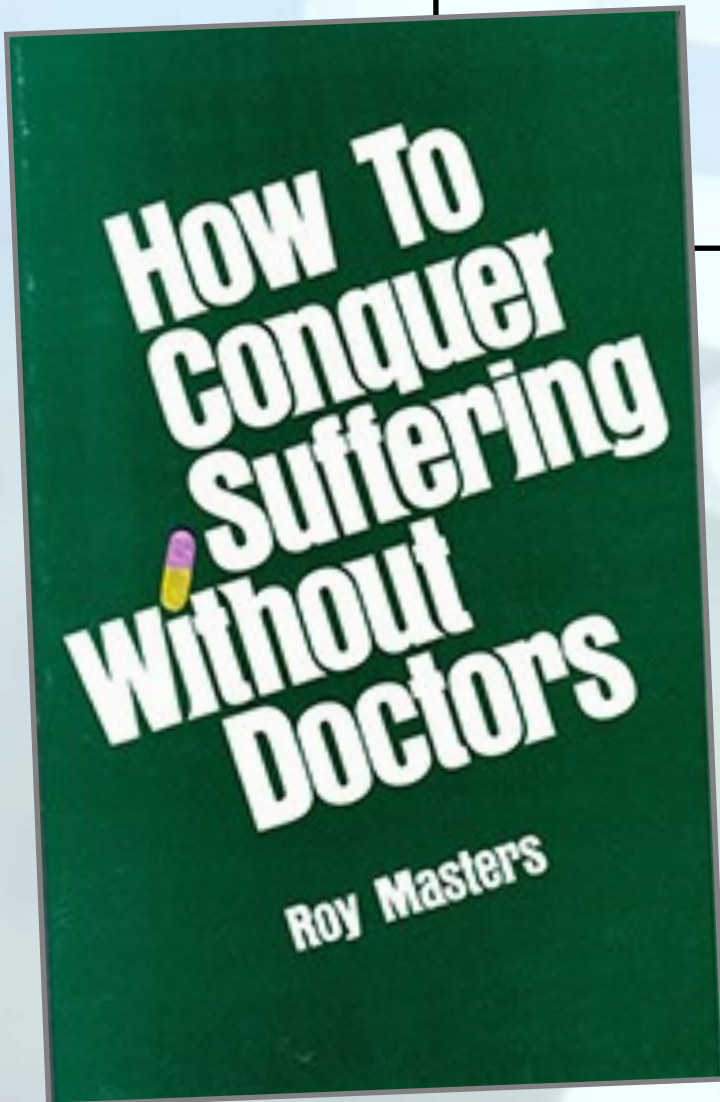
Alcoholics don't really like the taste of whiskey; what they do enjoy is the effect. In other words: whatever it is you have come to enjoy as an ego comfort may not have been attractive or pleasant to begin with. The thing could even stink like a skunk, smell like manure and look like Dracula's daughter; but if your ego wants what it has to offer, then you will condescend to indulge, and, lo and behold, you begin to like it. The bite of the mythical vampire corrupts the victim to be horribly fascinated by its love.

*You have been reading an excerpt from the book "How to Conquer Suffering Without Doctors" by Roy Masters*

The relationship that now exists between you and your doctor is the relationship that should exist within yourself.

You simply cannot cure anyone from the outside. All you do is create a debilitating dependence that further separates the person from his real self.

This book shows the seeker how to look inside himself for common sense and answers that are meaningful and permanent.



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# Quotations

If you want to, you can find a million reasons to hate life, and be angry at the world.

Or if you want to, you can find a million reasons to love life, and be happy.

Choose wisely.

Cari Welsh

The moment we refuse to hurt others because of our own pain, is the time that we evolve as souls.

Seek first the Kingdom of God.

Matthew 6:33

The Kingdom of God is within you.

Luke 17:21

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You are Your Thoughts



Highlights from the book  
"Cure Stress: How Your Mind Will Keep You Well"

Roy Masters

## GOSSIP

Most of us know gossiping is not helpful, and yet it is still easy to fall into the trap of getting involved in a juicy tale.

Here's why you should not GOSSIP by Pope Francis.

In Ancient Greece, Socrates had a great reputation of wisdom. One day, someone came to find the great philosopher and said to him:

Do you know what I just heard about your friend?

A moment, replied Socrates. Before you tell me, I would like to test you the three sieves.

The three sieves?

Yes, continued Socrates. Before telling anything about the others, it's good to take the time to filter what you mean. I call it the test of the three sieves. The first sieve is the TRUTH. Have you checked if what you're going to tell me is true?

No, I just heard it.

Very good! So, you don't know if it's true. We continue with the second sieve, that of KINDNESS. What you want to tell me about my friend, is it good?

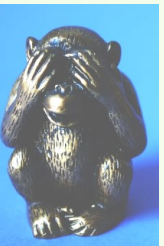
Oh, no! On the contrary.

So, questioned Socrates, you want to tell me bad things about him and you're not even sure they're true? Maybe you can still pass the test of the third sieve, that of UTILITY. Is it useful that I know what you're going to tell me about this friend?

Not really.

So, concluded Socrates, what you were going to tell me is neither true, nor good, nor useful. Why, then, did you want to tell me this?

So..... Remember that GOSSIPING is not good. In the beginning it may seem enjoyable and fun, but the effects can be devastating for all concerned.



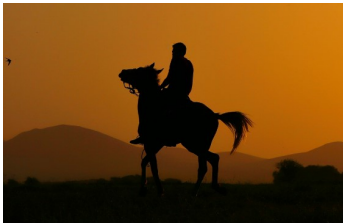


## The Analogy of the Chinese Farmer by Alan Watts



Once upon a time, there was a Chinese farmer whose horse ran away. That evening, all of his neighbours came around to commiserate. They said, "We are so sorry to hear your horse has run away. This is most unfortunate." The farmer said, "Maybe."

The next day the horse came back bringing seven wild horses with it, and in the evening, everybody came back and said, "Oh, isn't that lucky. What a great turn of events. You now have eight horses!" The farmer again said, "Maybe."



The following day his son tried to break one of the horses, and while riding it, he was thrown and broke his leg. The neighbours then said, "Oh dear, that's too bad," and the farmer responded, "Maybe."



The next day the conscription officers came around to conscript people into the army, and they rejected his son because he had a broken leg. Again, all the neighbours came around and said, "Isn't that great!" Again, he said, "Maybe".

The whole process of nature is an integrated process of immense complexity, and it's really impossible to tell whether anything that happens in it is good or bad, because you never know what will be the consequence of the misfortune. Or you'll never know what will be the consequences of good fortune.

*It's really impossible  
to tell whether  
anything that  
happens in it is good  
or bad.*



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## Speaking Out

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### Be Ye Perfect as Your Father in Heaven is Perfect -Matthew 5:48

This is a promise, not an order. The Lord Jesus was simply stating to his disciples a statement of the outcome of a becoming of the principle of belief in Him.

It is his duty to His father as the son of mankind to eventually save those that recognize the majesty of his presence. The disciples being a representation of his followers; such is the love of our Lord Jesus, "The Christ."

Of ourselves we can do nothing, we are helpless, but as long as we desire to be as he is, our minds are changed from within: slowly but surely. There is no act of will involved. As we meditate (be still and know He is God) his love, goodness, mercy, and all things our soul requires become part of our life.

Of course we need to divest ourselves of the negativity that keeps us imprisoned and lacking in joy and happiness. The light of Christ will reveal this as we journey onwards to "The Promised Land". There is no haste, no need to fret, only the need to "let go and let God."

Time does not exist. Only impatience, fear and hate gives us the feeling that it does. We are accepted as a son or daughter of the living loving God. Perhaps not totally acceptable but the Lord Christ will get us there. His mercy endures forever.

"Thou shall have no other gods before me," is again a becoming. The 10th commandment is one (a result) of not having God as your "only" God. You will have a natural inclination to covet your neighbour's wife, husband, house, car, way of life, or material belongings. Should you live in denial of "the one and only God," that is, the true creator of all things?

In his love of all created beings, does the real God "lead us out of temptation" and bring us salvation? Thereby recreating us in his image (back to being perfect). Is there anyone or anything on earth that can save us, or make us truly whole, or happy? Surely by now you can honestly say no to this question. So, begin or carry on with your journey to your Heaven within. Your creator, that loves you unconditionally.

Glen ~ England



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*As we meditate (be still and know He is God) his love, goodness, mercy, and all things our soul requires become part of our life.*

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## Speaking Out

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### One Woman's Journey Out of a 'Man' Made Hell

I was one of those insecure women Roy talks about all the time. When I was nineteen I married a young man who was entering the ministry. I was extremely dependent on him and worshiped him as though he were a god. Of course, he became a monstrous egotistical god and our marriage ended after seventeen years. Both of us were looking for more excitement and got into swapping with other couples (all who were in the ministry, which says a lot about the commitment of those who are supposed to be leading people to God!)

My "security" has always been in a relationship with a man. I needed one to make me feel alive and was simply scared to death of being alone. After playing sex games for over a year with other people, degenerating beyond comprehension, my husband and I decided to split up since I really couldn't handle his infidelities, and felt so guilty about my own.

Still needing security, I allowed myself to be wooed by a man in my office who was, unbeknown to me, an alcoholic. This may be hard to believe, but I did not know the symptoms of an alcoholic, as I had always been in the church. All I knew was that I needed a strong, exciting man to fill the emptiness inside me. I had always felt the need of something or someone to make me happy, but I never found it.

I moved in with this man after the break up of my marriage. He was exciting, full of life (really death) and distracted me from all the heartache inside me, at least so I thought. Our life was full of travel, expensive vacations, eating in the best restaurants, and alcohol. During the next seven years, my husband (we married after living together for 2 1/2 years) never came home before midnight at least five nights a week. He was out at the bars drinking with his friends. When he finally did arrive home, he usually was very drunk and violent. He would wake me up and raise "hell" with me, leaving me literally shaking in my boots.

Living with all this stress made me very ill. I was almost crippled up with arthritis and lost all my hair. I started to meditate about four years ago after being introduced to Roy's broadcast by my sister. That was the beginning of the end of this life (death).

As I started to meditate and learn about myself, I stopped living the kind of life I had been living and started to make some real changes. Of course



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## Speaking Out

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*The meditation has opened me up to God's direction.*

my husband resented this. I was no longer playing the sex game. I didn't want to drink or party. So he began to do this without me and he got worse in his drinking. I stayed in this marriage four more years, realizing that I should separate myself from him, but not having the strength to do it. I argued with God, "Can't you save this man?" "Please God, I don't want to break up my marriage" (what marriage?)

I really just wanted to remain in this "security" of marriage because I was so scared of loneliness. However, the inner knowing of what I should do became so strong; I needed to leave this sinful-sick environment in order to find peace within. I had peace to a limited extent because of meditating but it was certainly interrupted every night the door opened, and in walked my husband. I had sold my soul for a little piece of "security."

Thank God and Roy that through the meditation I gained strength; I left my husband and moved to Northern California. However, I still did not divorce him, for again I needed the security of at least saying I was married. I began to realize this, too, was wrong.

Living on the fence makes you neither hot nor cold, and the Bible says if we are lukewarm God will spit us out of His mouth. In obedience to my Creator I made my divorce final. I felt like I was dying. I held on with everything inside me until at last I surrendered to His will and ended the hell of seven years. I'm here to tell you that I am alive and feel a real sense of being in the "centre" of His will. I feel free and secure for the first time in my life, and I am also getting well physically.

The meditation has opened me up to God's direction. Unbelievable changes have occurred in my life. What a secret we meditators are discovering! I truly believe what Roy says, to find life we must die ~ die to what we think is life.

Colerta ~ USA



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.

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# NEW INSIGHTS

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