



# New Insights

Illuminating your emotional health and wellbeing

Spring 2022

## Foundation of Human Understanding



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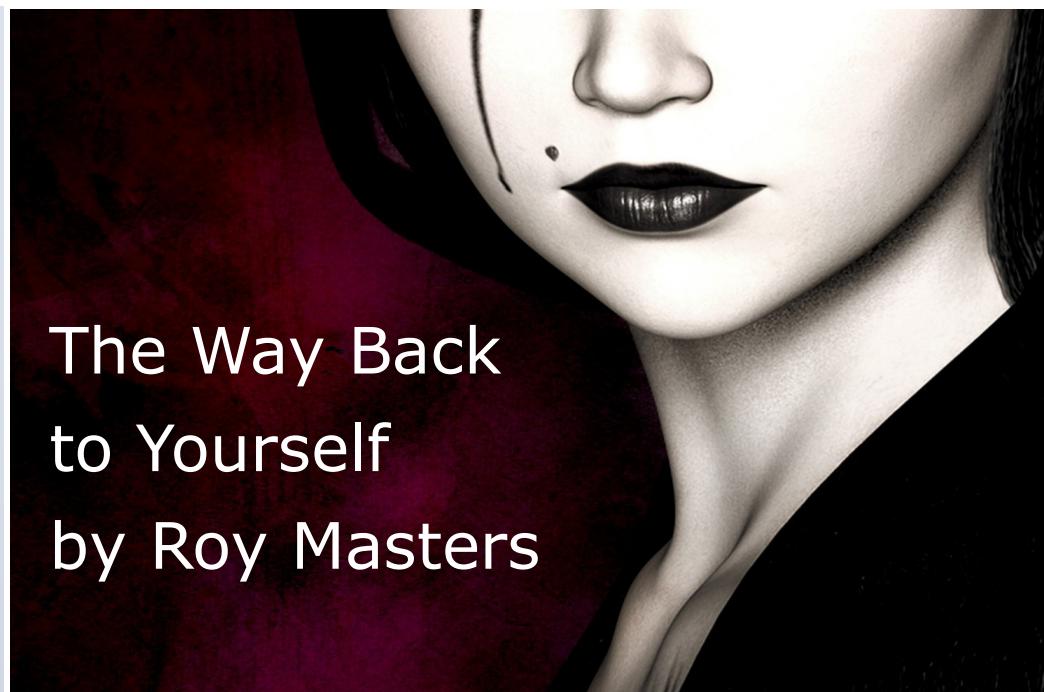


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# The Way Back to Yourself

by Roy Masters

If you were lost in a forest without food, water or shelter, you would find within you a new awakening of knowledge. Stripped of all comforts and conveniences of modern life and cast out in the life of the jungle, you would gradually become aware of the knowledge needed for survival. You would discover which berries are edible; you would discover what plants yielded moisture, and so on.

If you embarked upon a camping trip, well equipped and lacking nothing, you would learn very little about nature - complacent in your luxurious way of living. However, stripped of all the niceties, one becomes very aware of the fundamentals of Nature. Then Nature begins to talk to you and teach you how to survive.

In a similar way we must embark upon our journey into ourselves stripped of all our intellectual concepts of life: or we shall not find life. If you will come to know sincerely in your heart that you do NOT know and can never know by knowing (and if you will cease from your labour of striving to know) then shall you discover what you need to know.

When you have stripped yourself of knowledge of "truth", you will be ready for your journey. You will find the voices of the forest whispering to you their secrets. Then you will learn the secret of survival. You shall hear things that would otherwise have been denied you, while you were complacent in your luxury.

We must not carry with us the "luxuries" of this world. That is to say, we must utterly repent any high opinion we have of ourselves. We must give up the image of goodness that has been built up in us supported by others. We must give up our dependency upon the energies of others. In other words, we must release the captives we have enslaved. We must declare to them the methods we have used to obligate them to give us service and applause. "We must confess our sin one to another".

How far we are cut away from His approval (the real things and excitement of life) and oh, how dependent we become upon that external sustenance. We enslave others into worshipping us, who compensate for guilt feelings which we project into them with our

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*We must embark upon  
our journey into  
ourselves.*

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The Way Back  
to Yourself  
(continued)

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*As you give up the  
nourishment of the  
old nature, that  
nature begins to die.*

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Cunning; but each cunning success only encourages us in these unhappy methods; we are puffed up away from the True Image by the unholy lauding of others. With all these artificial supports and nourishments, we become insensitive to reality and true life.

You must give up all of these methods, one by one. As you recognize them and give them up - as you "declare your sins" - you will release your slave and your luxury will fall from you, leaving you naked, wanting, empty.

Then you will feel alone in the forest of True Life, with a gnawing need and a great hunger. Suddenly, your senses and mind become alive and aware to that which would have been denied you had you continued to tread the old pathway of "luxury". By confessing these "ways" you strip yourself of the dependency on the life-blood of other people and allegiance to the demonic powers.

As they are set free, you will feel a need, a great hunger and loneliness for a while - but if you would rather die than go back to being a vampire again, you will eventually find the whisperings and the TRUE comforts of life.

Give your victims up!!! As you give up the energy, the excitement, the service, the love of other people, as you set them free from their guilts which you have imparted into them through your former needs, you will lose your power. You are forced through starvation (for want of a better word) to find another way to be right and live your life. You are obliged to find another energy source - another catalyst for life.

At present we are all labouring at what seems to be profitable to us, but we are not doing the labour for which we were created. We feel that emptiness, no matter how much money or glory we gain.

If you willingly give up your ambitious ego, (these excitements and manipulations to recharge your fallen pride) you will discover how the "smoke of emotion" led you from true glory. You will discover the endless variety of ways that the mind calls upon to avoid seeing its shame. You will discover how your ego is challenged to feel right again as it is FILLED by the judgment of others in their petty wrongs.

We must give up the excitements and praise of the world; the achievements of manipulation which support the notions of ego. We must give up all claims to admiration from others. When we give up our way, we set our victims free; we are no longer excited to gather to our intellect those compensatory feelings of growth that are not real. Then we shall also starve the illusion about our values, which prods us away from Reality.

As you give up the nourishment of the old nature, that nature begins to die, no longer supported by worldly glitter, and as it dies, the mind becomes very clear, and excited to see and respond to an essence that it never saw before. This is the new catalyst of stimulation.

The summary of everything that I have related is in the following statement: IF YOU FAIL TO TAKE YOUR PATTERN OF UNFOLDMENT FROM WITHIN YOURSELF, YOU BECOME A SUBJECT, RELATIVE TO A PRINCIPALITY MOVING UP THROUGH OTHERS IN THE OUTSIDE WORLD.

You draw from the True and the Wise by a delicate mystical state of



The Way Back  
to Yourself  
(continued)

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*In order for your  
mind to be  
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be stimulated.*

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consciousness. But if your intent is tainted (through ambition and greed), then you become related to the error and the devil, compulsively enslaved to his bidding. You bear witness to your particular allegiance by the way you respond to temptation and to persecution; that is, by the familiar pattern of error seen in rebelling or conforming, or through patience, long suffering and self-control.

Observe your behaviour when you express the lie. Notice how you conform (by rebelling or believing) because you do not have that relative "something" to counter the other person's intent for you. Having responded to temptation, you are compelled to recruit others, in order to gain back a sense of power that you were forced to give up, and to lessen your guilt feelings by making others conform as you did by responding. Response is GUILT; as long as you are excited by praise or disturbed by provocation, you are a servant of hell.

In order for your mind to be influenced, you must be stimulated. You must be caused to respond to the excitement. Whenever you discover that you are reacting to an excitement from without (as opposed within), you will find yourself expressing a pattern of growth contrary to life, health and happiness.

Nature unfolds layer by layer. As I have stated repeatedly, animals are born with the inherent ability to turn another animal on. When the animal reacts to the threat, it tends to fulfil the intent of creation - meaning, it grows bigger and stronger. Now, that bigger and stronger form has a power to turn another creature on to make it bigger and stronger still. Thus each creature inherits an essence of life and embodies that advancing power of stimulation containing a more complex message to grow or to co-operate - emerging from the cradle of time.

If you react for or against anything, you will find yourself programmed by a secret intent, but you will never see what is being done to you, because you believe those ideas to be your own. Thus, your reaction clouds your reason and puts your consciousness to sleep. When you fall, you will also escape from seeing your own error and proceed to justify your actions and decisions. You rarely see your compulsions as compulsions, but often you see them as love, thereby losing sight of what is happening to you. Desiring to be infallibly right, you continue to allow yourself to be programmed.

St. Paul explained his plight before his salvation. "The thing I desire to do, I do not. I start out by doing good, but always end up doing bad." His conclusion was - it was not he at all that did wrong, but sin that had made a "home" in his nature.

The language of the dark soul is topsy-turvy. His excuses become a foundation of a parade of peculiar wisdoms, where every bad is good and every right is false. It is a strange contradictory language - that renders communication impossible. No one can resist if they are programmed according to this law i.e. that is whoever reacts to the abnormal, becomes patterned by error. This is the way the "witch doctors" and dictators recruit their victims.

Most ideas which compel us are not seen as compulsions. We believe we have originated them. We cannot see that error, for then we would have to see our controlling factor. Our pride cannot see its captivity - its own wrong - or how could it remain proud? •

The Way  
You  
Handle  
Your  
Emotions  
Can



## Make the Difference Between Happiness and Despair in Your Life – Roy Masters

There is not a single problem in your life you cannot solve if you will learn to be patient.

The wrong emotional reaction to various pressures is making everyone sick and depressed, and driving people into conflict with themselves. Trying to solve the pressure caused conflicts, many turn to consciousness reducing drink, tobacco, drugs, legal and illegal.

Your emotional upsets have literally turned you upside-down. Even though you technically may have been correct in what you said or did, if you did it resentfully, your emotions backfired and confused you, and as you began to doubt yourself, conflict, depression and fear grew.

Cruel, unthinking people feed off the way you respond to their needling; they walk away self-righteous and satisfied, leaving you frustrated, confused, revengeful and depressed. They get their power from your reaction, while your resentment often makes you feel like the guilty one.

"Successful" domineering, (unprincipled) people drain you and make your life wretched; they can always be sure of getting through to your subconscious mind through your reaction to their pressure.

Home and school pressures are alienating young people, creating monster rebel animals and delinquents, driving them to drugs, murder and suicide.

Of course we all respond to pressure: but that response is what is wrong with us.

The way we pressure others and react to pressure is the cause of all suffering. Learn to be patient before it is too late.

Upsetting you is the key to motivating you. Your emotional upset is the hidden reason behind all your conflict and suffering.

Through the shock of emotional upset, a compelling or morbid suggestion can be planted in your subconscious mind, and this is especially true with the emotion of resentment.

If it doesn't cause wild and senseless rebellion, you find yourself

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*Learn to be patient  
before it is too late.*

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obliged to give in to ease the pain that the pressure of wrong resistance causes. Your life becomes a weary struggle against subliminal suggestions.

It is hard to say "no" to pushy, irritating people. You tend to favour people who apply pressure (your boss, or your wife) and you spoil your kids. When the breaking point is reached, there comes a rebellion against work and study; debilitating disease and nervous breakdown take their deadly toll.

Reaction to stress is your weakness: your Achilles' heel. All heartless, cruel, power hungry, unprincipled people inherit the know-how to make your emotions work for them, and they have no qualms about casting you aside after you are used and broken.

The world is dominated by tyrants, teasers, and psychopaths. Some of them get to you through cruelty, while other types manipulate you with a holier-than-thou, irritating "kindness." They might use both methods to confuse you, being mean to you one moment and being "kind" the next. Their bold, unprincipled manner upsets you, and because of your resentment towards others, you feel guilty. Suddenly changing roles and becoming "nice," they can intensify your guilt feelings and make you doubt yourself. In that manner you are made to believe that they were right all along, and that you were wrong. And so you learn to go along with their wishes; you find yourself doing things you would never have done in your right mind, and that upsets you all over again. This vicious cycle, with a built-in upset factor, repeats itself endlessly, until you feel like killing them or yourself.

Being upset is a conditioned reflex: it is an inferior way of reacting to pressure. It is why you feel so inferior, helpless and angry. •

***Reaction to stress is your weakness: your Achilles' heel.***

### World Peace - M.J Howard

If everyone on the planet was able to listen to and react to their inner-conscience and be guided by their higher nature, then the world would become perfect. We would all be acting and reacting out our humility, love and goodwill to our neighbours near and far.

Dictators and bullies like Vladimir Putin would no longer have soulless expressions, and be pained by a guilty conscience. They would know instinctively that they had made a mistake and repent.

In time, just the notion of engaging in a wrongful act could trigger enough inner conflict to deter those people from saying or doing what they were thinking about.

The meditation exercise enables the participant to become aware of, and tuned into their higher self. With meekness, allow yourself to be guided by your higher nature and you will experience inner tranquillity and happiness.

Even though we are nowhere near as evil as "Bad Vlad," it comes across as a bit hypocritical to expect him to act with the greatest of integrity when we refuse to allow ourselves to be subject to and dependant on what we instinctively know to be right! •

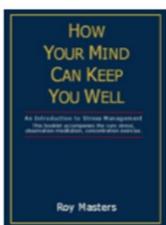
## Foundation of Human Understanding - Europe

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### The Silent Prayer

*By learning to be still and detach ourselves from our daily distractions we can then reconnect with our true inner self. The person we were born to be, rather the person that we have become as a result of many traumas and upsets.*



Go to the  
Booklets page

#### How Your Mind Can Keep You Well - booklet

Our thoughts govern how we feel. Our feelings control our decisions. Our decisions shape our lives.

Mostly pleasant thoughts result in us feeling happy, content, secure and making wise decisions. Mostly unpleasant thoughts lead to us feeling depressed, anxious, upset, angry and overreacting.

The meditation exercise embarks you on your personal journey to living in the moment, loving the truth and an increased capacity to cope with reality as opposed to spending as much of your time as you can being distracted. Seeking the truth and discovering the real cause of your problems is the path to freedom from inner conflict, mental distress, pain and suffering.

A pocket-sized printed version of this booklet is also available for posting to European addresses, please go to the Contact Us page to request your FREE copy.



#### 1 Minute Concentration Exercise

If you are having trouble focusing and you find that your concentration wanders then try this.

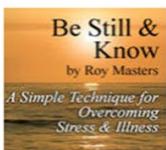
Watch the second hand of a watch for one minute. If your mind wanders off from watching the second hand then start again.

You are training your mind to stay focused on one thing and not be drawn away by the distractions of your imagination.



#### 7 Minute Meditation

Roy Masters will teach you how to stop overreacting to circumstances and take control of your emotions by becoming objective to your thoughts and the pressures of life. Learn how you can help you enjoy a happy and fulfilled life, by taking control of your emotions.

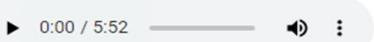


#### Full Meditation Exercise & Discussions

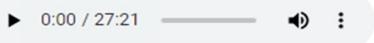
The inner journey, introduction, exercise and discussion.

The objective is to no longer need these exercises in order to become self aware.

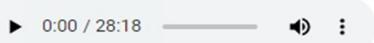
Introduction



Exercise



Discussion



# Feeling Hopeless to Hopeful

by Daniel Abrahams



Please read to the end...

I'm a failure

So don't try to tell me

There's so much potential inside me

Because at the end of the day

I'll never find a job

I need more experience

I've been out of work too long

And don't try to convince me that

There is real value inside of me

Because deep down I know

I am useless and unemployable

And nothing you say will make me believe

I will make it in this world.

(Now read bottom up - life is about how you see things)

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*How the perception  
of ourselves can  
dramatically change  
the outcome*

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## Speaking Out



### Lost Children: The Parent Connection

At the age of 16 my mother threw me out. If she hadn't, I would have eventually decided to leave anyway, for ours was not a happy family.

Having nowhere else to go, I headed for the city where most unwanted children end up, and spent the first night wandering around the deserted streets. I walked for hours, with only fear, anger and pain to warm me; and with every step I took, I vowed to myself that I would survive. A friend that I made during those lost years, living with other run-aways and discarded souls, sadly, did not.

I found her lifeless body lying on the sitting room floor, where she had collapsed from over-dosing on a popular designer drug of the day. In her pocket, the police found a letter written to her mother; the trauma of finding my friend and what she wrote will be etched on my mind forever.

"I'm sorry mum, dad and everyone". She wrote. "I am no good and will be better off dead. You were right about me. I will never amount to anything. I'm sorry. Forgive me. Karen".

Karen was a beautiful girl with a warm and loving smile, and we shared a closeness that I have never felt with anyone else. We had a common bond. We were angry at our parents and the world for not caring.

When children are rejected or hated by their parents, they feel unlovable, depressed and filled with an unbearable rage. Depression is hatred of others turned in on ourselves, and for the depressed child, death can seem to be the only thing left that he or she has control over. But it is an act committed in unbearable rage or pain. Thankfully most children do not choose this course of action, but do instead take out their feelings on others weaker than themselves.

Society's criminals and drop-outs are not born, they are made. Parents who place their own selfish needs and desires before what is right, make them.

I was horrified as a child to see the way grown-ups acted with one another and because I hated what I saw, for many years I became just like those I hated. This is exactly what is happening in society today. We become what we hate.

Parents don't seem to realize the damage caused by angry and impatient words. Or the deep nearly irreversible hatred they instil in their children when they are promiscuous or adulterous. Children naturally know the

*I found her lifeless body lying on the sitting room floor.*



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## Speaking Out

difference between right and wrong, and if parents were noble dignified souls then criminals and murderers would be rare.

I personally feel that the children who abducted two-year-old James Bulger and killed him should be rehabilitated in a secure place and their parents should be held jointly responsible, prosecuted and sent to prison. We can no longer blame society for our own failure to love our children, nor expect government agencies to pick up the pieces for us. They don't have the answers. Treating the symptoms is simply locking the stable door after the horse has bolted. It is the causes we need to address, and the root of all our suffering is resentment. We need to drop our pride and say "I'm sorry", when we express anger towards our children, and try a little loving patience. It is so wrong to take your anger out on anyone, let alone indefensible ones.

We need to find qualities of patience and forgiveness, and develop the ability to overlook the failings and shortcomings of others, rather than be so judgmental and demanding of each other.

We need to find out what love really means, because if we don't love our children, the local drug dealer will.

Sidonie - USA

To believe in the effects of the FHU's meditation is ineffable (unable to be adequately described in words). If this was the last letter, I am ever able to write I would die a happy man. All I can possibly do is match the same as Mr Masters, that is to emphasise and encourage everyone who is reading this page "To Do It."

"The love and peace of God which surpasses all understanding." (Philippians, 4:7)

If you want to know the salvation in Psalm 91, please allow yourself the humility and privilege of "just being still." Let go of all ambitions, all impatience, all struggles (with yourself and others) and know what it is to be patient: awaiting on the Lord. God will be healing to your flesh and refreshment to your bones. Be Still and Know, Who the God of Your Life Really is.

Glen - England



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## Speaking Out

Thank you for posting me the New Insights magazine, the back page of which featured a nice tribute to Roy Masters, who sadly passed away on 22 April 2021, not that long after his wife, Ann.

I first discovered Roy's insightful teachings via the 1986 schedules of Radio Caroline, and if memory serves me correctly, he had a Monday-Friday evening show. Being only 21 years of age (I'm now 57!) I didn't really understand what I was hearing, but was still captivated by his natural calmness, and also his honest directness.

I probably listened regularly for a few years or so, and started to slowly understand some of what he was saying, especially about not reacting to pressure, although it has taken me to my fifties to finally get much closer to being patient in stressful situations, by observing and waiting for answers to come.

Roy had softened with grey age by the time I caught up with him again via the informative FHU website which carried his daily radio shows and broadcast his Sunday morning videos. So sometime around 2003 (when I purchased my first computer) and ongoing up until now.

I honestly thought spirited Roy would live forever, but thanks to his loyal sons, his archive (also found on You Tube) and through New Insights of course, we can still appreciate his authority and share in his depth of knowledge about dealing calmly with various human emotions, and how to remain still and know.

Mark Watkins

Reading - UK

[\(if anyone would like to correspond with me\)](mailto:mark.210@btinternet.com)



# NEW INSIGHTS

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for your  
donations,  
support  
and the  
joy they're  
bringing.