



FHU New Insights

Summer 2018

Illuminating your emotional health and wellbeing

Cancer: A Metaphysical Cause and Cure by Roy Masters

*Let us examine the
cause of one
widespread type of
cancer.*



There are a hundred different kinds of cancer, some have nothing to do with a person's character or emotional circumstance; too much sun could be one reason and therefore requires medical intervention. However, there are those forms of cancer that do indeed have a very deadly emotional connection.

In this article, we are going to explore a phantom, a mysterious shadow that, in the earthly sense you cannot see, feel or touch. All you need to do is see it with your mind's eye, calmly and confidently; be not afraid by what is revealed and like magic the problem will dissolve. With this in mind, let us examine the cause of one widespread type of cancer, so as to see all the symptoms we ignored in our life that led to this disease.

Most people live their lives like the driver who has disconnected the engine warning light. And suddenly things go wrong. You may have some experience with running a business. If so, you might appreciate the similarity between cancer of the body and cancer of society and business.





*Cancer:
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(continued)*

Something has gone wrong with the company of yours. People are turning against you, your best employees are leaving. Your business is dying and you cannot figure it out. If you look very carefully you will discover that just one person is responsible.

This individual has two faces, one for you, another for everyone else. When you discover who this person is, you will be shocked to realize that they are, more often than not, the most skilful, apparently-devoted close friend. You will be hard-pressed to firing or confronting them, because they have wormed their way into your confidence and made themselves seem very essential to your business and personal life. You may not see that you have become dependent in a very unhealthy way.

It is much the same way with cancer. You may not want to see what is going wrong inside of you. There is a fiend, another self, which has been inside you so long that your whole world would fall apart if you faced it. It could be a member of your family who is creating the chaos in your life. You sense it, but your dependency on that friend or lover makes you fearful of having the rug of security pulled from under you. Indeed it might well be so, and so much for the better if you have the wisdom and fortitude for confrontation.

*Having a precise
understanding of what
the problem is.*

There are no solutions to the problem of business, family or disease, except by having a precise understanding of what the problem is and excising the offensive cause. With cancer and other forms of autoimmune problems, we have a situation akin to something running amuck in our country.

You cannot have a new life unless you first lay down the old one. The Good Book says, "Who preserves his life shall lose it." This seems to say that if you cannot give up the old life that leads to death, then you will not find the way that leads to eternal life. If any of those beloved ones, say a family member, should die or openly betray you, you will surely feel that hollow at the core of your being.

Right here is a clue to one of those many causes and effects – symptoms as disease – underlying this kind of cancer. Insatiable hunger could be associated with a need for food, for which reason we become overweight and plagued by all the maladies associated with obesity. You fill the emptiness of your soul by compensating with food fulfilment (comfort eating), the nearest equivalent to soul food. Notice here, the similarity with the comfort derived from a trusted friend. Notice also, that your security base is the wrong kind of comforting food. And there you have the diet cause for cancer. Obviously food is not the real answer; something much more vital than food is involved here. The need for cruel or absent mother's love perhaps?



***Cancer:
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and Cure
(continued)***

*Your spirit must slowly
but surely discover the
secret of ascendancy.*

Even so, if you do excise certain people from your life, or go on the diet, your need to gratify the ego-self will take another form. You may start smoking, that sort of thing. In the people department, you will be attracted one way or another to similar types, always cloaked in different disguises. Always your latter condition will be worse than your former one. Something inside you is calling the shots.

If you are ready to continue this journey of self-discovery, please freeze-frame the following statement, to highlight a very important principle: In the late '60s, researchers revealed a connection between the loss of a loved one and the onset of cancer.

Psychic Vampires

There is a wonderful magic in how plants flower in the sun; the way one creature gives life to another. So it is in a different way with human life, with respect to his inner environment. Worldly experience should have told you by now that there is something wrong with the relationship with your world. We are indeed birthed-like creatures of the animal kingdom. However, there is a difference to our ending. For where our end is, there could be a new beginning; not merely just sexually replacing our bodies, but something far more beautiful.

Just as there are predators in the natural world, so are there predators lurking in our relationships with people. Relationships should be of a high ethical tone – spiritual, but more often than not, they deteriorate into a subtle (and often obvious) dog-eat-dog environment. People are predators and prey. There is a kind of spiritual warfare going on. Therefore, your spirit must slowly but surely discover the secret of ascendancy. You must learn how to override and eventually transcend the malevolent influences of the world around you. To that end, you must find and bond with the true *spiritual cause* of your identity. Without that mystical bonding, you are powerless before "the uninvited."

In the natural world we see many kinds of parasites. Two thirds of all living things are parasites. If this is so in the natural world, then why should this not be true in the spiritual environment around us? In this text we shall be flushing out the subtle principalities lurking somewhere nearby, hiding in the natural form of people including ourselves.

An Altered Ecology Creates a Fishy Instability

Changes in the environment cause a variety of biological effects that cause living things to adapt. Fish caught in the polluted Santa Monica Bay had large growths on their bodies, which was traced to a disturbance in ecological balance of the water; pollution had changed



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(continued)***

*It is a psychic thing,
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that balance. When the sustaining environment of a living thing is changed or removed, the identity of the life-form is denied its security. We are talking about two kinds of security here. Whatever life-form the victim of this change is, if it is unable to adapt quickly enough, a serious enervating reversal of its life-support system may result. All living things must exist near their habitat, because their environment not only sustains their body but also their identity. A subtle identity-sustaining essence emanates from the environment, which is just as essential for the continuance of the creature's existence as food is.

A certain fish that lives in the kelp takes on the appearance of its environment. It is not just camouflage. Not only does the environment act as a food supply, it also provides for identity, the very core of the fish's existence. People's relationship with others closely duplicates this principle, experienced as an emotional security. However, the problem with emotional security with people, is that there is nothing secure about it.

Before we continue, something should be emphasized here. Any trauma or successful seduction, tends to transfer your allegiance from your natural internal source-of-being to the violating one. Where you once were sovereign, you are now a slave. The violating source has become the ground of a new being within you: very tiny and embryonic at first. Unlike nature, which gives life in terms of food and identity, the seductive intelligence (the temptation of evil) reverses the process of nature. It draws you away from your true identity and feeds off your need, your weakness. The tiny earthling inside your soul cries out to be mothered for the sense of completeness and fulfilment. It is a psychic thing, which manifests in your body as a growing number of cancerous cells.

The kind of person who violates and sucks your life, usually has little or no life-force of their own. For the sake of identity and a sense of wholeness, you find yourself giving up more and more of your real-life, mistaking that giving to be love and devotion. This lifestyle leads to illness and your early demise. You are literally empowering your environment to kill you. Until you understand all this, you will go on giving your life in exchange for the ego illusion of worth. Plain and simple, it is spiritual vampirism.

Excited by the eerie presence of what seems to be love – or outraged by overt cruelty and manipulating skills – you exude an unhealthy vitality, upon which the parasite's nature feeds. They always walk away strengthened by the encounter, while you feel drained. Stop and think for a moment. How many different illnesses can you name that are based on the lack of motivation and energy? So, wake up and use your



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(continued)*

*Be still and you will
soon know Him.*

God-given common sense and perceptive powers and you will see all those who drain you. You cannot live with these people; neither can you live without them.

You need to find that much higher Source of love and life-giving fulfilment, Who gives His life-form (curative Energy) in exchange for your devotion. This Life you seek is not of this world, it waits within. If you are willing to find God in your heart, then be still and you will soon know Him.

*Jesus said, "When ye have exalted the Son of Man, ye shall know...
I do nothing of myself, but as my Father has instructed me"*

– John 8:28

"...the Father that dwelleth in me, He doeth the works."

– John 14:10

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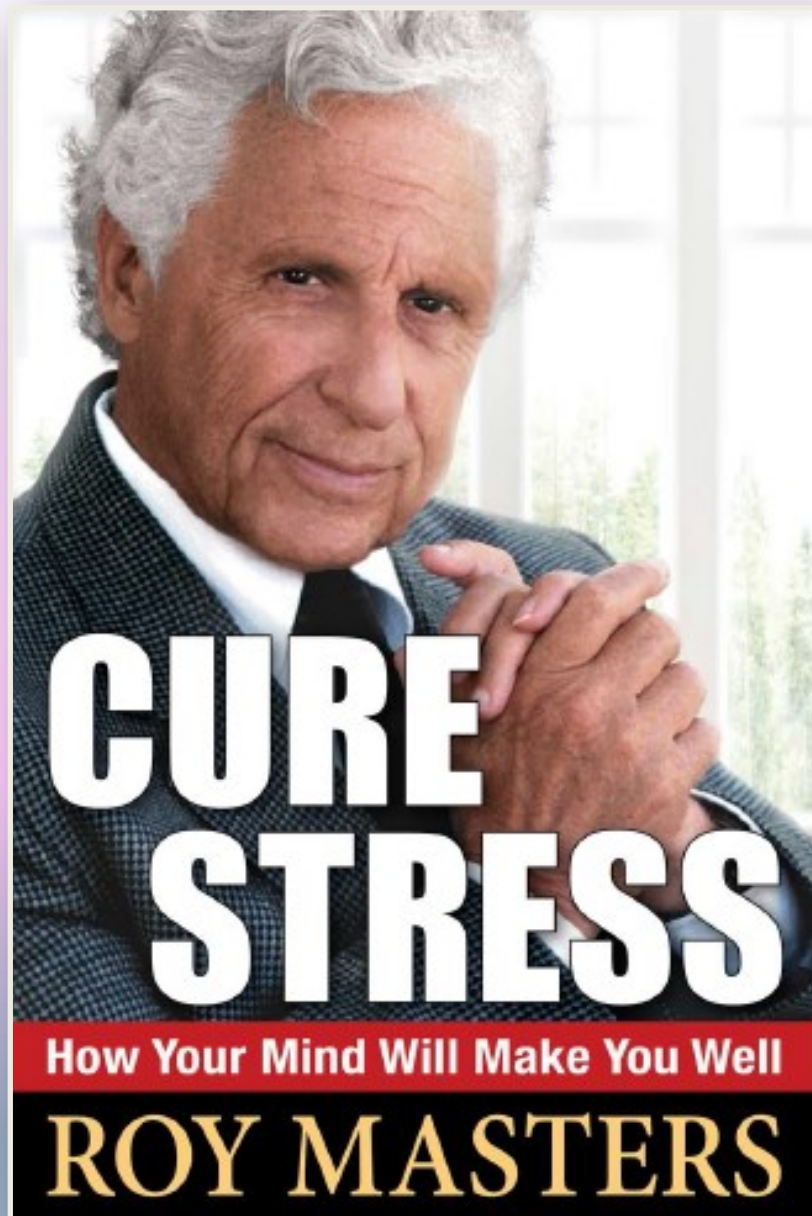
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*"And this gospel of the Kingdom shall be
proclaimed throughout the world, so that
all nations shall hear it and then ,
finally, the end shall come"*

– Matthew 24:14



The highly recommended book "Cure Stress" has a whole chapter on cancer titled "The Secret Cause of Cancer."

The PDF (electronic) version of the book is fully searchable, which means that you can jump straight to a topic that interests you.

The FHU in the UK would like to offer you the PDF version of the "Cure Stress" book, delivered to you via an email, **free of charge** or for a donation.

The "Cure Stress" paperback is on sale for £15 including p&p.

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

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The Sinews of Peace by Winston Churchill

It is necessary that constancy of mind, persistency of purpose and the grand simplicity of decision shall guide and rule the conduct of the English-speaking peoples in peace as they did in war ... where the wage-earner strives amid the accidents and difficulties of life to guard his wife and children from privation and bring the family up in the fear of the Lord ... we must never cease to proclaim in fearless tones the great principles of freedom and the rights of man which are the joint inheritance of the English-speaking world, and which through Magna Carta, the Bill of Rights, the Habeas Corpus, trial by jury and the English common law, find their most famous expression in the American Declaration of Independence.

Constancy of mind,
persistency of purpose
and the grand
simplicity of decision
shall guide and rule.

All this means that the people of any country have the right, and should have the power by constitutional action, by free unfettered elections, with secret ballot, to choose or change the character or form of government under which they dwell. That freedom of speech and thought should reign. That courts of justice, independent of the executive, unbiased by any party, should administer laws which have received the broad assent of large majorities or are consecrated by time and custom. Here are the title deeds of freedom which should lie in every cottage home. Here is the message of the British and American peoples to mankind.

Excerpts from the Rt Hon Winston Churchill MP's speech at Westminster College in Missouri on 5th March 1946.

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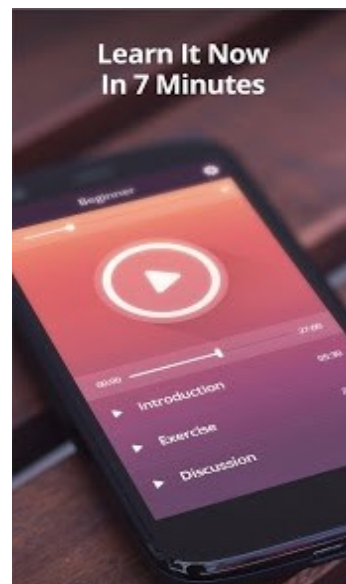
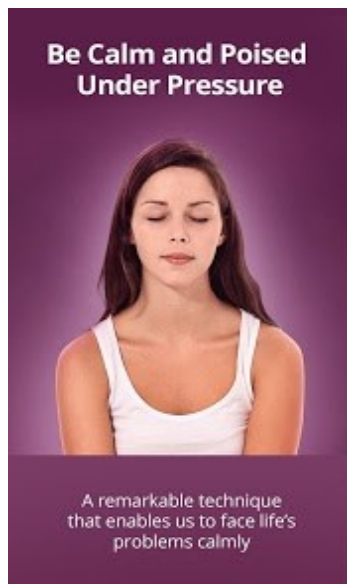
*While ye have Light, believe in the Light, that ye may be the children of Light
... the kingdom of God is within you.*

(John 12:36/Luke 17:21)

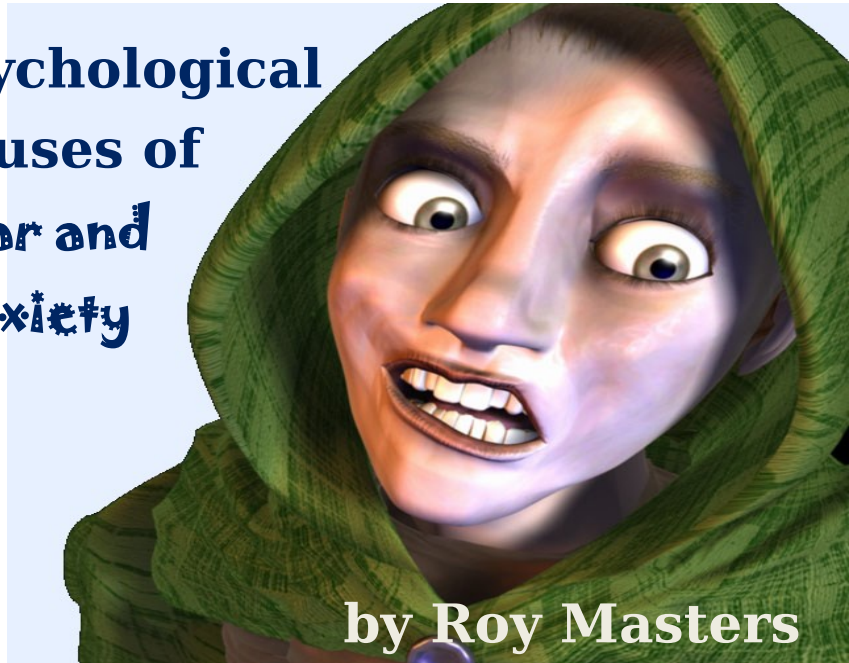
The four Cure Stress programmes are available as an app for Apple and Android smartphones

Cure Stress - unique technique for relief of anxiety, pain, stress, insomnia and more. The app and the 7 minute meditation can be downloaded free.

The four programmes are in-app purchases: £3.16 - £4.95 per item.



Psychological Causes of Fear and Anxiety



by Roy Masters

Selfishness is really a terrible evil; at least that is how others see it in you, whether or not you see it in yourself. From an alligator point of view licking your chops, you are only being good to yourself in seeking fulfilment and gratifying your gigantic ego's greedy needs. Your growing emotional ego needs are always wicked and offer fair game for the other hungry manipulator alligators, who seek gratification and a sense of power. Any relationship based on need and greed is a living hell. There are never any winners no matter who seems to be on top.

Perhaps you now see that before you can resolve any of your emotional responses to anyone or anything, you must first become objective to your own motives and your own particular set of hungers, and prejudices. At that point the way you see life changes. The way people react to you changes also, and you will be surprised to find out that most, if not all of your morbid emotional feelings, spring from the frustration of your will and/or your own selfishness laid upon others.

There can be no frustration without wilfulness. Frustration indicates wilfulness. Frustration is proof that your egotistical will is involved in a manipulative way somewhere down the line. It makes no difference what that willed thing or goal is; whether it is love, money, position of importance, a job, or simply the happy home you never had as a child. The emphasis on that goal causes you to leave your principles behind and become subject to the goal object.

The more objective you are, the more clearly you can see selfish, egocentric motives lurking behind everything you say and do. You will also see that it is what you expect and do not receive that makes you so upset – and it is what you do get, which makes you more frustrated, hungry, selfish and demanding. Remember that selfishness has two upsetting, provocative sides; it is both seductive and cruel.

*The more objective you
are, the more clearly
you can see.*



*Psychological Causes
of Fear and Anxiety
(continued)*

Here are some examples of how attitudes bring about emotional stress in yourself, as well as in others.

A mother reacts badly to her son's school grades. The secret reason for her emotional upset arises from the fact that she is living through her son and trying to make up through him the sense of failing in her own life. His poor grades threaten the pride she wishes to take in him. Like every dyed-in-the-wool ego maniac, she believes that her child is supposed to reflect her glory to the world, and he does not. Hence mother's will is frustrated and she becomes desperate. This causes her to feel resentful, and this resentment in turn fuels her determination to force him to succeed in school. Unfortunately, she doesn't realize that through the pressure, she is projecting into her son her own secret failing, which she is seeking to cover up by making it good in him. So the son reacts, rebels and fails. He even finds a perverted sense of ego accomplishment and satisfaction in thwarting his cruel mother's goal. But mother's attitude is behind mother being upset. Add to that mother's blame and stubbornness.

Vast amounts of emotion are also needed by guilty egos, who escape reality through being enveloped in sensations of security. So the more wrong you are, the more you find yourself living in a state of anxiety without knowing why and without there being an obvious external cause.

*What has the power to
make you feel good,
also has the power to
make you feel bad.*

Can you understand these two primitive causes for emotionality, one rising from the other? One system of upsets comes from real threats, while the other arises from wrong attitudes.

But take a good long look at the bottom line of attitude and you will see that it is attitude alone, which sets you up to react and overreact to life's real stresses. Wrong attitudes render you sensual instead of sensible, and that sensuality is what makes you more and more sensitive to real stress. Pride then transfers the relationship from your True Self to the conditioning of the world.

It is the desire for some kind of ego benefit or advantage that brings you to the threshold of disobedience, dishonour and disadvantage. Soon you find yourself reacting negatively to the cruelty behind the smiles and deceit, to which you once reacted to positively. What has the power to make you feel good, also has the power to make you feel bad.

What now has the power to make you feel inferior, embodies the same false spirit of that which originally made you respond greedily and with vanity! It need not be the same person through whom the shock originally came. To take you captive and subject you to humiliation, that



*Psychological Causes
of Fear and Anxiety
(continued)*

person need only discover and hold out to you, your secret need or wish.

Without grace with which to conquer fear and inferiority, you are forced to outrank your tormentors, trying to place them in the same unfortunate position as you are in. While this subject is another area of exploration – and although we are primarily interested in understanding the emotional states caused by attitude – there is an extra lesson to be learned here.

You are no doubt presently involved with numerous fears and anxieties, which have arisen from being emotionally upset, and which come from being entangled in marital or business intrigues. But hear this: merely thinking in terms of revenge or trying to work out a problem through worry is another cause for fear and anxiety – not only because it is wrong, but because it evokes negative animal feelings.

Daydreaming in offensive/defensive terms of carefully prepared speeches is sufficient to cause the sweating palm type of anxiety, the reason being that when one is lost in thinking, thoughts seem as real as reality, and it will appear as though the threatening personality in fantasy were there in body. Therefore your body will respond as though it were fact.

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Having a person at bay in your head is more manageable than confronting him. In your fantasy world you can be brave in thought, word and deed. You can outfox and foil all sorts of imagined verbal attacks and physical assaults and still come out with your ego smelling like a rose. While involved with all the mental gymnastics, your ego also evokes emotion, and emotion is the stuff, escape as well as fantasy is made of. Other negative side effects are so numerous as to be uncountable.

In order for your guilty ego to avoid realizing the Truth – and in your desperation to escape reality – your ego's need for escape grows to call upon a picture system to produce larger and larger amounts of emotional energy to fuel those mental adventures. And so, without realizing what is causing your fears and disturbances, you live more and more guiltily, in a tense emotional state where you cannot realize the reason for your anxiety. Think of it! You are presently, emotionally reacting to your dream state as if it were an environment. This process debilitates you. You become less emotionally (spiritually) equipped to face people in real life situations, and even less willing to face the Reality within. So here comes the fantasy again. You become more fearful, more guilty, yet more sensitive to the stresses of life, both real and imagined.



*Psychological Causes
of Fear and Anxiety
(continued)*

*All inferiorities,
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Do you see how your ego tends to evoke the very emotions it should really be resolving? Can you see how that leads to guilt feelings, inferiority and resentment? Can you see how your ego needs to escape from the very stress that made it guilty?

All inferiorities, anxieties, fears and emotional responses are therefore linked to secret attitudes. These attitudes have, in some distant past, mysteriously and secretly separated you from a state of Grace and made you subject to the worldly authorities and their subtle pressures and offerings. In your rebellion and in that struggle against realizing your enslavement, you used mentally-aroused emotions as well as those emotions that arose from failing to cope with pressure itself. And so, between the two, failing and not wanting to face your faults, the original sin state of pride is preserved and repeated until it kills you dead!

The loss of the person or object reveals that enslavement and you experience the familiar shock, guilt, anxiety and fear that spring from that loss. This is the threat reaction syndrome from a non-threatening or non-existent danger.

I can still recall the discomfort from buying a small gadget that fascinated me and that new car I thought I needed. The anxiety I felt was very well-founded.

So please be careful of your buying sprees. Be conscious that any time you buy ANYTHING, no matter how cheap and insignificant (even one single penny's worth) if you buy it for luxury or for amusement, to lift your ego, you will notice first the tug of war with your conscience.

Then, the excitement that hypnotically separates you from Reality and binds you to the thing. If you are a sensitive person, you can sense the meaning of the moment, and the effect of that awareness will be discipline. You will walk away triumphant, feeling free from the lusts of the beastly ego self. Conversely, in your lack of wisdom you will feel the aftermath of a growing anxiety.

Anxiety also comes in the form of monthly payments and in great waves of boredom and futility, as the novelty and newness wears off. But here you can luxuriate again through recall, or by secretly resenting your spouse, the salesman, or the object, as though it had cheated you. After all, it did appeal to you, and it did promise your ego a measure of happiness and satisfaction. But it lied and cheated; it hurt more than it helped; it enslaved as it promised to set free. Your resentment and blame evoke and involve you with memories, which so neatly keep you from seeing your fault. Every sin experience leaves an impression in your head that is kept alive, recalled and reused later



*Psychological Causes
of Fear and Anxiety
(continued)*

when you have nothing external to entertain you or upset you.

Look at this principle as it applies to music. You are a romantic and the band is playing "your" song. The music lifts your ego out of its boredom and inspires feelings of love and great self-worth. The song lingers in your mind in a hypnotic way. After this experience, any time you are lonely or "blue," the sweet refrain, the romantic melodies from those special moments come back to haunt, rescue and entertain you again and again. Your mind has millions of such scenes and your soul is lost in all of them.

This might be a good place to mention why music is so effective. Language devoid of spirit has no lustre. Music (inspired by the seductive ego-soothing evil behind it) puts back into language sparkle, and now seduces again through its catchy rhythm and melody.

If Adam was seduced by an apple, he can be all the more seduced by apple strudel. The aftermath of the "blues" or depression is actually the result of an awakening to what has, by seduction, really happened. So what do you do next? You conjure up the temptation, the very thing that has destroyed you, and you employ it again and again to soothe the tortured soul in thought and in deed. The memory serves in a similar way as the actual experience, providing energy, illusions of worth and escape from the reality of what a pathetic god you really are becoming. Every time you feel guilty, useless or worthless you set a bigger goal or you hallucinate about the past glories or failings. Men stranded on a desert island dream about sizzling steaks and the girls they left behind. Why, to avoid facing the pain of Reality.

"We can rejoice when we run into problems and trials, for we know that suffering produces endurance, and endurance produces character, and character produces hope – because God's love has been poured into our hearts through the Holy Spirit, who has been given to us." (Romans 5:3-5)

*Every sin experience
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your head.*

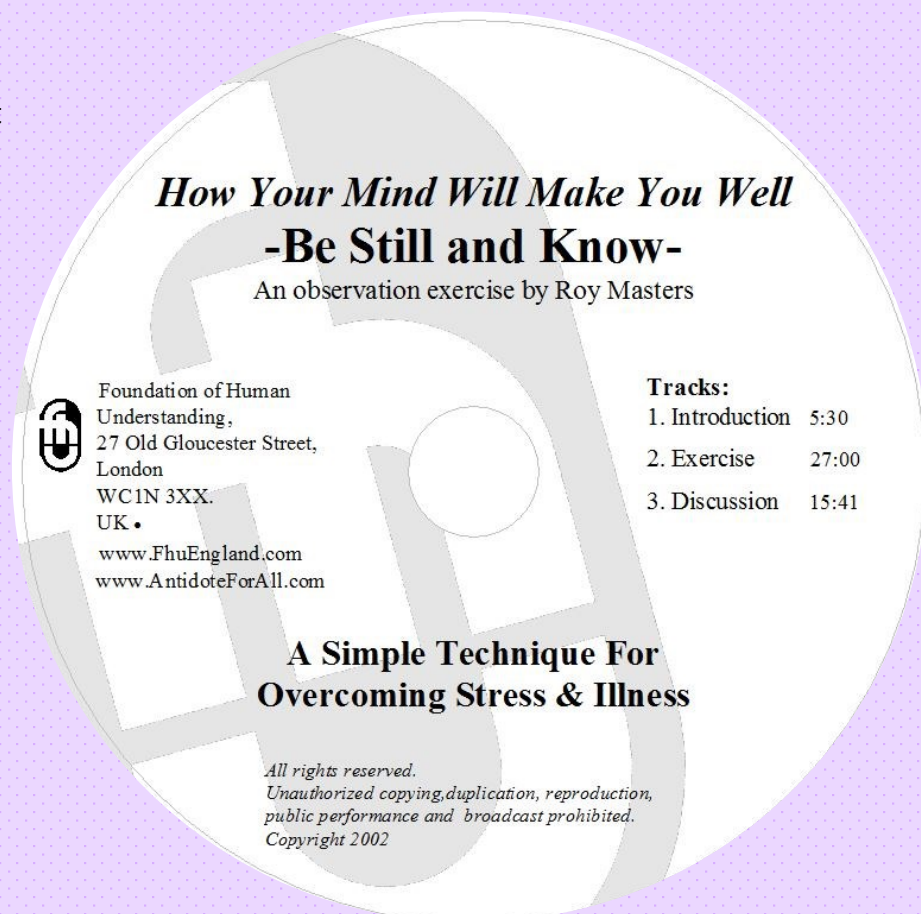
*"The FHU in the UK is run
entirely by volunteers,
therefore every penny that
you donate goes towards
showing people how to
enhance their mental
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In a quest to improve the emotional health and wellbeing of the nation, this CD has been sent for free to many of the major mental health charities. This will also enhance the user's physical health, as they no longer need to compensate with comfort eating for the inner emptiness and conflict brought on by their resentment towards others.

*We are so confident that this CD will work, if used with a sincere heart, that we would like to offer it to you for whatever you can afford or **free-of-charge!***



The exercise is available as an audio CD or MP3 files emailed to you.

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Express Yourself



The Windows of Heaven

"Let Me prove it to you," says the Lord of Hosts, "And see if I will not open up the windows of Heaven for you, and pour down for you an overflowing blessing" (Malachi 3:10).

The purpose of the FHU is to bring you to the blessed state. The "awakening" that Mr Masters brings you to from his teachings, is this purpose that the Heavenly Father has for you.

If your eyes, which are the lamps of your soul, are not windows of Heavenly vision (perception), you will be unable to see (blind to) the majesty of God's creation. God's love for you is through the love of His Son, representing the perfect soul. The "awakening" is confirmation of the Holy Spirit's ability to teach us all things Holy and wise.

"Your mind shall be renewed from within" (Romans 12:2). After the "awakening", your life is promised to succeed, it cannot fail. The fruits of the Spirit will become your blessing and the Truth (God) will always be there for you. All the fear, struggles and anxiety will disappear. Guaranteed!

Of course, God has always been there for you. It was only your ignorance and prejudice that blinded your refusal to believe.

I urge you to do the FHU's meditation. Time will cease to exist and love will grow in your heart. The clouds of emotional thought will dissipate and clarity will ensue. Delay no longer.

Glen - Basingstoke, UK

Dear FHU

It's a FIFA World Cup year and I will have to endure its influence everywhere I go. A billion football fans around the world becoming so caught up with the game, they will genuinely feel as though they are part of it. They are totally deluded and are living their lives vicariously through the players. Most of the fans will watch the TV and then take the credit if their team wins. "Yes we did it, we scored," will be the chant. No, all you did was watch the game. If I watched you paint your bathroom and then took the credit for it, you would think I was insane. This is mass hypnosis on a global scale. Spectator sports fill the spiritual hole in the soul, which should be reserved for God. Fans are pridefully playing God instead of humbly obeying His will, by listening to their consciences.

Malcy - UK

Help others by expressing 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.

Clouds of emotional thought will dissipate and clarity will ensue.

NEW INSIGHTS

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A website banner for Fhu England. At the top, there is a navigation menu with buttons for HOME, LISTEN, WATCH, READ, DONATE, SHOP, SUBSCRIBE, APPS, and CONTACT. Below the menu, the text "Welcome To Fhu England" is written in a large, white, cursive font. In the center, there is a black box containing the text "Vintage Roy Masters Radio Programs Seminars Lectures" in various colors (green, white, red, yellow). To the right of this text is a black and white photo of a man in a white shirt talking on a telephone. Below the photo, the text "Click Here" is written in blue. At the bottom of the banner, the text "Call 001-541-665-0719" is written in yellow, followed by "Adviceline Live @ FHU.COM : 2am - 4am GMT Monday - Friday" in white and green.

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