



New Insights

illuminating your emotional health and wellbeing

Summer 2021

Foundation of Human Understanding

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Out of Control People Use Anger to Get Control Back

You must learn how to be patient with cruel and thoughtless people. You must learn to be poised and calm; otherwise, what is wrong in them shows up in you and makes you look like the bad guy.

Being upset is your weakness – your Achilles heel. All heartless, cruel, power-hungry, unprincipled people inherit the know-how to make your slavish emotional responses work for them, and they have no qualms about casting you aside after you are spent and broken.

THE AWARENESS THAT COMES FROM OBJECTIVITY IS THE KEY TO EVERYTHING THAT YOU SHOULD BE SEEKING.

Look carefully at patience and see how it is also love. Patience is self-control and therefore, happiness. Since patience is calm, unresponsive and disobedient to evil pressure, it is also peace and joy.

Do you reach for the glorious illusion or for the humble Reality?

The Negative Influence of Positive Thinking

The true authority is within; those who are truly linked to that authority in themselves understand the very delicate process of slowly introducing their children to their own centres of dignity.

Unfortunately, most parents and teachers condition the child to answer to the pressure of outer authorities, and thus they separate them from their real selves. Once this conditioning process begins, there is less and less direction from within and more authority imposed from the outside, which children either learn to depend on or else rebel against.

*Look carefully at
patience and see how
it is also love.*



How to Control Your
Negative Emotions
(continued)

*THE SOUL HAS
ONLY ONE POWER:
THE INCLINATION
TO BELIEVE*

Dealing With Morbid Thoughts

Have you ever wondered why you were so sensitive to words, constructive or destructive? (You notice more in the negative form.) The ego is built on exciting ideas, and fantasies are assembled from the words we need to hear. Naturally we resent people who fail to look up to us and who, instead, condemn us – but that’s how guilt forms and begins to associate with the words. We even make ourselves ill so that we can think that there is something wrong with the body instead of its owner. In refusing to suspect the real reason within, we come up with ideas (compensations, really) that help us throw the blame elsewhere, something like a physical ailment, but never a spiritual one!

The Real You and the ‘Not You’

Repent of your anger and thus fast from the stimuli that feeds a prideful, brutish existence, and then the Light comes shining in, flooding your mind and body with the essence of the Light. You will then move and have your being in a positive way that will also bring a whole, new and beautiful world into existence.

By hating the sinner, you are really in accord with the sin in him. To be tempted to hate, you must first have had an ego need to judge, and the tempter merely sensed that need and brought it to light. Currently, the invisible Prince of Darkness rules on Earth through the lives of sinners, who cannot refuse to serve him for fear of losing their glorious illusions and false righteousness.

Implanted Identity

Whenever you become stimulated emotionally, the source of that excitement implants something of its identity in you. Then a strange thing occurs; instead of being terrified and revolted by that particular experience, you can become attracted to it, fascinated by it, even needful of it. You can grow to love the most despicable, degenerate people, places and things and never see anything wrong with your associations.

Resentment is a reaction to temptation, and that resentment can build to become the shock that one day will change you permanently. The only shock that can change a man for good is the shock of Truth. You must not try to create change in others, for to do so is to act from pride.

Believing, Loving, Hating

Everything you do is a result of what you believe. Human beings cannot function at all without belief. **THE SOUL HAS ONLY ONE POWER: THE INCLINATION TO BELIEVE.** The truth is, you will never recover your health,



How to Control Your Negative Emotions (continued)

your sanity, your happiness and sense of purpose unless Truth is gently and quietly revealed to you from within, through the stillness of your soul. You must not affirm a faith nor must you hope in any man-made system or concept, merely because you know that you can only be rescued from the false-belief by faith. It is not simply faith that saves, but faith in the Truth.

“As a man thinks in his heart (according to his inclination to believe), so is he.” Proverbs 23:7.

Restoring the Soul

Let me emphasize that meditation is not an elaborate procedure; on the contrary, it is the very essence of simplicity. In fact, the only real problem in learning how to do it properly is realizing just how simple it is. Your role is entirely that of an observer; you must resist the impulse to make things happen, especially in those moments of impatience (doubt, really) when nothing new seems to be occurring.

Some people commence meditation expecting fiery revelations, coloured lights and angels singing, yet the only kind of thing they may discover in the beginning is that they hated their parents. The first truth is always the truth about your own faults. In the beginning, you must not expect to become much more than an ordinary person; don't expect to become a saint. The way back from where you are now to a normal, natural self involves a seemingly endless series of discoveries and a mental sorting-out process that can become quite painful at times.

Do not try to make your mind blank. It is proper to think while you are observing your thoughts passing by. Only the improper thoughts will attempt to attract the observing Self to follow them; however, you will be made aware that you have been caught up in your own mental activity, and that very awareness restores your objectivity. This process of becoming involved with wrong thoughts, being made aware of your involvement and being returned to the objectivity of the moment, will happen often and for a long time to come.

Through your meditation, you must grasp the principle of remaining aware and staying in the moment. This is the key to the Kingdom. Do not project by looking forward or anticipating future events. Looking to the future or dwelling in the past causes you to remain in the world of your imagination. Because of this fact, you fail to apprehend reality and to appreciate the true beauty of the Ever-Present Presence, filled with vital meaning in the true present moment. •

*These are excerpts from the booklet:
"How to Control Your Negative Emotions"*

*Looking to the future
or dwelling in the
past causes you to
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of your imagination.*

How to Control Your Negative Emotions Booklet

Concise and to the point, the nine pages of selected text will really help you take control of your negative emotions instead of them rearing up and taking you over when you're under pressure or stressed.



Roy Masters writes about one simple principle that will KEEP YOU SAFE UNDER ALL CONDITIONS OF STRESS AND PERSECUTIONS.

The secret of anger management already lies within. Therefore, the solution lies in the present moment. The present reaction of resentment builds upon the original implanted event and reinforces all aberrant behaviours. I have found a way to break that spell by reconnecting a person to his or her original innocence. If you discover the way to stop reacting to the present as the extension of your past, a wonderful thing happens.

This can be accomplished by a simple technique that needs no support group, just a recording and a book through which to relearn the way to connect to our original selves and disconnect from overreacting. We become calm in the face of confusion and cruelty, and by remaining poised in the face of adversity, we starve the original root of implanted behaviours of their daily reinforcement. We become free and in perfect control of our emotions.



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Excerpts from the book
'Meaning & Happiness'
previously published as 'How to
Conquer Negative Emotions'.

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The Optimum Form of Obedience by Wilfred N Caron



An exposure on techniques of hypnotic manipulation used on unaware, uninformed people, "God gave them a spirit of stupor, eyes that they should not see and ears that they should not hear." Romans 11:8 King James Version.

Whether in an "advanced" society, in a "backward" tribe, in business, in industry, in the military, in a cult group, or along a lonely highway, the mind control process is essentially the same. The principle for controlling the minds of men would seem to operate as follows: severe stress, shock, fear, tension, excitement or anxiety are imposed upon the unsuspecting individual by subjecting him to arbitrary and frightening authority, by placing him in an unfamiliar situation, by bewildering him, by upsetting him with petty or slanderous remarks.

The resulting emotional reactions: stress, shock, surprise, anger, fright or revulsion will then lead to the onset of brain inhibition, paralysis, and the hypnotic state. The conscious, reasoning mind is effectively short circuited, put out of action, bypassed, and the subconscious mind, now void of its guardian, is suddenly exposed for possession and programming.

If the excitement is moderate, rather than sudden and violent, prolonged stimulation will be necessary to cause the onset of hypnosis. The victim has no choice but to submit, to submit to a force greater than himself. While in this trance state, the subconscious mind cannot resist being programmed in a gainful, criminal way.

Hypnosis is natural. Hypnosis, like sex, is a fact of life. Both animals and humans are susceptible to this "natural" phenomenon. Briefly, hypnosis is simply the effect of force, of fear, of power, of authority, over the weak. It is the influence of one animal over another, of one person or group over another—a powerful personality dominating a weaker personality, the dictator dominating his nation with terror; the military officer dominating the soldiers with the fear of reprisal, the employer dominating the employees with the fear of being fired, the SLA terrorists dominating Patricia Hearst with the fear of death, Charles Manson dominating his "family" with the fear of being ostracized, ad nauseum.

Hypnosis is simply the effect of force, of fear, of power, of authority, over the weak



The Optimum Form of
Obedience
(continued)

The hypnotist uses startling methods, and if the subject is nervous, tense and expectant, the subject will easily slip into a hypnotic trance.

Fear and awe, plus authority, make for an effective combination. When this combination is manipulated by anyone who understands this human weakness, there arises in the mind of the intended victim a deadly form of hypnosis.

Obedience to authority which has been praised as a virtue by those in authority is simply a conditioning of society, a pressure towards conformity, a hypnosis that has far reaching consequences. Obedience to authority is the all-powerful force behind every hypnotic phenomenon—without it, there is no hypnosis.

The mass murder/suicide of the Jim Jones' People's Temple Movement is not unprecedented in the annals of history. On his behest, Joseph Stalin, in an effort to consolidate his power, his authoritative position, insisted that the whole leadership of the Communist Party that conquered Russia commit suicide. Like Jim Jones, Joseph Stalin was the leader to whom they had hypnotically given themselves, body and soul. Those who would not die for their leader were considered traitors, and murdered. A great many devoted communists confess to trumped up charges, although they could not possibly have committed them and demanded their own death. The men on trial had been systematically reduced to submissive puppets, and their puppeteers called the tune.

An authority, if sufficiently believed, will unquestionably be obeyed. Allen Wood, a "Moonie" who defected after five years with "Reverend" Sun Myung Moon, leader of the controversial Unification Church, says, "I've never seen anyone as authoritative as Mr Moon . . . Given that commanding force and intense conviction of his religious convictions, you just know that Mr Moon believes that he is what he says he is."

If we are caught up with authority, and most people are, the professional hypnotist can put us under by the simple application of his confident, authoritative, overbearing manner. He does not need fancy crystal balls or swinging pendulums, the professional hypnotist depends on his reputation, position, and prestige—the awe, expectation and suggestibility of his audience. Expectation can be aroused through the medium of fear. The audience may be in great awe of the hypnotist, due to prearranged publicity and advertisements. The subjects chosen from the audience may be fearful and apprehensive that they will succumb to the influence of the hypnotist.

Friedrich Anton Mesmer, one of the first professional hypnotists, spared no pains to make his exhibitions as awesome, impressive, inspiring and emotionally tense as possible, in order to create the effect that mysterious forces were at work. Mesmer got very close to the truth about hypnosis. The alarmed hierarchy tried to censure him. He was first ridiculed, later he had to flee France for his life.

If we closely watch a professional hypnotist operate, we will notice that he does not "suggest," he "persuades," he "commands." He does not say, "Please, don't you think you should close your eyes?" Instead, he commands authoritatively, "You will now close your eyes."

Hypnotists who use as a technique "surprise attack" have few failures. Occasionally, the stern, piercing "hypnotic" eyes of the hypnotist will cause a cowering subject to go into deep hypnosis through fear alone.

Hypnosis can be induced by some strong excitement such as a loud noise, a sudden, threatening gesture, or even a scream. The sudden



The Optimum Form of Obedience
(continued)

introduction of a bright light into a darkened room can also induce a state of hypnosis.

Our personal vulnerability depends a great deal on our emotional makeup and the nervous system that we have inherited. Tense and anxious people can be more effectively hypnotized than calm, placid ones.

Even when hypnosis is used for entertainment, medical, or analgesic purposes, its dark, sinister, evil side, though still present, can be easily concealed from inquisitive people.

Early Russian psycho-politicians have stated: "a population must be made to believe that a hypnotized person will not do anything against his actual will, will not commit immoral acts, and will not act as to endanger himself." This is certainly not true of commands implanted with the use of electric shock, drugs or heavy punishment.

"The optimum obedience is unthinking obedience. The command given must be obeyed without any rationalizing on the part of the subject. The command must, therefore, be implanted below the thinking processes of the subject to be influenced, and must react upon him in such a way as to bring mental alertness on his part." •

The Hypnosis Process

Hypnosis can be overt as in stage show, or covert, where someone is out to manipulate and control your thoughts and decisions without you realizing what their true intention is.

The hypnotist will talk with great authority, confidence to convince you that he/she is an expert.

The conscious mind is responsible for logical thinking and analysis, but is only 10% of the mind. Once it is totally fixated on something or has been given too many things to think about at the same time; then the subconscious mind is left to process any suggestions: which it cannot do.

A covert hypnotist will use: shock, flattery or intimidation to consume the conscious and engage the subconscious. A sales technique is to bombard the customer with information faster than it can be evaluated. The information is often stretching the truth, but the recipient cannot see that until it's too late and has fallen for the scam.

An overt hypnotist will often get the subject to become very relaxed by suggesting that they go into a calm and relaxed place. Into deeper and deeper relaxation as the hypnotist counts down from 10 to 1. At the same time, something is given to intensely focus on. A snap of the fingers or a pull of the arm followed by a commanding "sleep" is now all that is required to surprise the victim and induce a trance.

The subconscious mind cannot tell the difference between dreaming and reality. So your body will obey whatever it is being told to do because it is not being countered by the over-worked conscious mind. Separated from its ability to see through the manipulator, often the wrong decision will be made.

The hypnotist will talk with great authority, confidence to convince you that he/she is an expert.



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Mail order is also welcome, see the back page for our address.

Tired, Drained & Exhausted by People?

by Roy Masters

Every emotionally-caused pathological disease is due to some kind of energy drain from overreacting to demanding people.

The road to power lies through injustice; the more severe someone's cruelty, the more quickly you lose your heart to them. Injustice derives a false faith of power from robbing you of yours.

Unfortunately, most victims see their servitude as the loyalty of love. Those who emulate their masters are promoted. The remainder are punished for not pleasing their tyrants, no matter how much they try. They are expendable: food in a dog-eat-dog chain of command.

Through the sin of aroused anger, the irritating will of the abuser attaches to your soul as the sin of judgment. If you never hated (judged) anyone, they could never get inside you, but they do.

Don't you see, they want you to be full of rage, because what got inside them wants to get into you through making you hate people made in God's image, who were likewise infected. Resentment transfers everyone's life-force down a chain of command.

*Let His Light take
away your pain; fear
nothing, for you are a
work in progress*

The god of the "underverses" is like a fire, always smouldering below. We are emotionally drawn close to the blind will that truly runs the world.

It commands people to be spiritual vampires to take our power as food for their will. They keep their eternal power on a habitual diet of others, and the so-called "dark powers" that await after death, are simply other vampires in new phases of consumption.

Not always does this involve carnage or blood; it is a matter of spiritual conquest. This is Original Sin: an alternate karma, a heritage of power and supremacy from which we need to be saved by our Lord, Jesus Christ.

Under the spell of angry emotions, you are forced to play one of two inhuman roles – beast or slave of beast. We do unto others what was done to us; resentment condemns all to a hell on earth.

If you see yourself in this writing – smile, you are almost home. Do not struggle to be free, that complicates everything.

Become a helpless observer, a child crying inward for Christ's revealing and saving light; He needs not your help. Let go of thoughts.

Be still and let old emotions, memories and guilt surface. Let His Light take away the pain; fear nothing, for you are a work in progress. ●

Speaking Out



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Dear FHU

Having been inspired by Roy Masters for nearly 40 years, I could not but help write this tribute to such a great man, as his very words will forever live in the hearts and minds of all those who have been fortunate enough to have been touched by or been in contact with. Thank you for giving me this opportunity of voicing the feelings of not only myself but all of us who have been left the legacy of this wonderful organization for us to share happily among ourselves together with the great master himself in spirit.

I (on behalf of our UK Group and our membership) therefore send our condolences to Roy Masters' children, grandchildren - his whole family. He was a great Englishman (an inspiration) and we are proud and grateful for his teachings and we all feel blessed by him, and are grateful to him. We are all better people for his guidance and teachings.

Manchan - Essex

On natural immunity and God-centred hope

Dr Yeadon's revealing New Insights article on T-cell Immunity to Covid led me to explore more about natural immunity (plus the new T-cell blood tests). I now glimpse the incredibly sophisticated design behind a well-nourished body's defences - from long lasting "killer" T-cells with adaptive immunological memory, to the much talked-about antibodies, to adaptive "natural killer" cells that oughtn't be confused with natural killer T-cells! The vast majority of people's immune-systems aptly fight off coronavirus infection without hospitalisation, and this ties in with a powerful statement made last year, "Don't be afraid of Covid. Don't let it dominate your life."

Hidden in plain view online, the government says the Oxford AstraZeneca "vaccine is produced in genetically modified human embryonic kidney (HEK) 293 cells." tinyurl.com/embryocells-astrazeneca-gov-uk. HEK293 embryonic cells were cloned from a healthy, aborted human-being.

The Dept of Health is trying to proselytize with their NHS campaign motto, "Every vaccination gives us hope." Only our loving Creator gives hope.

Adrian - Kent

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

See the back page for our contact details.

Our condolences to Roy Masters' children, grandchildren - his whole family

NEW INSIGHTS

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Roy Masters - 2nd April 1928 to 22nd April 2021



It's so sad that Roy Masters passed away on 22nd April 2021. This is a month after Roy's wife, Ann passed away on 12th March 2021. It's nearly impossible to quantify the positive effect that he had on so many lives.

The faithful servant has moved on but his message lives on.

It's our moral duty that we continue to give a new generation the opportunity of developing the life-changing benefits of becoming self-aware of the Truth about their lives and actually putting them into practice.

Learning how to cope with: manipulative, cruel, narcissistic, predator character types, allows us to take back control of our lives. It's vital that we continue to teach people how to overcome the potentially damaging effects of a warped soul.

Personal growth and spiritual development through humility, forgiveness and patience are amazingly beneficial to the individual and all of the people that they interact with.