



New Insights

Illuminating your emotional health and wellbeing

Winter 2021/22

Foundation of Human Understanding



Definitions – Page 2



Beware of the Narcissist – Page 6



Keep Calm - Choose Life – Page 7



Speaking Out – Page 10

Definitions by Roy Masters

From Hostility to Upset



Awareness: That is the secret to all existence: learning to be aware. Every time you want to do something that's wrong, you need to become less aware. Then guilt starts to catch up to you. You can't live with yourself. So you escape into unawareness, through smoking, drinking and so forth.

Concentration: If you concentrate too hard to know all in one moment, you will hypnotize yourself. (You cannot remember a whole symphony in one moment.) It is better to develop the attitudes of questioning, observation and wonder.

Emotion: Emotionality is a wrong way of experiencing things because it displaces discernment and blocks reasoning and common sense.

Failing: We deal with the pain of failing by not seeing our failing: we escape into our imaginations. You can be anything you want in your own mind, but eventually you won't see the difference between reality and your fantasy.

Fear: If you are firm in the faith and believe, the enemy will come to you one way and flee seven ways.

Hate: Hate may be a subconscious attempt to keep someone or something else out of you. Paradoxically, what you don't know is that hate caused it to enter in the first place.

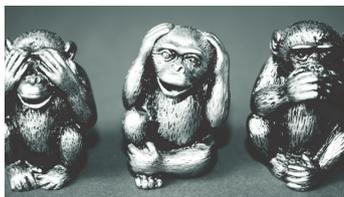
Hostility: Learn to give up hostility and respond to what you know is right in your heart and you will have it made.

Judgment and Stress: If someone provokes you to judge or hate them and you fall for it, it creates the kind of stress that can kill you.

An egotist cultivates the wrongs of others so that he may feel superior to them through his judgments. He judges others to escape the guilt of his original judgments.

We judge others to momentarily seem right in that judgment.

Every time you want to do something that's wrong, you need to become less aware.



Definitions (continued)

Prideful people draw energy from others instead of from themselves.

Your ego unconsciously looks for something to be disturbed about and that's what makes you worse and me worse.

The wrong in you escapes its wrong by judging the wrongs of others.

Judgment is the impulse to play God. It gives us a secret feeling of superiority over others even if we are not.

When you are gracious and don't judge or attack, you leave your channels open for additional information. You have an uncluttered path to answers. You also transfer the pressure of guilt properly back to others.

If you never pass a judgment with anger or resentment, (i.e. never get angry with people when they do wrong) then there is no need to forgive.

Love: Don't ever look for love from anyone; it's a morbid preoccupation that could destroy you. Have you noticed that when someone loves you "too much" they need something and this puts you uncomfortably on the spot? This, then, can breed resentment.

Love (misdirected): When you "love" someone "as they are," you are contributing to their dilemma. You reinforce the wrongs in them which ultimately become detrimental.

Love (need): Love should not be interpreted as a need for something. You can need whiskey, cigarettes, sweets, drugs, a woman or a man. Whoever makes you feel the most, you "love" the most.

Mind dulling: People may use food, drink, church or music to dull the mind from the perception of their faults.

Paranoia: Paranoia occurs when a person refuses to recognize the validity of his own inner conscience. He tends to make the feeling of being "watched" an outside thing rather than an inside thing.

People: As you move further from people, you move closer to yourself.

Pride: Whenever we are positioned to comprehend our wrongs, pride interferes to reject the ideas that we are less than we should be. Pride transforms our insights into our shortcomings.

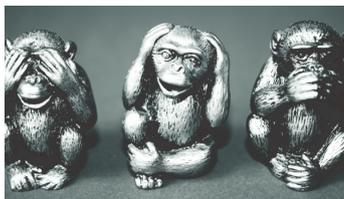
Prideful people draw energy from others instead of from themselves.

Problems: Your problems begin with your overreaction to pressures and stress, mostly through greed and resentment. Greed and resentment are the two keys you have to watch for.

Reaction: Look at the reaction in yourself that's stirred up by others. Just watch your reaction until the resentment simmers down. Others don't see what you're looking at. It seems that you're looking at them. Just wait for the answer, if any, and then be outspoken with firmness, kindness and patience. If no answer comes, the best solution in the moment may be to do nothing. Wait with patience until the answer comes.

Resentment: If you resent others for their foolishness, then you are foolish yourself. You need to find compassion for foolish ones.

Resentment is, in part, a misguided way of drawing energy. It distracts us from seeing our own shortcomings, and it gives us the energy to



Definitions
(continued)

People love to be upset because it's the only way their wrongs can be made to look right.

sustain that blindness.

The tendency toward resentment should be the first thing you should notice when someone acts selfishly or stupidly. Nip the resentment in the bud by "overlooking on the spot" and by being outspoken with firmness, kindness and patience. If you don't see the answer, wait patiently and graciously until you do. Wonder and wait without hostility.

There are two roots to most of your troubles:

- 1) Being egotistically lost in your thoughts,
- 2) Being emotionally responsive to pressure. Resentment is an outgrowth of egocentric thought and emotionally misdirected responsiveness. The key to dealing with stress is not to respond with resentment. Resentment and being upset are just different forms of hate. You resent (hate) others and others resent (hate) you back. You hate them for hating you back, and they hate you back in a cycle that never ends. Someone has to break that cycle by becoming patient and non-judgmental.

Right/Wrong: Your main desire should be to know what is right because it is right, not because you want to be the one who's right. When you want right and truth for the pure "rightness" of it, you will not be harsh or hostile.

Self-Observation: Each person should act as an observer of his own thought stream and, through that observation know there is a source higher than his own intellect.

Sickness/Health: Every sickness you have, no matter what it is, has something to do with an ego lifestyle. Locate the particular pleasure, excitement, emotional or mental activity that builds the ego up and gives it a particular satisfaction, repent of it, and your illness will get better.

Smoking/Drinking/Eating: Smoking, drinking and eating produce distractions in the moment from the awareness of those things which are disquieting to us.

Solutions to Problems: The key to the solutions to your problems is learning to respond to what you know is right rather than respond to pressure. Typically, we respond to pressure rather than to what we sense is right in our own hearts.

Stress: Ordinary stress will not hurt you. You are hurt only by a very special kind of stress that involves the cruelty or hypocrisy of people.

Struggle: If you struggle with your symptoms, you will be drawn in even more surely.

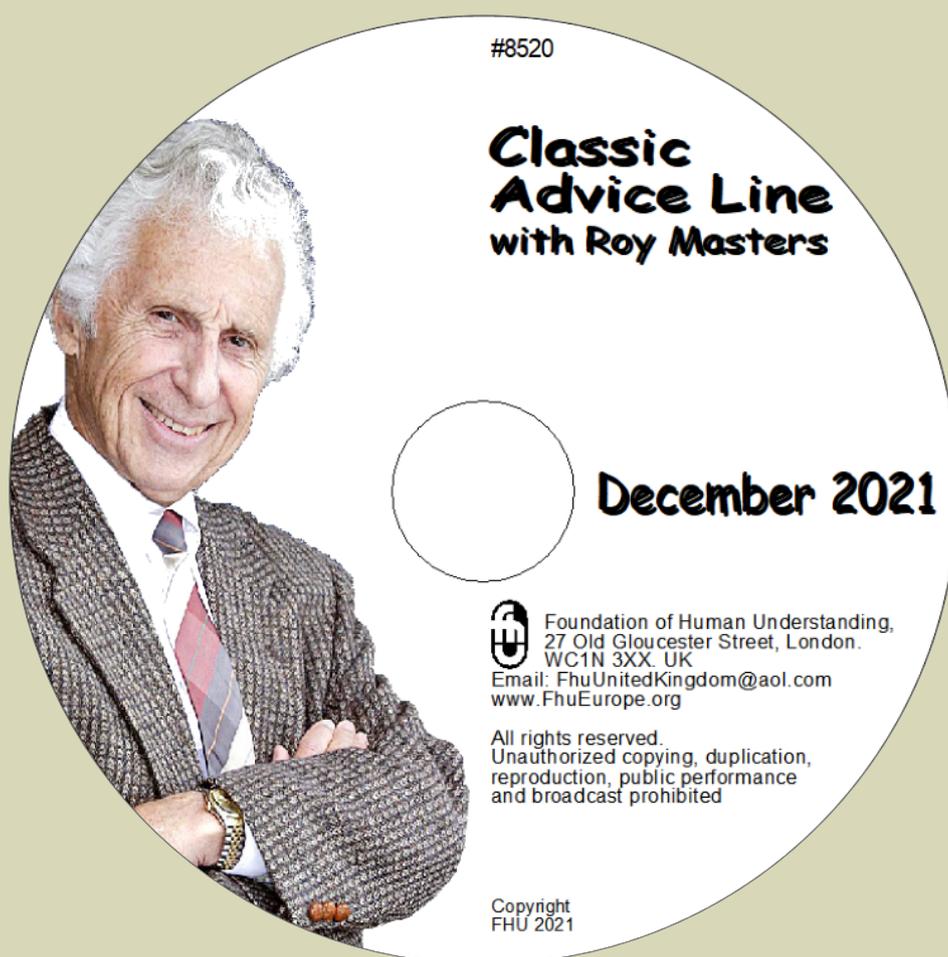
Thought: When people cannot bear the pain of their failing, they float about in their thought stream. Most people are floating (hypnotized) most of the time.

Upset: Being upset with people makes you less lovable and more shrew like. You employ the most destructive of all methods when you derive energy by being upset and resentful.

People love to be upset because it's the only way their wrongs can be made to look right. We think we're something when we're upset. ●

CD of the Month

For over half a century Roy Masters was helping people overcome their most difficult problems. As the USA's first and longest running radio counsellor, Roy Masters advised callers with a unique ability to hear inner problems, heal fears and sexual stresses, and help people take charge of their own lives. Listen to Roy Masters' gifted insights into personal problems and life's most daunting challenges.



These are powerful life changing stuff talks and conversations.

Stream or download free of charge at:

www.FhuEurope.org/Advice-Line

We'll even send you the monthly Advice Line CD free of charge.

Please see the back page for our contact details.



An introduction to narcissistic personality disorder (NPD). Narcs act in a grandiose charismatic way: this is what distinguishes them from sociopathic cousins.

Attention Narcs need to be the centre of attention and portray an image of how wonderful they are and how much people love them.

Love Bomb In the early days of your relationship the narc will praise you and lift you up. Their victims soon become accustomed and even addicted to this ego attention and release of feel good hormones.

Pathological Liars Lying is so deeply ingrained in them, they move seamless between telling the truth and lying.

Compassion Narcs have no capacity for compassion, empathy, love or joy. So they feed on the life force of their victims to make their meaningless, empty and soulless lives remotely bearable.

Energy Narc have no internal life force or natural vitality. When they upset you, energy flows to them and they take great delight in seeing you suffer.

Devaluation A Narc's method is breaking your confidence, making you feel worthless and lowering your self-esteem. They love dragging you down in order to feel superior to you. This provides them with the narcissistic supply that they crave to feel alive.

Triangulation In a romantic relationship they may make you feel that you need to compete against another person for their attention.

Gaslighting They will never admit they're wrong, it's always your fault. Narcs will make you doubt yourself and your sanity.

Projection A narc's accusations can actually be a confession of their faults.

Two Types The overt narcs are open in the way that they praise and devalue you. Covert narcs take their time drawing you in and are subtle in the way they abuse you; disappointment and ignoring you are their preferred methods.

Hoovering Once you have been abused and reject him, a narc will turn on the charm to draw you back into their life, in order feed on you again.

Grey Stone The cycle of abuse will continue until you have no contact. If there are children involved this can be difficult but don't ever react to them. Become as interesting to the narc as a grey stone. ●

Narcissists will project onto you what they are guilty of doing.

KEEP CALM – CHOOSE LIFE

by Shirley Edwards



We fail to see the importance of staying calm and objective in the 'present' moment.

You are our Peace, God, from the thousand wearinesses of our daily life, from the disappointments from the nervous and senseless haste, we turn to you and are at peace. Clamour dies, and we are alive in the sunshine of your presence.

Even so, please come, to this soul of mine.....

Telling people to stay calm, overcome, do the right thing during any type of trauma is almost an anathema to most human souls. Since the falling away of a connection to the real God, mankind has become very self-reliant on their own thoughts, desires, understanding and emotions to solve a problem. They are deeply embedded. Some people call it our ego, a false sense of who we really are. In this state, we fail to see the importance of staying calm and objective in the 'present' moment.

The current 'fear driven' pandemic is obviously not the only trauma which is also affecting millions. It is being succinctly pointed out via the media that suffering is also taking place in many other areas of human life. However, in some areas of suffering the media will never report the real devastation being created by people who may make the wrong choice in life whilst they are shrouded in false facts, beliefs and fear.

Good News is rarely reported.

The pro-life message, usually viewed as some sort of abuse or critique against women who choose abortion has been seriously disfigured. Contrary to some condemnation by radicals, it is mainly value and support which is extended to women by the pro-life movement, along with the promotion of value and the human rights of the unborn.

Despite recent 'research' that most women are relieved after having an abortion, it is reported that many women suffer deep regret and post abortion recovery groups have multiplied in churches nationwide.



Keep Calm - Choose Life
(continued)

Patience and forgiveness appear to be a corrective quality which only God can impart.

Parents are being helped by these ministries, and the power of forgiveness is being promoted.

It is also very encouraging that Caroline Farrow, Campaign Director of Citizen Go, reported the following in relation to the march:

"As I walked past the 'Extinction Rebellion' climate-change protestors at Trafalgar Square, I noticed that far from being aggressive or abusive they were interested and engaged by our message. One photographer from the press remarked on the demographics of our march, with plenty of young people and families, and commented on what a 'wholesome picture' we made, by comparison with other recent protests.

A handful of pro-abortion protestors doubtless concerned by the huge crowd (one policeman estimated the numbers as 4,000 people) attempted to scream offensive and abusive slogans but quickly realized that they were vastly outnumbered and moved on"

It appears to me that people are really waking up to the culture of organized and controlled fear and returning to the spirit of life and 'wholesomeness' as indicated in her quote.

I also noticed that the opposition moved away when they realized they were 'outnumbered'.

Is it possible that more light is coming to the earth to expose the darkness? I think so.

If you have ever played the game of snakes and ladders you will know that on the throw of a dice you can be moved forward one minute but down the next depending on which square you happen to land on, and life can be very much like that. Bad news, divorce, death, illness, can sometimes see you slipping down the slithering snake of despair, depending on your own reaction and attachment to an outcome, and before you know it you are in a cobra crush of crippling confused thoughts, making bad and embarrassing decisions and wondering and doubting what the future will hold. Resentment grows, and the ladder back up can be out of reach and a game of chance.

However, it doesn't have to be this way if you view life from a spiritual perspective, have faith in God and remain calm. Being still inside in the present moment instead of hoping or dreading in some far-off unseen future amidst many battling thoughts appears to be the key to finding the right way through.

If you are currently suffering, besides your own thoughts, you must also be very objective and careful who you listen to.

In the Bible, Job endured the analysis of well-meaning friends who had no idea about the real plans of God and why Job was suffering. We are sometimes those friends who can't resist to think and then articulate the reason why someone is suffering.

Therefore, it is wise to be aware. Stay focused and calm in troubled water. The best you can do is advise your friends to do the same. Never believe your own thoughts or the thoughts of others. Who is the snake and what is the ladder is not always obvious? Patience and forgiveness appear to be a corrective quality which only God can impart when you go through painful times.



Keep Calm - Choose Life
(continued)

*The light of God will
also dispel the
darkness inside us.*

Counting it a joy can be difficult, I'm embarrassed to say I have tried and failed miserably at times, irritated by the 'cheer up it might never happen' statement, but it should be remembered that God corrects those he loves, and even flippant statements can be factored into your well-being if you don't overreact and just notice your resentment.

British born Milo Yiannopoulos, well known for his political views and openly gay statements has also been extolling the virtue of prayer and how God reveals the truth and correction to those he loves. Milo now declares himself as ex-gay and how he has found his true identity.

His YouTube interview with Life Site News (which is now banned) was so informative and interesting. In the honesty of his revelation on the trauma he had experienced during his youth, it was impossible to judge him or see him as anything but brave. His past did not exist.

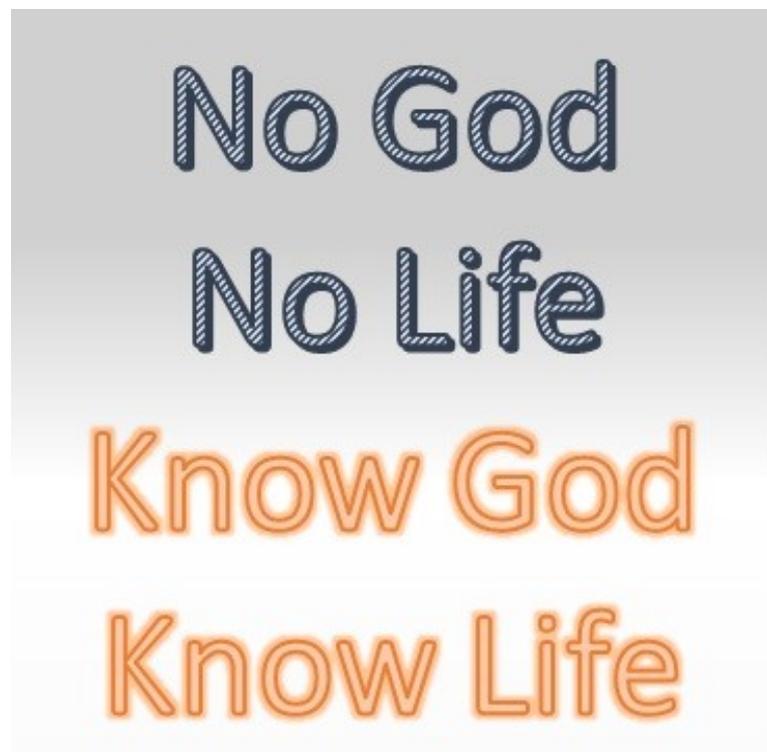
Sam Salter, is also one of many who has been interviewed on finding his true identity and giving up the gay lifestyle. It can be no coincidence that his story is very similar to Milo's and that he has turned to Christianity and prayer. He quotes:

"I'd say, isn't change in identity a fundamental principle of Christianity? Dying to self, shedding the old to make way for the new, beating the flesh and receiving the spirit, on our journey back home to the Father...?"

The London March for Life for me was indicative of a movement in our world which is exposing darkness with light on many issues and reaching others who are waking up. We have much to be thankful for. The light of God will also dispel the darkness inside us.

If you'd like to see more photos from the day, they can be found at: tinyurl.com/n9mwksz6

Keep Calm – Choose Life •



Speaking Out



FhuUnitedKingdom@aol.com

Give up putting your beliefs and your energy in hopelessness

Meditation: The Key Features

How can you put into words that which is almost impossible to describe? I'm sure that Mr Roy Masters knew the answer to that question. Sadly, he is no longer with us, but through his teachings we can all carry on seeking and hopefully find the answer.

When you are mature enough in your spiritual journey, when you have divested or exhausted yourself of the need for love of the world in materialism and sensual pleasures, you will know the answer and your life will reveal the Peace of Mind and Joy that Uncle Roy's meditation promises.

Being still, slowing down, giving up: jealousy, resentments, all forms of hostility, self-pity and other meaningless insecurities, especially FEARS of the different aspects of your life. Just let them pass you by, and enjoy what you are and what you seek. Give up putting your beliefs and your energy in hopelessness. Your past no longer is here to serve you, put your faith and your trust in God's Promises.

You are never free for as long as you believe a lie. When you are totally FREE, you will realize how much of your life you wasted. Long live the FHU.

Glen – England

Natural Immunity

According to Public Health England/UK Health Security Agency, the dominant coronavirus variant of recent months has been Delta/Delta-plus, with a 0.5% Case Fatality Rate (and therefore a lower Infection Fatality Rate) tinyurl.com/variants-gov-uk see p.12.

With the false impression of a much higher fatality-rate being given through media/government/Big Pharma scaremongering, the Pfizer and Moderna 'booster' shots are now promoted as the saviour. These messenger-RNA/genomic 'vaccines' of theirs have used abortion-derived cells in some tests and now their big experiment continues on the population at large, with vaccine deaths and injuries (to the heart, nervous system and elsewhere) being convolutedly obscured and played down.

Our God-given natural immunity is known to protect against severe Covid disease and in a lot of people, against any Covid symptoms – e.g. *Past Covid infection 'gives more protection'* tinyurl.com/delta-immunity-Times

Let's trust in our true Saviour

Adrian – England

Speaking Out



FhuUnitedKingdom@aol.com

We have all been going through difficult times, the question is how do we not only survive but flourish? Are you fixated on the problem at the expense of not looking for the solution?

Are you the type that thrives on negative emotional energy? It's important to know what's going on, but there is a danger of being dragged down by overdosing on the constant onslaught of negative news and opinions.

Just because news is from the mainstream media or government, does not mean that it's a lie. Likewise, news from alternative media outlets is not always reliable.

Keep an open mind, don't just believe or disbelieve something. If you have a distrust for authority or have a victim self-image, then it's likely that you will be attracted to news that tells you what you want to hear. Likewise you may well be (or social media may be) filtering out news that does not conform to what you have already decided is going on in the world.

Some people who promote themselves as an authority, are maliciously spreading lies and giving opinions and facts, out of context in order to make advertising revenue, sell their book, or maybe just to fulfil their cruel agendas. We now have a lot of hard facts about the pandemic rather than fear-based speculation.

Energy that will not be available to fight a virus!

The manipulative and cruel perpetrator of doom that appears to be saving you from an impending horror could actually be the real villain. By spreading their vile paranoia they could be implanting in you anxiety, fear, stress and anger. A self professing prophecy will unfold in your life.

Those powerful emotions will be operating 24/7, and will not only lead to depression but consume a lot of energy. Energy that will not be available to fight a virus!

Malcy - England



Speak out and get it off your chest.

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

Send your emails to:

FhuUnitedKingdom@aol.com

NEW INSIGHTS

Foundation of Human Understanding,
27 Old Gloucester Street, London WC1N 3XX. UK



Email: FhuUnitedKingdom@aol.com

Website: www.FhuEurope.org

This is a complimentary magazine that is funded by kind donations and the purchase of materials. It is available in printed format and PDF. Please contact us to receive a free copy.

Occasionally we email out news updates, so please send us an email to be added to the distribution list.

Please note:

If you move, change your email or don't want New Insights sent to you, then please let us know.

Cyber Cafe

We have monthly Skype meetings which are open discussions where we share, spur each other on and raise questions regarding our inner journey to discovering our true self in so that we can find the: love, joy, kindness, patience, forgiveness, self-control, and faith that dwells inside us.



Or just sign in as a guest, sit back and listen.

To find out when and how to join go to:

www.FhuEurope.org/Cyber-Cafe