



New Insights

Illuminating your emotional health and wellbeing

Winter 2022/23

Foundation of Human Understanding



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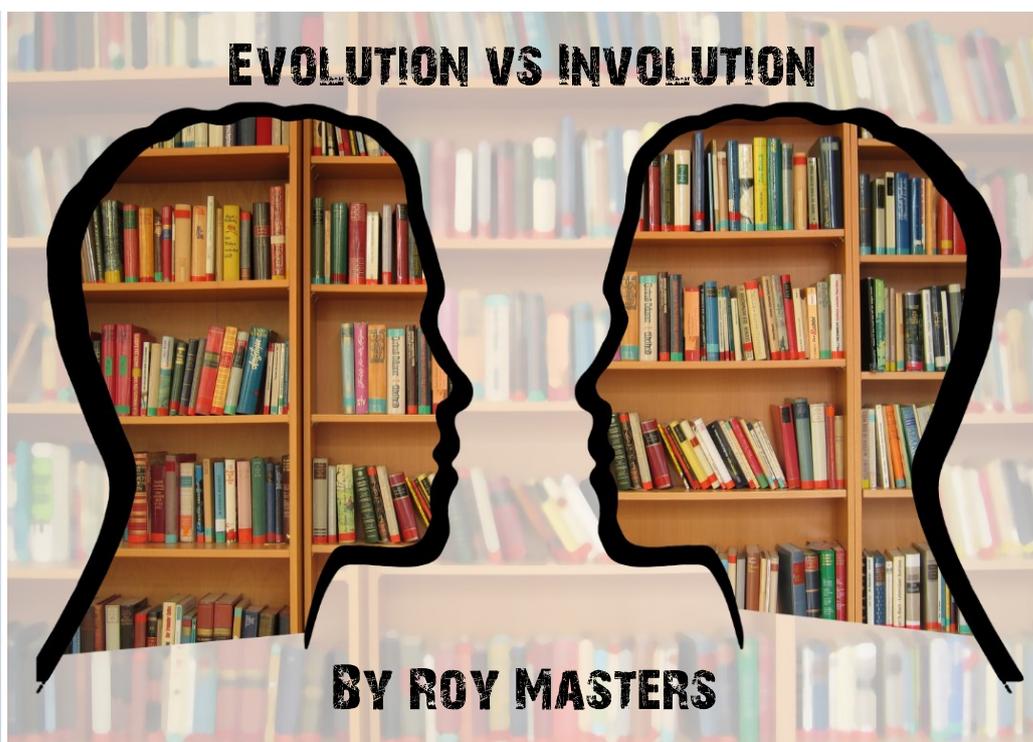
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There are two main principles of life.

First, the principle of evolution; that is, the expression and expansion of all life through time and space from one basic stuff.

Second the principle of involution; that is, like going home again.

How shall we behave if we cannot choose a violent or non-violent course of action? The answer lies in the principle of involution, in which certain animal reactions are immersed and extinguished. Thus, baptized and involved with the going home process, we cannot react with the evolution.

Any qualities of fear and hate. This is the correct way of cutting off our emotion from worldly temptation - since these emotions are replaced by a new kind of energizing force.

Response is still present, but not against the problem but "for" the solution. Violence and non-violent action still prevail, but the motive and the timing differ; and so does the use of that action or nomadism. Above all, there is always dignity and patient love present. Any activity or nonactivity that rises as reaction against or from the condition outside, is the cause of greater problems, and then we shall become part of that problem eventually - although perhaps not immediately.

To illustrate, when we respond to the external world with reflex reactions such as anger, fear and resentment, then we tend to evolve into a greater problem complex. For example, I offend you; you become upset, and triggered by my original error; you in turn offend me. Now triggered by your evolved anger, I become more upset and hurt you again.

We observe that by reacting against the problem, we evolve to become a greater problem, and any other people we might overcome will be caused to react and evolve to become a greater problem to us.

If we do not find the involution-principle, we shall never find rest. The goal of evolution is complexity of form and function - man being the

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Evolution vs Involution
(continued)

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final object. To complete the cycle, man must turn inward and cease going outward toward mutation. Simply by cutting off the emotional reaction against the threat, we disable this restless process which wars against our soul.

To reiterate, when we become upset, we are evolving away from the completion to the spiritual dimension.

Mankind is observed frantically struggling to cut off his emotional reaction to external pressure in very foolish ways. Except through the process of involution that has been prepared for us, there is no way to do this without severing our life-line with nature and life.

In other words, if the animal cuts off his relationship with the stimulating feelings of life, he would die - if we cut off our relativity to nature, to overcome our reactions and fears without replacing them with a new energy stimulation, we would also decay.

Man, without a new relationship, finds only an unsatisfactory one-sided relationship with Mother Nature - that emotional stimulation that he needs, yet prods him away from purpose. This process is perfectly healthy for animals, who can never hope to become more than part of the evolutionary process. Man should aspire to be someday more than an evolving, changing beast. Unfortunately, each man is strangely tempted to stay on top of creation, being beneath nothing.

His ego refuses to acknowledge higher principles beyond his mind. Even though he may give pious lip-service to a belief in God, he is like a neurotic husband who feels guilty for the secret hatred of his wife, and compensates for this by vehemently championing her cause.

So, man feeling guilty about higher principles he has secretly denied, will often fight for and kill for a God he doesn't understand. "These people honour me with their mouth, but their hearts are far from me," Isaiah 29:8 and Mathew 15:8.

When things go wrong and diseases, war and famine are let loose upon the world, because of his secret folly, man groans and complains. He begins to wonder if there is such a thing as God for allowing all that trouble to flourish, he may even be glad, in his condemnation of the higher principles, so that he can cling to his original desire to be the ego supreme in his little universe. Thus, cut off from the involvement with invisible essentials, he is thrust into life without protection from the reactions that will lead him away from completion, toward mutation, fear and war.

Unless we discover the "Principle" that will keep us safe from emotional responses, we shall continue to mutate away from reality evolving above each other with an evolution of emotion, sickness, hate and madness. Noticeably, there is great guilt and fear accompanying each emotional hostility - mostly because of our failure to correct the problem. Instead, we all contribute to that problem through our emotional reaction (known to us as fear and hostility). In other words, when we become emotionally upset against the problem, we draw a substitute stimulation for our life; we become more involved with that problem and contribute to its growth.

Even if we are totally conquered by our aggressor, he is still excited by victory toward a sense of rightness. This un-right rightness excites



Evolution vs Involution (continued)

him, or inspires him to behave in a similar manner again.

When we are upset, the other person walks away excited by his victory - believing himself to be quite justified because of our wild unruly behaviour or attitude. Because our behaviour or attitude is worse than his, the enemy feels quite correct about his method of correcting us. However, in the act of believing himself to be right, the enemy tends to become more guilty; for in reality, he is not right at all.

Now strangely, he hates his victim with a great passion because he has been encouraged to hate by the weakness of another. Thus, encouraged to hate, he is more guilty; being more guilty, he now needs to downgrade someone even more severely, to find a contrast that will show himself in a better light.

In allowing himself to be victimized this way, the victim is responsible for the growth of the insecurity and fury in the conqueror, his own devolution, and perhaps death.

Without the energy of Love, we need to be angry to find the motivation to live. We become dependent upon this energy-source that severs us further away from the stability-of-love. When the principle of true love comes into being, then the emotional reactions of the victim are also gradually dissolved. Now, the would-be victor is puzzled, without the outer catalyst to stimulate aggression and a sense of rightness, he is paralyzed and disarmed.

Without the energy of Love, we need to be angry to find the motivation to live.

With the remaining energy, perhaps he will resort to some other petty cruelty; yet, if this cruelty is met with proper calm indifference, the perfection of the victim becomes apparent to the depravity of the would-be victor. Now perhaps our would-be victor will repent. If not, he may cover his defeat by siding with the victim, so as to be above his shameful defeat. Failing this, he will run fearfully from your company.

Here we see the principle of avoiding the reaction of shame, defeat and fear by siding with the enemy. However, in this case, the enemy is a good guy and the common good prevails.

Now, if we do not find virtue to conquer this cruelty, we shall find that same condition in reverse. In other words, to overcome our horrible reactions and fears and to overcome our defeat, we will join the evil - and thus war and disease prevails.

Regardless of what offensive or defensive measures we take against any foe, be it mother, brother, boss, or enemy soldiers, the victor is always the loser, because in reacting against the problem we become part of the problem complex and the victor advances in error - to become part of the complex.

Even if we win, we shall have also been won away from completion in our souls. To restate in all troubles, it is fear that excites defence or attack. It is the sight of the meek and the mild that causes cowards to be stimulated toward the promise of cheap victory. It is the non-violent men who make violent men violent: for their own non-violence is in reality weakness and fear. It is also violent men who bring about a reply of greater violence.●



Quotations

“There is something within you that knows what to do.

There is a power greater than you that knows how to take care of you without your help.

All you have to do is surrender to it.

Surrender your thoughts, your mind, your ego to the current that knows the way.

It will take care of you, it will take better care of you than you can ever imagine.”

Robert Adams

“Some people’s idea of free speech is that they can say anything, but if anyone says anything back then that’s an outrage.”

Sir Winston Churchill

“Pride is concerned with who is right.

Humility is concerned with what is right.”

Ezra T. Benson



The Rewards of Spiritual Growth

Meditation

God is the source of all love in the universe.

The meditation enables you to focus on God and not yourself.

Pursue love, and desire spiritual gifts.
I Corinthians 14:1



Fruit of the Spirit

Galatians 5 22-23

This spiritual awakening will allow the Fruits of the Spirit operate within you.

The more you practice the fruits of the spirit the more they grow.



Fruits of the Spirit

Love
Joy
Peace



Fruits of the Spirit

Patience
Kindness
Goodness



Fruits of the Spirit

Faithfulness
Gentleness
Self-control



The Rewards of Spiritual Growth

Gifts of the Spirit

1 Corinthians 12 4:11

As you grow in love the gifts of the spirit will be made available to you. But without love, none of this is possible.



Gifts of the Spirit

Word of knowledge
Word of wisdom
Discerning of spirits



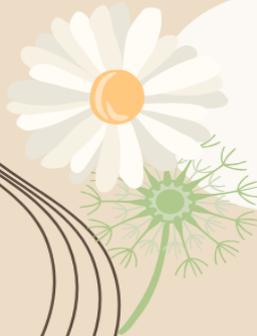
Gifts of the Spirit

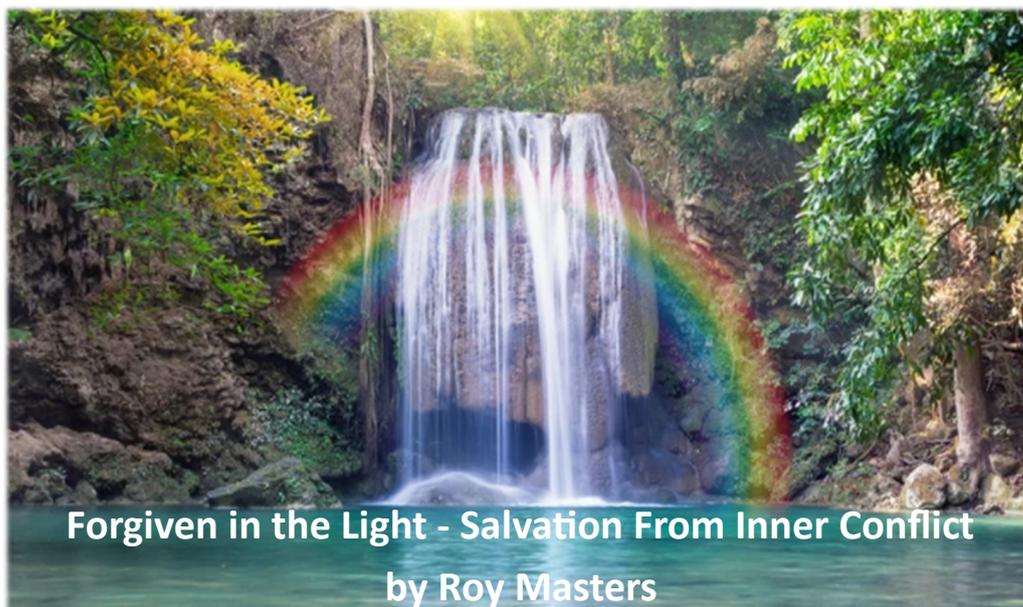
Gifts of healings
The working of miracles
Faith by the same Spirit



Gifts of the Spirit

Different kinds of tongues
Interpretation of tongues
Prophecy





Forgiven in the Light - Salvation From Inner Conflict
by Roy Masters

*It's a lie that you
have to save yourself
and no one can give
you salvation*

Anger takes you away from God, so that you have no faith. So, you feel empty and you eat and drink a lot, to take away the pain. You fulfil yourself from the world that is now inside you crying for the reinforcement. Soon you feel inferior and useless. You try pleasing people and look for their approval. Then you become a slave of it. Your whole life is wasted looking for it. You never find it; you never have a life that's meant to be. You have the leaver that wasn't meant. The life that you need saving from. You need the way to change over masters.

I have a ruler but it does not rule me. My rule is light. Even through all the tribulations.

I have a body, it's a machine, I'm not the machine. So, I'm watching the machine. The machine carries me throughout life to do the purpose. To find the fulfilment for what I'm here for. Why I have consciousness? Do you have a consciousness to play, fool around and indulge myself? No, it doesn't make sense. A lot of people think that because they are infected, with that fat ego that is selfish. So selfishness is not you, it's it. It's using you to feed its purpose of hell on earth. It masquerades as you. When it gets inside you it takes you over.

It's easy to separate it. It's so simple. Close your eyes, and look at your eyelids. That's all I'm asking you to do, no more than that. When you look at your eyelids, what do you see in the middle of your forehead? A little light show? Now you're not seeing thought, you're outside your head. Your senses are still working but at this point you are not entangled with your thought. Now take your left hand and just be aware of it, you don't have to move it. Transfer some of that light show, the twinkle, the little flashes, the pixels that move across the screen of your mind.

Just be aware of that, and be aware of your hand as though it's the first time that you noticed that it's there. Your first finger will tingle, shift your attention from one finger to another. That is transferring energy to your body that is going to cure you and change your behaviour.

I can tell you right now that God forgives you, but you know that already. Now you start to cry because you know it's true. You don't have to save yourself, it's a lie that you have to save yourself and no one can give you salvation. I can't give it to you, you've always had it.●

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WHAT YOU SHOULD KNOW ABOUT BEING UPSET

An Everyday Guide to
Managing Anger and Stress

Roy Masters

What You Should Know About Being Upset

Some people get great pleasure and control over us when they upset us. This booklet explains that when we hate them back for their cruelty and the unjust way that they treat us, we hand control of our minds over to them.

The cure is to become emotionally centred and objective to their words, not be tempted to hate them or to over-react. When we are in this state of mind, we will find it easier to calmly speak up to them, walk away let their words just bounce off us.

A free printed copy of both is also available on request.
See the back page for contact details.

HOW YOUR MIND CAN KEEP YOU WELL

An Introduction to Stress Management
This booklet accompanies the cure stress,
observation-meditation, concentration exercise.

Roy Masters

How Your Mind Can Keep You Well

A person with a wrong intent gets caught up with everything in an unhealthy way. He becomes hypnotized by everything around him: music, religion. Before he knows what is happening to him, he's hooked. He begins to need the music, religion and people more and more. He even interprets his helpless dependency on these things as "love" for them. He seizes on all things to feed his ego and protect his pride, and he is enslaved by all that he uses in this self-seeking way. The more dependent he becomes, the more he loses the ability to see anything objectively. He begins to live in a world of illusion, a world in which he can do no wrong.

Speaking Out



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One Less Divorce

My husband was living with another woman with whom he had had a secret affair for over 5 years. As I began to meditate and wake up to reality, I began to change in ways which even I was unaware of. These changes obviously became noticeable to my husband and were no longer compatible to his secret life. So he moved out of our home and into the home of this other woman.

At this point, the secret affair became public, but because of my meditation and new relationship to God I was able to survive this humiliation without resentment and to thank God for my awakening. I do not want you to think there was no pain associated with this situation, for the pain was very great. Yet with the grace of God I could understand in my heart that this pain was very necessary, for it was the pain of reality. I was awakening out of my fantasy state and had a lot of growing to do. I continued to meditate and grow. My children noticed the difference in my attitude. I noticed patience developing which I never had in the past.

My husband and I were separated for nine months, with him visiting the children only on weekends. His conscience began to bother him to the extent that he made feeble attempts to change his life, but was unable to until one week prior to the divorce proceedings. He agreed to talk to Roy regarding the problems we had experienced during our 17 years of marriage that led to his wrong attitude and leaving his family.

As I began to meditate and wake up to reality, I began to change in ways which even I was unaware of.

After our discussion with Roy, he admitted to his wrong actions. He immediately moved out of the woman's house and began to set his life straight again. A few days later he returned home a changed person, thankful to God that he was allowed a second opportunity to take care of his family the right way.

Many wonderful things are happening in our lives. We are being blessed with the opportunity to open a business. If all goes well it looks like I will be able to quit work within the next 6-12 months and stay home to fulfil my role as a homemaker.

I thank God that we are awakening and He is blessing us. We look forward to developing our faith as we discover life and are blessed with understanding.

God Bless you Cherrye C. & family

Speaking Out



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Toxic News

We are all going through difficult times, the question is how do we not only survive and flourish? Are you fixated on the problem or 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 over-dosing on the constant onslaught of negative news and opinions.

Just because news is from the main stream media or government it 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 doom and gloom perception of the world then it's likely that you will be attracted to news that tells you what you want to hear and you are filtering out news that does not conform to what you have already decided is going on in the world. We now have a lot of hard facts about the pandemic rather than fear-based speculation.

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.

You could be the victim (without realizing it yet) of those that appear to be enlightening you!

Malcy - England

Help others by sharing your testimonies.

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

Send your emails to:

FhuUnitedKingdom@aol.com



Some people who promote themselves as an authority, are maliciously spreading lies.

NEW INSIGHTS

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