



New Insights

Summer 2024

illuminating Your Emotional Health and Wellbeing

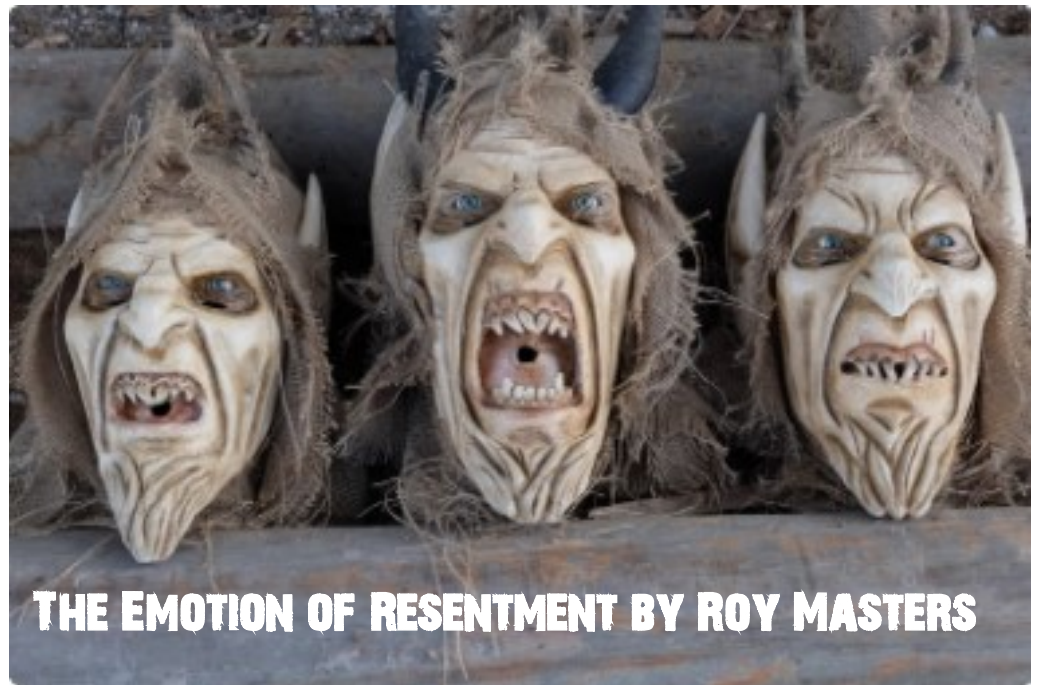
The Emotion of Resentment
Your resentment is the root
of most of your problems

The Killing of Pain
Pain is a symptom of
a deeper problem

Quotations
Inspiration in a
nutshell

Speaking Up
A chance to
express yourself





THE EMOTION OF RESENTMENT BY ROY MASTERS

The emotion of resentment becomes the medium for all manner of negative suggestion when you are upset. Emotion sustains your pride and gives power to evil to use you as a pawn in a devilish conspiracy.

You will never be well until you learn to stay calm and in your centre, which keeps error and suggestion out. Realize that resentment is the soul-food of pride as well as the substance of your brutish conditioning. Repent of your anger and thus fast from the stimuli that feeds a prideful brutish existence, then shall the Light come shining in your mind, and your whole body will be flooded with 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.

But from anger, resentment, hate, impatience, hurt feelings and the like, arises a mist in the mind that blocks the Light of understanding from coming through and gives form and direction to a gross identity. These unruly emotions not only build pride but they go on through the portal of the ego to crystallize into the kind of person who will express the will and purpose of the hell's angel who is charged to support your pride.

Every time you are angry you also make a judgment. Anger is the handmaiden of judgment; one can't exist without the other. To the degree you repent of anger, pride ceases to be pride because pride can't continue as pride and repent at the same time. Anger must diminish because it is no longer compatible or acceptable to the repentant soul. At this time the Light will come streaming in to purify all memory of sin and exorcise things of the darkness.

The evidence of every judgment you have made is the nature of the tempter in you. In other words, you have become like what you have hated: the tempter becomes your environment and you became the product.

You must no longer hate the sinner; "hate" instead the sin, for you can effectively hate sin only by not judging (hating) the sinner. The sin in the sinner tempts you to judge; it traps you into being just as hateful

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The Emotion of
Resentment
(continued)

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as the sinner is and to be filled with the same kind of dark spirit.

Have compassion, therefore; love your enemy: by not hating him. Don't force yourself to like him, either. Observe the error. Be aware of what it is, but don't condemn he who makes it. Then you will starve or defeat the error operating in him. Feeling no feedback from his temptation, the error grows weak, feels observed and lets go of its victim. How your beloved "enemy" will respect you for this.

By hating the sinner you are really in accord with the sin in him, therefore, love (don't hate) your enemy and you will be agreeing with (truly loving, never again to fall away from) God's command that we love one another.

Never for one moment believe that you have no control over your hatred; you do, to the degree that you can admit (and be sorry about) the secret pleasure you find in hating! It is the denial of our faults to ourselves that keeps us bound to them.

It was an initial shock wave of temptation that altered you in the beginning, and it is the shock wave of each new temptation that continues the devilry.

Shock is a trauma that displaces our real identity with the spore of a new one: an identity craving to judge others. In our egotism and guilt we defensively think of this tempted identity as the real us - it is not. When the "not us" takes up residence in the body, it teaches us to be defensive against Truth. Were we perfect at birth we would also have been immune to change and resistant to temptation, but instead, we have an inherited proclivity of pride which is "awakened" by the trauma of judgment, or any other excitement offered up to our ego: just as our senses are awakened by their first smell of fresh lemon.

In that "awakening" we really fall asleep to reality (and become guilty) - unconscious to the truth that the pride we feel isn't ours at all. It is a subtle, evil entity that has gained entry in our body to feed and enlarge itself on our substance; just like a fly larva that grows inside its caterpillar host. Were it not for temptation, our error would remain dormant and never come to light. And if the error had never grown and come to light we could never have come to repentance. Therefore, evil has a value: to bring our weakness to light to see if we will repent.

Evil is nourished by the emotional miasma of foolish egos. Evil operates through the medium of a tempter by making you feel proud, but eventually it is not you who lives but only evil who lives through you! Then you become a tempter. In reverse: it is not you who should live but God (through Christ) Who lives in (and through) you.

Awaken! Realize the folly of pride. Repent so that the Light of God can be fully realized through you. You will not be existing for yourself but as a medium of His will and purpose. You will "die" to sin to come alive in Truth. Or you can choose to remain dead to Truth to be "alive" to sin. Such a life is an illusion of pride, and in the Light of reality it is seen to be death.

In the Light you will eventually see "it:" the "not you," the judgmental self you have thought of as "you" all your life. The "self" that has catered to you, comforted you in your vain pretences, and led you into rebellion and escape from reality.



The Emotion of
Resentment
(continued)

*Satan is the fallen
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It is this "self" which mutters curses against God and makes you think that you are thinking the foul thought so that you will be too ashamed to meditate, get still and come before God. That is another reason for separating your conscious mind from the stream of your own unconscious thinking.

From wanting to be God (proud), you fall to provide Satan his power (which is through people). Satan's feast is one man's judgment against another's.

Evidence of your judgment exists as memories of those burdensome, traumatic experiences as well as the awareness of a spirit of pride lurking in your subconscious mind and pulling on the strings of "reason."

EVIL HAS NO POWER OF ITS OWN, only the power you forfeit to it through pride's ambition. Evil grows when we are tempted to use it to urge our egos toward the forbidden.

Satan is the fallen spirit that lives in and through people just as God ought to live in them. By sustaining proud men in their illusions and grandeur, Satan steals their animal life to sustain himself in power and authority over them. He draws souls to himself just as God does, but unlike God, who gives strength and life to those who love Him, Satan is himself devoid of any life and is endowed only with the negative polarity to draw life into himself from the people he tempts.

The power of the Holy Spirit leads our spirit to God (through the intercession of His First Faithful Son). The closer we come to God in our spirit, the more the enlightened spirit is quickened; as the spirit quickens, the soul is able to give life and power to the body so that it also becomes transformed (the eye force projecting as an aura beyond the re-created body acts as a shield and prevents others leeching off us).

After we have finally repented of all our sins and recovered, we shall be restored to natural health. Then we will live out our lives in purity and goodness, serving God while awaiting translation.

As the soul rises in consciousness, it carries the body up with it. On the other hand, as the soul is tempted and led in the opposite direction, it moves closer to evil. Resist evil with the energy of true enlightenment (not learned by memory or rote but seen clearly in the Light of God as you draw nigh to Him), and the devil and devilish people will flee from you.

The heaven of eternal life or hell of infernal suffering hangs in the balance - the inclination of the soul towards good or evil. No power on Earth can save you from this god of darkness; it is the proclivity of your own mind that decides your fate. Your own ambitious yearning for power and glory draws the Prince of Darkness to you just as if you had crooned sweetly for his presence, and this same vanity renews again and again the hellish bargain: your soul, your physical substance of life, in exchange for your glorious heart's desire! Eternity traded for a few moments of ecstasy, power, glory, self-righteousness and judgment! ●

QUOTATIONS

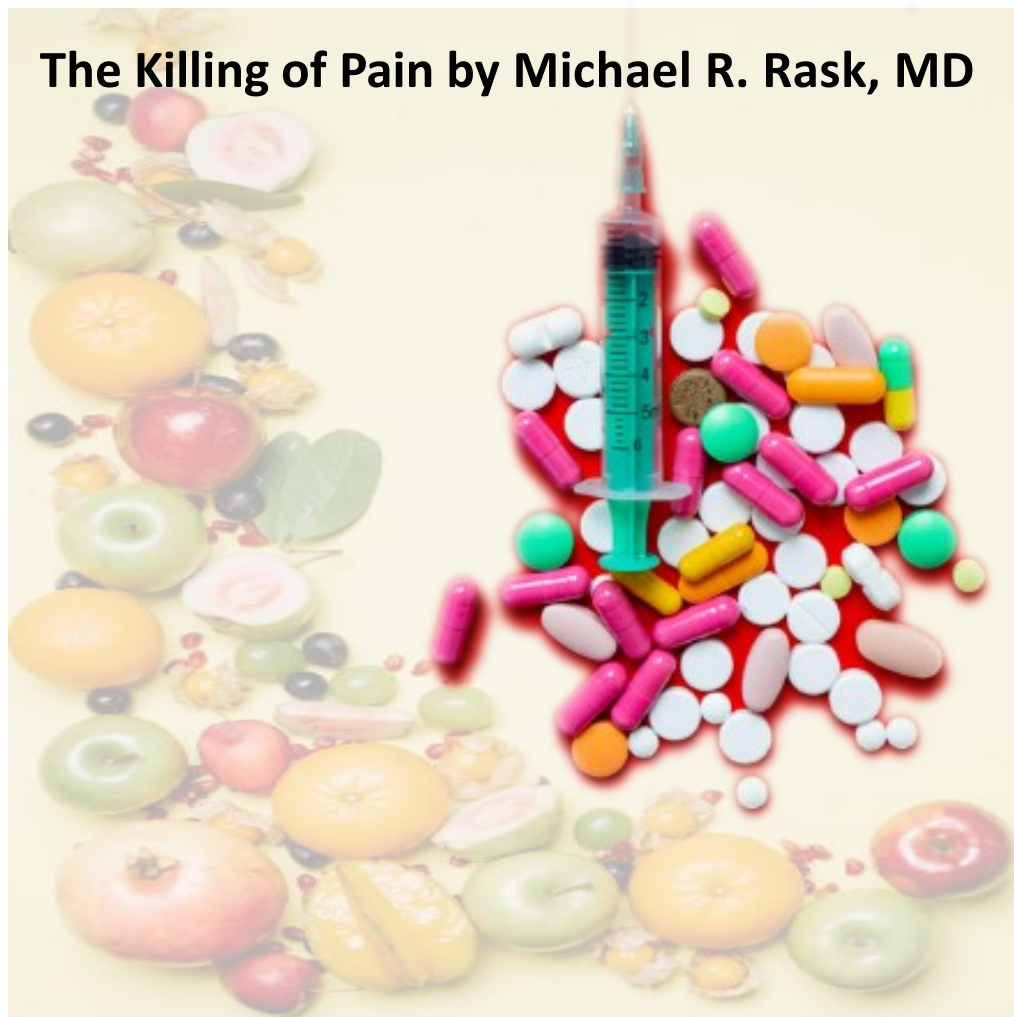
“See the past memories as just information, not a hard reality that you have lived. Then they will become detachable like a Pen Drive. Everything around you will feel new. You will be like a Time traveller who has just checked in to this moment.”
Shunya

**“If you are depressed you are living in the past.
If you are anxious you are living in the future.
If you are at peace you are living in the present.”**
Lao Tzu

**Saying “Sorry” does not make you weak.
It means you are strong.
Strong enough to recognize your mistakes.
Strong enough to let go of your ego.
“Sorry” is a magical word, which has the power to revive a relationship.**
Nihar Tripathy

“Truth is not something outside to be discovered, it is something inside to be realized.”
“No thought, no mind, no choice – just being silent, rooted in yourself.”
“Get out of your head and get into your heart. Think less, feel more.”
Osho

The Killing of Pain by Michael R. Rask, MD



Car warning lights are incredibly useful. They can warn us in advance of a mechanical fault. Only an idiot would deliberately ignore them or worse, disable them.

Often pain can be our greatest ally, whether it's physical pain or a troubled conscience. Aching is the body and soul's warning signal that you are doing something wrong and you should cease immediately. Without those warning signals, what is to stop you continuing to harm yourself physically, emotionally or spiritually?

Isn't it true that pain is our warning system to tell us that something is wrong?

The word "pain" is derived from the Latin term "poena", meaning "penalty". Except in childbirth, there is no question that pain is a penalty, for it is the curse of humanity, having plagued us since our beginning. But have we looked at pain properly over the years? Is it wrong to "kill" our pain?

Isn't it true that pain is our warning system to tell us that something is wrong in our marvellous organism? Should we kill our pain or endure it? Should we drown out our warning system?

Growing around us are various plants and herbs that have been found to alleviate pain over the years. Extracts of these herbs have been made into medications. From the study of these medications, other synthetic products have been manufactured in an effort to control a patient's pain.

The problem with these substances is that one becomes used to taking this medication and it also affects the delicate thinking processes of our



The Killing of Pain
(continued)

brain, thus affecting our judgement. Some people become addicted to these pain relieving substances, but must continue taking the drugs even after the cause of their pain has been healed. They have become "addicted" to the pain relieving and euphoric (feeling of wellbeing) qualities of the drug.

Some people take pain relieving drugs, and have no pain. They cannot adjust to society, and feel that they cannot equal what is required of them for everyday life. So they take pain medication, solely for the sense of wellbeing they get from it, (even though it is a false sense of comfort.) The more of the drug they take, the more they need in order to get the same mind boggling effect. Sometimes they overdose themselves, resulting in their death, in an effort to continue this false sense of euphoria.

Pain medicine is available and has some limited value, there is no question about it. On rare occasions, pain medication is absolutely necessary on a temporary basis for the control of a patient's pain. The less one takes, the better it is, however. If a patient injured himself (such as a fracture, or a crushing blow), pain medication for a few days, may be a very important adjunct to getting the patient well. It may kill the pain reflex for a few hours so that it doesn't get set up into such a painful condition that the patient can never control it.

It is much better to control your pain without the pain medicines, however. These medications affect your judgement and diminish your conscious level. They make you feel like you are thinking better, but they delude you; you are actually thinking worse. It is much better to endure your pain and try to control it through other means.

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There are substances which can be measured in every one of our bodies. They are called endorphins. These substances are made in our body from basic protein elements. They are our own built in pain relieving substances. They can be stimulated through maintaining good health and proper diet. The more you rely on them to relieve your own pain, the greater they become in concentrations in your blood stream. Conversely, the more you suppress them by taking pain pills and other pain medications, the less that you have of them.

In chronic (long-term) pain, I have noticed another phenomenon, that occurs in a patient who does not destroy his mind with the long term use of pain medication. It is what I have come to call "pain isolation" or the localizing and containing of a person's chronic pain (such as from back injury or disk trouble).

What happens is that the alert intelligent patient is able through mind control to isolate and contain his pain, so that it does not interfere with his daily life. His pain is still there, whenever he wishes to think about it, but he has contained it sufficiently so that it no longer bothers him.

This proven ability to isolate pain demonstrates that even severe chronic pain is subject to the patient's attitude. While medical science provides increasing methods to kill pain, the patient is left with the moral question—is killing pain a crime? ●

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Why Do We Become So Hypnotized?

by Roy Masters

Caller: Well why do we become so hypnotised?

Roy: That's a good question. The answer is ego, our egos want to play god. You can't play god if you are conscious of something greater than yourself. You would be conscious when you are not in your thought stream. When your world is not your oyster; where you can make your own dreams come true. And have your own agenda. And have your own destiny. Where you can make your own rules and laws; in other words, playing god. That's what ego is.

If you weren't in your thought stream, which is your own little universe, you'd be conscious of something greater than yourself; another destiny greater than your own. You'd be subject to it: it's called humility, but pride has a different quality to humility, its prideful, it's the opposite, and those two forces, the creator and the self-existent creator. Our creator has always been there, he's our divine ego.

When we try to imitate God or be god, we have to deny that He exists. The only way that can happen is to be submerged in our own little universe, called our imagination, and we live there. The trouble is that when we are there, the light's gone out; not only has the light gone out but we don't see as clearly as we did. We only see what we want to see, we want to make our own vain imaginations real.

Caller: In some of the New Age Christian movements, they talk about the line where God says "Man was made in His own image." [Genesis 1:27] So we are god.

Roy: That's the serpent taking.

Caller: The serpent being the Devil.

Roy: The serpent was always on the doorstep saying, Adam, you could be God. You won't die if you eat off the tree. It doesn't matter what tree it was, but anything forbidden, if your mother has just baked some cookies and says "Don't eat them, we've got them for guests coming around tonight." And some little kid says to you "Don't listen to your mum." Well the minute you eat the cookies, you've broken faith. •

You can't play god if you are conscious of something greater than yourself.

Speaking Up

The New You

“Know the truth, and it shall set you free.” John 8v32.

The truth can be your enemy or it can be your friend. You need to know that there is “only the truth.” If you are living the life of self-deceit and illusion the truth is going to be your enemy and persecute you until your last breath.

Acceptance of the Truth in your heart and mind will release you from lie's grip. In that moment you will lose all of the anxiety that has haunted you for the whole of your life. It's so simple. In your unconscious state of mind through your reactions of emotionality, you have absorbed the hostility of all those who saw to it that they needed you to be as miserable as themselves. They upset you by confusing you, they made you doubt that Peace, Joy and Happiness really exist.



They created the failure you now believe is you. It's time to let God in. It's time to let God live in you and through you. Take responsibility for what the world has moulded you into and LET GOD renew your mind from within.

Be still and know I am God (of your life.) Roy Masters' teachings are what everyone needs to know. Just let go of your past and enjoy a wonderfully blessed future. Look within for all of your answers. “Follow your heart.” Look for all the good in your life, even if you do not feel good. HEAVEN IS THE ONLY CHOICE. Leave it ALL up to the Creator to bring Heaven to you!! He will not fail you. Do not allow the old reactive self-hating you, to lead you to hell's door. BE FREE BE HAPPY BE SUCCESSFUL!

Glen (England)

Speaking Up

Beware the Effect of Affection



The “love” of a woman for a man who is spiritually void; it's always an enabler. The female spider devours its male counterpart. Her giving over of herself, enables the male (not yet a man) to do, think and say whatever his ego tells him. His mind, totally void of what real love is, becomes absorbed into a fleshy hypnotic child of confusion. Having no sense of reason, he believes he can do no wrong and, in his delusion, he thinks every woman (and therefore the whole world) is his for the taking. He has no power as a human being. So, he gives it all to the woman / women who feed his deluded self.

Thus, just like Adam in the Garden of Eden he refuses to take the blame for his weaknesses. The woman (Eve) can only look on and be herself; she is just being the person she

was meant to be. He just becomes more of a creature of her contempt and slips further into oblivion; and needs her more than ever, as he becomes more feminine and less masculine.

The relationship is destined to die a death and both parties look elsewhere for “salvation,” but have no real direction to lead them there. So, they seek affection from another and Salvation is always somewhere but nowhere. Until one day, when they are spent of all searching, all they had to do was realize how futile it is to fall in love (lust).

Glen (England)



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

We learn best from life's experiences and mistakes.

Feel free to share them with others, anonymously if you prefer.

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If the cause of your problems are resentment, fears, anxiety, addictions or envy then here are the solutions.



[Turn Your Grey Sky to Blue](#)

Learn to lift your veil of negative emotions, take control of your thoughts and see for yourself a whole new dimension to your life that you never knew existed.

Often we spend so long looking outwardly, blaming others or our circumstances for our failings, that we don't look inside. When we start to grow from within it does not matter that the world is imperfect: it has little effect on our wellbeing

Once you start to have self-awareness and less stress in your life, your personal and work relationships will improve and you will be on the path to living your confident, happy, fulfilled and successful life.

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