

HOW YOUR MIND CAN KEEP YOU WELL

An Introduction to Stress Management

This booklet accompanies the cure stress,
observation-meditation, concentration exercise.

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INTRODUCTION

Please read the following instructions carefully, including a necessary word of caution, before proceeding with the meditation exercise.

Roy Masters believes the technique embodied in these talks to be the authentic meditation exercise the ancient Jewish and Christian mystics practiced. This exercise is so simple and natural that he remembers having practiced it to some degree from childhood; but he did not start to develop the approach in a conscious, verbal, and systematic way until he was working in hypnotherapy and saw the great need his patients had for such an orientation.

A person with a wrong intent gets caught up with everything in an unhealthy way. He becomes hypnotized by everything around him: music, religion, even this teaching. Before he knows what is happening to him, he's hooked. He begins to need the music, religion, people, and talks more and more. He even interprets his helpless dependency on these things as "love" for them. He sees his need as "devotion," and the homage he yields up he begins to see as "largesse" that he is magnanimously handing down. 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. The excitement of the beautiful words, the beautiful music, the beautiful people, makes him oblivious to the fact that he is his same old unregenerate self, blundering through life, hurting others, needing more and more of what has captured him, from pot to people.

If you are not truly sincere about being a better person, you might become a "meditation-aholic," compelled to return repeatedly to the "power source" (the talks) for reconversion, forgetfulness of the old ways, and reprogramming. Alas, it will become less and less rewarding in time, so that you may become sick of being "good," yet not able to become "bad", lost in the no man's land between the two alternatives.

Without a sincere intent, you could even end up hating the meditation and the insights that come with it, and that hatred could give you the energy to rebel and escape. But your resentment will also fix the memory of Truth in your mind so that when you do wrong in your new "freedom," your conscience, intensified by memory, will cause you more pain than it ever did before.

Another possible pitfall: you may try to use Roy Masters personally, or the talks, to lift your soul. Fortunately, this failing is easily detected. Be wary if you see yourself becoming excited (overly enthusiastic) or very resentful over this teaching. Idolatry and hatred are emotional extremes to be avoided equally. We can get a cheap high on either one, but both lead to false righteousness and guilt.

Of course, nothing can take the place of a right intent in the pure heart of the sincere searcher. A right-intentioned person will seek to be absolutely true to himself. He will be satisfied with nothing less than the inner experience that will save him from the conflict and suffering of being externally conditioned and motivated. Such a person is already discerning, discriminating, and blessed with the attitude of mind and heart, the BE-attitude, that will enable him to use the meditation in a proper way, as a key to unlock the storehouse of his own inner potential.

You who are about to use this talk for the first time, please take note: look not to the voice or to the presence of Roy Masters or his associates at the Foundation, nor to any other outward thing, for your moral support and answers, but rather in the direction they are pointing, to the Truth within. When you have discovered your own foundation of human understanding, you will bear witness to what it is to be an inner-directed human being by your own example, wherever you may go.

INSTRUCTION NECESSARY FOR THE PROPER USE OF THE MEDITATION

A word to the wise: this can be the most profound experience in your entire life, or the most terrifying. Your secret motive will determine which. Through the proper use of the instruction, you will no doubt see Reality and your consciousness will become brilliantly illuminated. But the first truth you will see (and the most shocking) is the truth about your own errors. It will be painful, but be prepared to suffer it through, for you cannot possibly change for the better until you have experienced that state of deep remorse that is known in religious parlance as "repentance."

The "Light" that illuminates your consciousness is the Reality that you have been trying to avoid, perhaps unknowingly, all of your life. Surely, if we are honest, we must all admit to the memory of moments when wings of Truth have brushed too close for comfort and we have been overcome with restlessness and the need for distraction and worldly excitement. You may even now be experiencing some aversion to the meditation, some fear of sitting still. If so, it is the evidence of your stubborn ego's unwillingness to see its own false motives.

Some people, of course, are truly willing to face Reality and to begin living more justly, less ambitiously. They have seen a little Light and are hungry for more. Still others are drawn to the idea of lifting the veil but are reluctant to choose a course that might lead to their having to give up the friendships and values on which they have based their feelings of well-being and security. They have an uneasy feeling that they are not on solid ground, so it will take them a while to work up the faith to venture the "one step beyond." If you are in this group, rest assured that you have nothing to fear from the meditation exercise, for at no point will you experience more awareness than you can handle.

If you are among those "unalterably opposed" to the talks, God help you! (Indeed, He is the only One who can, and you are doing your level best to see that He does not.) The people in this group have long since forgotten the first commandment. They are today's equivalent to the idolaters of old. The "gods" to whom they bow down are material advantage (money), power, and glory (prestige). They loathe facing the Truth in themselves lest they see the error of their way and be unable to continue toward their vainglorious goals. These are the proud, ambitious ones, living in conflict with Reality for the sake of their false values and for what they foolishly believe to be their own way.

As long as we are motivated entirely by temptation, we dare not see the truth about what we have become, where we are going, what we are doing. We must block out the Light that would expose our failings to our own recognition. When we are alone, the urge to "get away from ourselves" is so strong that we would be climbing the walls if it were not for our television sets and radios. Jittery, anxious, frightened, we may appear to be "religiously" seeking a solution. But as long as our intent is to appear to be seeking and not truly to see ourselves as we really are, we are just putting on a show for the people around us. We are manipulating them to "respect" us so that we can admire our reflection in their eyes. Some of our most successful citizens are merely pretenders to honesty. Winning power and respect by a great show of integrity, they live selfishly and ambitiously behind the public's back and are hated by their families for what they really are.

Now! Are you sure you have the "stomach" for the talks? Be warned, it is not another in the long line of inspirational, positive thinking gimmicks that have flooded the market in recent years. It was not designed to lift the "fallen spirit" or to bolster the ailing individual's pride, to spur him on to bigger and vainer endeavours. It was not designed to appeal to the feverish mind that has to be excited and charmed into forgetfulness of its failings in order to feel free and right as it moves in the direction of its egocentric desires.

So be warned. You will see Reality and it may come as a shock and pain to you. But if your motive is right, the pain will change to joy. Granted, you may see that your motive has been wrong all along and that you have secretly hated Reality, but if you are grateful for your new insight, or if the shock of anger turns to weeping remorse and then to agreement, no harm will be done. Good will prevail.

Either way, you will never be the same again. You will be better, much better; or worse, much worse. If the latter, the shock will be so great and the hatred will burn so fiercely that the

memory of the experience will burn in your mind and there will be no escape from it. You might continue to rebel against Truth and to embrace evil, but from now on you will do so with full knowledge of what you are doing!

Once you have seen the Truth and denied it, it will "persecute" you as you have persecuted others for it. Your "Moment of Truth" is here and now! Will you shrink back? Will you go forward? Are you afraid to see your wrong motives? Are you unwilling to give up your own selfish ambition? Are you afraid to have all your illusions shattered? If you don't know, these talks will soon provide the answer.

Careful, proud one! If your pride is "tempted" to pick up this challenge, it could well destroy what is left of you. When you see that you have done nothing in your life of which to be proud; when you realize that you have weakened others in the guise of protecting them and hated in the name of love; when all the harm you have ever done stands revealed to you, you will be disabled from continuing in your old "growth" pattern.

Once a person sees himself in all his nakedness, he can no longer feel adequately covered by the tattered rags of rationalization and self-justification. If you can see what your pride and vanity have made of you and not be sorry, you will be rejecting your freedom and salvation, for it is your True Self that you will be defying. Deep within you it will reply to such defiance and antagonism with a laser beam of new conscience which will either devastate you, or, if you are lucky, force you to act "rightly," even against your conscious desires. So, be careful, proud one. You may have deceived yourself that you are honest and be so sure of it that you want to be first in line to see Truth, to prove it to yourself and others; but it may catch you off balance and you may find yourself first in the pit.

Meditation does not become a greater and greater experience. It actually becomes less and less exciting as you go along. Actually, after the first big change, the initial contrast of relief, the alterations of your nature are much more subtle and so are the insights.

Many of your insights will take place spontaneously while you are busy at your work, doing some chore around the house, or even while you are sleeping.

What appears to be suggestion on the talks is only a reminder to awaken you to what you already know deep down inside. It is not intended as suggestion that you should struggle to apply. For example, the talks remind you of the obligation to be patient. Upon hearing this, you might react defensively. "I always thought I was patient!" or "What does he want me to be a doormat?" Such reactions are evidence of a failing in respect to patience.

So, you then might try to make the "suggestion" work and, to your horror, find yourself becoming more impatient than ever. Until you realize that virtues such as these are needed, not self-created, you will suffer frustration.

If you are willing to realize that you cannot create your own virtues or changes; if you are willing to feel the pain of emptiness, helplessness, and inadequacy; if you are willing to wait, knowing that *of yourself you can do nothing*, then you will be facing Reality correctly. The reply to that stress of need is "fulfilment."

Any wrong motive, any little mental game you play to make yourself deserving of grace, is a breach of spiritual protocol. You will wait in vain. Should you see your resentment and impatience shaking its fist at the light, know that this is further evidence of your unchastened pride.

There may come a time during meditation when you will feel an eerie, frightening force leading you into another dimension. Pull back. The chances are that you might already have had such an experience, but your true intent has saved you from the insidious unknown.

If, on occasion, you experience a "trip" of some kind with deep spiritual significance, without the factor of choice, it will be a safe one. (Remember that it is temptation that introduces the factor of choice, to which it must appeal.) Good will always outlive evil and save you from deception, and will develop you and carry you along with His true meaning and purpose.

Do the exercise each time as though it were the first time. That is, centre yourself in such a way that you do not depend upon memory or imagination to recall an experience upon which to base

your next move.

There is a dangerous temptation to recreate a past experience in order to apply what we "learned" from it to our next encounter with life. Remember, no concepts are necessary other than patience. When you meditate, you preclude sentimental dreaming and reminiscing. You stand again at the Source of your development and purpose. From Him you receive the impulse of life that remoulds and redirects your mind from within.

UNDERSTANDING THE PROCESS OF MEDITATION

The meditation, properly used, will bring about a significant change in your relationship with words. Whereas you have been accustomed to respond to words as though they themselves were the idea or the thing referred to, you will soon find yourself responding increasingly to the meaning that the word reawakens in you. You will come to realize that at various times in your life you have been "hung up" on words, studies, concepts, and ideologies. You have allowed words to drive you and to shape your behaviour.

Oh, how we have laboured in the past for our pride food: a few kind words. How defenceless we have been when unkind words, words of condemnation, have threatened our "word castles" and made it impossible for us to disagree without becoming disagreeable. And how confusing it all is! Concepts we have learned and accepted as "true" are threatened constantly by opposing worldly theories and opinions. We have even rebelled against "good" words that painfully puffed up our ego and made too many agonizing demands on us in living up to them, and wound up leading us further away from any real good rather than toward it. We have shied away from these "good" words and embraced the bad ones, for they at least are more honest in their association of the bad label (word) with the bad deed (reality).

BRAINWASHED BY WORD GAMES

Once the word begins to motivate, it begins also to substitute for real meaning and purpose. The process that it sets in motion is called brainwashing. Its victim develops an appetite for words, using them as filling, a source of comfort and direction, a camouflage for spiritual emptiness and confusion.

Another unwholesome relationship we have with words is the "allergic" one (we become so sensitive to them as we notice the pain they can cause and our helplessness against them) that we can hardly bear to have anything to do with them at all. Study becomes difficult, if not impossible, and all verbal communication seems to threaten us.

Perhaps you labour to make people eat their words, hoping thereby to destroy the effect of their words upon you. But for the word or against the word are you labouring, and you are not living truly. You are still not moving or having your being from the Reality that words such as these were designed to lead you to. You have allowed people to lead you with truth instead of to Truth.

FORGETTING THE FORGETTABLE

As a result of the meditation exercise, your consciousness will begin to reject words as meaning or as motivation forces. You may experience an emptying of thought content in this respect. You may experience forgetfulness both of trivia (grudges, for instance) and of important matters (for which you have no immediate and pressing need). Chatter, names, babble, excuses, false concepts, and commercials vanish. True concepts that you once accepted without understanding will come back for review and energizing by conscious acceptance. To the degree that we accept, we energize, so that words derive their power from the fact that they are driven by, and associated with, meaning and insight.

Before the time of understanding, we were all brain-washed. We played back noises like a parrot. We mumbled acceptable phrases in order not to rock the boat. We never spoke from meaning. We never spoke honestly. We didn't want to displease others, for to do so would cut off our supply of words of praise. So, we gave our associates the words that they also wanted to hear.

We needed words and the sources of the words. We became increasingly dependent upon and identified with our word sources, until, very often, our needfulness stirred our pride to rebellion against them. Then, our resentment made us guilty, our guilt made us afraid, and soon we were lost and wrong, unable to find our way back to simple beingness.

THE OLD MADE NEW

You will not have been meditating long before old, long-cherished beliefs will start coming back to you for re-examination by the light of new understanding. In some of them you will see deeper meaning than you could have dreamed possible before. The words will be the same as they were, but they will unlock the door to a brand-new world of awareness. In others, you will see the fatal flaw, the appeals to pride and ambition, and you will be able to reject them without effort. Actually, they will disperse as any other shadow would when you turn the light of Truth on them. Suddenly, words will be tools for your use, no longer ends in themselves, and it will be a great relief. To the degree that you are able consciously to accept or reject words and concepts from the framework of real meaning, to that degree will you inherit control over language, and language will cease to control you. But to the degree that you allow impressions to enter your mind unconsciously, to that degree are you controlled by words, knowledge, and the cunning powers-that-be that feed you the line as they rob you of life.

There are invisible "sticky" fibres of communication that link reaction, feeling, and thought together. Your conscious awareness is also chained to the due process of thought. When you meditate, you will become conscious of a sudden shift in viewpoint, as these thought processes tend to pull you down into them via these invisible connections. As you pull back out and away from the involvement with dream and thought stuff, that thread-like connection is broken. Our consciousness is made aware of the effect of the thought stuff tugging at it by means of a mystical relationship with Reality, which, in effect, pulls it back to view those thoughts and their power to drag our attention down.

WRESTLING WITH THE UNHOLY

Our compulsions to err are made up of many such patterns. As you become aware of them and successfully wrestle with them to break their hold, newer patterns will emerge in the form of distraction and bona fide guilts. These may tend to pull you down from your position of observing them, and excite you to deal angrily with them. But remember: Never be angry over what you see. Anger only strengthens the tie, involves you more closely with the tie, involves you closely with the process, and separates you from reason. *You will find that you can dissolve distractions and trivia that try to get in the way of concentration, but be careful not to try to resolve the real faults that rise to your view. Just allow them to bother you, look at them, be aware of them, but don't try to deal wilfully with them in any way.*

If thoughts do not cloud your mind, you can see a Light shining in your consciousness. This Light is not the same as sunlight, but it does serve a similar function in that it makes our character flower as the solar rays make the plants grow. When you were small, you may have seen those moving energy patterns of colour in your mind and wondered what they were. But as you grew, the excitement of the world rose up in your mind as thoughts and pictures, and soon the light faded.

THE LIGHT THAT GUIDES US ALL

But the Light is still shining in your darkness. It appears as conscience when you err. Before the time of error, that you now know as "conscience" was a clear untroubled consciousness, containing the pattern of your potential. You often felt it as a pressure behind your mind trying to tell you something. It was the Light that should have shaped your behaviour. When you became impatient with its promptings and looked to the outside world for guidance, it became troubled by your faithlessness. It is that troubled state of consciousness that we all know as "conscience."

Conscience is the Light that shines on our rabid thoughts and allows us to see our mistakes; but if we are proud, we do not want to see them, so we bend all our efforts toward putting out the Light

within us that would show us our faults. We have physical eyes to see where we are physically going, but the Light that shines in our consciousness tells us what is right and wrong and illuminates our spiritual path.

If we do not want correction or right direction, the Light of consciousness (or the afterglow of conscience) is an abomination to us, and we must try to put it out. But it isn't easy to put out that Light. The means we most frequently employ are anger, excitement, and mental imaging.

HOW ANIMALS GROW

In nature, plants have a built-in mechanism for converting sunlight into growth energy. Each plant converts the light to its own use according to its own seed pattern; that is, grass seed will produce grass and dandelion seeds will produce dandelions. Now, the light not only provides the energy for growth; it also gives the signal for growth. In other words, it actually turns the plant on.

Just as the sunlight provides "turn-on" value for plants, danger provides "turn-on" value for animals. This "danger" is usually signalled by the presence of another animal, the other animal being a modified light form. The sphere of influence (auric radiation) surrounding the intruder affects the animal, in much the same way as sunlight affects the plant, in that it provides the impetus for growth. In this way, we see that animals grow and take shape as a result of their inter-relationships, the losers providing fuel (food) for the victors. They derive their energy and turn-on value from one another in precisely the same way as the plant derives energy and turn-on value from sunlight, but because they are more complex organisms, the principle operates in a more complicated and evolved way.

BUT WHAT ABOUT MAN?

Now, what about man? Nobody in whom the Light of consciousness still shines can honestly believe that man is simply the most highly-evolved of the animals, designed to take his turn-on value from other people, for then we could never be any better than those who "turn us on." We know intuitively that, as people, we must live in the world, but not be of it. We must obtain its support and nourishment without allowing it to dictate our pattern of growth. In other words, we must take and retain dominion over the things of the earth. As people, the closest link we have with Reality is our consciousness. Through this consciousness, the Light that sired all creation outside touches us inside and turns us off to outside influences that seek to control us.

CONSPIRING TO KILL THE LIGHT

While we were turned on to the world, we were both controlled and shaped by the world's dark light, we not only were not masters of our environment, we were slaves to the impulses that rose in us as replies to pressures and passions. Now, if we are willing to see by the Light that shines through the lens of consciousness, we can see the harsh outlines of our dark thoughts and wrong responses to the world. We will see how our desire to live egocentrically forced us to resort to Light-dimming methods and associations.

We have chosen our friends and associates cleverly and carefully (though perhaps subconsciously) on the basis of their ability and willingness to help us put out the Light. They have told us, by words of implication, how great we are; they have pretended not to see our faults (they can); and their dishonesty has excited us. We have needed other people to reflect back to us a good image of ourselves, and we have paid them in advance by giving them a good opinion of themselves.

The "heat waves" bouncing back and forth between us and other lovers of darkness flatter us and excite our imagination. For a short time, at least, they "out-shout" the Light of consciousness. But when the money is spent and the excitement subsides, and it is the "morning after the night before," that other Light appears again in the form of pressure, uneasiness, conflict or conscience.

SERVING THE LIGHT

One of the things that Light is trying to show us is that men should not be trying to live with and from each other in the manner of animals, for that way leads to war, fear, disease, and death. Rather, our relationships with one another should agree with the Light that we all share. The character modifying effect of the Light in each of us makes us gracious, just, and able to cooperate with one another toward an ultimate good, without becoming enslaved to one another's demands and need to "look" good. We should not be serving the beast in one another; we should be serving the Light that made us all.

The conscious mind, being our closest link with Reality, is fashioned to "see" and move by the light of that Reality. Such motion, originating in and flowing out of the Self, is harmonious with purpose, a soothing balm to restless nature. It is incompatible with egotism. But when we allow pressures of the world to upset us away from the quiet consciousness through emotional reaction, then our inherited factor of pride rushes to the defence of our compulsive behaviour, justifies it, and gives us the illusion that we are living our own lives.

FLESHLY GROWTH BREEDS GUILT

The process of programming by pressure seems natural enough, since it duplicates closely the purpose for which the mind was created, except for one big difference: we feel guilty about it. And we feel guilty because man, unlike the lower animals, is inner-motivated by nature.

All outside-motivated creatures are in harmony with outside stimulus and grow in accordance with the order that controls them. Growth is always fleshly, and animal vitality is renewed by daily contact with external pressures. This kind of "renewing" for man causes him to grow in a beastly way and develops thoughts and cravings in him that he knows (by the Light he is trying to put out) to be inferior, unseemly for one of his nature. But being egocentric, he cannot admit to inferiority of error, so he sets about to erase the evidence of his error. As he strives to justify himself, he must also justify the process that caused him to err, so until the time of salvation, we are blind to the power that controls us. Excited by outer pressure, the conscience is blinded.

The conscious mind of man must be still before the subconscious can be impressed by it, and the consciousness of man cannot be still until it becomes aware of its restless ambitious nature and turns from its worldly pursuits. Once it is committed, no longer reaching out after things and activities to obscure the presence of Truth, it will become still and, in the stillness, it will see the Light.

When we are able to see by the True Light, we see not only our own hidden thoughts, but the intents of those we have justified and "loved" (needed). Until that time, we remain blind for two reasons: our ego refuses to see, and our emotions are attached to error. We cannot see the forces that control us because we are egocentric and simply refuse to see that we are wrong. As we justify our faults, we also justify that which made the fault grow in us, so what is really all wrong seems to us to be all right. As we grow more excited, we fall further. Again, we shield ourselves from the correction of the conscience. Our mind grows dark. We cannot see because excuses and excitements, imagery, and distractions shut out the Light that would otherwise have illuminated our path and put an end to our groping and guessing through life.

ELIMINATING THE NEED FOR IMAGERY

Bear in mind that the hand-rising feature of the meditation exercise is only a means to an end. The process of imagery is designed to inaugurate a chain reaction of responses touched off by conscious awareness. When your hand begins to rise, it is evidence of an energy value originating with you. But once you discover that by concentration through the middle of your forehead you can affect bodily responses, then imagery is no longer necessary. Once the principle has proven itself to you, thinking of your arm rising might actually inhibit the appearance of new understanding. Remember, too, that bringing the attention to the middle of the forehead does not imply any physical movement of the eyes. Looking upward will cause eyestrain and headaches. This important technicality may mark the fine line between success and frustration.

Just being aware of the patterns of light and colour that you see in your mind, and projecting them into the tingling of your hands, is all that is necessary. When silly images and thoughts start dancing in your mind to distract you from the process of observing them, simply superimpose the light pattern over them.

The patterns of light are etheric "computer" data that replace the lying imagination and its excuse-making proclivities. They affect every cell and nerve fibre in your being. They are the reverse of the light waves of environmental pressure that affect your body adversely. As they reverse the negative effects of pressure, they impart an intelligent pattern of unfoldment. They cancel out the wild unreasonable responses to unreasonable external pressures.

EVIDENCE OF HIGHER PRESENCE

The evidence of a Higher Presence in meditation is a change in breathing. If you were under outside pressure, and responding to it, your breathing would manifest this also.

With concentration, you inherit power to break the pattern of thought stuff that holds you to unwanted habit patterns. Usually, thought patterns are excuses and justifications for past errors. They form a hard protective shell around the faults, but you can break that shell by being aware of the Light as opposed to being caught up in thought. This Light is the Truth, next to which lies the shield that error cannot stand.

We have no power over what comes up from the depths as the shell is broken. It may be like opening a can of worms unexpectedly. Suffer the pain of remorse. Resist the temptation to hide from or to change what you see. The pain of such an experience will give rise to a true desire to be different, and that helplessness and wishing is the call to Salvation.

In time, a new energy comes in reply. It is the Light that shineth upon every man who comes into the world. It is the Light that still shines in the darkness, and the darkness comprehendeth it not.

WHAT MEDICAL PROFESSIONALS
ARE SAYING ABOUT
ROY MASTERS' STRESS
REDUCTION TECHNIQUES:

"Roy Masters has discovered the secret of health and happiness. He takes you step by step on the ultimate adventure of a lifetime."

*Teresa Bander, M.A.
Clinical Psychologist
Princeton, New Jersey*

"Roy Masters' writings illuminate the unconscious motivations of human behaviour and provide for the reader a dazzling blueprint for action and personal growth."

*Dr. George M. Hayter, Psychiatrist
Chairman, Department of Psychiatry
St. Joseph's Hospital, Orange, California*

"Roy Masters revitalizes ageless wisdom. For many, one hour with Roy Masters will be more beneficial than years of traditional therapy."

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