



New Insights

Illuminating your emotional health and wellbeing

Autumn 2020

Foundation of Human Understanding



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The problem with a democracy is the people. With good people comes a sound, workable democracy (or more precisely, democratic republic). Otherwise, you have a democracy in name only and that begins the nightmare and tyranny of hypocrisy, leading to revolution and dictatorship.

Another danger to democracy is the misuse of duly authorized power. Authority must be just. A husband must be considerate of his wife's real needs as a human being, as well as firm with any foolishness. If he uses his God-given manly role to oppress and use his wife, then it is a dictatorship, not a marriage. And if the husband is weak, you have a female dictatorship in the name of marriage, which leads to the usual rebellion, treason and coups against the tyrant.

It is not the institution of marriage that is the problem, just as the problem does not lie with democracy or religion per se. Those institutions are basically wholesome and noble, and they are God's gift to His people. But when they are misused and misunderstood, you have democracy, marriage and Christianity in name only. They become a system of justice, which unjust people hide behind in order to exploit others legally.

That eventually makes many believe that democracy doesn't work, marriage doesn't work, religion doesn't work and free enterprise doesn't work, and there arises a feeling of wanting to tear it all down. But then what would you have left? Dictatorship without hypocrisy! Soon after that we would find ourselves in revolt again, setting up another

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*Democracy, Hypocrisy &
Revolution
(continued)*

as the man sets up the other woman to support his revolution against his wife. Sometimes he gets another dictator, and sometimes he is the dictator.

Without perfect integrity, marriage cannot fulfil its proper destiny and neither can government.

If it is to survive, democracy must learn to distinguish between social psychopaths and genuine leaders. Unfortunately, because of an inherent prejudice in our human nature, we are more responsive to psychopaths because they seem somehow more believable than the honest men they mimic. Unless the people learn to distinguish between them, we can look forward to nothing but spiralling misery and suffering, leading to an ultimate holocaust from which few will survive.

The social psychopath actually hates the democracy that he pretends to love. Social psychopaths are the world's most dangerous villains. We are mainly concerned here with the social psychopath because, in the ordinary course of events, few of us run in the same track as the criminal psychopath.

From the day he is born, the social psychopath's soul embraces evil and hates good, and he exists for one reason only: to destroy. Destruction is his creation. If there is some dangerous scientific project, the psychopathic scientist will recommend it; if it is valuable to society, he will be against it. If he can help you, he will hurt you instead, and you will pay dearly somewhere down the line for whatever favours he does extend.

What I am trying to say is that most (not all) leader-types are social psychopaths, who bleed and exploit the masses from behind a personality mask of respectability. And the great majority revel in that phoniness. Through science, politics, religion, education and medicine, psychopaths have appeared to give you solutions to the problem of sin, to restore your lost dignity, but all the while they are really eating you alive. They are the ushers at those doors.

Lurking in all democratic nations are treacherous forces, which exist to demoralize the citizens into tearing down the system. But when they do, those forces are still there, unmasked.

In every war against injustice, the better cause eventually wins out, but then, strangely, it evolves the next tyrannical system that must be brought down.

Castro, who came to power in Cuba as a liberator, himself became a dictator far worse than the tyrant Batista he had vanquished. Likewise, in their uprising against the hated Russian czars, communist revolutionaries promised freedom and equality, but ended up far more brutal and evil than the czars ever were.

Governments and the media fail to realize what they do by upsetting

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*Democracy, Hypocrisy &
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(continued)*

and gingering us up against an enemy like the Nazis or the North Vietnamese. Our reactions tend to make us over in the image of the hated enemy and soon we see atrocities in our own homes. I am very sure the communists have used this principle to destroy us. Threats, intrigues and atrocities, eagerly reported by sensation-seeking media, make us fighting mad. By this means, our enemies are able to use our own system to plant the seeds of communism (or any ism) in the American mind. Believe it or not, many enemy sympathizers have already been created in precisely this fashion.

Hatred *always* divides the populace into evil groups, which evolve one another: those which rebel against and those which conform to the object of hate. Be careful about my meaning here. *I am not implying that we should be passive* in the sense that we say, "Ho hum," hoping that wickedness will go away. What I am saying is that we must learn how to deal strongly with phoniness and wickedness, with a special non-violent force *that is not born of hate*. Hate is the reaction of obedience to evil which puts the tempter's purpose within you. If this is truth, you cannot afford to allow yourself to luxuriate in that emotion. You must find the opposite kind of obedience (obedience to what is right), which will draw to your patience and love with which to meet stress.

*A special non-violent
force that is not born
of hate.*

What you see in marriage is what invariably occurs in free elections where the people are supposed to elect their 'loving' leaders. Remember again the Satan principle: who made you what you are, loves you just as you are. You marry a woman who supports you against the dominance of your mother (or a former wife), and she turns out to be another tyrant! You stop smoking only to start overeating, and you are a slave either way.

The masses, with few individual exceptions, are under an unconscious compulsion to elect (marry) a government that serves their egos. Alas, by serving, a seductive government mothers the people and gains ascendancy over their minds and lives. Coming to the rescue of the people it cripples, government weakens them even more, so that they have an ever-greater need for the services of the mumma-politicians (for which they pay through the nose). The growing demand of a 'loving' government on the people's pay cheque is like a demanding wife with her husband, and has the same effect on the nation. Some 'husbands' rebel; others drive themselves harder to please their female god, who can never be satisfied; others defect to other women for ego security.

In a situation like this, it is not long before loyal workers start having nervous breakdowns, and in one way or another they rebel against the burden of taxation to pay for the welfare of the criminals and dropouts. Incentive leaves them. Productivity sags. With a diminishing tax base, the government is forced to print money to keep up the 'benefits' and to buy votes, desperately trying to hold its power. And you know the rest



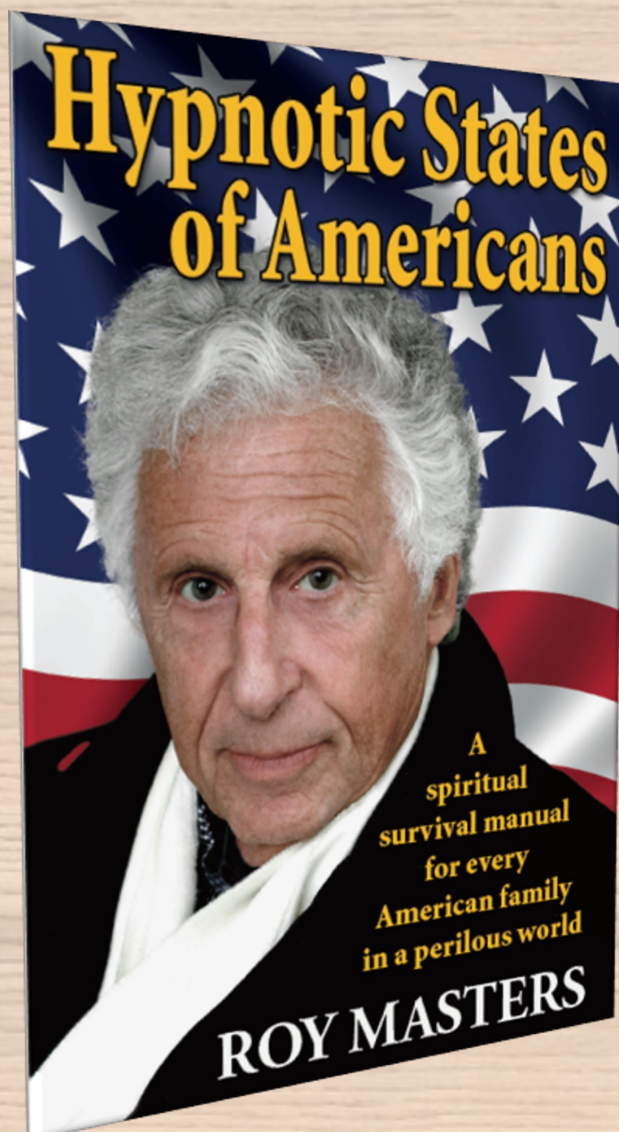
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The indwelling evil is supported in rebellion by our seductive 'friends'

of the story.

The indwelling evil is supported in rebellion by our seductive 'friends,' and when such as these become our leaders, betrayal is sure to be the order of the day. There is betrayal in marriage and there is also betrayal in government. The husband betrays the wife who spoils him rotten, and the wife betrays her husband by revealing herself to be a tyrant instead of a lover; a similar relationship exists between the people and their government. And if we try to get free, we always find the same enemy in a new and disguised form. The sinner's liberty is not freedom: he is just freed from the frying pan so that he can jump into the fire. ●

You have been reading an extract from Roy Master's book, "Hypnotic States of Americans". Portions of this book were previously published under the titles "The Hypnosis of Life" and "The Satan Principle". ©1988, 1979



This spiritual survival manual can be purchased for only £15, FREE delivery.

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Do You Feel at Home When You're Not at Home?

David - USA

What my wife noticed as a guest at Tall Timber Ranch, was a principle we had experienced with guests in our own home. We've found that our relatives visit us less and less. When they do visit they're often visibly uneasy, don't stay long and have even remarked that they don't feel welcome in our home.

We aren't rude to guests. However, we do know that most people are so uncomfortable within themselves, that if left undistracted, they can feel very miserable.

The guests associate their returning anxiety with your lack of support. To them you appear to be making them uncomfortable. They deduce (incorrectly) that they are unwelcome because you don't make them "feel at home."

We could see this same principle at work at the Ranch, which we had seen with guests in our home. If you occasionally visit other meditators who aren't supportive, you may have experienced this yourself; a few days at the Ranch really brings out the difference between being catered to and just being! There's plenty to do at the Ranch, but some people (even whole families) feel like there's nothing to do unless someone else is busy putting them up to it. As a result, several people have cut short their stay and left abruptly, made too uncomfortable by the lack of stimulation.

Even when the guests are meditators, they often unconsciously expect to be catered to at the Ranch. We've seen that if you aren't "at home" within yourself, you sure aren't going to feel "at home" at the Ranch! ●

Our Immune System and Covid-19

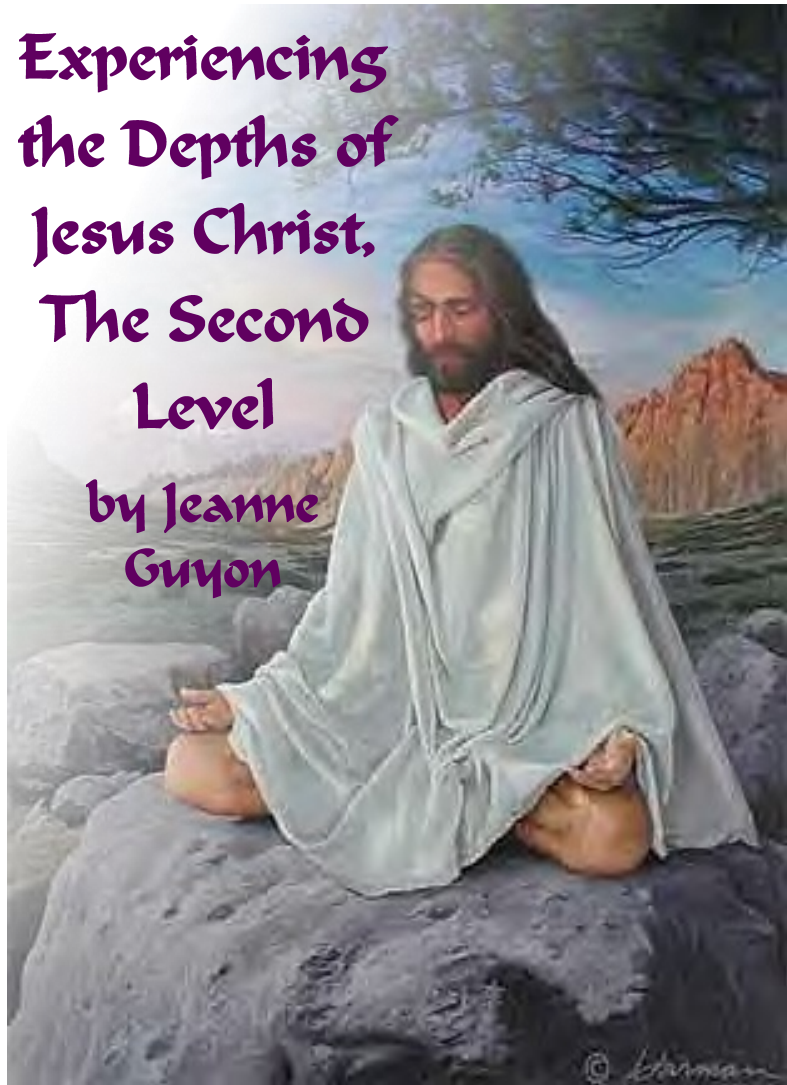
Amidst all the Covid fearmongering and emotional overreaction, it is worth pointing out that less than 1% of people who have had the coronavirus have died. More importantly, it is worth drawing attention to our immune system's God-given ability to fight off infection.

As recently reported in The Telegraph and elsewhere, Oxford's Professor Sir John Bell and other leading researchers, have been highlighting how numerous people have fought off the virus naturally with T-cells: without the need for an antibody response. Professor Bell explains, "Around half of the immune response to this virus is through antibodies, and the other half is cellular ... a separate part of the immune system, a type of white blood cell called T-cells" – and these 'killer' T-cells stay in our circulation for years.

The guests associate their returning anxiety with your lack of support.

Experiencing the Depths of Jesus Christ, The Second Level

by Jeanne
Guyon



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ou may have some acquaintance with “praying the Scripture and Beholding the Lord” or “Waiting in His Presence.” Let us assume that you have practised these two ways of coming to the Lord. Let us say that you have passed through the awkward stage of this and have come into real experience.

Now let us move on to consider a deeper level of experience with the Lord; that is a deeper level of prayer. Some have described this second level as an experience of “faith and stillness.” Others have referred to it as the “Prayer of Simplicity”. I prefer the latter name.

Let us say you have grown so accustomed to praying the Scripture and to waiting quietly, in the sense of the Lord’s presence, that these have made themselves part of your life. If this is so, you have found that it is now much easier to come to the Lord and to know His presence.

The First Level

When you first began, it was difficult for you to recall your wandering

*An experience of
“faith and stillness”*



*Experiencing the
Depths of Jesus Christ,
The Second Level
(continued)*

*Praying with a
believing heart is
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mind. It was difficult to continually turn inward to your spirit. Little by little, these matters have become much more natural and simpler. Now prayer has come to be easy, sweet and natural, as well as delightful. You gradually recognize that prayer is the true way, the real way of finding God. And once you have found Him, you proclaim joyfully. "His name is an ointment poured forth" (Song of Solomon 1:3).

The Second Level

You might think that I would now encourage you to continue on this very successful path. Instead, I am going to encourage you to change your course just a little. In so doing, once more you are going to come to a point that might have some discouragement in it. Starting out on a new path to explore the Lord always means encountering some difficulties at the outset! Therefore, I would encourage you to have a believing heart from this point on. You must not be discouraged. There will be a little difficulty along the way as you seek to go into a deeper relationship with the Lord.

Now with these words behind us, let us look at this new level of prayer.

First of all, come into the Lord's presence by faith. As you are there before Him, keep turning inward to your spirit until your mind is collected and you are perfectly still before Him. Now when your attention is finally turned within and your mind is set on the Lord, simply remain quiet before Him for a little while.

Perhaps you will begin to enjoy a sense of the Lord's presence. If that is the case, do not try to think of anything. Do not try to say anything. Do not try to do anything! As long as the Lord's presence continues, just remain there. Remain before Him exactly as you are.

The awareness of His presence will eventually begin to decrease. When this happens, utter some words of love to the Lord or simply call on His name. Do this quietly and gently with a believing heart. In so doing, you will be once again brought back to the sweetness of His presence. You will discover that you once more return to that sweet place of utter enjoyment, that you have just experienced! Once the sweetness of His presence has returned to its fullest, again be still before Him.

You should not seek to move as long as He is near.

What is the point? The point is this: There is a fire within you and it ebbs and grows. That fire, when it ebbs must be gently fanned, but only gently. Just as soon as that fire begins to burn, again cease all your efforts. Otherwise you may put out the flame. This, then is the second level of prayer: a second level in experiencing Jesus Christ.

When you have come to the end of this time, always remain there



*Experiencing the
Depths of Jesus Christ,
The Second Level
(continued)*

*It is very important
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before the Lord, quietly for a little while. Also, it is very important that all your prayer be done with a believing heart. Praying with a believing heart is more important than anything else that has to do with prayer!

Your Motive

I would like to talk with you just a moment about the motive of your heart in your seeking the Lord. After all, why do you come to the Lord? Do you come to Him for the sweetness? Do you come to Him because it is enjoyable to be in the Lord's presence? Let me recommend a higher way.

As you come to the Lord to pray, bring a full heart of pure love, a love that is not seeking anything for itself. Bring a heart that is seeking nothing from the Lord, but desires only to please Him and to do His will.

Let me illustrate. Consider the servant. The servant takes good care of His master; but if he does it is only to receive some reward, he is not worthy of any consideration whatsoever.

So dear Christian, as you come to the Lord to pray, do not come for spiritual enjoyment. Do not even come to experience your Lord.

Then What? Come just to please Him.

Receive the Lord

Once you are there, if He chooses to pour out some great blessing, receive it. But if instead, your mind wanders, receive that. Or if you have a difficult time in prayer, receive that. Joyfully accept whatever He desires to give. Believe that whatever happens is what He wants to give you!

Let me repeat that, for it is very important! It is especially important to you for any future growth in experiencing Christ. Believe by faith that whatever happens is His desire for you at that time.

When you have come to the Lord this way, you will find that your spirit is at peace not matter what your condition. When you have learned to come to the Lord with this attitude, you will not be upset if the Lord withdraws Himself from you. The times of spiritual dryness will be the same to you as the times of spiritual abundance. You will treat them both the same. Why? Because you will have learned to Love God just because you love Him, not because of His gifts, nor even His precious presence.●

*From "Experiencing the Depths of Jesus Christ" by Jeanne Guyon.
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What Does The Bible Say About Being Still?

When you are still and quieten your mind you discover that there really is a God and it's not you! When you are tuned into your hidden spiritual realm, it brings forth life, wellbeing, inner peace and happiness. There comes a time in our lives when we need to remove the constant stream of distractions, shut-up and listen to God.

The Word is very near you; it is in your mouth and in your heart so you may obey it. Deuteronomy 30:14

Be still before the Lord and wait patiently for him. Psalm 37:7

I desire to do your will, O my God; your law is within my heart. Psalm 40:8

Be still, and know that I am God. I am exalted among the nations, I am exalted in the earth! Psalm 46:10

I have hidden your Word in my heart that I might not sin against You. Psalm 119:11

He who has knowledge spares his words, and a man of understanding is of a calm spirit. Proverbs 17:27

I will put my law in their minds and write it on their hearts.

I will put my law in their minds and write it on their hearts. Jeremiah 31:33

I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. Ezekiel 36:26

The kingdom of God is within you. Luke 17:21

They show that the requirements of the law are written on their hearts. Romans 2:15

Don't you know that you yourselves are God's temples and that God's spirit lives in you? 1 Corinthians 3:16

I will give my laws into their mind: and in their heart will I write them. Hebrews 8:10

"This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds. Hebrews 10:16

Receive with meekness the implanted word, which is able to save your souls. James 1:21

Therefore be alert and of sober mind so that you may pray. 1 Peter 4:7

Speaking Out

Punishment and Forgiveness

As a child, to be punished physically or more often to feel guilty by being shouted at, or intimidated, is unnecessarily cruel. It leaves the child with excessive feelings of guilt and self-hate, or unworthiness which is self-degrading. Any form of success in life (because of a lack of faith and self-belief) is then a mountain to climb. Darkness hovers over and within, until you realize you are not to blame, and that you are forgiven. Maybe in time you will forgive and be released from the cocoon of your past.

The truth is you are free, and that you did not deserve such a harsh punishment. The parents or guardians were only trying to attack the unloved state of their childhoods that were put into them, and also their parents before them. Forgive those that made you hate, and all your pain will disappear. You will eventually know who you really are and what you are capable of (through the love of God). Whatever your mind has conjured up in order to escape the discomfort and illusions of unworthiness, will disappear or dissolve as if your previous existence was a fantasy life.

You are forgiven. Just know it and be happy.

God's cause for you is heaven on earth, not the other way round (hell on earth). Once you forgive, the pain goes and you experience His dwelling place in your soul; you then become an extension of His spirit and His Love.

Glen ~ UK

Help others as you have been helped by sharing your stories of how your growing self-awareness and living from within has changed your life.

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FhuUnitedKingdom@aol.com

Darkness hovers over and within until you realise you are not to blame and that you are forgiven.

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



Email: FhuUnitedKingdom@aol.com

Website: www.FhuEngland.com

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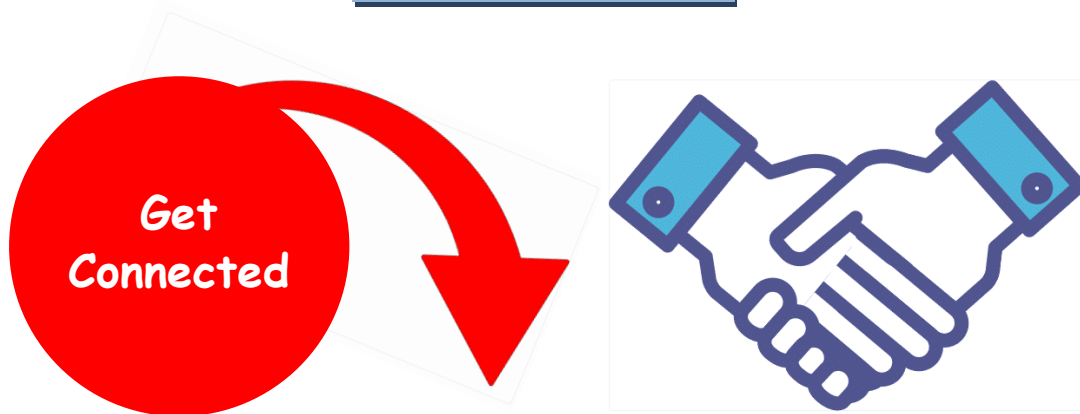
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Occasionally we have some news that is sent out via email: to be included, just send us an email.

Please note:

If you move home, change your email address or no longer wish to receive New Insights, then please let us know.

FHU News



There are some exciting changes going on at the FHU and we'd love you to be on our European email distribution list so that you're kept up to date as news breaks.

Over the summer we've been having video meetings; open discussions where we share, express our thoughts, listen and spur each other on towards love and good deeds.

To be added to our distribution list, just email us at FhuUnitedKingdom@aol.com

Before lockdown, you may have noticed the lack of young people in the Sunday Conversations audience, it's attended by faithful supporters who have been listening to Roy for years. To rectify this, Alan and David are attracting a younger audience via their daily radio show Perilous World Radio. During the shows, listeners are directed to the Sunday Conversations which gets to the heart of life's problems: just the way Roy Masters' Advice Line programmes did.

To listen to the shows, go to www.Fhu.com