



FHU New Insights

Spring 2016

"Addiction is not having control over doing, taking or using something harmful."



UNDERSTANDING ADDICTION - ROY MASTERS

The word addiction normally refers to alcohol and drugs, it can also be applied to food, relationships, music or even approval. According to the NHS: "Addiction is not having control over doing, taking or using something harmful. As well as drugs and alcohol, a person can become addicted to sex or gambling." The problem is that most people do not see their dependence as destructive but as something to be grateful for.

Emotion drugs us into believing that emotion is right for us. That is why we cannot question the emotional way of life; any more than the drug addict can or will question his support. Some people can 'successfully' get away with existing emotionally; adding emotion to emotion to keep from seeing their mistakes - even those errors arising from emotion itself. These people can manage to see what they want to see and hear what they want to hear without ever touching drugs. But some of us can't.

Other people, though they may be just as badly caught up in an emotional way of life, are a little bit too sensitive and aware to be able to play the game of emotion with the same gusto. They may not know what's bugging





*Understanding
Addiction
(continued)*

*Emotion acts as
an opiate on our
minds.*

them, but they know that something is and they don't want any part of it. These are the people who turn to drugs or some other form of addiction for relief; and those others, the emotion addicts, help drive them to it!

Because emotion acts as an opiate on our minds, we rarely see that our habit of reacting emotionally to every person and thing and circumstance is the major cause of all our personal and interpersonal problems. We are aware only of the anxiety and pain it produces in us, and how desperately we crave to be relieved of these symptoms. When something appears to provide us with that relief, we identify it as being something "good" for us, of course, and it doesn't even occur to us to ask whether it got to the real root of the problem.

Addictions start with something simple

Addiction may begin with some simple remedy, like candy, aspirin or a doctor's prescription, or just a little drink to be "sociable." From then on, it's just a matter of degree, and we go down one step at a time, adjusting to each level as we come to it, no questions asked. We rationalize all of them. Our pills and our snorts are our friends, they make us feel secure. A little is good, and a little more is better yet; so our taste for them increases, and as we spend more time on gratifying that taste, problems begin to pile up in other areas of our lives, and we may turn to hard drugs to escape them.

Drug addiction begins with emotion. Emotion is the mother of all addiction. It is the original drug that dulls the mind to reality and leads us to make one foolish decision after another. When we allow ourselves to become emotionally excited or upset, we cannot see clearly, so we blunder our way through life. Even if we manage to see that we have been caught up in a world of emotion, it's still our world, and we don't know how to stop it long enough to get off.

When we have been turned on emotionally, we lack control to turn off again. Any counter-pressure produces an excruciating agony in us, as though we were driving with the brakes on. Drugs calm us down and assure us that all is well; but we aren't, simply because we remain subject to the same emotional pressures, with or without the drug. The more we depend on drugs, the weaker we get, until finally we need them both to turn us on and turn us off.

The pharmacy can be a stepping-stone to hard drugs

Beginning with emotion, going on to the prescription at the pharmacy, and ending with hard drugs, all turn-ons and turn-offs ("uppers" and "downers")



*Understanding
Addiction
(continued)*

*Can the blind in
society lead the
blind?*

keep us from honest self-examination.

They keep us from the right answer; even if we are inclined to cry out for help, this wrong answer always succeeds in getting in the way by producing a false security that stifles the cry. From the little old lady who soothes her hemorrhoids with suppositories, to the aspirin-aholic, they are all drug addicts; it's only a matter of degree. We are all soothing pains that should not have existed in the first place. Can the blind in society lead the blind?

Needless to say, emotion is the way in which illusions are preserved and businesses and professions are built, willingly or unwillingly and drugs are a stronger way of producing them. People are controlled through emotion; that is why promoters promote it. Now society is alarmed because the underworld has more exciting things to offer!

We have all been emotionalized, whether we like to admit it or not, by some long forgotten trauma. Early in our lives, father or mother threw a big tantrum or pulled on our heartstrings in a seductive way that upset us and pulled us off balance. Ever since that time, we have managed to become involved with people who turn us on the same way and we are at the mercy of their moods. We even need them because we have learned to need the motivation they provide. Whatever the emotion they arouse in us, even if it be intense hatred, we may be sure that their ability to do so had a great deal to do with our choosing them as friends in the first place. And it's no coincidence if they remind us of one of our parents.

Through emotion, our ugly reaction to ugly people causes experiences to break through our natural defenses, and get inside destroying our objectiveness and our ability to be object to anything. Seeping into our subconscious mind, the impressions these experiences leave there cause.●

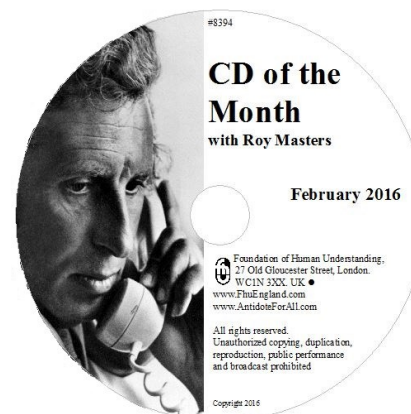
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HOW TO ELIMINATE THE NEED TO SMOKE, DRINK AND OVEREAT

BY ROY MASTERS



A man went to a psychiatrist because of a severe smoking habit. "I smoke forty cigarettes a day," the man complained to his counsellor. "Don't be concerned," comforted the doctor, "I smoke fifty a day!"

As amusing as all this sounds, there is a terrible danger in this kind of advice. In spite of all the advanced medical training of the psychiatrist, he was unable to use this knowledge for the good of others, but only for the JUSTIFICATION OF HIS OWN ERROR. Because of this, the patient is doomed to a potential death from cancer, due to losing the safety valve of conscience, through being relieved of his guilt feelings.

The counsellor went on to explain that the cigarette was the "fuel" for the body, advising the patient to continue smoking for the essential "motivation" provided by the tobacco. Again, the counsellor was justifying his OWN weakness. Worse yet, he was unconsciously preventing the patient (and himself) from finding the CURE. He was not willing to find a cure for his own smoking; therefore he did not wish to face the embarrassment of his client's possible success.

*I don't feel
guilty anymore!*

Deal with the cause, not the symptom

This insane process is seen throughout the "healing-arts". Subconsciously, nearly all of those engaged in finding cures are reluctant to find the TRUTH, for that Truth will put them out of business.

A man met his downhearted friend on the street. "What's the matter, Joe?" smiled the man. "I don't feel very well", said his friend. "I feel terribly guilty about my drinking." "Tell you what you should do," said the well-meaning man, handing his friend a card. "Go see this psychiatrist." Two weeks later the pair met again. "Well, how do you feel now, Joe? Did you see the psychiatrist?" The good adviser asked his friend. "Yes," Joe answered, smiling happily. "I feel fine now. I'm still drinking heavily, but I don't feel GUILTY anymore!"

The point of all this is that once a man is "justified" in his bad habit, he then is LITERALLY condemned to death. Relieved of the stigma of his fear and guilt, through some kind of "social-acceptance", he continues in the pathway of folly that will eventually lead to his death.



*How to Eliminate
the Need to Smoke,
Drink and Overeat
(continued)*

*Man cannot exist
solely as an air
breathing
mammal.*

The self-righteous healing groups may be seen working feverishly towards a cure that, in reality, they are not willing to find. Can you imagine the widespread embarrassment if suddenly, an uneducated carpenter were to discover a simple solution to all human problems?

You see, many people simply are NOT WILLING to find the Truth and the purpose of life. They desire instead, an existence of their OWN choosing. There are, however, only TWO CHOICES that a man can make in the universe; one is toward the Highest Principle, and the other is away from that Truth. When we choose the highway to Truth, we give up our own will, our own way, our own concepts of what is right - and we achieve a unity with THE ONE GOD.

Animals find purpose by "existing". The plants, by their very existence, purify the air. The animals provide their bodies and various services to man through their NATURAL HABITS, but MAN'S habits are the expression of futility.

Humans are more than just animals

Man cannot exist solely as an air breathing mammal; he cannot find purpose in existence alone. Lacking true self-discovery, his habits degenerate into SELF-DESTRUCTIVE ways of "easing" guilt as a result of his separation from the Truth.

True purpose for the human being consists in his joining himself in unity with an inward conscience - of consciousness. When we learn to do this successfully, degenerate habit patterns are altered for us, and we express life, grace and good health. Our every habit now becomes a pathway to an endless variety of skills and talents; each talent serving the purpose for which we were created.

If we fail to attain to this true purpose, we have EXCUSES instead of Truth, and MUTATION instead of motion. When you turn your face away from the love of Truth, you pitch yourself against the Almighty, and out of you is seen to grow every unclean thing. If you do not love the Truth, then you must necessarily HATE the Truth. You become a multi-layer cake of lies and excuses that might first appear as "piety". Your PURPOSE becomes a task of finding a suitable "invented purpose" and your habits degenerate merely into actions of easing pain.

Naturally, you feel the futility of existing without a motive, and you try to conquer this futility by the INVENTION OF PURPOSE. Therefore, your habits become a series of motions towards the painful "relief" of that vain



*How to Eliminate
the Need to Smoke,
Drink and Overeat
(continued)*

*They accused
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minds of the
youth with
corruption.*

fulfillment, and slowly you are seen for what you really ARE. Any person who does not love the Truth is possessed by terrible FEAR. After all, if you do something wrong, you will naturally be afraid when justice comes too close. So it is with the hater of Truth. Whenever common sense comes too close, he is alarmed and frightened.

The life blood of the Truth hater is the failure, the sickness and the confusion of other people; because, when people are confused they cannot see wickedness and cunning which poses as good. Therefore, when people are sick, they NEED a physician; and when their spirits are low, they NEED their minister gods. Men are still men, no matter what their attire. The teacher and the professional man, subconsciously prefer to continue reaping the benefits of other's sufferings.

The greatest delight this monstrous horror of an EGO can feel, is when it becomes "exalted" through the pitiful need of other people. When others are more sick, more confused and more guilty than ITSELF, it is able to hide from Truth, and continue its chosen pathway to SELF-RIGHTEOUSNESS.

Everywhere you turn you will find purges and persecution of men with ideas and ideals born out of common sense. There also, will you find false "champions-of-good". They accused Socrates of perverting the minds of the youth with corruption. They accused Christ of heresy and blasphemy. Today, as well as in those bygone eras, the Truth is hated (mocked) and derided.

Therefore, we smoke and drink. Soon we become controlled by another set of governing factors called drugs, that will only imprison us further. However, with each successive stage of control, the more plainly emerges the total weakness of man, and his HATRED of Truth. We have endeavored to be free from our conscience. We have endeavored to find our own rules for living; yet all of us have ended up as nothing but a "pious pile" of excuses. ●

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Thank you!

Thoughts on Depression - M J Howard



Exercise - this will release endorphins into the brain and give a natural feeling of well-being. We are physical beings designed to work our bodies.



Eat healthy - when our bodies feel good our minds also feel good. Likewise if you are in pain you will be emotionally down. There is a direct connection between mind, body and soul. Good food also has serotonins that give a feeling of well-being. Vitamins Bs are good for the nervous system.



You will only discover true happiness and inner peace by living in reality.



When you have that sinking feeling don't fight but instead stand back and watch what happens. There is only so low you will actually sink. Eventually you will become re-centred and returned to your inner spirit. This is a natural correction to your happiness. Six months after getting married we bought a house together, I'd been on a high and after everything was unpacked an inner emptiness opened up. I just allowed my spirit to fall and then return back to its normal stable level.



Become aware of, and then give up your emotional crutches. Those external things that we depend on for happiness.

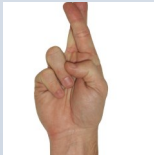


Everyone wants to live a happy and fulfilled life. So we ask ourselves, "How can I be happy?" That's the wrong question; what we should be asking is, "What is stopping me from living a happy and content life?" The sun always shines above the clouds; it never stops, it is there shining brightly every moment of our lives. In a similar way, the natural state of humans is to be spiritually and emotionally happy and fulfilled. Happiness, inner peace and contentment are within us but it's the clouds of hate, anger, resentment, jealousy and greed that separate us from our inner happiness.

BACK ←
TO THE PRESENT



Don't keep alive past upsets or traumas. When you notice yourself harking back to a lost love or upsetting incident, see life as it really is, not as you imagine it to be. The more you do it the more the memory fades and dies.



Just as too many burger and chips are bad for the heart; too much negative thought is bad for the mind.



Don't if: When you start a sentence with "if" then you are compensating, attempting to feel better rather than being better on the inside.



Don't compensate for feeling down. When we eat, drink, spend to feel better we ignore the cause and become dependent on the cause. Meanwhile what makes us feel bad continues to grow unopposed. A bit like the time that I painted underseal on the rusty part of my car; it looked better but unseen, the rust continued to spread.

Don't look down on people: None of us are perfect. Therefore don't expect others to be. ●

While ye have Light, believe in the Light, that ye may be the children of Light, said Jesus (John 12:36)

Behold, the kingdom of God is within you (Luke 17:21)





*I've been raised
in what you'd call
traditional
Christianity,
traditional
church.*

“Hello, Roy Masters Speaking”

RM: Hello, Roy Masters speaking.

Man: Yes, Roy. I've listened to your broadcast two or three times, I guess. The first time was accidentally, driving around in my car. I'm a salesman, out on the road quite a bit and what you have to say seems to make a lot of sense. I've been raised in what you'd call traditional Christianity, traditional church. Many times, it seems like the things that are discussed seem very important and relevant, but they don't have any application in people's lives.

RM: That's right. They seem to become the oracles of God to you, and your body becomes outwardly directed by people who stand in the place of your conscience. I think that's what leads to the conflict, and that's why the church has not done the good it should have done, the good it was entrusted with in the beginning.

Man: That's true. I'm really totally unfamiliar with your concepts, other than what you say certainly makes sense, especially when you speak about the things that motivate people, why they do the things that they do, and some of the obvious hypocrisies, but my question is: “What makes your system, or whatever you want to call it, work?” In traditional Christianity, of course, they say to turn the spotlight on yourself, and recognize that you are a base person, and that you are in need of a higher good, and

RM: But they don't tell you where it is.

Man: Oh, they do, in one sense of the word, in the sense of identifying with Christ and what he has done.

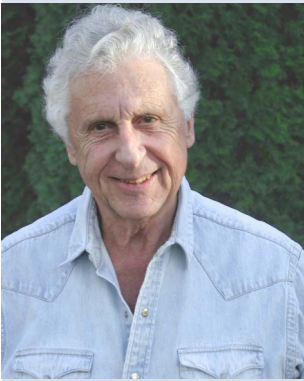
RM: Yes, but you know, Christ to most people is just a noise

Man: Well, yes, that's true.

RM: In other words, where do you find him? How do you identify with him? What do you have to do? And there's more to it than that. There's a lot they aren't telling you, and I try to fill in the missing links.

Man: Right! Well, I don't know whether you're geared on this programme to say that or not, but exactly, after you apparently, you say, by meditating, you really evaluate yourself and find out what kind of a person you are, but then after

RM: But meditation firstly. Well, there are two parts to meditation. One, the attitude, the BE-attitude: “Blessed are those who hunger and thirst after righteousness”, because then the knowledge of what's right illumines the inner being. Follow?



*Hello, Roy Masters
Speaking
(continued)*

*What kind of
people would we
be, if they
decided to
withhold the
stimulation from
us?*

Man: Yes.

RM: It's the attitude, the BE-attitude, the attitude of consciousness.

Man: Right.

RM: And then, when it's pure, when the heart is truly seeking, and we're not seeking just to get rid of a problem, when we really want to do the will of Him Who made us, then something shines through that consciousness and illuminates that which was formerly in the gloom. First of all, we have to make contact by reaching up, reaching within, and not reaching outside for comfort. That's Part 1.

Part 2: We have to be able to extend this light into our body, so that our whole body is full of light - not just our consciousness. And we're not just enlightened about our problems. There is a shining in the darkness and there is an outlining of the various failings, but we have to be able to extend that in such a way that it makes a home in us, it turns us on, it stimulates us, it gives us direction: It quickens the spirit, and also the body. If you'll just observe nature, sir, you'll see that evolution takes place as the result of an interplay of stimulation in the outside world. Dinosaurs evolved over each other. And where there's a threat, we have a challenge; and where there's a challenge, there's a potential for growth. You can't grow without challenge, can you? You observe this in our egocentric way of life. You get to the point of having to challenge, or tempt, someone to challenge you, to turn you on. There's a factor in the outside world that is called stimulation, and danger tends to provide the stimulation factor for the animals to grow, but they grow as animals. This substance, or essence, keeps ever berating back and forth between creatures. I turn you on, and then when you get bigger than I, you turn me on, and I get bigger than you.

Man: Right. Yes, I see.

RM: But then this interplay of ectoplasm, or substance, or essence, is of the nature of the animals, and when we get caught up in it, we grow away from our true identity. What I say is this: There's another kind of quickening of the spirit, a receiving of grace, which is a stimulation that must be passed to the body, so that it becomes a motivation, and a motivation that is not dependent upon other people.

Man: I see.

RM: We're not interrelated with them as a source. We're not dependent upon them. Because what kind of people would we be, if they decided to withhold the stimulation from us, the encouragement from us, and the love from us?



*Hello, Roy Masters
Speaking
(continued)*

*When you
respond to Good,
you become like
the Good.*

We have to be completely independent of this essence that we usually seek from others; the church, our friends, and the challenges of life. We have to be able to grow, stimulated strictly by the light of the Sun, the Soul-Sun within. And our whole body must be stimulated to respond; and in this response, there are patterns of growth that bear witness to the source of our stimulation. When you begin to respond to temptation, you begin to become ugly and mean and callous and cruel, is that not so?

Man: That's true.

RM: And when you respond to the evil, you become like the evil, don't you?

Man: Surely.

RM: Well, when you respond to Good, you become like the Good. It's a matter of responding. When you respond to Good, you can't respond to evil. You can't do both. You can't serve two masters. And you can't shoot two bows. You can't ride two horses.

Man: Right. I follow your reasoning there. It makes very good sense.

RM: Now, the system I am teaching is an age old system. It is not something I have invented, you know. It's just something that has always been there, a system that is quite natural, even to children; but we have been kept from it by the churches and the politicians and the doctors and the psychiatrists, all of whom need our needs, or weaknesses, for the business and profit and glory.

Man: Is this a matter, then, of self-determination?

RM: No.

Man: I would think that would just follow back into semantics, or something like that.

RM: Well, there is a self, that I call the consciousness or ego, that cannot itself determine, because it doesn't know which way to go, or what to do, or what to determine.

Man: Right.

RM: That's why I say the BE-attitude is very important. We must seek enlightenment as to which way we should go.

Man: By "enlightenment", you mean the ability, uh, the.

RM: "With all thy getting, get understanding."

Man: Oh, I see, right.



*Hello, Roy Masters
Speaking
(continued)*

*That certainly
sounds like what
this world needs.*

RM: And when we're seeking this, and we know we're in the dark, and we're helpless, and we know we need something, and we don't know what it is, and we cry, and we refuse to take any other direction, or any other kind of righteousness, until we find the real righteousness - when our soul is truly pure and hungry, it will accept only the pure. It will reject everything else: Tradition, comfort, philosophy. It will not be capable of accepting the crumbs off the table of life. It wants the true fulfillment. And if the soul is true and pure, it rejects all philosophies, all teachings, all temptations, as an answer to its problem, but seeks its own, the essence that is awaiting every soul that seeks.

Man: Well, that certainly sounds like what this world needs.

RM: There are so many people that don't want you to find this. They want to free you from conscience. They want to give you direction. They want to play god in your life.

Man: Right. I watched your encounter with the psychologist, or whatever he was, last night, on the Les Crane show. And I really want to compliment you on the way you handled yourself under those really adverse circumstances.

RM: Can you imagine how a bamboozled patient, knocking on his door for help, will be affected by a man like that?

Man: That's the thing that's so pathetic. The people who really need help go to people who are sicker than they are.

RM: He's powerful! And he's overbearing. And he can make you believe anything.

Man: Well, he can attempt to. At that time, I didn't know a lot about you, but I was really cheering for you, Roy.

RM: Thank you.

Man: I would like to get your CD, and find out more.

RM: It's only a simple technology to teach the mind how to operate in its own body and to gain mastery, and keep the outside out, you see. Keep it from getting under your skin, turning you on. And it weans you away from your dependency on emotional stimulation. The human being wasn't created to be emotionally stimulated like an animal. And as long as he is, he is an animal that can be ruled.

Man: Right! Thank you very much for your time. I'll be in for the CD. Good-bye.

RM: Bye. ●

Your Letters

Way by Way

Place yourself in the position of Moses, as he leads a huge following of former slaves to the shore of the Red Sea. It has taken Herculean effort to reach this point, so stubborn and set in their ways are these once Egyptian captives.

Knowing that Pharaoh's Army is close behind, Moses must deliver a miracle, actually two miracles, or his folly will shame his memory forever.

The first miracle Moses must deliver is to invent a sea crossing, with nothing more than the power of his faith, and nothing else. For, the power he needs is nothing less than the Energy which powers the universe -- the Most High Creator. The second miracle Moses must deliver is to maintain an entire society, as it wanders for 40 years in a bleak desert. The Most High had earlier inspired him to realize that an entire generation of mind control must pass, before a new leadership could prepare to take this society on to its destination.

Like so many stories in the Old Testament, the actual events were each allegories pointing to a future as yet unfulfilled prophecies to generations still to come. Moses, parting the sea and feeding multitudes with daily miracles, was an example, a *precursor*, of Christ the Son of the Most High.

This leads us to a pivotal question: If Moses was a precursor for Christ, was Christ a Precursor for each of us? The answer is yes, if we will but ponder the essential mystery that connects the Most High, Christ, and us.

For many Christians, it is essential to regard Christ's divinity as paramount. Thus, on a line connecting God with man, Christ is not situated half-way between the two; He is situated more closely to the Godhead in this schema. Thus, it is this paramount position which gives special authority to all the teachings of Christ.

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Your Letters



*Way by Way
(continued)*

*Was this a
metaphorical
Christ speaking?*

However, Christians often forget particular messages which Christ Himself said He had come to deliver to us. One of these special messages is that our faith would empower us to do *everything* He had done - and even more so - like parting oceans, moving mountains and manifesting abundance, and life.

By becoming man, Christ was acting as an example, as a precursor beckoning each of us to become more like Him and, in that process, more like the Most High God. And, how would one of us become more like Him?

The answer is at the very core of the Christian experience.

The answer is eternal life.

By submitting Himself to a terribly violent death at a relatively young age, Christ was telling us that we no longer needed to fear death, that He had conquered death, that it no longer had any "sting" left in it.

Was this a metaphorical Christ speaking, or was He being literal when He spoke these things?

Christ was being quite literal: each of us would become most like Him if and when we came to realize that death was no longer in our equation for living. Eternal life would vanquish death forever and eliminate it from our minds, from our hearts and from our daily lives.

Thus, by rising from His tomb, in a flash of brilliant light whose Source was surely the Most High (the only place from whence such immense energy could ever come), Christ became like Moses, showing us the "way" awaiting each of us, who need only believe and the transformation is underway. Under way, perhaps?

Personal transformation - that is near the heart of the Christian experience.

By Paul Andrew Mitchell

Take up meditation - it beats sitting around doing nothing!

YOUR LETTERS

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