



## On Loving Your Enemy?

*The present war with Muslim terrorists has all the earmarks of guidance by sophisticated Russian psycho political warfare experts.*

### On Loving Your Enemy?

*by Roy Masters*

*By resenting (becoming upset with) a being made in the image of God, you are unknowingly tricked into rejecting the Creator spirit within you—and this causes conflict and confusion.*

The battle against terrorism both foreign and domestic is a conflict between good and evil. People are cruel and warlike for two reasons. They either have selfish agendas, or they are helpless victims creating other helpless victims—programmed to compulsively do unto others as was done unto them. Either way, you are dealing with an evil that has taken up residence in the person. Overreacting with resentment and anger will only cause you to embrace the very thing you are trying to resist.

The enemy we are fighting is not a person, but one or more spirits. For this reason, we must be very mindful how we react to their assortment of outrageous injustices. It is true that we should oppose evil, which is to say, reject it. In order to reject it, we must be careful not to resent the person in whom the poison dwells. The reason is subtle, in that from one root springs forth endless branches of suffering. By resenting (becoming upset with) a being made in the image of God, you are unknowingly tricked into rejecting the Creator spirit within you—and this causes conflict and confusion.

Evil, operating through its human conduit, tempts you to hate the person. When you take the bait and hate the person, you become divorced from the ground of your own true being. This in turn opens you to penetration. It is impossible to reject evil by hating the person, because you end up embracing it.

By hating the person, you open yourself to the spirit's evil agenda, both personal and political. This is because you are responding to its will when you resent, and so separating from the source of good within you by which means evil might have been overcome.

Evil acts through human agency, just as God does. Unlike God in his Divine goodness, evil must infect and so possess the created form in order to act through it by means of some kind of subversion and trickery. Mindless terror, violence, cruelty and deliberate injustice are effective tease offerings—such teases strongly tempt you to resent and puff up in judgement. When you do that, you fall away from that firm ground of original being—from which root might have sprung the all triumphant good.



## On Loving Your Enemy?

by *Roy Masters*  
(cont.)

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Through successive traumas and seductions, the resident malevolent force operating within your oppressor, penetrates your defenceless soul, slowly but surely reprogramming it to do its will on earth as it is in hell. It makes a home in you.

Drugs, alcohol or whatever it is you use to calm your tormented nerves, mask the symptoms of a struggle for freedom you cannot win until you discover the truth that will set you free. And that truth is simply discovering the secret of patient response that is no response of any kind at all. Anger and fear are symptoms that you are not in your non-resentful, non-responsive centre—that you have descended to where you are reacting to the adversary spirit in such a way that it can penetrate and take up residence within you, and then act upon others through you.

So you see, the real enemy is never a person, but a spirit acting through the person—who has been overcome as a helpless change agent.

Some of your enemies are pathologically wicked, and take perverse pleasure in causing suffering—but others (such as yourself, most likely) are traumatically programmed, unable to control their behaviour. Considering that you cannot tell them apart, you must treat them alike. Patient (i.e., non-resentful) endurance is the perfect defence and offence for every occasion. Even if your patience does not help free another person from the spirit acting through him or her, that spirit nevertheless cannot infect or hurt you.

There is no need to win this war against evil that dwells in the hearts of men and women—just don't lose by responding and thus being drawn into its game. By this I mean do not give way to resentment and anger—don't lose your cool. Forbear to give way to rage because anger and fear-based doubt are two sides of the same coin. Never intimidate or be intimidated and you will confound the savage beast.

Never forget that you actually embolden bullies when you become resentful, angry, annoyed, aggravated, upset and irritated. Do not be surprised if bullies initially react to your calm patience with escalating fierceness—hoping to tempt you to resent and thus become their prey by simply acting worse than they did initially. Hold steady in the face of that escalation—reaction to your non-reaction—and they will feel as though they have hit a brick wall. And so instead of the bad in them penetrating you, the good in you will penetrate their evil and give them a severe case of psychic indigestion—and perchance help them. Bullies are empowered only when you lose your cool, but they feel threatened when you calmly refuse to play their game.

Lacking in grace, a bully's power comes only through frightening their prey with a fierce look and a display of roaring rage. But when such glaring hate backfires, it changes to fear—as it might with you—making them feel puzzled and often respectful. Either way you control the outcome by not reacting.

The reason why Muslim terrorists hate Americans is because their upbringing of hate causes deep fear. An appeasing America emboldens the warlike savage. They are trying to overcome their terrible fears with degrading hatred, something you are familiar with in your personal struggles with cruelty. For what it is worth, faith-based courage is not always polite.



**On Loving Your Enemy?**  
*by Roy Masters*  
 (cont.)

*Remember  
 this well: this  
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 kind.*

This war whereof I speak is required in the final battle between good and evil. Americans who through faith are neither hate-driven nor fear-driven will win the day.

Overreaction (or the new norm of polite under-reaction, your fearful servitude and appeasement)—will surely be the downfall of the United States. True faith is essential to prevent another Dark Age.

If we are wise and God-centered, there will be a different outcome. The terrorists must overcome their fear by hating us more, hoping to terrify us into submission. But this tactic will be doomed to fail if it is met by our indomitable strength of character that never loses its cool.

But remember this well: this enemy has an evil agenda, so there must be neither negotiation nor mercy of any kind. They cannot tolerate peace because the only way they know to conquer their fear is by magnifying ours.

Therefore let us find grace and moral fortitude to end them long before they annihilate us. We must not wait for them to decimate our population. Such hesitation is a sure sign of weakness.

For if we overcome others with hatred, then we will have become what we hated—the king is dead long live the king.

God will deliver enemies to us, but not before we have attained the appropriate stature which will enable not our own judgement, but God's, to prevail.

Our enemies are now trying to frighten us with weapons of mass disruption. Warren Rudman, former Republican Senator, predicted many years ago what is happening today. He reminded the public on Fox News that we had better do a better job of protecting our borders. Otherwise we shall have havoc here in the USA.

Drugs are now the least of our concerns. Open borders, and legal immigration has been a tactic of war by our elected political betrayers. Liberals set us up to fall for socialism, and were surprised when Muslim terrorists got into the act.

Politicians continually reassure us that America need not worry about this war against terrorism, because, they say, we are strong in our values. On the contrary, if we were strong in values we would always have been vigilant—and our enemies would not have become so dangerously emboldened.

Obedience is the result of force. As far back as we can go in history, we discover that obedience to a new ruler has come about entirely through the exercise of greater force on the part of those new rulers than was exercised by the old one. A population overridden and conquered by war is obedient to its conqueror because its conqueror has exerted more force.

Force comes in many forms. One of them is brutality. The most barbaric, unrestrained, brutal use of terror if carried far enough evokes obedience. Savage force, sufficiently long deployed against any individual or nation, will bring about affection for and submission to any principle or order. Force is the antithesis of



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humanizing action. It is so synonymous in the human mind with evil that it is only necessary to display an inhuman attitude to a demoralized populace, to be granted their loyalties.

Any political or religious organization that has the spirit to display inhumanity, savagery, brutality and an uncompromising lack of humanity will be obeyed. A skillful use of intimidation is the secret ingredient of power.

If you will have obedience you must have no compromise with people. If you would have obedience, you must make it clearly understood that you shall have no mercy. For a demoralized man is a characterless animal, he understands in the final analysis, only those things that a brute understands. Thus do our adversaries perceive us.

It is a dangerous folly to believe that one can turn negative angry energy into the “compassion of love” (something positive) instead of revenge. You see there are two absolutely opposing versions of loving one’s enemy. In the purest spiritual sense, love your enemy means to forbear to respond with resentment, hatred and rage—and then do what you must (if anything). When you forbear to hate, you are in the purest sense unmasking, and thus rejecting, evil by revealing where your loyalties lie. You must see how threatening it is from the adversary’s point of view when they find you not lacking in faith. Whatever faith they think they have, comes from the victory of robbing you of yours.

Your love of good is tantamount to rejection of evil, therefore, and that rejection is felt as hatred. You have experienced this kind of thing in America. If you believe that homosexuality is a perversion then you are a homophobic.

Responding with hostility, and emotional overreaction—merely separates you from the internal ground from which good might spring and by which evil might be overcome. As a result, feelings of guilt awaken a perverse affection for the abuser, a form of submission and slavery that passes for love and loyalty. This phenomenon is called the Stockholm syndrome. Failing to truly love the enemy (which is to say stand firm and calm in the face of torment) always empowers the tormentor—even your body’s immune system can rise up against you.

When sufficient inhumanity and brutality are displayed, the shock of trauma converts the loyalty of the victim to the terrorist. This is not the sort of “love your enemy” that Jesus had in mind, and it is not kind of “love your enemy” that shaped American history.

The consequences of not having tough love for your enemy will cause many to become extremists—extremely sick, extremely confused, extremely confusing, extremely rebellious, extremely conforming, extremely religious, extremely anti-religious, extremely good, extremely bad. What is your extreme?  $\Omega$

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## Psychological Causes of Fear and Anxiety

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by Roy Masters

*Anything you  
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**N**ot all of your responses to pressure are caused by stress. Innocent circumstances may be converted into stress situations that severely damage your health and personal relationships. Observe from now on how a faulty attitude can cause you to become unnecessarily emotional.

Suppose, for example, you give me a gift or favour me with some special service but with the secret motive of obligating me to do something in return. Suppose, also, that I do not realize your motive, and believe you are doing that kindness for me out of the goodness of your heart. Therefore, at the time for repayment I do not feel the pull of obligation. You know, of course, what your reaction will be. You will be upset. This is a simple example of how a secret motive can lead to a bad emotional upset.

Anything you give for a calculated return is manipulation. When that manipulation is successful, you learn to get your way, in which case you are encouraged to manipulate me again and again. However, when manipulation does not work (and sooner or later it won't), it backfires and causes you to become very upset. At this point it appears as though I have done something wrong to you, and up pops another reason for an emotional upset—judgement. You have now projected your guilt and made me appear in a bad light as if I were the one doing the manipulating and taking the unfair advantage. After all, the evidence is there—I have your “gift” with those broken strings. Clearly you have been outfoxed. And now again, because your ego cannot bear to face the truth of your own wrong toward me, you are fixated to the truth about my wrong.

Suppose I now resent your judgement. This temptation compels me to err again, and that wrong in me (actually the projection of your wrong) becomes a real threat, and a real reason for you to be upset with me. A credible reason to be upset has now evolved—but one which you originated initially. My revenge, having become a living, breathing wrong (what is wrong with you, now in me) distracts you from seeing your own wickedness and makes it doubly impossible for you to see the cause of it—your greedy, selfish attitude. This is precisely how parasite personalities get away with murder—yours and mine. They are liberated from feeling the guilt of their cruelty by setting up faulty reactions in their victims, and making those victims think **THEY** are crazy.

Psychopaths such as these may be corrected or stopped, but only if their secret motives are exposed. Either way, that can never happen as long as they succeed in upsetting you, and making you out to be the bad guy.

Therefore, become calm and composed and stay in your own centre. The closer you come to your centre, the more pure your motive is, the more of a contrast you are going to be to those dangerous, ambitious, parasitic personalities. You will be



**Psychological Causes of Fear  
and Anxiety**  
by Roy Masters  
(cont.)

*Selfishness is  
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not you see it in  
yourself.*

able to see right through their motives and cope with the subtle, hidden attitudes in them and in yourself.

If you want to master yourself, your OWN motives must become pure. Only then are you qualified to detect and defend yourself against the games people play.

The less honest and pure your own motives are, the less distinct will be your perception of your weaknesses and the evil intentions of others. Although you might sense someone's evil intentions (even from your lower level of consciousness), it would be purely instinctual on your part—an instance of “it takes one to know one.”

Reacting with instinct as an animal, you respond in one of two ways. You either become excited with anger, or you are inspired to take undue advantage of the other person's secret desire to take advantage of you. Isn't that a typically girly con game? She pretends to be taken in by those gifts and flowers, and accepting his gifts she gives him what he wants. Converted now into a sexual junkie, he becomes addicted to paying a higher and higher price for his elusive advantage and she (for her part) takes full advantage of her victim's need to use her.

But the tables can be turned on her. She can become threatened in a mental/emotional way. Deep down she knows that if SHE can get him, so can another woman. Having become dependent like a parasite upon his male weakness, her sense of security is now also based on the sense of power and control she gets in the exchange. That makes her work harder and harder to please him so as to hold on to her “advantage”—the gifts and the power. At the point where she becomes too demanding, her subtle ploy is exposed, and the game is up. Reacting against her exposed evil motive, he invariably becomes upset, rebellious, resentful, and more often than not makes a “successful” escape to another female. Out of the frying pan into the fire. Now her personal threat factor evolves an emotional reaction to a loss. “It is all HIS fault,” she moans. And naturally he maintains similar judgements against her.

Now the question is, who caused what and when did it all begin? It is clear that both are at fault. Both parties had their own special motives that sooner or later introduced them to the shocking wickedness behind their “lover's” smiles and pretences. The same thing can happen in business deals, gambling, and the various ego support friendships.

Selfishness is really a terrible evil. That is how others see it in you whether or not you see it in yourself. From within your point of view, that of an alligator licking your chops, you are only being good to yourself in seeking fulfilment and gratifying your gigantic ego's greedy needs. YOUR GROWING EMOTIONAL EGO NEEDS ARE ALWAYS WICKED, and offer fair game for the other hungry manipulator alligators that seek gratification and a sense of power. Any relationship based on need and greed is a living hell. There are never any winners no matter who seems to be on top.

Perhaps you now see that before you can resolve any of your emotional responses to anyone or anything, you must first become objective to your own motives and your own particular set of hungers and prejudices. At that point the way you see



**Psychological Causes of Fear  
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by Roy Masters  
(cont.)

*The more  
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life changes. The way people react to you changes also, and you will be surprised to find out that most, if not all, of your morbid emotional feelings, spring from the frustration of your will and/or your own selfishness laid upon others.

**THERE CAN BE NO FRUSTRATION WITHOUT WILFULNESS.** Frustration indicates wilfulness. Frustration is proof that your will is involved in a manipulative way somewhere down the line. It makes no difference what that willed thing or goal is, whether it is love, money, position of importance, a job, or simply a happy home you never had as a child. The emphasis on that goal causes you to leave your principles behind and become subject to the goal object.

The more objective you are the more clearly you can see selfish, egocentric motives lurking behind everything you say and do. You will also see that it is what you expect and do not receive that makes you so upset, and it is what you do get that makes you more frustrated, hungry, selfish and demanding. Remember that selfishness has two upsetting, provocative sides. It is both seductive and cruel.

Here are some examples of how attitudes bring about emotional stress—in yourself as well as in others.

A mother reacts badly to her son's school grades. The secret reason for her emotional upset arises from the fact that she is living through her son and trying to make up through him the sense of failing in her own life. His poor grades threaten the pride she wishes to take in him. Like every dyed-in-the-wool ego maniac (and all too many parents), she believes that her child is supposed to reflect HER glory to the world, and he does not. Hence mother's will is frustrated and she becomes desperate. This causes her to feel resentful—and this resentment in turn fuels her determination to force him to succeed in school. Unfortunately, she doesn't realize that through the pressure, she is projecting into her son her own secret failing which she is seeking to cover up by making it good in him. So the son reacts, rebels and fails. He even finds a perverted sense of ego accomplishment and satisfaction in thwarting his cruel mother's goal. But it is MOTHER'S attitude ultimately, that is the root cause of MOTHER's being upset. Add to that mother's blame and stubbornness.

Vast amounts of emotion are also needed by guilty egos that escape Reality through being enveloped in sensations of security. So the more wrong you are, the more you find yourself living in a state of anxiety without knowing why and without there being an obvious external cause.

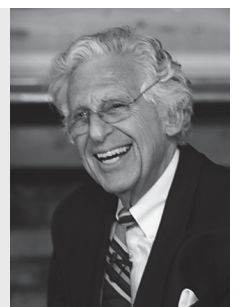
Can you understand these two primitive causes for emotionality, one rising from

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and Anxiety**  
by Roy Masters  
(cont.)

*Wrong attitudes  
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the other? One system of upsets comes from real threats, while the other arises from wrong attitudes.

But take a good long look at the bottom line of attitude and you will see that it is attitude alone which sets you up to react and overreact to life's real stresses. Wrong attitudes render you sensual instead of sensible, and that sensuality is what makes you more and more sensitive to real stress. Pride then transfers the relationship from your True Self to the conditioning of the world.

It is the desire for some kind of ego benefit or advantage that brings you to the threshold of disobedience, dishonour and disadvantage. Soon you find yourself reacting negatively to the cruelty behind the smiles and deceit to which you once reacted to positively. What has the power to make you feel good also has the power to make you feel bad.

What now has the power to make you feel inferior embodies the same false spirit of that which originally made you respond greedily and with vanity! It need not be the same person through whom the shock originally came. To take you captive and subject you to humiliation, that person need only discover (and hold out to you), your secret need or wish.

Without Grace with which to conquer fear and inferiority, you are forced to out-torment your tormentors—trying to place them in the same unfortunate position as you are in. While this subject is another area of exploration, and although we are primarily interested in understanding the emotional states caused by attitude, there is an extra lesson to be learned here.

You are no doubt presently involved with the numerous fears and anxieties that have arisen from being emotionally upset and which come from being entangled in marital or business intrigues. But hear this: It will not help to MERELY THINK IN TERMS OF REVENGE or to try to worry your way out of a problem. Either approach will compound your fear and anxiety—not only because both are wrong, but also because both evoke negative animal feelings.

Daydreaming in offensive/defensive terms of carefully prepared speeches is sufficient to cause the sweating palm type of anxiety. This is because your thoughts seem as real as reality when you are lost in them—it will appear as though the threatening personality in fantasy were actually present, and you will respond as though it were.

Having a person at bay in your head is more manageable than confronting him.



***Sorry for the delay in sending out the magazine and materials; due to poor health, the man that produced the magazine and sent out the materials had to retire from all of his FHU duties.***





Psychological Causes of Fear  
and Anxiety  
by Roy Masters  
(cont.)

*All inferiorities,  
anxieties, fears  
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*Make anything  
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In your fantasy world you can be brave in thought, word and deed. You can outfox and foil all sorts of imagined verbal attacks and physical assaults and still come out with your ego smelling like a rose. While involved with all the mental gymnastics, your ego also evokes emotion, and emotion is the stuff escape as well as fantasy are made of. Other negative side effects are so numerous as to be uncountable.

In order for your guilty ego to avoid realizing the Truth, and in your desperation to escape Reality, your ego's need for escape grows to call upon a picture system to produce larger and larger amounts of emotional energy to fuel those mental adventures. And so, without realizing what is causing your fears and disturbances, you live more and more guiltily in a tense emotional state where you cannot realize the reason for your anxiety. Think of it! You are presently emotionally reacting to your dream state as if it were a real environment. This process debilitates you. You become less (spiritually) equipped to face people in real life situations and even less willing to face the Reality within. So here comes the fantasy again. You become more fearful and guilty—and increasingly sensitive to the stresses of life, **both real and imagined.**

Do you see how your ego tends to evoke the very emotions it should really be resolving? Can you see how that leads to guilt feelings, inferiority and resentment, and can you see how your ego needs (for its escape) the very stress that made it guilty?

All inferiorities, anxieties, fears and emotional responses are therefore linked to secret attitudes. These attitudes have, in some distant past, mysteriously and secretly separated you from a state of Grace and made you subject to the worldly authorities and their subtle pressures and offerings. In your rebellion and in that struggle against realizing your enslavement, you used mentally aroused emotions as well as those emotions that arose from failing to cope with pressure itself. And so, between the two, failing and not wanting to face your faults, the original sin state of pride is preserved and repeated until it kills you dead!

So the fallen, prideful attitude of self-seeking, seeking more desperately to gain, gets caught up in a failing way with external intrigue, with imagined threats, and is whisked away on the magic carpet of forgetfulness. Amid the excitement of fantasy, imagined danger, self-righteousness, and all that external intrigue, you become even more blinded to Reality. And blinded by ambition, rage, lust and desire, you ripen to be taken in again more quickly.

Let me site another simple example: You are ready to take your driver's test. But suppose that passing the test is, for various ego reasons, too important. You know what your reaction will be of course. You will be nervous.

Make anything too important and that attitude ALWAYS transfers the inner rapport (relationship) to the object or objective. It is the reason why you feel response in the form of excitement, fear, inferiority and awkwardness. If you succeed, your wrong attitude will be rewarded and you will become addicted to that life style. But if you fail, you will have the mental judgement (resentment), which is that faulty means of dealing with the awareness of your failing. You learn to be fearful, cunning, sly, and treacherous.



**Psychological Causes of Fear  
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by Roy Masters  
(cont.)

*Your resentment  
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fault.*

Death enters through a successful pride appeal to your ego. If you are unwilling to face up to the facts of each failing, you must become more emotionally involved with fantasy, with people, with places and with things. An environment/image-based sense of security is formed through hate-love objects. Either way emotions are involved.

You cannot overcome your environmental subjectivity, from which your fears and inferiorities rise, until you let yourself realize the root cause: making THINGS too important in order to feed your ego a sense of security and importance. It is easy to recognize when your attitude is favourable toward God, because when the yearning for Truth is paramount, goals and things are naturally less important. And at this point all your manipulators lose their power that you have given them.

For this reason it is written in the Scriptures, “Seek ye first the Kingdom of God, and all else will be added to you.” And in another place it says concerning gain: “Where your treasure is, there your heart is also.” (When your mind is on money, you can have a shock around your heart when you lose your wallet.) And in yet another place we read, “What does it profit a man that he gain the world and lose his soul (to the world)?”

To gratify yourself with any material thing, no matter how small, transfers the rapport (relationship) of your ego—your mind and your body—to the object of desire. It is this separation of your ego from your God centre that causes guilt. And the stubborn belief in what promises to deliver becomes the enslavement to what lies. The loss of the person or object reveals that enslavement, and you experience the familiar shock, guilt, anxiety and fear that spring from that loss. (This is the threat reaction syndrome from a non-threatening or non-existent danger.)

I can still recall the discomfort from buying a small gadget that fascinated me, and that new car I thought I needed. The anxiety I felt was very well-founded.

So please be careful of your buying sprees. Be conscious that any time you buy ANYTHING, no matter how cheap and insignificant—even one single penny’s worth, if you buy it for luxury or for amusement, to give your ego a lift, you will notice first the tug of war with your conscience, then the excitement that hypnotically separates you from Reality and binds you to the thing. If you are a sensitive person, you can sense the meaning of the moment, and the effect of that awareness will be discipline. And you will walk away triumphant, feeling freer for each denial of lusts of the beastly ego self. But in your lack of wisdom you will feel the aftermath of a growing anxiety. Anxiety also comes in the form of monthly payments and in great waves of boredom and futility as the novelty and newness wears off. But here you can luxuriate again through recall, or by secretly resenting your spouse, the salesman, or the object, as though it had cheated you. After all, it did appeal to you, and it did promise your ego a measure of happiness and satisfaction. But it lied and cheated; it hurt more than it helped; it enslaved as it promised to set free. Your resentment and blame evoke and involve you with memories that so neatly keep you from seeing your fault. Every sin experience leaves an impression in your head that is kept alive, recalled and reused later when you have nothing external to entertain or upset you.



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(cont.)

*Attitude does not actually cause the emotional response. It simply allows a transference of allegiance from Reason to environment.*

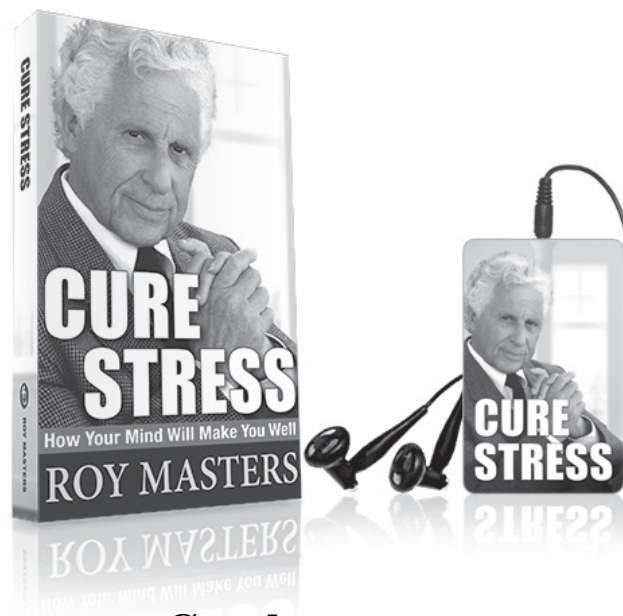
A faulty attitude, then, is the secret cause behind most emotional states. Attitude does not actually cause the emotional response. It simply allows a transference of allegiance from Reason to environment. And so each trauma fixes memories in your mind that are manipulated by your ego as a means of generating excitement for work or escape.

The stupid ego has, in a sense, a portable environment. It becomes the mad director of scenes and players for its private pleasure and glory. People literally photograph your body and soul and pull you inside themselves. You become the plaything of a mad god in his private universe.

Every ego photographs scenes as it fails. In other words, whether you are seduced or frustrated, you become imprinted and take in your surroundings. Now, as you fail to manipulate the harsh, external world reality and it instead takes advantage of you, you fail. You are left with an environment associated with personalities to change around inside your head.

If their syndrome is one of failure and submission, people can, by submitting to you, involve you with them in their mind. Once your image gets inside their head, they become gratified with one more puppet image they can manipulate. It is the nature of weak people to fail in their motives toward the strong. What any failure gets out of any relationship is the identity of the conqueror. If you are strong, you can feel those weaklings giving you power in order to draw from you the booby prize of your image. Naturally they would prefer to control you in reality. But their habit has been to fail and to slowly become the person who lorded it over them. On the way they learn to amuse themselves with your soul as your lord in their private hell.

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**Psychological Causes of Fear  
and Anxiety**  
by Roy Masters  
(cont.)

*Whether you believe it or not, sin is the transference of relationship through any successful appeal to your ego, no matter what its form, even when the offering is to feel good in your fallen state.*

People enjoy involving you with them. First they try to use you to accomplish their will, but failing that, they become lord of an imagination world peopled with subjects. Failures first fantasize with other people's identities, regurgitating the "captured" image like a cow chewing its cud. But eventually even in this they fail, for sooner or later one or more of those identities usually takes over and becomes them.

Men use the images of females to replace their actual presence. But why should he need images in her absence? Because he becomes degraded by the female presence. To avoid seeing that failing with her, the male uses the image that got inside (through falling for her) to hide behind, and he tries to manipulate it to his advantage. He degrades that image and forces her to satisfy him in a way that it failed to do in real life. The female image is seen to worship him and his (sexual) failing. Dwell long enough on any subject and action hatches out of the egg of thought. Rape and violence are the compelling result of fantasy.

All of us who have become involved with others and lost out, use the memories left behind. In that dream we make them heel and do anything we want. We force them to give us the service and satisfaction they seemed to promise SO WE DON'T HAVE TO SEE THE ADVANTAGE THEY ACTUALLY TOOK in real life. We become lost in delusions of grandeur, of nostalgia and revenge, and the longer we live in our fantasies the more danger there is of their becoming a reality.

Look at this principle as it applies to music: You are a romantic and the band is playing "your" song. The music lifts your ego out of its boredom and inspires feelings of love and great self-worth. The song lingers in your mind in a hypnotic way. After this experience, any time you are lonely or "blue," the sweet refrain, the romantic melodies from those special moments come back to haunt, rescue and entertain you again and again. Your mind has millions of such scenes and your soul is lost in all of them.

This might be a good place to mention why music is so effective. Language devoid of spirit has no luster. Music (inspired by the seductive ego soothing evil behind it) puts back into language sparkle, and now seduces again through its poetry and melody.

Can you see what really happens? You actually become seduced, corrupted by a Hell-inspired, poetic, musical appeal to your ego. Your ego comes down to accept the glory of it and, for a fleeting, blissful moment you forget the pain of your guilts and feel as good as God. You get high, in other words. But fall you did and sin you did, because whether you believe it or not, sin is the transference of relationship through any successful appeal to your ego, no matter what its form, even when the offering is to feel good in your fallen state. If Adam was seduced by an apple, he can be all the more seduced by apple strudel. The aftermath of the "blues" or depression is actually the result of an awakening to what has, by seduction, really happened. So what do you do next? You conjure up the temptation, the very thing that has destroyed you, and you employ it again and again to soothe the tortured soul in thought and in deed. The memory serves in a similar way as the actual experience, providing energy, illusions of worth, and escape from the reality of what a pathetic god you really are becoming. Every



**Psychological Causes of Fear  
and Anxiety**  
by Roy Masters  
(cont.)

*Between experiences and reliving those experiences, we enervate and deplete our minds and bodies of huge amounts of vital energy.*

time you feel guilty, useless or worthless you set a bigger goal or you hallucinate about the past glories or failings. Men stranded on a desert island dream about sizzling steaks and the girls they left behind. Why? To avoid facing reality.

Ambition, sex and judgement are the most basic forms of ego appeal. They are most frequently used to help you escape realizing what those very things have done to you.

When a male fantasizes about sex, he actually escapes from seeing what sex has done to him. When the alcoholic dreams of drink he actually fondles the memory of the corrupting power of drink to help him escape the painful guilt of the corruption by drink, and by sex, etc. What helps us escape corrupts. But, the incorrigible ego has no choice but to fondle and play with the very things that are destroying him. You do not see the danger because you don't want to see. Your involvement with fact and fantasy saves you in a hypnotic way; and as it soothes, you become that much more rotten without knowing why. Corrupt things and corrupt thoughts become more attractive, rising to meet your need to escape the painful Reality within.

We reach and fall for the glorifying, forbidden things and then get mentally involved to forget the painful shame of what we have done. Between experiences and reliving those experiences, we enervate and deplete our minds and bodies of huge amounts of vital energy. This is the main reason for feeling drained, tired and run down. And this state of mind causes us to fall prey to a host of diseases, especially cancer.

One method of releasing lost vitality is with stimulants represented by drugs, tobacco and alcohol. The shock of each new traumatic experience becomes a new temptation base, exciting into our minds new memories to hide behind.

The drug that excites the ego to come down into a fantasy world becomes one more vile mental thing for which the victim yearns with a sinner's craving akin to true love.

So falling men yearn for sex to forget the guilt of sex, drugs to forget the guilt caused by drugs, drink, music, food—anything. The greater the guilt becomes, the greater our need to sink into delusions, into hungers and into longings for life, into the very emotions of sensuality we should be rising from and into the world we ought to be conquering. Ω

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*Your kind donations and support has enabled to upgrade our equipment so that we can produce CDs. We are also planning a new website where all of the FHU's materials can be purchased in sterling.*

*We have a some previous editions of Roy's books on sale from £5 to £8 including pp to the UK. Please email or write to us for an order form.*

*Thank you!*

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## Your Letters

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### n Your Letters

*Through your shows, I have grown spiritually and have new tools to deal with the world and its injustices.*

Mr. Masters,

I discovered you about 3 months ago while driving through Little Rock in the middle of the night. I was shocked, amazed, and thrilled to hear you so simply distill this life our Creator has given us, down to those few genuine blocks upon which all else is based.

So much of what I've been battling (expecting my wife to fulfill me in all the regular ways, pornography, why I have yet to receive her respect...), none of it matters any longer. Without emotion, fulfilling my role, removing sex as a bargaining chip. The recognition that Jesus is all I need, to the exclusion of all else, has deep ramifications. I love my wife, and will continue to observe and go about life, raising our children and being an example to the degree I allow Him to live through me. She doesn't like how this manifests, but her appreciation isn't a component.

Thanks, Joel

Monday evenings' Advice Line, 7151 & 7152, was a gift of revelations. Mr. Masters' eloquent descriptions and explanations gave clarity and depth to new perspectives in truth. As each idea was discussed a flicker with an ahhh! and a yearning, came all in the same moment. Just excellent.

I grew a little more last evening with the messages of Advice Line. Thank you *sooo* much for the pure love of insight and correction. P.S., The Beatitude show is wonderful, too.

With much gratitude, Arline

Keep it Going !

I know that you get discouraged sometimes by the pacifist attitude of many Americans, but you are a beacon in the night. Mainstream conservative radio shows are great but they don't get people to look at themselves, like you do. Through your shows, I have grown spiritually and have new tools to deal with the world and its injustices. Thanks Roy and keep doing what you are doing.

Robert, Former 82nd Airborne Vet and FHU subscriber

I was unable to sleep because the local radio station quit carrying Coast to Coast AM, providing another political talk show—similar to what they run all day. I got up to try to find a program over the internet and by chance came across Advice Line. Your nature and goodness have come thru the radio to move me from listening to you for only about ten minutes. I am answering your call for donations as well as purchased some of your CD's. Thank you for working on what I consider the most important aspect of America's declining moral values. I am sure I will find a way to continue to be moved into action from your words.

George

We welcome our readers to send stories of how learning to be still has benefited your lives. Please share with us your stories of how the Foundation has helped you.

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## Waking Up on the Inside

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### n Waking Up on the Inside

*I know that I finally have the foundation I've always craved to build upon, and if not a spectacular existence, at least have a respectable one, a peaceful one, a happy one.*

Dear Mr. Masters,

Greetings to you, Sir. I write to you this evening to say “thank you.” As the haze inflicted by a decade of severe alcoholism lifts after 111 days of sobriety, I am compelled to put my gratitude in print, and in doing so hopefully gain a better understanding of this transformation taking place within me every passing day.

I am a 28 year old man, a father, and in recovery. The toll my addiction to alcohol and my subsequent behaviour has taken is the loss of every relationship ever attained, every occupation, every home—everything. A violent outburst with my wife in September has resulted in my current incarceration, adding freedom, self-respect, and a myriad other things to the list of which have been forfeited for drunkenness. My serious attempt at rehabilitation began the next day, checking myself into a facility, admitting defeat. The first months were absolutely horrid. The want for change was obvious but so was the dementia caused by the years of abuse. I was sure I was psychotic and beyond help. It was a dark time, yet even my impaired perceptions could reason that this darkness was preferred over the 4 months previous—suicidal and unable to leave my room. It got better, very, very slowly.

Flash forward to now—in jail, paying my debt for what took place in September, able to comprehend and now gauge the healing happening to my brain. I have very little left in life (no one will talk to me, and I can do little for my two-year-old daughter for the time being), but astoundingly I feel better about my future and myself than I ever have. I know that I finally have the foundation I've always craved to build upon, and if not a spectacular existence, at least have a respectable one, a peaceful one, a happy one.

Happiness: I had none. I couldn't understand why. And of course then the drinking came, the indifference, and the box was built.

The spell is being broken, and this is the cause for my positivity in the face of adversity, such as this cell I inhabit temporarily. And with this recovery of health and mental process, came a recovery of memory—a memory of speaking with you some 5 years ago, deep in the throes of my illness. We spoke of my always feeling different, being persecuted, and being powerless to break out of the cycle my life had become. The night was clear and frigid as I stood there, lost. And you tried to help. I had forgotten probably by the next day on a surface level, but your words had planted a seed deep within me.

I had this memory while meditating recently. I have a radio here, and that night I scanned carefully, sifting through the static and garbled shrieks of the AM dial, and around 3 in the morning your voice appeared from a station in Cleveland, Ohio no less.

Your program of course, reminded me further of that conversation we shared—unreasonable people, the causes of suffering, overcoming stress and despair. There you were. And here we are.

I can't always tune into your program due to the erratic airwaves, but I keep your wisdom as my own now, and push forward into tomorrow with a new way and new skill set to employ upon my release in a few months.

God bless you, Mr. Masters. Thank you for everything. Keep it up, please.

Sincerely, Matthew

# NEW INSIGHTS

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**Important:** If your address changes, please let us know.



*Let me show you what faith can do.*

—Roy Masters

## 4th of July Week Hypnosis of Life Seminar

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