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**"You are much stronger when you are not angry and when you are right.
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Mind Control in America

It's Here, it's Real and it's Frightening

By Roy Masters

No ordinary person can originate wickedness - or goodness, for that matter.

The Foundation of Human Understanding in Britain is a church without religiosity and a not for profit religious organization.

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The principles and techniques of scientific brainwashing closely parallel the manipulations that take place in many families. Pavlov and the other scientists who “invented” brainwashing early in this century learned much about their subject by observing, refining, and systemizing the cruelties that take place all too often in the family.

Why should I teach you to manipulate other people’s minds when it is so blatantly immoral and dangerous? The reason is that if I can expose the process, you will be in a position to disarm the next person who tries it out on you. The privileged information you are about to learn has been known and used by dictators, tyrants, bullies and sociopaths for thousands of years. But ordinary citizens have been kept in the dark.

Interested? You bet you are! Want to know the secret of bending people to your will? Who doesn’t! But be warned concerning the dangers of this supreme folly before you enter the game of power.

Principle number one: before you can dominate others you must become a victim yourself. Most likely you already fulfil that requirement. Try to understand, it would be impossible for anyone worthy of the name of “human” to call up within himself the ruthless wickedness he would need in order to destroy another person for the fun, power and glory of it. The necessary ruthlessness would have to have been implanted in him from some outside source, by the person who destroyed his original innocence. Only the extremely ambitious ones among us, those sociopaths willing to trade their souls for power, possess that necessary ruthlessness. And once they set out to gain more and more power, they will feel called upon to become more and more ruthless, because power, to the unprincipled, is addicting.

No ordinary person can originate wickedness - or goodness, for that matter. Both qualities project through us from an overriding source. If you are conscious of the presence of a dark spirit within yourself, it is because some long-forgotten trauma caused you to lose control of your psyche and let the intruder in. And once the nature of the intruder has been implanted in you, it robs you of your former identity, and lives through you as though it were the real you. Under its control, you find yourself bullying the weak and doing unto others all the nasty little things that were done unto you. It awakens in you a hunger to control and violate others, and once you taste the fruits of power, you start to forget that you have been



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The body snatchers hate and feel threatened by innocent people with common sense!

victimized. You get caught up in the excitement of the wicked implanted knowledge you acquire through your trauma experience. And once you have been violated and imprinted with “carnal knowledge,” you find validation for your power trip in the enslavement of others.

Whoever invented “vampires” was a good student of human vulnerability because the process I am describing is analogous to the vampire mystique in very detail. When you are bitten, you give up your life’s blood to the vampire. Eventually, you die and come back to life - not as a person, but as a vampire. You become what violated you. You are imprinted with the vampire’s identity, nature and personality. You thirst for power, and you know by your new instinct how to get it. Take care, though, for knowledge of such things that you can get from books will be worthless to you. The soul has to be made compatible with such knowledge. It has to bare its neck to the bite of the evil vampire and accept its venom throughout its being, exchanging whatever bonding it formerly enjoyed with its Creator for the evil knowledge of how to gain power through the enslavement of others

The way to power has always involved a military-style chain of command. The more powerless you are before those you hate, the more powerful you become over those who hate you. You might call it the law of the human predator. If you have thus embraced, and become compatible with, dominant evil knowledge, you may be sure it was because of a violation, a seed of trauma that was planted in you early in your childhood. While you were powerless in the world of adults, all you could do was keep the seed watered and fed with your smouldering resentment. By the time you reached puberty, it came to full flower.

The human soul is not born compatible with a thirst for power, and no amount of textbook training in the art of gaining it, will succeed in getting the knowledge to “stick.” The soul will simply be unable to effectively activate such knowledge until it has been seduced from its original innocence. Conversely, of course, the soul that hungers for truth will reach out intuitively, and take into itself, the kind of instruction that will lead to his becoming a power for good. If you ever had to take a course in school that was of absolutely no interest to you, you know how impossible it is to be receptive to anything with which you are not fundamentally compatible.

Unfortunately, most of us were robbed of our innocence early on. Consequently, we do unto others what was done unto us, until something or someone comes along to wake us to the danger of continuing on the downward path. In a very real sense, “innocence” is related to “common sense,” in that both terms describe a position of poise and impersonal objectivity, devoid of preconceived bias, ready to assess the right way to go by some inner light. And oh, how the body snatchers hate and feel threatened by innocent people with common sense!



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Trauma introduces into the victim a "beast" identity that evolves through submission to its "creator".

Your innocence (patience) and common sense are your only defence against those who glory in putting you down and gaining some kind of power over your mind. Body snatched persons, turned into body snatchers, are all terribly insecure. They compensate for their feeling of powerlessness by terrorizing others and throwing them out of control. They have been separated from their original goodness and de-humanized, compelled to live out a slave/tyrant relationship that was established in them by a now-forgotten violator. They kiss the feet of those who continue to forge their chains. And, strong before the weak, they live by a comparative system of values. The only faith they know is the smug satisfaction they feel when they succeed in upsetting and thus casting doubt into the faith of others.

Remember the rule: trauma introduces into the victim a "beast" identity that evolves through submission to its "creator." The victim is now addicted to being violated in order to complete the evolution of the implanted self that he now accepts as his own. He will even submit to torture and cruelty in the name of "love," because any perfected and overblown emotional reaction is the very breath of life to that identity, completing his implanted predatory nature.

If this all sounds too heavy and gruesome to be true, just ask yourself: where does all the cruelty, insanity and man's inhumanity to man come from; and exactly how is it passed on from generation to generation?

In order to dominate and enslave others, you must learn to "live" off of their dying and suffering, and to revel in degrading them for "kicks" and the sheer fun of exercising and absorbing power. Do you remember who did it to you?

Still interested in gaining power?

Your personal manipulator is probably laughing up his sleeve over your weakness, but you may never know it. Who wants to see that he has been degraded and controlled? It's reviving and much more fun to suck up the blood of your own victim, so that's what you unconsciously do. Your absorption in "gorging" on the life substance of your own victims decreases your awareness of the presence that has overshadowed you. You see, don't you, how "power" corrupts, and why it is so addicting. The more power you crave, the more ruthless you have to become in its pursuit. If you were to let up, even for a minute, you might be forced to see your own cowering allegiance to the life-sucking evil that has overpowered you.

You are therefore compelled to keep adding to your victims and rising in the predatory chain of command, thinking that you are on the way to heaven: until you wake up in hell.



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Once you experience the forbidden, the original hypnotic influence contained in the persuasion or deceit will alter your nature at the core.

Do you still want the secret of power? Even now that you know the kind of person you will have to become?

Very well, let me show you the initiating principle. First, you will have to separate your victim's soul from the common sense that once bonded him to his Creator by means of some tease. This can be the tease of "love" that will spoil him and give him an exaggerated opinion of his own worth, or the tease of hate and rejection that will make him angry and rebellious.

There are two basic principles, one extending from the other, of seducing a soul from loyalty to the self it was born with. The first is a kind of "original sin" appeal to the ego, a seduction by means of suggestion/deception. You can cause a person to partake of some forbidden experience by suggesting that it will provide him with an exalted state: power, glory and riches, something that it cannot possibly deliver. You simply stroke your victim into believing that he can have what he selfishly wants to have, and be what he wants to be, without exerting any effort. All he has to do is believe and do as you say. This appeal is hypnotic in its effect because the deception sounds so reasonable to the ego that it allows the soul to bypass the alarm system that would ordinarily operate to keep it within the bounds of conscience. An example I often use concerns the boy whose dad has forbidden him to ride his bicycle. Along comes a friend who uses some challenge to the boy's ego, like a dare or a taunt, to make him override his dad's instructions and pedal off on his bike. This could be the lad's first experience with "forbidden fruit."

Once you experience the forbidden, the original hypnotic influence contained in the persuasion or deceit will alter your nature at the core, and you will become a creature of conditioning, subject to the presence of the person who seduced you. This second state is more powerful than hypnosis alone: it is animal magnetism. His very presence will become irresistible, and his authority beyond question. He will render you choiceless, compulsive.

As a result, you fall under a compulsion to go along with your tempter under the influence of two forces: first, your vulnerability to suggestion, and second, your compulsion to respond to the animal presence of your violator. This phenomenon can be seen clearly in such extreme examples as the Bhagwan Shree Rajneesh, whose followers would faint or go into hypnotic ecstasy when their guru would drive past them in one of his Rolls Royces.

The first appeal to your ego might have been resistible, nothing more than a deceptive suggestion on the part of a subtle tempter who was scanning your psyche to search out its soft spot - a secret desire for power, or a rebellious insecurity already implanted in you by a violating parent. All manipulators know that our emotion-fueled inclination to rebel or to conform makes us gullible and easily led. The seed of resentment-based helplessness seeking power may lie dormant for many years, but when someone comes



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The physical presence you have fallen to has literally displaced the God-presence to which you were once bonded.

along who knows how to appeal to that insecurity, our desire to “be somebody,” he can bring it to maturity fast.

The first fall from innocence was inspired by a kind of hypnotic/psychological suggestion, and you might have recovered from it if you had not gone along and fallen to animal magnetism. Be assured that the enslaved state you are living in is the result of something far more insidious than an automatic, reflexive conditioning process. It goes much deeper than that. It is an emotional bonding that grows more intense through all forms of excitement, especially love/hate or hate/love relationships.

The physical presence you have fallen to has literally displaced the God-presence to which you were once bonded. He is now your god, and his degrading, lying presence is vital to your survival, because once your innocence has been corrupted, your violated pride needs all the help it can get to deny the truth of its degradation. Now, you look to your corrupter for the reassurance you needed to counteract the embarrassment and humiliation you would feel in the presence of conscience. Again, the Rajneesh example is a classic one. First he would seduce his followers to degrade themselves by having indiscriminate promiscuous sex with many people, while telling them this was a holy activity. Then, in order for the now corrupted followers to maintain their self-image as spiritual and not debased beings, they had to cling to the Bhagwan even more closely for his lying reassurances.

You have been misled and deceived by the seducer who still has complete control over you, even if he is no longer alive, and you will defend your slavish allegiance under the banner of “love” and “loyalty,” and violate your “loved” ones. Falling to suggestion and taking on another god is a little like crossing over to East Germany from West Germany. At first, you might realize how foolish you were to come under the influence of a repressive, dictatorial system; but soon you will feel too guilty to come back to face your friends on the democratic side. In your confused state, you will be a juicy morsel for those who are skilled in the vile arts of emotional intimidation and mind control. You will soon be separated, not only from the democratic order of this world, but also from the internal hierarchy of conscience. You become psychologically and emotionally connected to the intimidating, predatory order of the “communist” beast. If you do happen to wake up to the folly of your defection, you’re stuck. What can you do?

The one thing you should not do is the very thing your captors expect you to do, and unless you are wise, it’s the very thing you will do: You will become upset. Who knows better than the mind control expert that every proud ego comes equipped with a fatal flaw: an automatic, compulsive, resentful reaction to the slightest challenge to its “godship.” If you are proud, you have been resenting, taking umbrage, hating (call it what you will) all your life. You look on it as your first line of defence against the enemy, but all it does is deliver you into his hands and seal your fate.



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*Resentment
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While you are resentfully churning about in your emotional stew, you become an easy prey to the kind of negative suggestion that gives power to the enemy. He can inject all kinds of bizarre notions into your emotionally gullible mind. Resentment makes you doubt what is left of your ability to reason. So you respond to the enemy's suggestions and follow his line of reasoning. And as he gradually takes the life, and fight, out of you with his "good-guy, bad-guy" routines and additional rites of initiation, a bonding takes place between the two of you. In this condition, it is hard to be cured of your emotional fondness for rage and resentment. You will turn around and "take it out" on your former allies and your own value systems.

So pay attention the next time you see yourself getting upset. You will begin to doubt yourself. You will feel guilty, and the guilt will make you angrier, and the anger will make you feel guiltier. You may very well have been right in your original appraisal of the person who upset you - he might have been intimidating you to get his own way - but you are so upset that you begin to doubt your own thought processes. For this, you feel guilty; and for this, you are guilty. By allowing yourself to get upset, you have betrayed the faith that once bonded you to "what you know to be right" in your heart.

So there you have it. The secret of resisting mind control and undoing your programming lies in your not becoming intimidated by pressure and challenge. You must practise forgiving and letting go of resentment and rage - repenting of the ego weakness that has made you vulnerable. In short, stop blaming others. Take a few minutes to look at your own fault. Your critic may have a good point, after all, and you might find it helpful.

Only faith and patience can separate you from the enemy's power play. The manipulator is under a compulsion to preserve his system of faith and power by robbing you of yours, and he does this by getting you to react emotionally (resent) and sink into self-doubt. Patience is the evidence that you have been humbled and learned the lesson of pride. It takes the wind out of the enemy's sails, and your calm poise will strike terror in his heart. When you learn not to respond emotionally to others, you may be sure that they will respond to you, and the degree to which they are "touched" by your composure will determine how much of your faith and agenda for good will pierce their souls to confound their wicked plans and motives.

In essence, the game of power, of who dictates and who follows, is a contest of faiths. The more faith you have in your own principles, which you demonstrate by your patient (non-resentful) unflinching poise, the more likely your adversary will be to start doubting his own. The more he tries to upset you into doubting yourself, and the more you answer him with unemotional patience, the more likely he will see how much he has degraded himself on the road to power.



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*Do not resent
 evil.
 Overcome it
 with good, for
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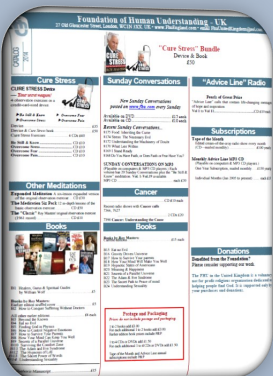
Do not resent evil. Overcome it with good, for resentment only separates you from the good that might have overcome the evil. The adversary will be forced to recognize the authority and power of good when he sees it penetrating him through your patience. What he will see is pure love, for patience is its expression, and through it, he will experience the ultimate presence. The persecutor will feel persecuted, and you will not have laid a hand on him. He might feel like the person who has just told a bad joke - and nobody is laughing.

The beauty of a patient, non-emotional response to pressure is that you gain power without ever having to do anything cruel to get it. The manipulator responds, while you remain calm and innocent. You can watch the adversary sting himself to death, or see him surrender to the good and change his life for the better. Even though you might have started out as the victim, isolated and controlled by a manipulator in possession of all the physical advantages, you can free yourself and take command of the situation simply by availing yourself of the true spirit of love. You can prevail over your adversary in the same way that Moses prevailed over Pharaoh.

Therefore, my friend, seek humility rather than power. Hold fast to your faith in what you know in your heart to be right. Put what is good and just before any gain or physical advantage. Then your non-response to the pressure of the tyrant, your calm patience, comes across as a pressure to him because he doesn't know how to deal with it. He is used to pushing buttons and getting answers (like a microwave oven) and there you stand, with no buttons to push!

What is the evidence that you have found this inner way? You just do not respond to any thing at all with rage and anger. You win by not playing the game. If you are guilty of having played the power game in the past, stop it this instant. Repent, and discover the power of patient love and forgiveness. Give up judgment and make what you know in your heart to be right the criterion for everything you do. Let it be more important to you than any material advantage; more valuable than any material possession, more valuable than love or glory, whatever the source.

Remember: The only way to win is not to play the game! Give up resentment and you will no longer be under the system of hell on earth. You will have overcome it. •



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Understanding Lesbianism

by Roy Masters

The grasping of a mother, which appears to be love, is, in fact, possession. This traumatizes a child so badly that it awakens a sexual impulse for the trauma source - even if that trauma source is another female.

Understanding Lesbianism

The bonding between mother and child is called “love.” But a more perfect love is from the father, whose job it is to separate the child eventually from the bonding to the mother. The father’s love gives the child individuality and freedom to grow from the ground of her own inner being. That’s the job of a good father.

When a father fails in this, it causes the female to look elsewhere for that mature, masculine love that would set her free from the bonding with her mother. She hopes to find that love in a husband. But most men do not understand this need, and exploit her yearning sexually. In a sense, the man gets something, but the woman gets nothing. So therefore, when this love is frustrated in her relationships with men, a hatred of men is developed, which makes her rebel against the kind of love which most men have, which is use. She reverts, back to the only love she remembered as a child, which is the very bonding from which she tried to escape. There is another kind of true love, but she abandons all hope of ever finding it, when she seeks refuge in a woman like her mother.

It’s a little more complicated than that, so perhaps more explanation is necessary here. The grasping of a mother, which appears to be love, is, in fact, possession. This traumatizes a child so badly that it awakens a sexual impulse for the trauma source - even if that trauma source is another female. Feeling uncomfortable with her secret sexual feelings for her mother, the female child will seek sexual satisfaction in a more appropriate way - as a woman, with a man. The trouble is that the kind of man she attracts, because of her programming, is really another mother in disguise. In other words, there is a mother in her husband; she is still having sex with a woman. This horrifies her when she discovers it.

During this process of trying to be a woman with a man, she will become deeply involved with the man, so as to help deny the feelings she has for her mother. This often results in an exchange of identities, with her becoming more masculine, and her husband becoming more feminine. Now we have a more complicated, evolved variation of the same theme. She becomes frustrated with the man who is not a man, whether her husband or some other man, because in the process she actually becomes more masculine.

The dissatisfaction with all the men she meets will drive her back to a woman, the original primal warmth she knew as a child. But this time she comes back in a more comfortable role, as more of a man in a woman’s body, relating to this mothering counterpart. This is lesbianism.



**Understanding
Lesbianism**
by Roy Masters
(continued)

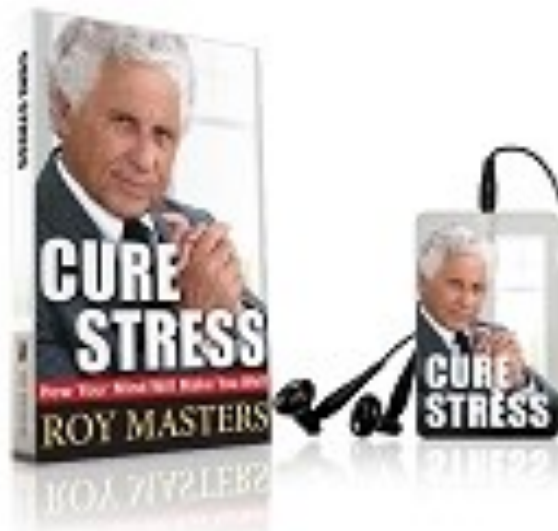
*Unforgiveness
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The woman may not have to experience any men at all to develop lesbian feelings. This is because the bonding with the mother, as well as the woman's secret resentments toward that mother, or the father that failed her, just intensify the sexual burning for the female. It is quite possible that the mother or female-substitutes that she might encounter in her rebellious attempt to separate from her mother's will, simply cultivate the sexual involvement with them in exchange for the control that they can then exert. She may be made to feel comfortable by an exploitive mother substitute (another woman), and that her lesbian feelings are natural feelings of love, when they are not.

As to your question, there are two resentments you have to conquer. One is towards your mother, which sets up mother or mother substitute as a sex object in your mind. And the second is towards your father, and perhaps towards other men, which sets them up as counter sex objects in your mind. You have to become objective to your thoughts and resolve your problem with your mother, and with mothering- type women. Then you have to do the same thing with men.

Resentment is the key here. Conquer resentment, or in Christ's words, "Forgive them," let it go. Unforgiveness makes you hold on to the past, with each new fantasy just compounding the past. Overcome your resentment, and you will solve all your problems. •

Got Stress??

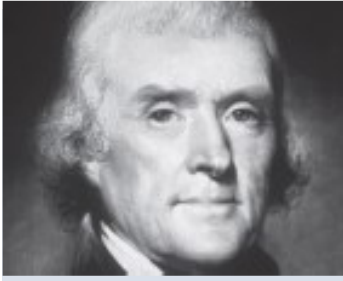


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Thomas Jefferson knew...

Thomas Jefferson knew... because he himself studied the previous failed attempts at government. He understood actual history, the nature of God, His laws and the nature of man. He is a voice from the past to lead us in the future:

“When we get piled upon one another in large cities, as in Europe, we shall become as corrupt as Europe.”

“The democracy will cease to exist when you take away from those who are willing to work and give to those who would not.”

“It is incumbent on every generation to pay its own debts as it goes. A principle which if acted on would save one-half the wars of the world.”

“I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them.”

“My reading of history convinces me that most bad government results from too much government.”

“No free man shall ever be debarred the use of arms.”

“The strongest reason for the people to retain the right to keep and bear arms is, as a last resort, to protect themselves against tyranny in government.”

“The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.”

“To compel a man to subsidize with his taxes the propagation of ideas which he disbelieves and abhors is sinful and tyrannical.”

“I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around the banks will deprive the people of all property - until their children wake-up homeless on the continent their fathers conquered.”

John F. Kennedy held a dinner in the white House for a group of the brightest minds in the nation at that time. He made this statement: “This is perhaps the assembly of the most intelligence ever to gather at one time in the White House with the exception of when Thomas Jefferson dined alone.”•

He understood actual history, the nature of God, His laws and the nature of man.

Your letters

Dear Foundation of Human Understanding,

The silent prayer/meditation taught by the Foundation is the only thing that I know is so pure and accurate and can miraculously help everyone and gives the user the freedom of complete mental/emotional/physical self-control. I would be willing to be recorded on camera to share my experiences. I think many of us should share a one minute personal story about the help we have received from this meditation/silent prayers.

I have been talking with some of my family members and other potential business contacts/partners also and am very excited about this opportunity and within the next few weeks plan to start investing in my planned sales of this amazing and wonderful product that I know from my own experience and also reading about the scientific proofs, that this can help so many people, whoever is sincere and wants help, with improving every aspect of their lives, as it did mine.

I am referring to my amazing benefits I received from the silent prayer meditation that the Foundation of Human Understanding has been teaching to help people be independent and find self-help and help from God also. The meditation taught by the Foundation gave me the greatest joy, lasting happiness, great inner peace, original thoughts and thinking, even improved business ideas, two copyrights one for a non-literary project to help people, the ability to discern and never judge anyone in anger again, so I don't have to forgive anyone anymore because the meditation showed me, that only God can know the thoughts and intentions and hearts of any human to be able to accurately judge and humans who think they can do that would be delusional, and improved my relationships and EVERY ASPECT of my life.

With sincerest thanks for truly helping me and my family and so many others,

Beverly

By Helen...

I was thirty-seven years old when I first heard Roy's programs and began to do the "Be Still and Know" exercise, which at that time was being offered on a cassette tape, but is currently being featured in a tiny credit card sized device, labeled "Cure Stress Device."

I began to be more aware and objective a few days after I began doing the exercise, and it was as though I was standing outside my body observing my thoughts, feelings and actions. I was then able to "see" that even though I appeared to be an unselfish good person on the outside, I was actually a very resentful self-centered person on the inside.

With continued use of the exercise, I became even more aware, and that brought back memories of how I, as a child, had rebelled against the hypocritical self-serving lifestyle of my mother and paternal grandparents (my father had passed on much earlier). Because I rebelled, I was physically punished, verbally degraded and rejected by my family so as to force me to conform to them. I resented the unjust way they treated me; then, feeling guilty for my resentment, I would submit and do whatever they required me to do.

I resented the unjust way they treated me; then, feeling guilty for my resentment, I would submit and do whatever they required me to do.



Your letters

In that way I was robotized to do their will, and by my late teens I was seeking a way to escape. So, I married a man, who also demanded total conformity from me, without giving any consideration to me as being an individual with the ability to think and act according to my own selfhood. I again, dealt with the injustice by resenting it, and in doing so recreated my childhood environment.

After I became more objective and saw that my wrong was dealing with the injustice of others by resenting them, I could no longer justify doing it. Then, being truly sorry for being so resentful, I found that I, magically, could cope with the stresses and injustice in my life in a more patient, truly caring way.

I confess that I don't know precisely how this exercise works, but I do know that it helped me to be more aware and objective, and being that way, I was able to "see" myself as I truly was, instead of how I thought I was. That gave me the opportunity then to choose whether I wanted to continue resentfully dealing with the injustice and stresses in my life or to deal with them more virtuously. I chose the latter.

Hi Roy,

I have been through a lot in my life which is still being unravelled. I have suffered from mental illness for many years (obsessive compulsive disorder) which has caused me to search. I have come a long way since this all started, which I believe has been the road to the road of commitment, to wanting to do what's right...I find myself more and more wanting to do the right thing and acting on faith when I see what is right which is giving me more courage to continue on this wonderful path. I don't know what lies ahead for me, but I find myself living (more and more) moment by moment and being able to stop listening to thoughts telling me to count things or touch things which has become very minimal, and has allowed me to grow and think clearer than ever. I never believed I could think so clearly and do my work so well.

Thank you Roy for allowing God to do his good work through you,

Roy

Hello,

Just a quick THANK YOU to the world's best pastor - Roy Masters. Like he mentioned in the latest Advice Line program; he gives us the whole enchilada (the meditation prayer). Listening to other Christian programming (sermons) just seem so dry; quite frankly useless. Two weeks after meditating I woke up one morning and realized that 35 years of severe social anxiety was no longer present. In my whole adult life I had never met with people at a coffee shop or restaurant. To me it is as much a miracle as a blind person being able to see. I now have a happiness that comes from the core of my being. I do have questions, concerns, desire for growth, but I know in the Lords time this will be addressed and then some...seek first the Kingdom of God and the whole enchilada will be eternally available for his children. God bless Roy Masters and the Foundation of Human Understanding.

Rick

I confess that I don't know precisely how this exercise works, but I do know that it helped me to be more aware and objective, and being that way, I was able to "see" myself as I truly was instead of how I thought I was.





Waking Up on the Inside

*I needed help,
but I got 23
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Hi There My Friend,

I hope this letter finds you and loved ones in good health.

To start off let me tell you about myself..just a little bit. I'm originally from Mexico and most of the time I've been here is while I've been locked up. The only words in English I knew were "love" and "signal light." Well, I was lost. I became a rebel because the school and church stressed me, but my rebelling didn't stop there. The pressure was coming at me in different ways and I ended up being a criminal. I was a good person but only to let out some guilt, though I didn't know this at the time.

The Mexican system (penal) and the one you have in Texas is the same, in the way that when they catch you they let you go easy without helping you with a good program (this they don't have anyways), so you only grow proud to become more of a criminal. It is just like they set you up because at the end you go to the joint with a life sentence.

So I grew proud and I had a lot of resentment in me that wanted to come out. But it won't come out unless you get high or drunk. So I got high, and also a gun, and I messed up. Do you know what I told the sheriff when I went to jail and they questioned me? I told them "well, when they do something to me nobody tell them anything, but when I do something to them they always crying to the law."

Man, the people I shot (this I don't know for sure because I didn't see them going down or bleeding but that's what the law says) they didn't even know me much less doing something to me. But the resentment was already in me, and this is because I was someone else's victim too.

I needed help, but I got 23 years instead. I could have grown even prouder but I started to feel a void in my soul and the pain of it bared my soul to ask God to send me help because I couldn't find my way out and I was tired and broken.

So he did send me some help, you, and your "Be Still and Know" God teaching. It's not been easy but you said it is a "slowly but surely" type of experience. My resentment is almost all out along with my guilt. This I know because I don't gravitate towards my friends or family anymore. People think I'm weird but I tell them is not "weird" but "aware," because I usually don't go with the flow anymore. Now look at this. I went to the parole hearing last time and the lady asked me if I felt remorse for what I did. You know what man? I told her no, I really don't.

At the beginning of the meditation I felt the guilt/remorse of fighting and beating my younger sister and brother, or telling a lie that almost ended my Mom and Dad's marriage, and other stuff, but not for the crime I committed. Why? You might ask. I did not see the damage I did to those people, or their suffering. It is like I didn't live it at all, only that I am responsible for it. Of course the one responsible is the old identity but this you can't tell them because they will think you are cuckoo. But I don't even think the parole board really cared if you are repented or happy. To them it is just the routine of asking those question and "you better" give them the right answers. But I couldn't.

So, it is funny how I became a rebel where there wasn't any truths, only to become a criminal and go to prison, learn English and finally find real truths.

Well my friend I would probably never know you in person but is enough to know where you coming from, your spirit. I got six more years to go back home and hopefully by then I have enough light to bring to those poor souls and victims of every crime in Mexico.

I thank you for everything but I know you only doing God's work. Take care of your health and expose all the evil you can to awake the people.

Sincerely, Adrian



Well, all I know to say is that I've been touched by some unknown powerful positive source (God, I suspect), and I now have a desire to help people instead of hurting people.

Hi Mr. Roy,

I would like to greet you and all your staff in the most high my heavenly Father. In peace and love, you have been such a great help to me, and those I have shared your book with, you are a special man. It is an honor and a privilege to have meet you through pen and paper and your wonderful books. Thank you sir, you are a great teacher. Trust me, prison life is very stressful and most of all dangerous. You have truly helped me and few others who would read your book.

Thank you and your staff, most of all thanks to the most high.

Sincerely, Henry

Dear FHU,

I just received your initial letter along with the "Be Still and Know" transcript. I send my deepest thanks! I have been incarcerated since 1999 at the age of 18. During my time in here I have not always been on a positive level. I've been involved in my share of violence and was even indicted for the murder of a fellow prisoner in 2002. I was to get out in 2009 originally on a ten year sentence but the charge for the death of inmate put my max out at 2018 with a possible parole in either 2015 or 2016.

Well, all I know to say is that I've been touched by some unknown powerful positive source (God, I suspect), and I now have a desire to help people instead of hurting people. One thing I feel I've been called to do upon my release, is to get involved in some outreach for troubled youth.

It is people like you who can be considered a contributing factor in helping people change for the better. May God bless you all!

Sincerely, John

Mr. Masters,

I'd like to thank you once again. I've been doing the meditation exercise at least 3 times a day. I'm beginning to see my weaknesses and where I've been going wrong. It's really amazing what a couple of minutes could do. I've been passing the word along to my family and people whom I'm currently incarcerated with.

This whole time I was the cause of all my problems and always blamed it on how I was raised. Thank you once again, I'm tuned into the talk show every night.

Thank you!

Your Letters

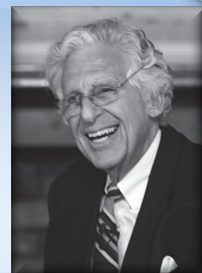
Readers are welcome to send stories of how learning to be still has benefited their lives. Please share with us your stories of how the Foundation has helped you.

Call Roy on *Advice Line*

Outside USA: 001-541-665-0719

Monday to Friday 5am to 7am GMT

9pm to 11pm Pacific Time



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