



FHU New Insights

Winter 2017

Illuminating your emotional health and wellbeing

Guilt – The Cause and Effects by Roy Masters



The biggest mistake we can make is to dig into the past in order to find out what makes us "feel guilty."

We all seem to think that if we can only trace the cause of our guilt feelings – then our subsequent analysis will dispel them. This simply is not true! It is not what we have forgotten that bothers us; it is what we are continually remembering.

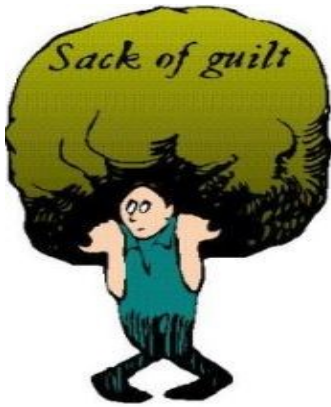
There are three reasons for your guilt feelings:

- (1) Because you have done something wrong;
- (2) Because you "think" about doing wrong; and
- (3) Because you become upset about doing wrong.

Being "upset" is a violation of God's law of love. You will feel guilty nearly every time you are upset, for this very reason. You will describe it as "feeling guilty" but you do not know why. Now, when you are upset, you will always "think destructively" toward someone. For example: "If he does that to me, I'll do this to HIM!" You will plan all the revengeful words and actions you "should" have said or done.

*Being "upset" is a
violation of God's law
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Guilt - The Cause and Effects
(continued)

We seek a variety of "material" methods to offset the feeling of guilt.

Becoming upset and thinking about "getting even" with someone has caused you to break a basic commandment of the "spiritual" law; consequently, you are forever plagued with inner torment caused by your "hidden" guilt and shame.

Notice that when you have a dream about "falling," your "deceptive" experience actually brings the same "sensation" as if it were happening to you in reality. Therefore, when your angry emotion draws negative, revengeful thoughts, you will eventually "feel" as if you have done something wrong just as the "dreamer" feels that he is falling, although he is not.

Whenever you think long enough about something, you finally draw the appropriate feeling to you – and you begin compulsively to act that way as well – even to the point where occasionally you will accept blame for the things which you did not do.

Guilt is compulsive and accumulative by nature. You cannot get rid of those feelings of guilt by any means on earth – unless you succeed in overcoming the daily hostilities which give rise to them.

Guilt is a very uncomfortable feeling. Therefore, we seek a variety of "material" methods to offset this feeling – usually by even more guilt producing ways – for we fail to realize the spiritual, psychological, feeling and action relationships of guilt.

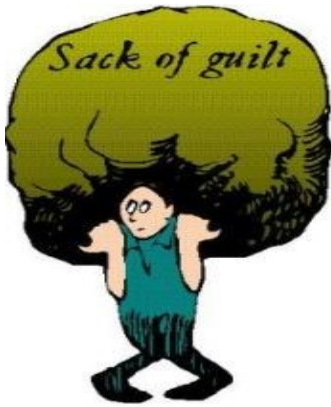
Confession is a popular method of "unloading" our guilt feelings, but this can be very dangerous if we "confess" to the wrong people – people without any understanding of us. In this type of confession, we only end up being upset at them for their lack of sympathy and "love." Now we feel guiltier than ever!

If we confess to a "passive" ear, we then start to depend upon that "passive listener" – coming to him again and again; using him as our "crutch".

If confession alone helps, beware, for we are then liable to use it as a cure "crutch" forever – allowing ourselves in this way to continue in "sin," for we know that we can always "feel better" after confession.

Unfortunately, this process of confession usually has some rather strange "side effects." You now begin to become a burden to the one with the "receptive ear" and he will resent YOU for your constant intrusions and negative conversations. He, himself, will then start to feel guilty for his feelings of resentment and you both end up in the same "sea of guilt".

If you are the person who listens to everyone else's troubles, you can



***Guilt - The Cause and
Effects
(continued)***

*We cannot unload our
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surely see that people pester you all the time once you have allowed yourself to become "sympathetic" – and soon you begin to feel as "sick" as they do. Your subsequent resentment will also cause you to stand in violation of the law of love. You now have become a "receptacle" for everyone's "garbage" and negativity.

Psychologists often pick up the troubles of their clients in this very way, feeling the same guilts and fears. That is why they usually need to be analysed themselves. Do you know what happens, however, if they allow themselves to be analysed? The people who analyse them pick up the same problems. Now the "superior analysts" need to be analysed by the "sick ones" whom they analysed – and the original psychologists now get sick again!

We cannot unload our troubles upon mankind without making others just as ill as we are – no matter how "wise" and "learned" these men might seem to be in the ways of the world – nor how great their desire to help.

For this very reason – this "compulsive" tendency of the average person to "dwell in the past," searching for the "cause" of his guilt feelings – learned men have come to the conclusion that this is where the solution lies; that if we merely "uncover" the problem, we eliminate it – curing the guilt-ridden patient in the process. Their interest in your past problem serves as a distraction from their own frustrating search for past guilts. They are relieved of the task of probing into themselves by experimenting with you - hoping to find in your problem a similarity with their own – and a consequent solution. This process relieves them of their own worries and guilt – giving them the "compensation" which they need for their own sense of "inferiority". In watching your "misery" and "inferiority" and "guilt," they are enabled to "play God" – in the superior position of "correcting" and "healing" you.

What really happens to us, however, is that the more we discuss our problems, the more we are caused to "think" about what we should be forgetting, and the more upset we become. The more "upset" we get, the more compulsively we dwell upon the negation actually becoming worse.

Then along comes some scholarly thinkers who start to use hypnosis - in order to delve even more deeply into the pasts of their victims. This only stimulates the sick ones into more and more "emotionalized" memories – which causes them to be even more "compulsive" fear and guilt-ridden wrecks.

When we use any means to dig up the past, we are always exercising



Guilt - The Cause and Effects
(continued)

In order to bring people to the Truth, it is necessary for us to "make" them feel guilty

our minds against the principles of love and forgiveness. "Forgiving" is forgetting. We must develop the capacity to "forget" through self-control, which is the power to emotionally "detach ourselves" from the errors of our past, and the present cruelty of others - for these things keep our negative thoughts alive by irritating us with guilt feelings and consequent "upset". You cannot change the past, nor the future - only the now. So... the place to change your guilt feelings is from within; you change your reactions – and thereby your "behaviour" – from now onwards.

The secret of obtaining freedom from feelings of guilt does not lie in "intellectual analysis" by another human being. This process only stimulates a "bad memory" for what should have been forgiven and forgotten. The secret lies in learning to change the way in which you "react" to the cruelty of others from now on, according to your own religious teaching.

"Forgive us as we forgive" means, "Make allowances for us as we make allowances for others" – for all our previous faults and troubles arose from our being upset, angry, impatient and irritated in the past. This is the cause of most of our present troubles. Overcoming these things from now on is the solution for future peace of mind and absence of guilt.

We must all suffer in life – the good man along with the foolish one. No human being can avoid suffering for very long; but it is how we "choose to suffer" that can "set us free." Guilty people often seek the "punishment of pain" in order to ease their guilt feelings, subconsciously recognizing that "pain" can ease pain – as acid can absorb the nature of another acid. This type of punishment, however, always brings more of the wrong kind of pain, which they resent even more – the "resentment" in turn causing more upset and subsequent guilt.

Children will feel "better" and "happier" when they are punished intelligently and with love. If you scream at them, becoming upset while you do it – you do not relieve them of guilt – you only succeed in causing them to become more upset. Now, feeling even guiltier, in anger they will try you again and again, seeking the "relieving" punishment which never comes – for you fail to discipline with the healing power of love.

In order to bring people to the Truth, it is necessary for us to "make" them feel guilty – but guilty in the right way. In other words, we must provide an atmosphere of courage and strength and patience, as the "opposition" to their error. ●



Self Reliance by Ralph Waldo Emerson

To believe that what is true for you in your private heart is true for all men, that is genius. Speak your latent conviction and it shall be universal sense... the highest merit we ascribe to Moses, Plato and Milton is that they set at naught, books and traditions, and spoke not what men said but what they themselves thought.

A man should learn to detect and watch that gleam of Light which flashes across his mind from within, more than the lustre of the firmament of the bards and sages... In every work of genius we recognize our own rejected thoughts: they come back to us with a certain alienated majesty. Great works of art have no more affecting lesson for us than this. They teach us to abide by our spontaneous impression with good-humoured inflexibility, most when the whole cry of voices is on the other side. Else, tomorrow a stranger will say with masterly good sense precisely what we have thought and felt all the time, and we shall be forced to take with shame our own opinion from another.

A man should learn to detect and watch that gleam of Light which flashes across his mind from within

There is a time in every man's education when he arrives at the conviction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse, as his portion... The power which resides in him is new in nature and no-one but he knows that which he can do, nor does he know until he has tried. The eye was placed where one ray should fall, that it might testify of that particular ray. Bravely let him speak the utmost syllable of his confession... that Divine idea which each of us represents. God will not have his work made manifest by cowards. A man is relieved and happy when he has put his heart into his work and done his best.

Trust thyself: every heart vibrates to that iron string. Accept the place the Divine Providence has found for you, the society of your contemporaries, the connection of events. Great men have always done so and confided themselves childlike to the Eternal, stirring at their heart, working through their hands, predominating in all their being. We are now men and must accept in the highest mind the same transcendent destiny... redeemers under the Almighty effort, let us advance on Chaos and the Dark. ●



“While ye have Light, believe in the Light, that ye may be the children of Light”

– John 12:36

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Understanding Children by Toni de la Garza



Raising children presents the opportunity to us to grow up all over again in a correct way.

To understand a young child, we must first be willing to listen to the child. I mean by this that we need to really hear what a young child is saying. I believe that too many times we only hear what we want to hear when the young child talks to us. The young child is new at our language, but he has much to say if we will quietly listen. And when we speak to the young child, we must make sure to speak slowly enough so that he or she can understand what we are saying.

The disturbing news in the papers recently about hundreds of preschool children being molested at one particular preschool points up the fact, I think, that young children are not getting the attention they deserve. These children would cry and plead with their parents

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*Understanding
Children
(continued)*

*I have matured through
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children.*

not to be taken to school, but their parents didn't listen. I don't think adults, as a whole, have a positive belief in the young child. They are generally looked upon as needing to be "civilized." I have found quite the opposite to be true. I think the child can civilize the adult. Children are usually honest in their reactions. "The Emperor's New Clothes" points this out. Children's minds are not cluttered with as many things as adults' minds are. I get a real joy in listening to the young child and being with young children. Everything is new and fresh to them.

I have wanted a family for as long as I can remember. When I got older, in my teens, I wanted to get married and raise my own family. This was not based on a selfless love, I'm sorry to say. I got married at twenty-two and had my first child at twenty-three. I have five children now, and my oldest is twenty-four this year. When I was having my children, I couldn't imagine why anyone would get married and not have children. I thought they at least would want them so they could get an ego satisfaction in raising little copies of themselves. I was very naive.

I soon found out that your children are not carbon copies of you, no matter how much you try to make them be. I had criticized my mother for not being a better mother, and I was going to be the best mother and have perfect children. Needless to say, I ran into trouble right away. I won't go into detail, because that is not the purpose of this article. I will just say that I was taught many valuable lessons by my children, and I am still learning.

I can truthfully say that I have matured through my experiences with my children. I have learned of the need to be honest with children. Roy says that children will be drawn to the parent they can believe. I have found that to be true. Children need to be treated with respect. They need to know that what they say to you will be heard and valued. Children, after all, are very much like the adult in this regard. I don't believe that children should be treated any differently in this respect than adults.

There are all sorts of groups nowadays who are fighting for their rights. I would like to champion the children's rights. If a child is abused or killed by his parents, many times a judge or jury will not punish the parent. They have been known to state that the parent has suffered enough. It is as though the child were the property of the parents. I believe this leads others, like the preschool teachers I mentioned earlier, to abuse the little child. After all, if they are just classified as property of the parent, why not treat them as property of any adult?

I know God wanted us to respect little children and their preciousness. Of such is the Kingdom of Heaven. We are warned against hurting these little ones, in the Bible. I am not a student of the Bible, but when



*Understanding
Children
(continued)*

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learn*

I hear certain quotations from the Bible that ring a bell, I remember the essence of them. I believe there is one that says something about not hurting these little ones, or you will have to answer personally to God eventually.

This, to me, is reason enough for respecting young children. For this reason, I have been attracted to the teachings of Dr. Maria Montessori. I first became interested in her teachings when my oldest child was three. At that time a wise lady, the one who introduced me to Roy Masters' teachings, told me not to get involved with the educating of children with Montessori equipment until I had worked with my mind and disciplined myself. I took what she said to heart and began meditating and put my ambitions concerning the Montessori education aside.

Seventeen years later the opportunity to get a Montessori diploma presented itself, and I took the course and got the diploma. I see in the teachings of Maria Montessori a deep belief in God and his wisdom. She believed that each child had within himself the ability to learn. Adults get in the way. She would agree with Roy when he says the schools today are horrible places for children.

Parents, what I wanted to say when I first started writing this piece was, be good to your children, love them properly. The terrible twos is a misnomer. They are wonderful twos. Say "yes" to your children when they are two, and they will say "yes" to you when they are three. Nurse your infants, stay home with them, give of yourself.

Raising children presents the opportunity to us to grow up all over again in a correct way. I watched my children learn to swim, and it gave me the confidence to learn myself. I watched my children struggle with school, and I was guided to take them out and become a teacher.

Children present us with a wonderful opportunity; too bad so many of us overlook this opportunity in favour of material possessions or ego needs.●

*Your donations mean so much to us;
it makes all that we do possible.*

Thank you!

Dealing with Misfortune

from Roy Masters' radio show Adviceline



Roy: Hello, this is Roy Masters speaking...

Caller: (distraught, on the verge of tears) Hello, Roy. My husband passed away three weeks ago in a car accident and I'm really confused right now.

Roy: (gently) I'm sorry. Tell me, how old are you?

Caller: I'm thirty.

Roy: Oh, you sound older; the grief is affecting your voice. Do you have any children?

Caller: Yes, I have one seven-year-old and I'm pregnant right now.

Roy: Oh dear. Was your husband a good man?

Caller: Yes, he was a good father, a very good daddy. My daughter is very confused, obviously, and now I'm afraid I'll have to raise her and my unborn baby as a single parent. And I've always heard how difficult it is as a single parent, especially a mother, to raise children on her own.

Roy: But a noble mother can do it. Are you going to be a noble mother?

Caller: I'm going to try.

Are you going to be a
noble mother?



*Dealing with Misfortune
(continued)*

The roots are going
deep down inside you
now, aren't they?

Roy: Maybe you can learn something from this tragedy. The roots are going deep down inside you now, aren't they? You're searching and asking God, "Please give me an answer. Give me some direction, give me the strength". This is the tribulation, the trial that you have to go through. This is your cross. You have to bear it.

Life, you see, is not just a simple set of pleasure, it's pain and suffering – mostly because there is something you have to learn. If we could learn our lives' lessons without pain and suffering, there wouldn't be any pain. So, don't curse God, don't be angry with Him.

Caller: I haven't had any anger.

Roy: No rage?

Caller: I haven't had any rage.

Roy: How was the accident caused? Was it a drunk driver?

Caller: No. It happened on a two-lane highway. A woman, driving with her six-year-old son in the car, crossed over the centre-line into my husband's lane and hit him head on.

Roy: Oh dear. Was the little boy killed too?

Caller: Yes, he and the mother were both killed.

Roy: How sad.

Caller: So, there's no-one to be angry at. I feel bad for the woman, especially the little boy. I haven't had any anger, I just feel very confused. In the past, people have died and you would have your own theory about where they went after death; but now it's hit me, I'm really lost.

Roy: Don't try to answer that question.

Caller: Will I get an answer though?

Roy: Yes, you will, but not now. Now is a time for grief and mourning. It seems that you're grieving in a proper way, without anger and bitterness. You will wake up one morning and it will all be past. Then you'll get down to the job of bringing up your seven-year-old. Remember, you must think more of her than yourself. You can't grieve too much. You have to dry your tears and put on a clean face.

Caller: That's exactly what I've been doing. I get to the point that I feel I can't get through this, like I'm not going to make it. Then I look at her and I feel I must...

Roy: For her sake. You see, for the first time in your life, you're



*Dealing with Misfortune
(continued)*

*It's your concern for your
daughter that is
preventing you from
being selfish*

learning to be unselfish. You are about to learn how to be a true human being. It's your concern for your daughter that is preventing you from being selfish and wallowing in self-pity. That's why you must become a whole person. And the Good Lord will give you the strength to do it.

Caller: I know He has, because I feel comforted sometimes. And sometimes I don't.

Roy: But you must comfort your child. And you must be the example of that comfort.

Caller: She's asking me questions like, "Where did Daddy go"? and "When I said my prayers to God to bring Daddy home safely, why didn't He"? She's asking me questions that are going through my own mind.

Roy: Tough questions. But what you have to explain to her is this: whatever happened is for a hidden purpose, and she will discover that reason one day. So, teach her not to be angry with God, otherwise the mystery will be lost...

Caller: She doesn't want to say her prayers any more. She had always just automatically prayed, I never pushed her to say prayers or anything, she did it all on her own...

Roy: That was sweet...

Caller: Then, all of sudden when this happened, she said, "Why? God's not going to listen to me!"

Roy: But you must say to her, "Dear daughter, in the beginning, God doesn't always grant you your wishes. You have to be still and you must listen to God. God knows what is best for you and you must listen to Him. This is a test of your faith".

Do you see? You must explain to her, "There are a lot of things in life, little one, that you don't know about. But one thing is for sure: everything works out for good for those who love God. So, don't give up faith. Don't think that God is going to give you everything that you ask for, because if He did, He'd spoil you and God doesn't spoil His children. He gives them experiences, which make them grow. And this is an experience, perhaps, that we need for us to grow. We're not going to be bitter. We're not going to lose faith in God. Daddy's on his journey and we must be about ours. Because there's more to life than just eating, drinking and going to the bathroom. There's more to it and we're both going to search together for it, aren't we?"

Talk to her that way and give her a good spirit.



***Dealing with Misfortune
(continued)***

*We must put the
suffering to good use
and become better, not
bitter*

Caller: OK.

Roy: I know it's tough. I'm a married man and I've got kids. A couple of times they've turned their cars over and thank God they were alright. But I sometimes think of that dreaded phone call coming one day. After all, the more kids you have in your family, the greater the chances are you could have some bad news. So, we all have to be braced for it. One morning, they could wake up and I'm the bad news, "Your Dad's gone". So, am I going to teach them to be angry with God"?

Caller: No.

Roy: No, of course not... We must put the suffering to good use and become better, not bitter - there's something we have to learn from it. That's all that matters to us. She'll have a daddy in you because your faith in God will be unshaken. Do you understand that?

Caller: Yes, I do. Thank you very much.●

Sunday Conversations

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*"And this gospel of the Kingdom shall be
proclaimed throughout the world, so that
all nations shall hear it and then ,
finally, the end shall come"*

- Matthew 24:14

Open Invitation

David is a long term supporter of the FHU and runs a Christian fellowship group in the Solihull suburb of Birmingham.

The meetings are a combination of teaching, prayer and an opportunity to talk to like-minded people. He has made an open invitation to all the Foundation's supporters to join any of the group's meetings.



The gatherings take place on the 1st and 3rd Saturday of each month between 10:30 am and 12:30 pm, except August and Christmas times.



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Call Roy on *Adviceline*



***Monday night to Friday
night: 2am to 3am UK time
6pm to 7pm Pacific time***

***Outside the USA call:
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Your Letters

Time and Separation – Mediation Principles

Time only exists once your thoughts pull you away from consciously being aware of the moment. There is no such things as time. Time is a means of controlling timelessness, which in effect is the method of controlling all of us. But, in reality, there is no such thing as time.

Separation occurs when a person stands between two worlds, the world of thought and the world of materialism. In between thinking and having, exists detachment, where one is sort of suspended or observational of oneself and the world.

This is where a human being connects to the Kingdom of Heaven. And where the Kingdom of hell dies. Once you are separated you are timeless and therefore earthless. It can be scary in this state of mind until you get used to it.

Someone once mentioned this world as, “A pause between two thoughts.” This is the same effect as timelessness. If you have had a conversation with someone who hesitates what they are trying to say, you will feel irritated at the gaps in their sentence. You probably intervene and speak for them so as they can carry on. Children do that with their younger siblings. People have an aversion to silence, it makes them angry, they do not realise their anger is directed straight towards God. They get more impatient, which results in greater guilt.

What you are not separate from, you are attached to. You may be half decent a person, but the other half is still earthbound. Your conflict with time is evidence of you NOT LETTING GO. Being involved with time (not patient) you will suffer fear and anxiety. Even in the awareness of your mind (observing) you have yet to be fully resolved. As long as you “yearn and learn,” life will get easier. But if you are a “fighter” it will take longer.

Do you see? By not being attached, you are separate (free) and therefore on the side of Heaven. All God does is wait, your salvation is assured. All your doubts, fears and problems have been obliterated, but it is your ego that gets back into your ‘creative’ (havoc) mind and relives the same old habit patterns.

God forgives you and waits and waits and waits!! He is not mocked or disturbed, His love is eternal, for He is ever there, ever present. So be glad when you are separate or detached, in that state you are with your Creator and no longer “just a body.” Although you may feel like you are dying, you are still very much alive. Jesus said, “Though you are dead, you shall yet live”.

Glen ~ UK



People have an aversion to silence, it makes them angry

Your Letters



*Go to a mirror and look
at yourself*

The Man In the Glass

When you get what you want in your struggle for self
And the world makes you king for a day,
Just go to a mirror and look at yourself
And see what THAT man has to say.
For it isn't your father or mother or wife
Whose judgment upon you must pass;
The fellow whose verdict counts most in your life
Is the one staring back from the glass.
Some people may think you a straight-shootin' chum
And call you a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.
You may fool the whole world down the pathway of life
And get pats on your back as you pass.
But your final reward will be heartaches and tears
If you've cheated the man in the glass.

- Anonymous



Help others by writing your views and sharing your stories of how your growing self-awareness has helped you; and how learning to be still has benefitted your life.

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Reminder

If your postal or email address changes, please let us know.

NEW INSIGHTS

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

Important: If you change your home or email address, please let us know.

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