



# New Insights

Illuminating your emotional health and wellbeing

Winter 2018/19



## Forgive Them, For They Know Not What They Do by Roy Masters

**Y**ou may be playing with fire if you seek to confront an angry parent with his past failings and cruelties towards you; for while you, the victim, can remember each episode down to the last gory detail, your violator has probably forgotten all about it. You may literally be taking your life in your hands if you try to face your tormentor before you are properly prepared, mentally and spiritually.

There are times when the only prudent way to deal with an "incurable" parent is to turn your back, walk out of his or her life and never look back. Sometimes, the loneliness of time and distance will bring the angry one to his senses; if not, nothing is lost.

Most of us, however, do have an opportunity to return to the "scene of the crime," and face our parents with their past misconduct. In truth, your life could depend upon a successful outcome. But that is not to imply that your parents must necessarily see and admit to their past failings and make peace with you. Your salvation cannot depend on such an



***Forgive Them, For  
They Know Not What  
They Do  
(continued)***

admission. In fact, you will find only pain and frustration, with no hope of deliverance, should you foolishly feel compelled to make your parents "see the light." You must not try to save them as a roundabout way of saving yourself. Save yourself from that horror! Realize that your intensified sense of responsibility towards them has grown out of your guilt for having hated them.

By "successful outcome," I mean to say that you must face their inevitable assault on your efforts to clear the air without angrily putting them down or backing down yourself. You must approach them with neutral "feelings," without hate or judgment in your heart. Be prepared to forgive; or rather, to acknowledge your forgiveness, for you should already have forgiven them in order to arrive at that purified state of consciousness that enables you to confront them boldly, without fear. In that neutral state, you can speak truth with love, without hypocrisy and without fear of the onslaught of recrimination that is almost certain to come.

Prepare for a hailstorm of verbal abuse. Stand tall, remain firm in your resolve; observe calmly the outpouring of rage meant to confuse you just as it did when you were a child. If in the heat of the moment you waver ever so slightly, you will find yourself returning to your old status of infant victim, answering injustice with resentment, a resentment so full-blown now that it may even tempt you to suicide or 'parenticide.'

"They" know all the buttons to press, because "they" created them in you

Rest assured, "they" know all the buttons to press, because "they" created them in you, and you have kept them oiled and ready by means of your resentment and self-righteous judgments. And since they created you, they feel they have a right to destroy you. If that is the case, you are no longer dealing with parents, but with a displaced identity, a netherworld personality that goads you to hate in order to continue living through you.

Therefore, don't be too surprised should your candour be rejected and you find yourself cast out, disinherited, and accused of being the ungrateful offspring of the most wonderful, caring parents in the world. "They" (in quotes because we are not speaking here of their original identity, but of the evil spirit that has taken possession of them) will try to make you think you have committed the unforgivable sin against "god," for which you must one day come crawling on your knees, begging forgiveness. Indeed, resentment towards a parent is a sin against God; so the trick is to induce you to become hateful towards them, so that the thing inside your parents can enslave you into making up to them forevermore.



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(continued)***

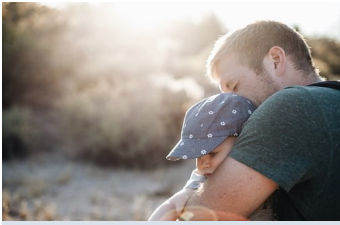
Remember, resentment is the heartbeat, the blueprint of the self you loathe, even as you continue to sustain it with each prideful 'fix' of judgment.

If, on the other hand, you don't take the bait and you remain calm and unmoved by their display of anger and violence, you may see a sudden shift in their tactics, a pantomime of false remorse, a dramatic charade of sorrow. Behold a cowering parent "wickedly betrayed" by the child to whom they have devoted their whole life. Careful, "it" is trying to play on your sympathy, seeking to capitalize on any resentment-based guilt that may still linger inside you. Fall for this ploy, be moved by it to the slightest degree, and you will be drawn so deeply into a black vortex of doubt that you will be glad to suffer endless servitude in an effort to atone for the sin of hate; yet you can never find salvation through the hard-won approval of another person. That way leads only to greater anxiety of self-condemnation.

Your memories are yours alone and you are stuck with them. Don't expect your parents to remember a thing. They were cruel and thoughtless towards you because they themselves were abused as children – and through hating their parents, they became the parents they hated. Then, because they couldn't bear to face what they had become, they chose the classic way to block out their guilt: they projected the wickedness inside themselves into you. They did unto you unconsciously what had been done unto them. From that point on, they stayed busy being angry with the wrong they had implanted in you, thus distracting themselves from the guilty knowledge of their own part in it. Of course, anger was the means by which they "got" to you in the first place. So be careful with their rage. They are still trying, albeit unconsciously, to project their guilt into you and take on your innocence in a macabre kind of trade.

As an adult, you must approach your guilt-ridden parents with calmness and wisdom; but in order to do so, you must already have forgiven them and arrived at a state of grace, so that it is the real you confronting them, full of understanding, a stranger to emotional judgments. Should you react as you did when you were a child, with overt or masked resentment, the magic of the moment will be lost. The real parent and real child will never come to know each other. Instead, the iron doors of contempt, hatred, guilt and guilt-based servitude will clang shut between you. You will be tormented by the awareness of the indwelling image of the hated parent who is living his life through you. Your hate will drive you to appease this parental ghost, even after he or she has gone to the grave. You may even become worse than your parents ever were, hurting your children, punished by the full knowledge of what you are doing, yet unable to stop.

Remember, resentment is the heartbeat, the blueprint of the self you loathe, even as you continue to sustain it with each prideful 'fix' of



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Despair not. The love  
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judgment. In the absence of mature poise and patient understanding, the reaction associated with a parent/child confrontation could become your permanent guilt and undoing. It will affect every area of your life.

Your objective, then, should be to mend fences, to give your father and mother (bureaucrats too) the opportunity to see the harm they are doing. They must be persuaded to come to repentance, not only for their own salvation, but also for the future of their children and grandchildren. But until you have suffered sufficiently from the "weakedness" of your father and the subtle, or overt, "wickedness" of your mother, until you can stand in their shoes, you cannot really perceive any secret torment they may be suffering. Their torment is your torment, and their shoes are your shoes. For God's sake, don't go on becoming them by hating them. Forgive them, and let that forgiveness act as a mirror to their sin.

The fool just tries to forget, to blot out guilt by distraction. And you have been that distraction. As such, you now place yourself in danger by jogging your parents' memory with the contrast of your recaptured innocence. Denial is salvation to the sinning soul. The longer a person exists while denying truth in one way or another, the more wicked he becomes, and the greater grows his need to deny. For the ego-self to survive in this state, it must go on denying; and the selfishness of this is so horrible that it drives to distraction all those who try to awaken him.

Despair not. The love you were denied through hating your parents' failures and/or their cruelty can be found in another way. Through suffering, you have discovered that hatred for parents (especially for a father) is a denial of God's love. So when you finally allow yourself to see the truth of this (if only because you stand helpless in your parents' shoes), your heart will be softened by revelation; and through forgiving your father or mother, will you be forgiven; and with forgiveness will you approach your parents again.

You see, the love of a loving father does not originate from the man himself, but from his allegiance to the same Source of love as the one that resides in you and perceives respect and love within him. Sadly, few fathers have this loyalty to good. Their heritage is like your own. An evil sprang up and made a home in them through their mothers, who tricked them into hating their fallen fathers; and consequently, they too were blocked, no matter how much they may have tried to love you properly.

Let us remember a famous son's last words: "Forgive them Father for they know not what they do." Then as now, some of the people's hearts were opened, while others died miserably in their sins. ●



If you are being verbally attacked by difficult, lying, manipulative and/or unreasonable people; it's your attitude towards them that makes all the difference. When you realize that you are dealing with someone with a mental health issue, then it's far easier to be emotionally detached and not give a tiddly hoot what they are saying to you or about you: In the same way that a good parent takes no notice of a

child's tantrum.

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# Energetic Vampirism

## by Dr Lawrence Wilson



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**Definition.** Energetic vampirism is the process whereby one person, through manipulation, essentially steals some life energy from another.

Each person is supposed to live off his or her own life energy, happily and independently. However, many people are not in touch with this energy, or have been violated or traumatized in certain ways that make it difficult for them to contact their own life force or energy. These people may learn or be taught, often as children, how to steal energy from others.

### WHO ACTS AS A VAMPIRE IN MODERN SOCIETIES?

Vampirism is all around you. In fact, most of us have done it a little, at least. For example, parents can do it to their children by upsetting them with harsh words, too much praise, or worse – physical violence, etc.

### HOW PEOPLE STEAL ENERGY FROM OTHERS

The main way to extract energy from another person is to upset the person by:

1. Intimidation, threats or actual violence of some kind.
2. Seduction, pleasuring, flattery or spoiling another.

In both cases, a person is thrown out of balance, and this is what causes the person

Each person is supposed to live off his or her own life energy.



## *Energetic Vampirism (continued)*

The normal flow of subtle or etheric energy down the body from the head to the feet is interrupted.

to give up some life energy. Many energy vampires combine the two.

Speaking more technically, what occurs is that the vampire interrupts the normal flow of subtle or etheric energy down the body from the head to the feet. As a result, some of the person's subtle energy flows outward or upward to the vampire. In other words, one person can steal energy from another by literally upsetting the other's energy field. This is related to the meaning of words and phrases such as uptight, mixed up, knocked up, messed up and other similar phrases.

### VAMPIRE TECHNIQUES

Usually, vampirism occurs when two people are unequal in some way. For example, one may be older and more "experienced" than another. Or one may be physically stronger than the other. Or one may be in authority over the other. However, this is not always the case. Here are more details about very common methods of vampirizing:

**Words.** This is probably the most common method used in modern society. Words can easily be used to upset people, and more so when combined with other methods discussed below. Words can frighten, threaten, shock, flatter, seduce and upset others in other ways. Most are lies or half-truths, although even the truth can be used to shock or upset people.

Parents may criticize a child needlessly, or raise their voice more than necessary. Others praise a child too much, or give him everything he wants. Even if this is done with good intent, it is still upsetting to a child, and he or she will give up a certain amount of energy to the person who says praises too much, or threatens.

**Non-verbal behaviours.** A simple one is just to tense the body or maintain an unusual, sexy or stooped posture. This can induce tensions in the bodies of others that cause them to give up this life energy. That is how easy it is.

There is no end to the ways non-verbal cues and gestures can upset others. A stare, a sexy walk, playing with one's hair, and many other behaviours are used by authority figures, lovers and others to upset others. Even just smiling at people too much or inappropriately is upsetting to others, and can cause them to give up some energy to you.

**Dress.** This is another way that some vampires extract energy from others. The dress may be a uniform, like a military uniform worn by some dictators. It can be scanty clothes worn by teenage girls to upset the boys, or other ways to make one "stunning" or just upsetting to others.

### HOW TO TELL IF SOMEONE IS ATTEMPTING TO VAMPIRIZE YOU

Another sign that someone is vampirizing you is a feeling of being tired, worn out or "drained" after being around certain people or even certain places such as bars or gambling casinos. These are often designed to make you leave your money there.

If you can feel people's energy fields, you may feel that a person has tentacles surrounding you or little suction cups that are pulling on you.

### VAMPIRE PROTECTION

**1.** Enhance your general awareness. You are doing this to some degree by reading this article. One ALWAYS needs to be aware of the possibility of vampirism, even around the nicest, gentlest people. Recall that the vampire phenomenon is pervasive in families, personal relationships, schools, business, politics and elsewhere.



### ***Energetic Vampirism (continued)***

Watch your attitudes  
and listen to the  
attitudes of others.

Watch your attitudes and listen to the attitudes of others. Do they encourage you to be independent and think for yourself, or do they somehow encourage dependency, discourage you, intimidate, cajole, threaten, flatter or seduce? Often these latter approaches are really an effort to get a response from you – along with your energy.

**2. Avoidance.** Avoiding possible vampire situations is always wise. Try to avoid any situation in which you notice that your energy is lowered. It could be certain locations or certain activities, and it almost always involves other people.

**3. Do the Roy Masters' meditation exercise.** This is like the anti-vampire. It will slowly help connect you, or reconnect you, with your own source of energy, God. This is critical in the long run to end the cycle of vampire and victim.

The trick is to move energy down the front of your body quite forcefully all of the time. This takes some practice and is not easy, at first, for most people. This includes learning to do it during social encounters.

This will not only undo some traumas. It is also a safety mechanism for both men and women, because if the energy is moving correctly, one is more conscious, less scared or excited, and therefore able to make more rational decisions.

The observation exercise slowly teaches detachment, witnessing and brings in the etheric energy, which replaces the need to please people, or for that matter, to gain any energy from other people. You become more independent and nourished from within. It may also help to read Roy Masters' books, especially the one about sex, *Understanding Sexuality*. He understands vampirism well and writes about it in graphic terms, which are not easy to hear for many people.

**4. Clearing your early life traumas.** Vampirizing often occurs due to your hidden early life traumas. It is often all unconscious. So never assume you are "done with your traumas." No one is without traumas, but some have worked on them more than others. Once again, being in a healthy male-female relationship, or even having a really honest friend of the same sex that you go places with, is very helpful to alert you to behaviours that are really results of traumas.

**5. Be extremely careful about getting involved with others in business, churches, friendships and especially intimate relationships.** Get to know people well, test them over time, and never trust first impressions. This is critical to avoid being sucked into a vampire situation.

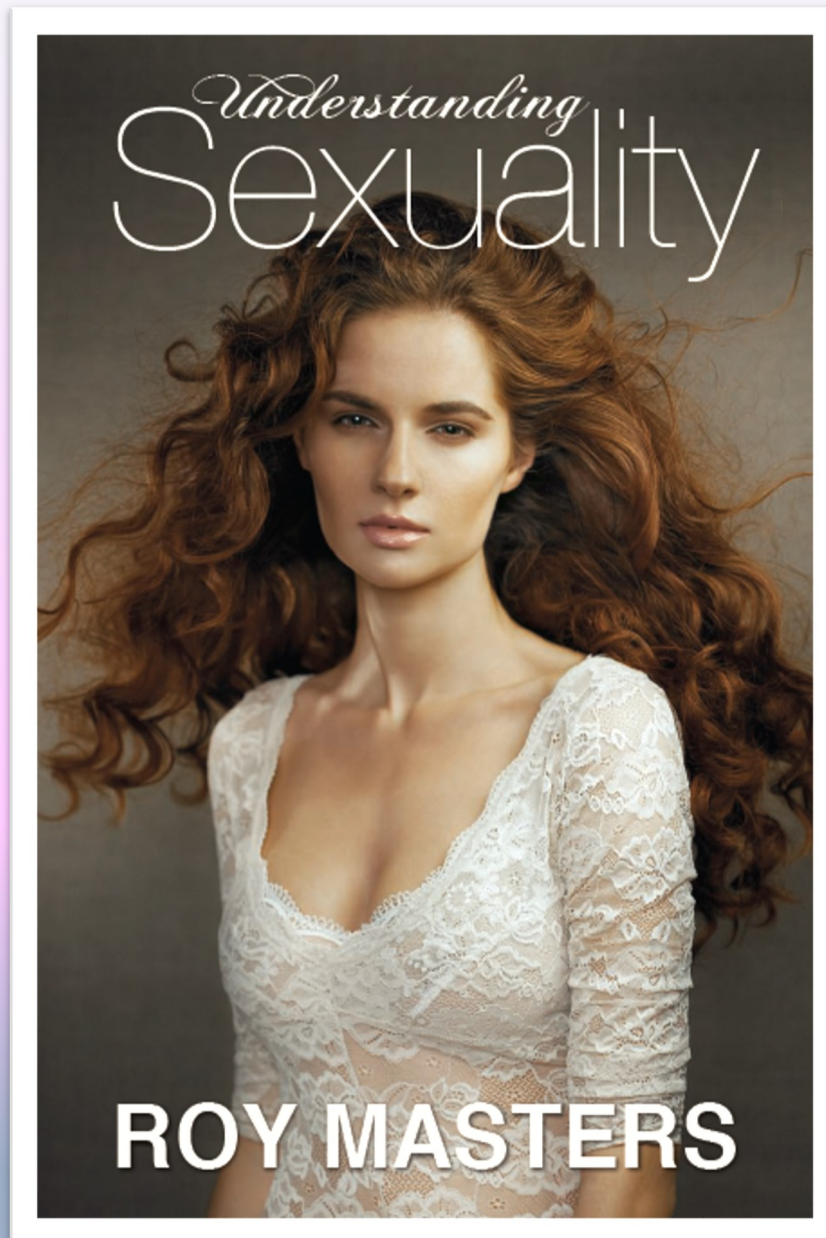
**6. Take care to avoid people or places that induce fear, stray sexual feelings or other unhealthy things.** This can be difficult because you may be completely unaware when a problem exists. With some reflection and meditation, most people begin to feel [detect] when they are afraid, sexually excited in an unhealthy way, upset, angry or otherwise out of balance.

#### CONCLUSION

Vampirism is unfortunately rampant in all human societies. It is wise to become aware of vampirism, but not to fear it. Avoid it when you can, and please teach others about it as well. ●

*This is an excerpt from an article by L.D. Wilson Consultants Inc. © December 2017.  
The full article can be read at [www.drlwilson.com/articles/vampirism.htm](http://www.drlwilson.com/articles/vampirism.htm)*





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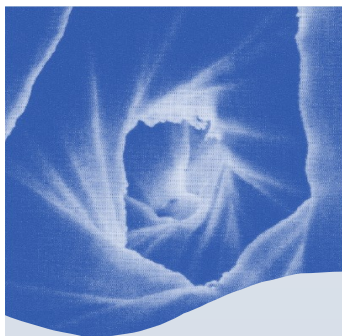
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## Periods of Dryness - by Jeanne Guyon



If you will conduct yourself this way, it will please the heart of God greatly.

If you set forth for the spiritual lands, you must realize that times of dryness await you.

Dear reader, you must realize that God has only one desire. Certainly you can never understand a dry spell unless you understand what His desire is. His desire is to give Himself to the soul that really loves Him and to that soul which earnestly seeks Him. And yet it is true that this God who desires to give Himself to you will often conceal Himself from you - from you, the very one who seeks Him!

Now why would God do that? Dear saint of God, you must learn the ways of your Lord. Yours is a God who often hides Himself. He hides Himself for a purpose. Why? His purpose is to rouse you from spiritual laziness. His purpose in removing Himself from you is to cause you to pursue Him.

The Lord is looking about everywhere for that Christian who will remain faithful and loving even when He has withdrawn Himself. If the Lord finds such a faithful soul, when He does return, He rewards the faithfulness of His child. He pours out upon that faithful one abundant goodness and tender caresses of love.

Here, then, is something you must understand. You will have times of spiritual dryness. It is part of the Lord's way. But the fact you will have spiritual dry spells is not the issue. The important question is what you will do in a time of spiritual dryness? At this point you must learn something about your natural tendencies. It will be the natural thing for you, during a dry season, to try to prove your love to the Lord. During a spiritually dry season you will find that you will try to prove to the Lord your faithfulness towards Him; you will do this by exerting your strength. Unconsciously you will be hoping by such self-effort to persuade Him to return more quickly.

No, dear Christian, believe me, this is not the way to respond to your Lord in seasons of dryness. What then shall you do? You must await the return of your Beloved with patient love. Join with that love self-denial and humiliation! Even though the Lord has hidden Himself, remain constantly before Him. There before Him, pour out your love upon Him passionately and yet, I would add, always peacefully.

Spend time with Him in worship and in respectful silence. By waiting upon the Lord in this way, you will demonstrate to Him that it is He alone whom you are seeking. You see, you will be demonstrating that it is not the selfish enjoyment which you receive from being in His presence that causes you to love Him. You will be showing that it is not the pleasure which you experience, but your love [yearning] that motivates you.

There is a quotation from the Apocrypha that speaks of such seasons:

Do not be impatient in times of dryness and darkness; allow the removals and delays of the consolations of God; draw near to Him and wait upon Him patiently that your life may be increased and be renewed.

So, dear children of the Lord, be patient in your prayer during those seasons of dryness.

Let me ask you a question. What if the Lord called upon you to spend your whole lifetime waiting for His return to you? How would you conduct yourself if this were the lot the Lord should mete out to you for all the rest of your life? What would you do?

Do this. Wait upon Him in a spirit of humility, in a spirit of abandonment, with contentment and resignation. Come before Him quietly and peacefully, recalling your mind to His presence even though His presence may evade you.

As you do these things, accompany them all with pleas of sorrowful, plaintive love and expressions of yearnings for your lover's return. I wish to assure you that if you will conduct yourself this way, it will please the heart of God greatly. Such an attitude will compel Him to return to you much more quickly than any other. ●

*From Experiencing the Depths of Jesus Christ by Jeanne Guyon, with kind permission of SeedSowers Publishing*



## Some People You Can Never Please by Roy Masters

Many a life has been ruined trying to please a parent or authoritarian figure, whose pleasure it was to make you fail. The more you succeeded, the more you outshone and displeased the confounding parent or teacher. When you were right you were never right enough, and when wrong you were never wrong enough.

This kind of parent is encountered also in the business world. Money is never enough to satisfy the perverse pleasure of degrading and slaving, especially those who have the God-given spark of brightness. So, they degrade their employees to work harder, not just for the money, but to enslave their souls. No matter how well you do, it is never good enough. It will surely drive you into depression, or to make a fortune for the tyrant-boss, either way, satisfying their peculiar madness.

On the bright side, if you  
forbear to be resentful,  
the light in you will  
overcome their  
indwelling-evil.

With a straight face, a tormented victim can be made to torment to save his job. They berate every success and take pleasure in every failure. When a person is subject to these controlling types, it can appear that the only choice you have is to become upset and resentful; right there, no matter what you do, you become confused and depressed. So bear in mind, if you don't dance they cannot advance. If you don't become resentful and upset, you win by never losing your patience. Get my 7-minute meditation at no cost.

To continue, something quite remarkable happens. The bully will become upset when he or she cannot upset you, which will give them a different set of choices more gracious than what they gave you. If they might see their wrongs and repent (that's good), or otherwise they find themselves experiencing the very curse they wished on you (too bad for them).

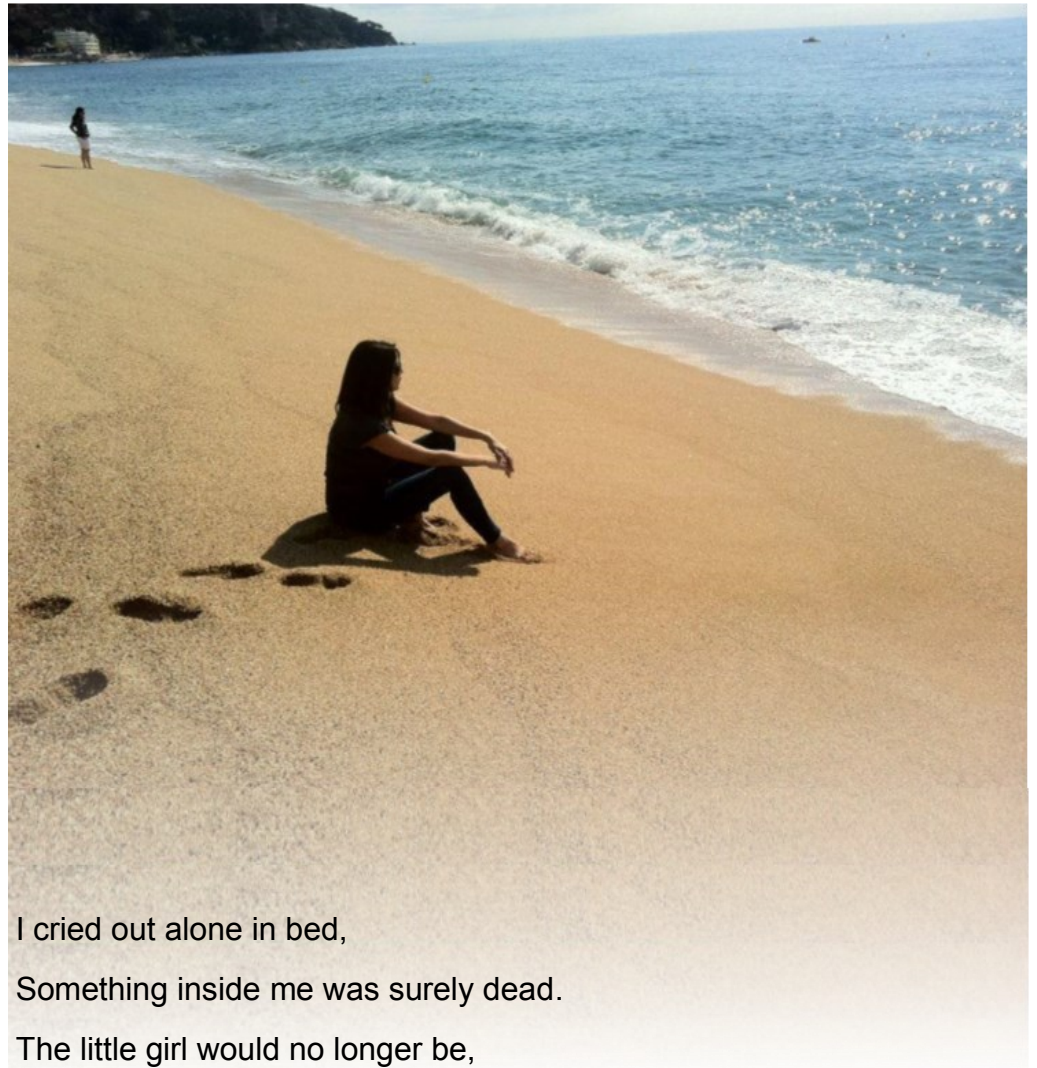
Every person in whom the light shines is tested for their fealty to God. Temptation approaches in many forms, all designed to cripple and enslave.

On the bright side, if you forbear to be resentful, the light in you will overcome their indwelling-evil with good; the keywords are...forbear to resent. It is impossible to take a truly positive stand when you are secretly responding with anger and resentment. Resentment separates you from the good by which all evil is overcome. By not responding resentfully, they (*not you*) become the effect of a good cause. With every patient response your nature will shine more brightly. You may even become the instrument of bringing them to repentance.

The world is full of confusing people breeding confusing people. The philosopher Voltaire said that madness is to have erroneous perceptions, and to reason correctly from them. Understanding this, don't let any one confuse you. Stand your ground; trust your common sense; look at your bully as if he or she were talking-furniture, if you see what I mean. Don't take their cruelty so personally. ●



# FREE AT LAST



I cried out alone in bed,  
 Something inside me was surely dead.  
 The little girl would no longer be,  
 Instead a demon took hold of me.  
 It was a night so long ago  
 That my big brother sold my soul.  
 The tragedy was that my parents didn't see,  
 This terrible thing happening to me.  
 I suffered because of their lack of concern,  
 For I had nowhere to turn.  
 I grew up to be a prostitute,  
 I sold my body for some loot.  
 A pimp taught me the "tricks" of the trade,  
 And in return I gave him all the money I made.  
 Seven days a week, two hundred dollars a day,

I had nowhere to turn.  
 I grew up to be a  
 prostitute



***Free at Last  
(continued)***

This is what "love" cost me.  
 This is what I had to pay.  
 One day I awoke to find that this world was not for me,  
 But I was running out of time.  
 He stuck the knife in the back of my head,  
 I knew that in a moment, I would be dead.  
 I put my hand back there to see,  
 What this terrible man had done to me.  
 I was very surprised to find that the knife was not there,  
 I must be losing my mind.  
 He said, "It's okay, you can leave, but when you walk out that door,  
 You better not come back here, to see me no more."  
 To this day I don't see why he let me go,  
 'cause I was his prisoner, he owned my soul.  
 Without a pimp to say, "It's alright,"  
 My conscience caught up with me late one night.  
 The demons inside me rebelled and fought,  
 For they knew that if I awoke, they would be caught.  
 They knew that the time had come,  
 That the Lord Jesus had the "money" to pay the sum.  
 They made one last ditch effort and convinced me that suicide,  
 Was the only way out to save my pride.  
 I stuck my head in an oven for an hour or so,  
 But it didn't work, thank God,  
 I almost permanently lost my soul.  
 Afterwards I cried out to the Lord to save me from this awful state,  
 I knew that it was time for me to AWAKE!  
 Oh, I didn't change overnight and I'm not "born again,"  
 The years have allowed me to examine my sins.  
 Through meditation I'm able to see,  
 My sins revealed in the light of reality.  
 I can see my sins and the sin of pride,  
 Each day I can repent and God allows me to survive.

the Lord Jesus had the  
 "money" to pay the sum.





*Free at Last  
(continued)*

Now when I look in the  
mirror, the girl that  
looks back, is not the  
same girl who once  
was lost

Now when I look in the mirror, the girl that looks back,  
Is not the same girl who once was lost,  
On the wrong side of the tracks.

For a long time I have wanted to tell my story on how God's patience and the meditation has truly changed my life. In my poem I said how the man who was my pimp let me go. Well, for a few months afterwards I still continued to walk the streets as a prostitute, but it was different. Most every time that I'd go out I felt that the police were everywhere following me. I became really paranoid. I realize now that it was my conscience that I was feeling. My conscience was convicting me. It got so bad that I could hardly "work."

After my experience with suicide and realizing that I could no longer be a prostitute, I thought that I could find God in the "Christian Church." It seemed to work for a while 'cause it helped set me on the right track, but something was missing. I knew, deep down inside, if I didn't find the "real thing" (what the Bible was pointing to), that I'd be doomed to make the same mistakes.

One day, while driving, I heard this man on the radio. Since it was a religious station, I knew it to be a religious message. My first reaction to Roy Masters was, "He's the Devil." Somehow I continued to listen even though I didn't understand half of what he was saying. I gradually began to see his message and it was as though he was talking to me personally saying, "Look at yourself."

I began to look and see that I really wasn't changed at all. I appeared to have changed, that is my lifestyle, but I really wasn't changed inside. I was still hateful, confused and upset most of the time. I wasn't sure about the meditation either. Was it good and from God? I was scared to try it, as I didn't want to get caught up in something that the church said was bad.

One day I called the programme and asked Mr Masters about the meditation. I don't remember exactly what he said except that I should come down and get it right now. Somehow him saying that I should come down right now and purchase the meditation, gave me the push I needed. I say push because I was a total psychotic (I believe that you have to be one to be a prostitute), and his voice was the strongest at that moment in my life. I was so very far from reality.

Thank you Mr Masters, you'll never know how much that you helped to change my life. I pray that God will continue to bless your ministry. I'd like to say one more thing about the meditation, it reminds me of a hymn that Martin Luther King used to quote, it goes, "Free at last, free at last, thank God Almighty, free at last." ●

## Express Yourself



Dear Mr. Masters,

I have a couple of questions which have been puzzling me, concerning when to speak up with the Truth. For example, there is a discussion going on at school concerning the education system. I know that the class has been discussing all the wrong reasons why they think the system fails and I know the real reason. When I think I will speak up, my heart begins to pound (I am not caught up in thought). Is this resistance or is it natural and should I speak up? I do not know whether it would arise from ambition or not. What I really mean is, is it right to express my opinion at any time, and if there is a certain time to express it, how will I know?

Secondly, I notice faults in my friends and family. I know that I have to wait for the right moment to pounce on the wrong, but does this mean that I should always correct their small faults and merely observe large faults until the right moment? For example, should I correct them if they resent someone and merely observe them until the right moment if they are part of a greater wrongdoing? Or do I observe their small faults until the right moment along with their large faults?

Yours sincerely, Jonathan (UK)

Dear Jonathan,

My father asked me to answer your questions,

As to your first question, I remember when I was in high school, there were many occasions when I could have spoken up with common-sense answers in discussions like the one you have described. But I failed to because the same symptoms you experienced would arise in me, my heart beating faster, the palms of my hands sweating, etc. The beginning of the solution, I discovered, was to be aware of the way I was feeling and to wonder why, which it appears you are already doing.

As I saw myself reacting, I realized two very important things: first, I was worried (actually afraid) of what the other kids and the teacher would think about what I would say. This led me to realize that through not having the courage within myself to say what I really wanted to share with others, I began to doubt myself. This caused me to become confused.

Seeing something in the right way, that is different from the way most others see it, is a gift. If you appreciate what you understand, you will develop into a unique, independent person who will have strength and courage. If, on the other hand, you are concerned about how people may react to what you say, you will become a people-pleaser, just like most of the other people in the world.

Regarding your other question, you must understand a very important thing: *you cannot correct anyone!* All you can do is point out what you observe and thereby help them to see. Hopefully, they might desire to change themselves. Correcting others does not change them. It only gives them an opportunity to see the error and recognize that something is wrong.

It takes patience to help your family, friends or anyone in the right way to understand what they are doing. Until you find the proper attitude which is free from self-will, you must be very aware of your own motives in dealing with people and allow them the space and time required to see clearly for themselves.

In doing this, you will develop the patience and understanding you need to act with spontaneity, right timing and insight that will guide you to do what will truly help others.

David

Seeing something in the right way, that is different from the way most others see it, is a gift.

Help others by expressing 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.

See the back page for our contact details.

# NEW INSIGHTS

Foundation of Human Understanding  
27 Old Gloucester Street, London WC1N 3XX  
Email: [FhuUnitedKingdom@aol.com](mailto:FhuUnitedKingdom@aol.com)

Website: [www.FhuEngland.com](http://www.FhuEngland.com)

New Insights online: [www.Fhu-UK.weebly.com](http://www.Fhu-UK.weebly.com)



A website banner with a dark background and a collage of images including a building dome and a man on a telephone. The text is arranged as follows:

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