



New Insights

Illuminating your emotional health and wellbeing

Winter 2019/20

Foundation of Human Understanding

How to Get (and
Keep) our Children
out of Trouble

The Light Within

A Tale of Twin
Babies

Allegory of the Cave

A Voice in Your
Head?
Is it Lying to You?

Photo by Simon Migaj

How to Get (and Keep) our Children out of Trouble by Roy Masters



*Your awareness will
have the effect of
heightening their own
awareness of their
own motives*

Instead of fighting our children, we must fight invisible forces with the secret weapons of wisdom and understanding. For this fight, we must stand calm and confident in what we know and are aware of, by the Light of Truth of the exact nature of the intent forming in another.

Once you receive the gift of understanding, your mind is illumined. By this illumination the error is outlined. If you can discern intent, let that person know in some manner that their intent is being observed. Often the "laser" effect of perception will destroy the error in its formative stages. Simply your awareness will have the effect of heightening their own awareness of their own motives.

We may be semi-aware of the "goings-on" inside our children's minds. Perhaps, too, we know who has thrown emotional sand in their eyes, and excited certain illicit desires and ideas. Unfortunately, we do not have the courage of our convictions; nor do we have the delicate wisdom and power to cauterize the error in its formative stages, mostly because we have actually prepared them for our condemnation.



**How to Get (and Keep)
our Children out of
Trouble
(continued)**

*Your calm patience
and understanding
will reveal their
motives to them*

Egos that fall proudly to temptation cannot bear the shame of being wrong. They resort to the defence mechanism of the excuse. They uphold their fault at any cost. Any attempt to correct them here will strengthen their relationship with the enemy through greater rebellion, making that temptation appear more attractive and friendly. Unconsciously, this is our design; if they won't give us love, they will give us reasons for judgment.

We must not be their bosom buddy or else we lose the authority to correct them. Also, we must wait for some honest apology before resuming good relations, for it is important that they feel humility and realize their error. Never must you allow them to start being nice to you as though nothing ever happened.

We must, in brief, keep them from their friend-fiends. Naturally, as they grow in perception, we must allow them true choices. Always must we be sure (by our awareness) to allow them to become fully aware, so as to see the consequences of their actions. We must show and reveal verbally the real nature of the deceptive principalities and practices confronting them, so as to give that true choice.

Furthermore, if they have been already secretly tempted to desire what is not wise for them, we must then be sure to smash (by perception and separation from the source) that embryonic evil before it has had time to manifest. All of this takes tenacity and great perseverance.

An older child, once cut off from his source of temptation and justification will pile upon you hate, tantrums and contempt as he goes through withdrawal symptoms.

You see, they may actually grow to need your faults in the same way you need theirs, for their sense of right may depend upon your guile, tantrums and frustration. Then, if they tempt you to bring you to your former position, your calm patience and understanding will reveal their motives to them, and become conducive to the real correction you never have given before. Patiently bearing this, we receive our own lives and the lives of those we love.

Excitement is a drug. Once unbalanced, our children's egos thrive on it for motivation as well as justification for what they are forced to do while under its hypnotic spell.

Believe it or not, gullibility excites larceny, just as fear excites a bully.

Our blindness is actually a temptation, but our awareness is a correction.

Much the same kind of thing occurs in our homes. We often impiously



**How to Get (and Keep)
our Children out of
Trouble
(continued)**

*Love does not teach
too much too soon,
but allows the
discovery of self*

allow the wrong to take place, then you pounce on the offender in the name of right and drive them towards more error in sheer rebellion to your false correction. An egocentric correction, being judgment, has no value or intent to correct another. The motive is to make them worse in the guise of being right with them.

To correct another, we must be correct ourselves. Without that virtue we are not able, under any condition, to help another person; everything we do and say will be destructive. Our observation will deteriorate to a judgment. Our eventual fear of judging will be un-seeing and provide a licence to err. Again, we are helpless to do good. We destroy them both by judging them and being too strict, and by "loving" them too much, which is to say that we are too weak to stop them. That nature, which has not found refinement, is forced by the sheer agony of its own guilt to unconsciously destroy in others the quality of rightness, for the relief of his own guilt. It manifests by correcting too much or not at all. This is all compulsive and unconscious until we are willing to face the Light of the Truth, which will show us what is going on in our once dark minds.

It seems to me that even animals protect their offspring from the terrors of the jungle, until they are mature enough to stand on their own. So we must protect our children from the secret horrors of this world; holding up virtue, correcting them through the years with patience, love and understanding, until, being corrected, they have the awareness to face the temptations of a selfish hostile society.

But alas! We parents are one of those prowling monsters. We do not correct them because our pride's illusion would be threatened by any correctness in them. Their awareness would threaten our pride and our personal sense of righteousness. Yes, the parents are the worse enemy of the child!

Love does not teach too much too soon, but allows the discovery of self and enfoldment from that self, as a flower.

We were getting ready to bring into our house four puppies (one for each of my children) that a gentleman across the street had given them.

I said to them: "Boys, it is necessary to display kindness to those puppies, so that they will know you as their master. If you are kind, they will know you as their master. If you are kind, they will be your slave. But if you are cruel, they will again be your slave or your enemy; that is the only choice they have.

"Dogs must be treated as dogs. That is, they are to be conditioned by



**How to Get (and Keep)
our Children out of
Trouble
(continued)**

reward and punishment. But you must never apply this principle to people. However, some people treat people as dogs, and dogs as people. The right way of teaching dogs is the wrong way of teaching people.

"You must not treat people with the same reward and punishment with which you treat puppies. You must not train them like seals. That animal kindness will become inhuman cruelty and make them a slave.

"Neither must you be cruel, because that, too, will also be a cruelty. That will make them your enemy. Notice how your Daddy treats you. I am neither 'kind' nor cruel. On the surface my impersonal attitude makes it appear that I do not care for you. But yet, you somehow know that I do, deep down inside.

"If I am too sweet and syrupy, you resent it because it obligates and corrupts your nature so that you can be bought with a few words or things. The over-kindness is hypocrisy, causing first, resentment, guilt and then service, or rebellion and guilt. Yet the cruelty makes you hostile, fearful to disobey. Both steal your dignity.

"As you go through life, observe quietly and watch how people try to dazzle you and compel you with kindness and/or cruelty to make you guilty and lead you like a dog, through obligation and fear.

*You must not treat
people with the same
reward and
punishment with
which you treat
puppies*

"Then you will be like a puppy, a slave to your master's moods, never living a life of your own, blinded by super kindness that flatters your silly ego. Often feeling emotionally honoured or 'justly' angry, you may not see what is happening to you through those emotions. Soon however, you will feel something wrong with both your conformity and your rebellion. You may feel as though you were losing some mysterious value in this 'righteousness'.

Every product of a factory is tested for faults under pressure. If the item breaks down, it is not the fault of the testing device. Its job is to bring that fault to light. So, it is with us. It is not true that others are entirely to blame for our failures. They just "needed" to bring them to "light", that is all.

In other words, when they were tested, they failed and then became testers. When we fall to temptation, we become a temptation to others. If we do not crack under pressure, then humanly speaking, the tempter has a chance to see the role that they are playing, and if they are willing to admit their error, they can repair the fault .

As parents, our faults and pride are exposed once again, confronted by our children's demand for correction. But we are in a dilemma: not being correct, how can we correct?



**How to Get (and Keep)
our Children out of
Trouble**
(continued)

*The humility of the
earthly father
reveals the Heavenly
Father*

Mother becomes angry with a "naughty child" who tests her for the love, patience, reason and understanding she does not have. Why does she become impatient? Partly to hide that inherent lack; through being angry, she impresses the idea into her offspring that there is something terribly wrong with them. Being angry over the naughty child puffs up mother's pride to judgment, and makes her feel more "right" than she deserves to feel.

Perhaps with this power of anger, she may desperately strive to frighten that child to be "good" so as to avoid the pressure that would reveal that terrible flaw in her nature.

So, we often end up with an apparently good child that is pressured by a cruel unthinking parent, or parents, into a shadow of its true self. This child exists for the sole purpose of hiding mother's or father's flaw; with mother now existing to uphold the child's impression of the child's own "goodness" for her own sake.

Fear not; as adults we do not need a parent to correct us; we never really did. We only need someone to bear witness to what is good. But the trouble was, we all try to be that good to another to win false honour and righteousness. We need only simply acknowledge to ourselves, first in secret, for that which should have flowered in our parents is presently in us as a "parent" waiting to unfold and touch the life of the child, to remind that child of Himself within the child. The humility of the earthly father reveals the Heavenly Father. The egocentric, with all the excuses, stands unholy in the place of the Holy.

You see, the secret of life is this: That by seeking to gain, you give up the very Principles that could keep you from being saved, and by excusing, you harden your heart. Thus, moment by moment you reaffirm your affinity for evil, war with yourself and the Light in your children. ●



The Light Within by Roy Masters



"The Lord make his face shine upon thee" – Numbers 6:25.

You are God's little baby. He loves you like he loves Jesus.

Your Father makes it simple for you to spend time with him: anytime 24/7. With your eyes closed, notice the pixels, the white and sometimes colourful lights on the inside of your eyelids. It's like you're looking at a big wide television screen. What you see is a screen of little flashes of light, millions of pixels, it's like a television set with no picture, just the pixels, white noise.

Do you know what that is?

That is God talking to you. You can go to the blackest room and still see the pixels and it's not a chemistry. It is a Light passing through you, God doesn't talk to you in words, he talks to you with signals or programming.

You see that if you step back and allow that programming to come through, you will realize that the private demon inside you cannot keep you hypnotized by controlling you with thoughts and images any more. The modern definition of sin is when you are hypnotized by the demon (who slithered inside of you when you got upset as a toddler), and the demon is the hypnotist. Your thoughts are not your friend; you are not caught up in the thinking any more. You are now the thinker.

*Do you know what that
is? That is God
talking to you*



The Light Within
(continued)

*You were forgiven of
everything before
you were born*

Now, as you are looking at the light inside of you, and you are not sinking into your thinking, you can also be aware of your fingers touching in prayer-like fashion. Your hands and fingers will start to tingle and glow with energy from inside of you, from God. You are inside of yourself in the second womb; from there you will be repaired and made new by God. He does all the work. He doesn't need your help. There is no effort on your part. Remember of yourself you can do nothing. Just *"sit still and know that I am God"* – Psalm 46:10.

This is His love, His energy, His life-force fixing, cleaning out the darkness and *"renewing your mind from within"* – Romans 12:1-2.

When you open your eyes, everything will seem brighter; it's as if you have been forgiven, you were forgiven of everything before you were born. You will start to be patient with others (this is how humans forgive, we can't forgive like God, we forgive by just being patient).

Now you know what it means to *"forgive others for they know not what they do"* – Luke 23:34. They can't help themselves any more than you can help your own craziness.●

**"The happiness of your life
depends on the
quality of your thoughts."**

Marcus Aurelius

A Tale of Twin Babies



Adapted from the book "Does Mother Exist? Is There Life After Birth?" by Pablo J Luis Molinero (renamed "Boy and Girl" in his short story compilation, "Morphogeny").

In a mother's womb were two babies.

One asked the other: "Do you believe in life after delivery?"

The other replies, "Why, of course. There has to be something after delivery. Maybe we are here to prepare ourselves for what we will be later."

"Nonsense," says the other. "There is no life after delivery. What would that life be?"

"I don't know, but there will be more light than here. Maybe we will walk with our legs and eat from our mouths."

The other says, "This is absurd! Walking is impossible. And eat with our mouths? Ridiculous. The umbilical cord supplies nutrition. Life after delivery is to be excluded. The umbilical cord is too short."

"I think there is something, and maybe it's different than it is here."

The other replies, "No one has ever come back from there. Delivery is the end of life, and in the after-delivery it is nothing but darkness and anxiety, and it takes us nowhere."

*"Do you believe
in life after
delivery?"*



A Tale of Twin Babies
(continued)

“Well, I don’t know,” says the other, “but certainly we will see mother, and she will take care of us.”

“Mother?!” You believe in mother? Where is she now?”

“She is all around us. It is in her that we live. Without her there would not be this world.”

“I don’t see her, so it’s only logical that she doesn’t exist.”

To which the other replied, “Sometimes when you’re silent you can hear her, you can sense her. I believe there is a reality after delivery and we’re here to prepare ourselves for that reality.” ●

*We’re here to
prepare ourselves for
that reality*

Life is 10% what
happens to you



and 90% how
you react to it!

Charles R. Swindoll

Photo by Lurens

Plato's Allegory of the Cave



Photo by kellepics

Plato describes prisoners that have spent all of their life in a cave and could only see the shadows of visitors to the cave.

A group of people have lived in a deep cave since birth, never seeing the light of day. These people are tied up so that they cannot look to either side or behind them, but only straight ahead. Behind them is a fire, and behind the fire is a partial wall. On top of the wall are various statues, which are manipulated by another group of people, lying out of sight behind the partial wall. Because of the fire, the statues cast shadows across the wall that the prisoners are facing.

The prisoners watch the stories that these shadows play out, and they think these images are from the real world. When they talk to one another about “men,” “women,” “trees” or “horses,” they are referring to these silhouettes.

These prisoners represent the lowest stage on the line: imagination.

*He is not aware
there are things of
greater reality - a
world beyond his
cave*



Allegory of the Cave
(continued)

A prisoner is freed from his bonds, and is forced to look at the fire and at the statues themselves. After an initial period of pain and confusion because of direct exposure of his eyes to the light of the fire, the prisoner realizes that what he sees now are things more real than the shadows he has always taken to be reality. He grasps how the fire and the statues together cause the shadows, which are copies of these more real things. He accepts the statues and fire as the most real things in the world. This stage in the cave represents belief. He has made contact with real things (the statues) but he is not aware there are things of greater reality – a world beyond his cave.

Next, this prisoner is dragged out of the cave into the world above. At first, he is so dazzled by the light up there that he can only look at shadows, then at reflections, then finally at the real objects, real trees, flowers, houses and so on. He sees that these are even more real than the statues were, and that those were only copies of these. He has now reached the cognitive stage of thought. He has caught his first glimpse of the most real things: the Forms.

When the prisoner's eyes have fully adjusted to the brightness, he lifts his sight towards the heavens and looks at the sun. He understands that the sun is the cause of everything he sees around him, the light, his capacity for sight, the existence of flowers, trees and other objects. The sun represents the Form of the Good, and the former prisoner has reached the stage of understanding.

*Out of the cave and
into the sunlight*

The freed prisoner would think the world outside the cave was superior to the world he experienced in the cave and attempts to share this with the prisoners remaining in the cave, attempting to bring them onto the journey he had just endured; "he would bless himself for the change, and pity the other prisoners," and would want to bring his fellow cave dwellers out of the cave and into the sunlight.

The returning prisoner, whose eyes have become accustomed to the sunlight, would be blind when he re-enters the cave, just as he was when he was first exposed to the sun. The prisoners, would infer from the returning man's blindness that the journey out of the cave had harmed him, and that they should not undertake a similar journey. Plato concludes that the prisoners, if they were able, would therefore reach out and kill anyone who attempted to drag them out of the cave. ●

“He hath sent me to heal the brokenhearted, to proclaim deliverance to the captives, recovering of sight to the blind, and to set at liberty those who are oppressed” (Luke 4:18)



A Voice in Your Head? Is it Lying to You? by Roy Masters

"You didn't lock the front door," a voice in your head says a block away from your house. Back you go to find the door locked. Two miles away from your house it says it again, "You really didn't lock the door." Now you are frustrated and puzzled, so you backtrack; this time you endeavour to be fully aware of what you are doing by frantically pulling and pushing the door, turning the door knob this way and that. At work, there it is again, the nagging mental voice still causing that maddening doubt. You are not alone, it happens to everyone.

This phenomenon cannot possibly be explained as mere chemistry, simply because, if you were born in China, it would say it in Chinese. In one form or another, all of us experience the same mysterious something crouching on our doorstep. "It" is very persuasive and powerful in the way its words act upon and through our feelings, as a counterfeit conscience.

Yet, your real conscience does not commune with the "reasoning" of phantom words. Real conscience is the Divine Presence that quietly makes everything perfectly clear. In a wordless way, you will understand and perceive truth from falsehood with unshakable confidence.

Do not fall into the whirlpool of "reasoning" with it; just sit back and watch because whatever-it-is fears observation. Within everyone rages this ancient good and evil battle between faith and doubt. Simply not arguing, struggling or giving in to the dark 'hope' of doubt and despair achieves the triumph of faith.

You see faith does not work in the way that you were taught. The voice of doubt always wars with common sense, and tricks you into thinking that self-evident reality is illusion. By getting you to doubt your common-sense faith, you tend to be seduced away into a cycle of hopeless confusion about everything. Do not panic, remain calm and objective, then it cannot continue degrading your life into a living hell. The conditioning nature of language sustains a state of doubt and confusion by keeping you upset.

Faith has always been there within you unmasking that deceiving spirit, which speaks to us through all the generations from when Paradise was lost. Trust this wordless reality and He will save you from the dark side, then guide you safely home.

If the wordless word in your heart bears witness to this message, then rejoice in silent wonder. ●

*Trust this wordless
reality and He will
save you from the
dark side*

What's on Your Mind?



Looking for Love in the Wrong Place

I am writing this for single women. I had a bad experience the other day that I would like to share.

I've been meditating for three years on and off. However, last year I made a new year's resolution; it would be the first year of my do-or-die lifelong journey with the meditation.

I have two teenage girls out of wedlock. When I began living by the principles of the meditation and things were changing for the better, I decided not to have an intimate relationship with any man. I began to realize that fornication is truly a sin. I didn't really believe it was wrong before I heard Mr. Masters talk about in no uncertain terms. I never considered myself a whore.

Here's what happened to me. I met a man whom I eventually invited over to my house. I let my girls go to a show so that the two of us could be alone to talk and watch TV. Well this little ordeal turned into a horror story. Everything started with a kiss and a hug. Pretty soon things were out of control and there was no stopping this man from getting into my bedroom.

Well this pig lusted over my body for approximately one hour or more with rest periods at his own time. There was not much I could do to stop him since there was a threat of violence. I had never met anyone like this before in all my life. I got myself into this mess! So I asked God to make him stop, but I guess I had reached the point of no return. I didn't receive any divine help.

I finally knew within my heart how a woman could hate and disrespect a man so deeply. The sad part about this ordeal is, the man said he "loved" me and wanted to marry me. How could I respect or take orders from someone who lusted over my body the way he did? How could I care about someone who didn't think about my feelings while he was totally enjoying and ravishing my body? At one point, I forced myself to enjoy a part of this ungodly act, thinking that the inhumane individual would stop, but he did not.

Presently, I am having a hard time getting back to my centre again. When I do, I hope with all my heart that nothing will ever happen to me like this again. I know now, to my dismay, that my ego was being massaged when I allowed myself to go that one step beyond.

Anonymous

My ego was being massaged when I allowed myself to go that one step beyond

What's on Your Mind?



The Father, The Son and/or The Mother?

Dear Foundation,

I just finished reading an interesting book called *Man of Nazareth* by Anthony Burgess. I understand it is the source from which they based the television series, "Jesus of Nazareth." The interesting thing about this book is that the author entertains the idea that Jesus was married and later, a widower, when He set about His great work.

At first it seems innocent enough. After all, marriage is no sin and Jesus was without sin. But as the story develops, one begins to see that the Virgin Mary alone remains pure and, in a sense, greater than Jesus. I don't want to get involved in theological controversy, but a very interesting thing has taken place in this book. Perhaps marriage is no sin for a fallen man, but it would be sin-like for Jesus. Otherwise, how could he lose his authority to Mary? There must be unconscious laws of purity written into the human soul. How else could Mary become greater than Jesus by remaining virgin?

It does not surprise me that Mr. Burgess is a Catholic. He seems to have been tricked by the Church, in age-old fashion, to imagine Jesus as emasculated and hand His authority to His mother. It flatters women, of course, and it gives 'hope' to men that they can remain henpecked and dominated, and be on the right path to Salvation.

No. This doesn't play with me. I maintain that Jesus Christ was pure all the way until the bitter end, which arguably must have been very bitter for Him, but even more so for the countless slobs who hope to gain something by His failure.

They await still.

Mike

Your feedback, views and opinions are always welcome.

Spur others on by sharing your stories of how your growing self-awareness and living from within has improved your life.

Please see the back page for our contact details.

It gives 'hope' to men that they can remain henpecked and dominated, and be on the right path to Salvation

Welcome To Fhu England

Sunday Conversations With Roy Masters

Click To Watch

*The Foundation Of Human Understanding England
is a Church Without Religiosity
and a Non Profit Religious Organization*

www.FhuEngland.com



Foundation of Human Understanding, 27 Old Gloucester Street, London WC1N 3XX

Email: FhuUnitedKingdom@aol.com

Website: www.FhuEngland.com

New Insights: www.Fhu-UK.weebly.com

This is a complimentary magazine. It is funded by donations and mail order purchases and is available in printed form as well as PDF via email. Please contact us to receive a copy.

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

Important: If you move home, change your email address or no longer wish to receive New Insights, then please let us know.