



# FHU New Insights

Summer 2015

## Adviceline on the Radio

Roy Masters' *Adviceline* show is now on two radio stations daily in the UK.

- ◇ Radio Nirvana on DAB digital radio covers central London, as well as Surrey, Middlesex and NW Kent ([www.RadioNirvana.co.uk](http://www.RadioNirvana.co.uk)).
- ◇ Radio North on 846 AM covers Northern Ireland and the surrounding areas ([www.RadioNorth.net](http://www.RadioNorth.net)).

This means that the FHU's previous newsletter statement "*Roy Masters' radio programme is effectively blocked...by the UK licensing authority*" no longer applies!

It was the case in recent years that Radio Caroline's SkyTV channel was licensed on satellite (transmitting *Adviceline* for a decade), but the latest development is a first for Roy's show on a long-term licensed radio station.

Both stations are broadcasting the show 6pm to 7pm Monday to Friday every week. The shows will include all of the UK contact details.



Roy Masters, referred to as the *Father of Talk Radio*, celebrated his 87th birthday in April.





Listen to Roy Masters' *Adviceline* show 6pm to 7pm Monday to Friday in the London area on Radio Nirvana via a DAB digital radio.

Or online at

[www.RadioNirvana.co.uk](http://www.RadioNirvana.co.uk)

Depending on your device, either click on the Stream 1 or Stream 2 button. You may have to right click and select "Open in new tab" to get the stream to open.

**RADIO NIRVANA**

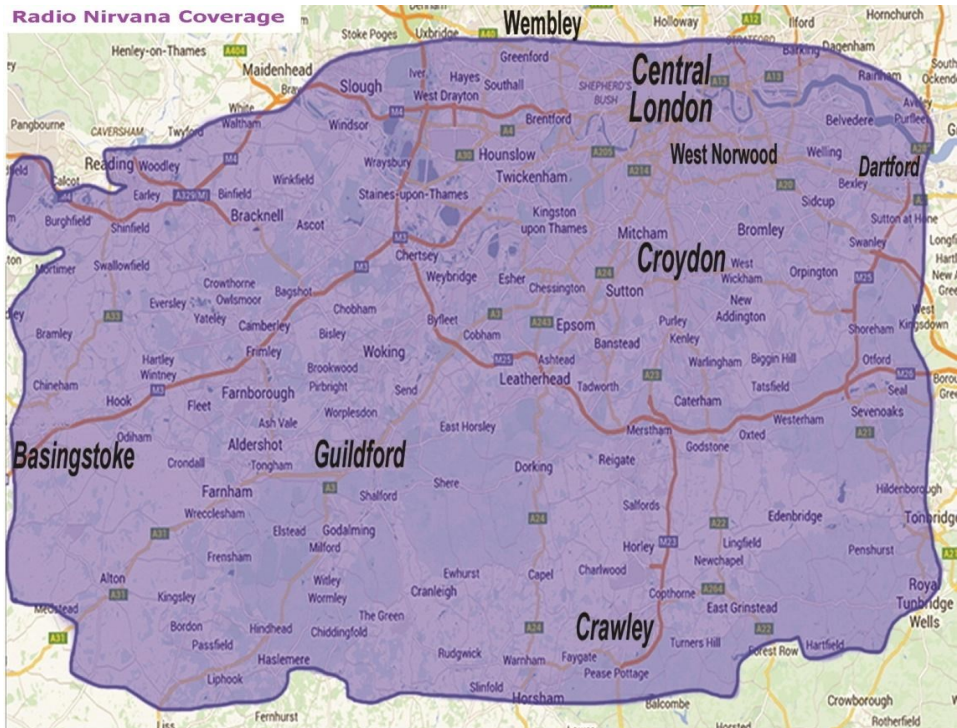
**Radio Nirvana**

We will take you there!

Radio Nirvana is your Musical Heaven, where there is something for almost everyone. I will be your home for spiritual happiness, be it musical or otherwise. With a diverse schedule of programs, from spoken word to musical expression, from the many genres of music and ideas, one can get find almost anything to listen to and feel satisfied.

[Stream 1](#)

[Stream 2](#)





Adviceline is also being broadcast 6pm to 7pm Monday to Friday on Radio North on 846 AM; covering 1.8m people across Northern Ireland.

Online at

[www.RadioNorth.net](http://www.RadioNorth.net)

If the play button does not appear, wait a minute or refresh the window.





## Radio Conversation with Roy Masters

### Beginning of Enlightenment: Its Stress on the Marriage Relationship

RM: Hello, Roy Masters speaking.

Man: Mr. Masters, I have a problem that is quite factual and quite serious to me. It involves some domestic strife. At present, my wife is saying that she hates me and she wants me out of the home. I don't react to her urgings or rages. I don't want to leave the home because I've come to the conclusion that that's not the correct thing for me to do, because as long as I'm there, her problem keeps getting worse, and I realize that that's probably the right course for her problems to take, to get worse, so that she will realize something is wrong.

*I don't react to her urgings or rages.*

RM: Right. I think that's very good thinking.

Man: Something is needed, but it's so bad now that she says, "Give me some money so I can get the locks changed and go to the lawyer and go to the psychiatrist, because the only time I feel safe and secure is when you're here and on the other hand, I don't want you here at all because I want to develop and crystallize my hate for you so that I won't need you."

RM: Oh, dear!

Man: And then she rages and reacts and goes on, but I try to retain ... I try to be calm and patient about it, but there's an awful lot of stress, and I don't know how far to preserve the forcefulness on my part to try to obtain the correction, when the correction may not be attainable. She even mentioned last night that I was driving her into the mental hospital, and that I would be happy when she was there, because then I would realize I had won. Of course, that's not true. I don't want her there, but I want whatever correction has to take place to take place, and if that's what it is.

RM: Of course, your actions must be guided from the viewpoint of overcoming your own errors and idiosyncrasies and I gather that you're gaining some measure of control over yourself and seeing the light for the first time. You're becoming a man again.

Man: Yes.

RM: How long have you been married to this woman?

Man: Thirteen years, but I've only recently gotten on to the meditation process.

RM: I know that, but during the thirteen years you were married, you were part of her error.

Man: I know it. I was terrible. I was the worst thing for her.

RM: Yes, I know that; but she married you because you were the worst thing for her. It made her feel good about herself. In other words, there's a sort of "unnatural" selection between man and woman. Each hides behind the weakness of the other, each encourages the weakness of the other, each loves the weakness of the other, you see, because he doesn't perceive the error in that other.

Man: Except that I no longer love the weakness in "the other," and the way I view it now is that she has a desperate need for someone to support her ego, and I'm unable to give it because I don't feel I have it to give. In fact, I know I don't have it to give.

RM: To support her ego?

Man: Yes.

RM: But you have been supporting her ego in one way or another for thirteen years.

Man: Yes, but I've stopped!

RM: I know that. But you have to realize the condition she finds herself in is the result of your stopping.

Man: I do realize it, but what do I do?

RM: Heretofore it was like making a Frankenstein's monster. You keep building and adding little parts to it, and oiling it, and stimulating it, and giving it a brain and all the while you're building it to minimize your own weaknesses. See? Like Frankenstein, you're creating a monster, and she is creating one in you. Suddenly the robot realizes what he is and rebels against his maker.



*Beginning of  
Enlightenment: Its  
Stress on the  
Marriage Relationship  
by Roy Masters*

*She has a  
desperate need  
for someone to  
support her.*



*Beginning of  
Enlightenment: Its  
Stress on the  
Marriage Relationship*

*by Roy Masters  
(continued)*

*Correction is  
just what the  
ego abhors.*

Man: But I think I've stopped that.

RM: All right. Now you've found some sort of salvation for yourself, haven't you?

Man: Yes, I have.

RM: But she hasn't. All of a sudden you stopped. You stopped being a Frankenstein. But as long as you were a robot creating a robot, so to speak, she couldn't see what a robot she was. To her, you were the greater robot serving her

Man: That's right. And in her eyes, I still am.

RM: And she got the development, the strength to grow in those ways from you. Your wickedness inspired her to feel good about herself. And you also grew in the same light. As she grew in wickedness, you saw her wickedness and were inspired to feel right about yourself, to preserve your ego, your identity, without being corrected in it. And of course correction is just what the ego abhors. It wants encouragement instead, the feeling of "Tightness" for what it is. And these are the methods that the ego pursues to find Tightness in what it is, not being right in what it is. You see what I'm saying there, sir?

Man: Yes. I do.

RM: And I hope that the people listening understand that there's only one way to go to find Tightness and salvation, and that is to humble our pride and to be right and to live rightly. But as long as we're ambitious and selfish, we need to feel right about what we are, and we always derive that feeling by contrast with someone worse than ourselves. Not only that, but becoming worse because of what we're doing to make them worse than ourselves. See? And they are living in the same way.

Man: But what happens after . . . You've got to start somewhere, and

RM: All right, sir. I understand that.

Man: The question is: What do I do from here?

RM: Can you understand your part in her agony?



*Beginning of  
Enlightenment: Its  
Stress on the  
Marriage Relationship*  
by Roy Masters  
(continued)

*There stands  
before her an  
angel in place of  
her monster.*

Man: Yes! Definitely!

RM: In her beastliness?

Man: YES!!

RM: All of a sudden, you stop playing the game, and there stands before her an angel in place of her monster. Now I'm not saying you're any angel that's just a figure of speech.

Man: I understand and this is true. This is what's bothering her so much, because at some intervals she will say, "I don't want to be this way I know you're not bad to me you're ..."

RM: She gets a little glimpse every now and then.

Man: Yes. And one time she even said, "I'm going to love everybody, no matter what they do to me." But of course that lasted one minute.

RM: All right, I understand. But can you see her suffering? And can you see her dilemma? Can you see her confusion?

Man: Yes.

RM: Can you see her ego being tremendously shattered in the light of your perception?

Man: Yes. It's collapsed. It's not shattered, it's just she's had all the props knocked out from under her.

RM: All right. Now here is a very important point. Should you allow that suffering to continue in her? Should you allow her to suffer this way, or should you remove the suffering by removing what you are? Removing yourself as a person. Or should you remove the suffering by going back to your old ways?

Man: But how can I go back to the old ways?

RM: What would happen if you went back to the old ways?

Man: She'd be all right, probably. Well, she wouldn't be all right.

RM: Ah! She'd think she was all right!

Man: She'd be tolerable, she'd be like she was.

RM: And what would happen as a result of your catering to her egocentric demands?

Man: I can't do it!



*Beginning of  
Enlightenment: Its  
Stress on the  
Marriage Relationship*  
by Roy Masters  
(continued)

*The only kinds  
of people that  
would cater to  
this desire are  
people who  
aren't any good  
themselves.*

RM: But what would happen to her and to you in your own understanding now?

Man: I'm having difficulty in conceiving it because if I went back to that way I couldn't stand myself.

RM: You'd die, wouldn't you?

Man: Yes, I would.

RM: And what would happen to your wife? She'd also die. She'd grow and grow and grow, needing more and more of what you cannot give and she'd kill two or three husbands in a row perhaps. After she killed you, she'd proceed to feed on someone else. And she'd destroy and devour her children too, wouldn't she?

Man: Probably.

RM: Because not being corrected, she will still seek the sense of correction that comes from destroying other people. Now, can't you see it is her possible salvation if you will stand firm and let her suffer like this? Because only through pain can there be a response, the Light of Truth providing the pain, the contrast to what she is the contrast and the pressure that she has never seen before, the pressure that she has always tried to get rid of, inside herself, outside herself; inside her conscience, that is, and outside herself in other people who have no conscience. So that she could live as an egotist and have what she wanted, which wasn't any good for her? And the only kinds of people that would cater to this desire are people who aren't any good themselves, seeking a continuance of their own egocentric motivations. Now, if you love her, have compassion. You don't have to enjoy her pain and suffering, but you must not feel responsible for it.

Man: I don't. I don't enjoy it, and I don't feel responsible for it, but now it's reached the stage where there's a crossroads and

RM: There's a crossroads for whom?

Man: For her!

RM: Not for you?

Man: No, not for me.

RM: Yes. That's right.

Man: I don't feel any distress, but I want to tell you this. She has it within her power to, well, she has affected me in this way. I am a professional person, and I'm employed in an office, and part of her thinking about her problems is that with one of the secretaries...





*Beginning of  
Enlightenment: Its  
Stress on the  
Marriage Relationship*

*by Roy Masters  
(continued)*

*You bring out  
some human  
compassion in  
your employer  
and your  
associates.*

RM: I understand.

Man: ...is pussyfooting with me, which isn't the case – and so she'll have a fight on the phone with the secretary, and the secretary says, "Well, look, I don't have to take that stuff, so I think I'll just leave." So I'm in the position of being between

RM: Yes. What you have to do there is explain the problem to your boss, tell him that your wife is going through some terrible mental distress, and ask him to please be tolerant and understanding, and if you ask in this way, you see, you bring out some human compassion in your employer and your associates. As a rule, you will find them ready and willing to help you. But tackle them before she tackles them. But look, sir, if you love your children, if you love Truth, if you love, and if you love her at all, stand firm. Don't let her get your goat, because the moment she gets your goat, the whole process starts all over again, and you'll lose your sanity. You'll become part of the madness of her world again.

Man: Mr. Masters, there is no danger that my goat's going to be got. That's history, as far as I'm concerned. My goat's not gettable any more, I don't believe. But my questions relate to the future in this way. Suppose, for example, a court order is obtained for me to leave the home. How far should I go in resisting her efforts? She goes to a psychiatrist, and the psychiatrist says, "Look, the only proper thing for you to do in this situation is to leave the home." In other words, I'm to tell him to go to hell, and tell the judge to go to hell, and I'm to tell my wife to go to hell, because I think it's right for me to stay, and I'm staying.

RM: Well, I understand that this is a terrible dilemma, because when the courts and psychiatrists and medical doctors enter into it, you have real confusion. As a matter of fact, through the lack of understanding on the part of these "professionals," millions of people have been driven insane. They meddle and they just don't understand. I don't know that I can blame them, but they just don't understand the processes of life. They interfere too much with people's lives.

Man: Yet it's a reality and it has to be dealt with.

RM: I know that. And I would also, speaking from a legal point of view, warn you that she may get the sympathy of a psychologist; because a psychologist, in error himself, may give her that sympathy. They believe that an ego should be fed, and they call it cruelty when you fail to feed that ego. See? Of course, it's the wrong way to go and many psychologists know that it's the wrong way to go, but they get paid by people who need them to support their ego; so they're not really helping people, they're just lining their own pockets. And these are the people the courts accept as legal counsellors they accept their word, and their word is not worth a nickel. However, if I were you, I would not provide the money for all this. I'd be sure to put my money or savings in a very separate account, and I'd deny her any power at all, knowing that she's not responsible.

Man: That's easier said than done. The husband's money is the wife's money.

RM: Yes, I know, but as long as you have control over it, you have control. If you have a wife who is vicious and vindictive, you shouldn't allow her to have control over those affairs.

Man: The thing about it is, I don't allow her any control over those affairs, but she has it in her power to acquire control over those items because of her status.

RM: I'll say this to you, and then I must close, because I really can't give you very much sympathy on this problem. However, come what may, you have to stand firm. It's her only chance, if you are right.

Man: When you say "stand firm," does that mean "don't abandon my position that I want to stay?"

RM: Don't abandon. If it's going to be "abandoned," let them throw you out, but don't walk out. The chances are, if you handle the situation with calmness and dignity, everyone is going to see her insanity compared with your sanity. Everyone is going to realize that she is becoming more and more unreasonable. However, to some people it may seem to be reason.

Man: Well, I don't know what it seems to other people; I know what it is to me, and I'm satisfied.

RM: I can recommend you to a friend, who is an excellent psychologist, if you'll come down to the Foundation. Perhaps he can give you some assistance. At least, he'll deal honestly with the situation. O.K.?

Man: Yes. Thank you very much.

RM: Bye. ●



*Beginning of  
Enlightenment: Its  
Stress on the  
Marriage Relationship*

*by Roy Masters  
(continued)*



## **ADVICELINE**

With ROY MASTERS

Call Roy on

Outside USA: 001-541-665-0719

Monday to Friday 1am to 3am BST

## Forgiveness - Roy Masters



*Not being  
resentful  
towards anyone.*

If you will deeply understand what it means to deal perfectly with imperfect people, you will become calmly objective to petty little cruelties, no matter what form they take.

In this manner, prevention, that is to say, not being resentful towards anyone or anything, no matter what it might be – actually becomes the cure. In religious parlance, it is known as forgiveness. “Forgive, and you will be forgiven.”

Love goes out in front of you and acts as a protective shield, keeping anger and meanness out, and thus preventing the growth of every emotionally based disease: mental, emotional and pathological.

As it is written, “Through patience, possess ye your souls.” Avoid resentment and you will live forever unto God.

If you have really been saved and born again, then there is no problem that cannot be solved. And that is what faith and hope are all about. •

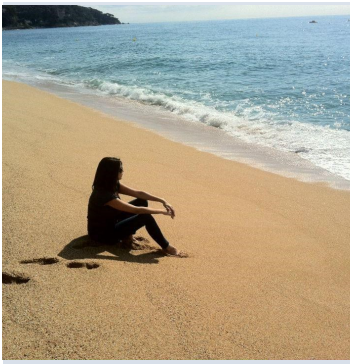
### US SEMINARS

***Roy is considering organising a paid for web only seminar (webinar) in Oregon. You are invited to register your interest by emailing: [webinars@fhu.com](mailto:webinars@fhu.com).***

***Replies to this email address go to the FHU USA office for response to interested persons.***

***You would need a fast and stable internet connection and a PC or device that is set up properly with reasonable sound and a microphone.***

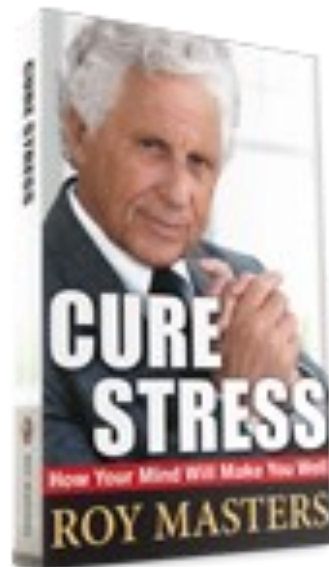
***[www.fhu.com/seminar](http://www.fhu.com/seminar)***



## Quotations

- ◇ “Knowledge is knowing that a tomato is a fruit, wisdom is not putting it in a fruit salad.” – Miles Kington
- ◇ “Man cannot live without joy; therefore when he is deprived of true spiritual joys it is necessary that he become addicted to carnal pleasures.” – Thomas Aquinas
- ◇ “By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.” – Socrates
- ◇ “Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart.” – Mahatma Gandhi
- ◇ “Who seeks shall find.” – Sophocles
- ◇ “While you have light, believe in the light, that you may be the children of light” ... “the kingdom of God is within you.” – Jesus Christ
- ◇ “The knowledge of the Holy is understanding.” – King Solomon

*Do you get stressed?*



## A Calming Technique That Works

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## Contentment

The “great and the good” teach us about what happiness is. The Seven Minute Meditation shows us how to find inner fulfilment and happiness.

- ◇ “Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.” – Buddha
- ◇ “Be still and cool in thine own mind and spirit.” – George Fox
- ◇ “You cannot have a positive life and a negative mind.” – Joyce Meyer
- ◇ “Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens.” – Carl Jung
- ◇ “Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.” – Bil Keane

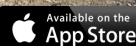
### Seven Minute Meditation

With this exercise, you can learn to become objective and disentangled from troublesome thoughts and emotions, heartaches and traumatic memories.

The meditation exercise has been condensed into a seven minute file that is available with the compliments of the FHU at:

[www.AntidoteForAll.com](http://www.AntidoteForAll.com)

Find Relief  
from Stress  
and Struggle



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## Your Letters

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Dear FHU

My wife Julie started a nurse training course, what she saw in the wards shocked her. I shall give one example. There was one particular bully-type nurse who treated patients badly. Julie noticed that when this nurse brought in the food, she would deliberately leave it out of reach from this particular patient. This patient was an elderly, blind ex-WW2 bomb disposal officer. When Julie asked why she put the food out of reach, the reply was, "The old bugger can feed himself." So Julie went over, even though it was not her patient, and fed the old soldier. The soldier said, "I have been here for over a week and I can hear in your voice you are not cold like all the others."

There were occasions when this particular nurse would bring some elderly patients to tears and all the other nurses turned a blind eye. To cut a long story short, Julie did whistle blow and eventually she was the one who had to resign.

After we got married, Julie got a job as a chemistry technician at a big pharmaceutical company. They used rabbits and rats to test out drug toxicity. What she saw shocked her. When guinea pigs were no longer needed, some of the vivisections would spin the animal in the air to break its neck. One day they brought in some rabbits who were visibly in deep pain and were about to be put down. However, it was lunchtime so they all went down to the pub except for Julie who stayed behind and watched these poor creatures screaming for an hour, only to be put down as soon as the others returned. Julie said, "Why didn't you put them out of their misery before you went for lunch?"

Suddenly their attitude to her changed, her concern was a threat to their conscience. She understood this in a flash and walked out of the building forever. One month ago, Julie started a new job as a microbiologist testing water at a water bottling plant. Soon she became very popular on the shop floor. Her manager was a younger woman who could not hold a conversation and soon got jealous that the other workers had taken a liking to Julie. The manager controlled the shop floor by being unreasonable and bullying. The manager knew she could rule as long as she could make the workers hate her. So she started to work on Julie, trying to wind her up but Julie does not react to any anger and I never see her hate anyone. Finally, the manager blew a gasket, starting to talk to herself and arguing with herself and unfortunately made it impossible for Julie to do her work. When Julie went to HR to complain there was a stony silence. The manager had spent the last 19 years picking her team whom she could control. So Julie left with a smile. Yes, we could do with the money but we can always find ways of living on less.

Rob – Wales

*There was one particular bully-type nurse who treated patients badly.*

## Your Letters

Dear psychologists, psychiatrists, therapists & doctors

We no longer need to feel about in the dark looking for answers, regarding so-called human "dis-ease" and the growing epidemic of depression and suicide. And to pretend you don't know or that you were just doing your job is no defence. In court de jure, when the therapist is asked if they understand why the boy under "therapy" Little Billy took his own life, will they tell the whole truth? Will they say that Little Billy saw what was wrong with the world and was at first deeply sad, and as he bravely began to question and challenge the teachers he became frightened, after being tricked into resenting their injustice – having discovered fear and hate in their reaction to his awareness and having asked, "Why are all the children programmed with the same information and how can that encourage or empower real free-thinking?" In fact, Sir or Miss want this kind of education to rob us of our connection to our own conscious minds! Why would a society want or desire to de-individualise and re-programme a naturally intuitive human-being into a collective soup of robots? The more frightening prospect here, however, is that these robots don't actually know they've been had. Some work it out over time, some stay hidden in the system and others are just wicked. Now of these reconditioned people, some further their so-called education and obtain qualifications, in psychology for example and feel able to assist others that find it difficult to accept the society they're in. I come to you for help, for instance, I'm unhappy with bouts of depression really getting in the way of my life. We talk! You offer me ways to 'understand' and tools to write off or let go of the viewpoints you say are the cause of the depression. I feel better with my new programming but you have just assisted me to continue further in a wrong way, in order for society to continue in a wrong selfish way itself. But it's never long before the depression returns and much worse.

Therapists, therefore, must consider this before they even begin advising or helping others understand what real awareness is. A failure to do this is a failure to society and a fraud. A therapist gives the impression of help. But drowning someone beneath layers of conditioning is wilfully prolonging agony in one person, to enable society continue living in a wrong way. Helping society fall lower into a more dysfunctional soup is not any help at all. Real help is painful honesty at the risk of making people feel bad – and not being as popular is a good sign your on the right track. For goodness sake, when will all the above grow a backbone and stand up for our people and their children against a tyrannical education system, before we get so 'educated' we can't even tie our own shoe laces?

Brian – England

### YOUR LETTERS

Please share with us your stories and testimonials of how the Foundation has helped you; how learning to be still has benefitted your life or what you have discovered.

*...helping others understand what real awareness is.*

# NEW INSIGHTS

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

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**Important:** If you change your address, would you please let us know.

## Please Help Keep Adviceline on the Radio



*Our vision is to keep Adviceline broadcasting on this side of the Atlantic and grow the network of radio stations here.*

*The kind donations from those who have benefitted from Roy's insights have made it possible to get him on the radio. Please keep on supporting the FHU with your purchases and donations.*

*Maybe you could purchase a book as a gift.*

*Would you consider setting up a standing order?  
Please get in touch for our bank details.*

*Can you help promote the FHU? Your ideas are always welcome.*