

**Your Guide to  
Health & Happiness**



**Roy Masters**

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# What You Should Know About Being Upset

Cruel people get their power from the way you respond to their pressure.

Your life is in danger from people, especially members of your own family, who chip away, harp, nag and aggravate the life out of you, until you feel like killing them or yourself.

YOU CANNOT FIGHT THEM WITH RESENTMENT,

because they use your resentment to drive you up the wall with fear and guilt, and terrify you into submission.

Take heart. There is not a single problem that you cannot solve if you will learn to be patient.

You are the sum total of your experiences. Another way of saying this is that you are burdened by your past. Unless you learn to respond properly in the present, you build upon that past. And without self-control, that is the only future you have to look forward to.

Respond wrongly to pressure just one time – and what upsets you, gets to you. And you will go on responding slavishly until you find the truth that makes you free.

You are not alone in your dilemma. The wrong emotional reaction to various pressures is making everyone sick and depressed, and driving people into conflict with themselves. Trying to solve the pressure-caused conflicts, many turn to consciousness-reducing drink, tobacco and drugs, legal and illegal.

Your reactions, becoming compulsive, are a subtle form of obedience. But emotional obedience is a form of slavery. Behind the relentless pressures that people apply (sometimes in the name of God and good), is a selfish motive that compels you to sin. Because of your reactions, you are thrown out of control and so you can't live your own life. That is the reason why you feel sick and depressed.

Most of your sexual, family and business problems arise directly from your failing to respond in a right way to what is wrong, and I might add, taking it out on your loved ones. Conflict with yourself now becomes conflict with others.

Most of the things that are wrong with your life, your marriage, your health, your children, can be resolved by discovering how to control your emotions.

Your emotional upsets have literally turned you upside-down. Even though you were technically correct in what you said or did, if you did it resentfully, your emotions backfired and confused you and as you began to doubt yourself, conflict, depression and fear grew.

Emotion has destroyed your objectivity and, failing to see clearly, you have made terrible errors of judgement. This, in turn, led to a fear of making decisions, so that perhaps you began to look too much to others for guidance, and you know how upsetting it can be if they happen to be wrong or take advantage of you.

You must learn how to be patient with selfish and thoughtless people. You must learn to be poised and calm; otherwise, what is wrong in them shows up in you and makes you look like the bad guy. Everyone is so fascinated with what went wrong with you that they fail to see what they did wrong to you, and that becomes another upsetting, frustrating and scary experience.

Their bold, unprincipled manner upsets you, and because your resentment is the wrong way for a human being to deal with others, you feel guilty. Suddenly changing roles and becoming "nice", they can intensify your guilt feelings and make you doubt yourself. In that manner you are made to believe that they were right all along, and that you were wrong. And so you learn to go along with their wishes; you find yourself doing things you would never have done in your right mind, and that upsets you all over again. This vicious cycle, with a built-in upset factor, repeats itself endlessly, until you feel like killing them or yourself.

Human beings were never designed to be externally motivated as animals, but because of a little understood ego-weakness, we are. That is the main reason why we all have paralysing conflicts, anxieties and fears; that is the basis of all our problems, right there. Until you discover the secret of turning yourself on from what you realise is right deep down in your heart, you will always be an externalised zombie, compelled to act against your own better judgement, hurting people you love and doing things for which you are sorry later.

Being upset is a conditioned reflex; it is an inferior way of reacting to pressure. It is why you feel so inferior, helpless and angry.

What if you could learn to look injustice straight in the eye without flinching, patiently, calmly and with endless endurance? Surely you would not have the problems of repressing or expressing resentment. This, then, is the aim of the Foundation of Human Understanding – to show you the secret principle of control through patience.

I know what you want. You want relief from your nervous tension and guilt feelings. You want solutions to your sex problems and family problems. You want to stop smoking, drinking and overeating; you want happiness. But you will never find what you are seeking until you discover the hidden cause of your trouble, and that cause is allowing people to upset you too easily.

Surely emotional self-control is the key you are seeking. Your very life depends upon responding in a right way to what is wrong with people.

Your main line of defence (and attack) is to stay calm and patient. Seeing you unmoved, the motivator's tactics backfire on him; they become upset, lose their power and panic. Put up an impenetrable, invisible force shield of patience that lets the good come through and stops the ugly world from getting in and growing up inside to control your destiny.

By practising the self-control exercise at the end of this booklet, Roy Masters reveals one simple principle that will keep you safe under all conditions of stress and persecution. It's simple. Anyone who is sincere can learn to do it in minutes. The secret lies in being consistent and adhering to the discipline of the mind, as does an athlete to his goal.

# Stress

In order to deal with stress, we must first define what it is. For us, stress is not the sun, wind, rain or starvation, as it is for animals. For human beings, most stress is simply cruelty, in one form or another, directed at us by other stressed-out human beings, who themselves have been victimised by cruelty and stress in their own pasts.

Just what is it about cruelty that makes it so hard to deal with, and how would you like to overcome your anger at no charge?

Imagine that someone said or did something cruel to you, but that you did not react in any way whatsoever – you did not become upset, resentful or even ruffled. You simply observed that this person was saying or doing something cruel, as though you were calmly observing the scene in a movie. You simply would not be *stressed* by what would appear to others to be a highly stressful encounter.

*Principle number one:* stress and cruelty affect us as profoundly as they do, *only because we react to them resentfully*. Personal experience and common sense both bear out the basic truth of what is being said here.

What, then, is this thing called resentment? Resentment is like a tiny little electrical shock that we feel in the presence of injustice. Once we begin to respond resentfully to any form of intimidation, all of our happiness, health, wealth and wisdom are in danger of extinction. This common condition can set in immediately through a severe trauma, or it can grow up in us gradually over many years of accumulated aggravation.

The word *resentment* comes from the Latin root which means, literally, "to feel again". It implies a re-experiencing of previous anger. This pent-up rage makes us lose control so that we may become violent, to the point that we do and say things for which we are sorry later when we regain our composure.

Something strange but undeniable happens when we resent. Besides finding ourselves saddled with great conflict, we find within us something of the identity of the person we resent! We can't stop thinking about the person we resent. Even more bizarre, we actually start agreeing with their ideas; we can't say no to them. For instance: you have an emotional argument with someone, during the course of which you become very upset. Although you started out sure of yourself and your perception of the issue being debated, the upset and resentment emotionalizes your thinking and causes you to become confused and doubtful as to your original position. Now you find, to your bewilderment, that you actually start to agree with the other party (who may, in reality, be totally wrong).

Not only does resentment cause us to become confused, it actually throws open our minds to outside suggestion.

In fact, very often our adversary consciously or unconsciously wants us to resent them, because they sense that this will separate us from our own common sense and enlightened reason.

Unless we are upset away from our own calm centre of dignity, they will be unable to dominate us or plant suggestions in our minds. Again, when we are upset, we have no power to resist suggestion.

Conquering resentment is the key to dealing with all stress, even stress that does not appear to be related in any way to cruelty, such as the stress of balancing the household budget, or the stress of our children needing a great deal of our attention. The reason is simple: the way we react to all stress, even the innocent problems, discomforts, and responsibilities of life, is conditioned and keyed to the way in which we deal with cruelty. In other words if we react with upset and resentment to cruelty and thoughtlessness, we will also react that way, *in one form or another*, to *all* stressful situations.

Resentment plays millions of tricks with our minds. One of them is to make us feel lost and empty, and that intensifies the need for love and approval. This opens the door to binges with food and sex - anything to fill the emptiness. But when we find gratification through people, places and things, as love substitutes, we are literally breeding addiction within ourselves. Why? Because the pleasure is only a love *substitute*, which by its very nature feeds the anger that gave rise to it, making us even more angry - and round it goes.

That is the nature of addiction to anything, from gambling, to food, to drugs and alcohol. How do we solve all these stress problems? By applying Principle number two.

*Principle number two*: locate the resentment and drop it in the present moment. If we can locate our resentment in every present intimidation, and let it pass, we discover to our amazement that our fears, fetishes, phobias and guilt, in fact all those faults we have hated in ourselves and others, begin to disappear.

Please freeze-frame this point: **resentment is the root cause of all the suffering in your life**, bad decisions, even many diseases. Being upset makes us suggestible, gullible, and submissive to cruel authority. We grow up as permanent victims, and tyrants and manipulators see to it that their quarry never outgrow their secret hostilities by piling on cruelty upon cruelty, terror upon terror, and confusion upon confusion.

Resentment is the establishing cause of all past traumas, and a reinforcing cause of them in the present. That is why so many of us never get well. At the same time, however, it gives great hope for a cure to those willing to engage in a little introspection. There is no need to look into the past to find the cause of our problems; we can gauge our pasts by carefully observing how we relate to people, places, and things in the present.

The key to overcoming resentment is very basic: we must learn to observe everything objectively, including personal conflicts, without becoming upset and thereby refuelling the problem. This ability to confront problems without becoming upset or emotionally caught up with them is an essential and time-honoured discipline, necessary for our mental, emotional, and even physical health and well-being.

# Depression

The way that you feel towards others is the way that you feel inside. If you are hateful, jealous, angry or judgemental towards other people you will feel the same inside. Hate is like cancer, once inside it continues to grow, taking over our minds and controlling our thoughts. With only more of the same to look forward to, it's enough to make anyone feel depressed.

If you are troubled, morbid and depressed, you are really suffering from a reduced state of awareness: a faulty relationship with people and things exists.

The truth is that in order to see reality your ego must come out from hiding in its imagination to face it. You must abandon the refuge of your Alice-in-Wonderland world of imagination where you think you are something when you are not. You must look at all the compulsive cunning, analyzing, intrigue, scheming and planning to get what you want out of life, which pass for intelligence. This you may not want to do, for when one sees truly in the light of reality, one experiences the shame that takes away pride and as a proud person, that is something you will want to avoid like the plague. This experience transcends human expression. The soul, once quietened, stripped of its rationale, illicit desires and compulsive mind-movement, comes face to face with the truth about its pride and weakness.

Watch your errors as they appear. Realise them objectively and they will disappear. Now your mistakes can come to mind without your soul being affected or being stained by them. Even if you should hear profanities uttered in your subconscious, you will realise that you are not the one who utters them or sins against the good.

See things as they really are, not as you thought them to be when you were escaping into emotional thinking, making excuses, defending error against the Light of Reality.

Be objective. Don't cling to the image you have of yourself, whether it be a good one or a bad one. Nor should you reinforce the image of yourself through fantasy or comfort; don't escape from seeing the corruption by identifying with the identity that has gone wrong in you.

Don't be afraid to face what you were running away from in yourself - things will be different now: you'll see.

**BE CONSCIOUS OF THE NOW.**

When you discover yourself thinking in the past or future, just become conscious that it is so and you will be living in the now moment again, allowing Truth to slip through that moment of awareness.

Problems are caused by your ego's failure to respond correctly to the cruel challenges and temptations of life. You have worried and tried vainly to work things out, and by worry you escaped from being aware in the present: where shame is - repentance is.

# Health

Herbal remedy food fads and diets – in fact, all the things that might do you some good – have a diminishing value with respect to your unresolved internal problem. For example, if you have a parasite such as an amoeba or tapeworm in your intestine, all the remedies in the world will not help much until you excise the cause. Then remedies can help you recover. However, most of the time we are not dealing with actual physical causes that do have physical remedies. Fully 80 percent of most illnesses, mental, emotional and physical, are what is called psychosomatic. Psychosomatic illness is thought to be the effect that the mind has on the body. Here again experts have missed this point.

You are sick or well through your attitude. A right attitude increases your awareness, but a wrong one decreases it. Attitude and awareness are connected to each other. A perfect awareness comes out of a good attitude.

You are sick according to the degree of your dishonesty. You may not be aware of the full extent of your dishonesty, and you may be unaware of your attitude simply because you have lost the awareness that informs you about it. So what you have left is tragedy, sickness, ignorance and possibly a false sense of innocence.

Your state of awareness has to do with realising, or not realising. If you are honest, you want to know what is right, and that inhibits and protects you. But, in your dishonesty, you don't want to be aware of what you have done, are doing, or will, do is wrong.

Reacting in a right way is just as much of a compulsion as reacting in a wrong way. You fall under one of two systems of compulsion. There is no choice within each of the respective systems, only to which system of compulsion you belong. The choice of systems – allegiance really – has to do with the inclination of your soul. You are rising or falling in awareness according to which system of compulsion you belong, and you feel hope or futility accordingly.

It is through pride that we become unwilling to accept the inward prod towards a humble, happy, healthy and useful life. Our rebellion against Truth is seen also as the rebellion against common-sense advice that we have come to NEED, in our error.

Eventually, you may learn that you are “growing” in the way you are going, slowly transformed into a deformed likeness you have unconsciously loved and embraced. So take a good hard look in the mirror. You did not consciously choose the misfortune of ill health, calamity and premature death; you merely continued in the legacy of giving way, selfishly, to all the wrong impulses. Your problem is one of ego, which falsely believes it is doing its own thing and prides itself in its rebellion against the salvation of common sense; until this state of mind is remedied, you will continue to be drawn into all the wrong influences.

Surely it is not difficult to see that if wrong emotional response can cause so much misery and unhappiness, then right response can restore us to happiness, health, poise and better relations with one another. Unimpeded by error, the body tends toward health, the mind toward happiness and the soul toward the acceptance of grace, which is the basis of human well-being.



# Food

How often have you eaten, knowing that it was bad for you? And how many times have you done something you knew wasn't right in your heart, but ignored your conscience and went ahead and did it anyway? What does that tell you about yourself and your state of mind?

Surely, if you eat what you know is bad for you, food must represent some kind of rebellion. Eating that way is against your own best interest and what is truly good. But in your rebellious state, it will appear good; bad holds out a false promise of good.

What you may not realise is that eating for freedom and rebellion is also subtly connected to a selfish life of folly; even a life of crime can be related to a Kit Kat fix. It is not the chemistry of food that does the trick as much as it is the wrong reinforcing what has gone wrong in us. Man eats the worst and is attracted to the worst breed for the worst.

The original root of our word diet derives from the Greek *diaita*, which means "a manner of living" or lifestyle.

Theoretically, if the Fall of man was indeed by way of ego rebellion against the Father's will by means of eating a mind-expanding substance, a forbidden food, we would find the change of personality maintained by that same trauma to this very day. A compulsion with food and regressive degeneration would have transmitted to the entire human race. Look, and you can see that it has; look at others, and then look at yourself.

A farmer will feed his prize bull the very best diet, but for himself, he will choose to eat junk. Why should wrong food be more appealing, more exciting, even more romantic, and more powerful an influence than your own conscience?

The answer is that the spirit of our fallen nature has control. The wrong spirit that has grown up in us, through the trauma of rebellion, has developed its own nature and needs, and it is evolving by indulgence. It recognises the supportive spirit of the wrong in food, as the answer to its need; and you think these desires are your own. They are not!

We cannot eat what is good, simply because we won't. The right food sustains the right way, and the wrong food reinforces the wrong way as the right. Cultural food is a friend; it is the life of our rebellion. A prideful, wilful, ambitious person cannot eat correctly, can't stop smoking or drinking or whatever, even though he knows it will kill him in the end.

Giving up bad habits is a matter of attitude – basically, an attitude toward God. In the wrong state of mind, the only way to give up a bad habit is to trade it for another – like smoking to stop eating.

Any bad habit frees you to do what is selfish. It frees you from the inhibitions of conscience to reach gloriously, ambitiously, beyond your grasp. You can be a food, coffee, or cocaine achiever. The bad habit first traumatizes, then changes you spiritually, psychologically, physiologically at the core of your being.

It adapts you to a life of selfish fulfilments and dependency to complete an evolving selfish pride. Pride, you see, can evolve only by doing what is wrong and sinful: if it isn't sinful, it is not exciting. Wrong is "good" for what ails you – for what has gone wrong.

You can eat to rebel, to be free to do whatever you selfishly want. And then you eat to deny any guilt; you eat to release yourself from the inhibitions of conscience and the condemnation of its guilt – to do wrong again to forget you did wrong. You eat to forget, and if you can't get a chocolate fix, your ego will be in danger of remembering what a fool you have become. Food, like any other bad habit, is not only a denial of God, it is the embrace of evil as the ultimate good, and that is why it is like love. Your habit reinforces, justifies, rewards selfishness and wrongdoing. Its "love" excuses everything wrong with you so you feel falsely smug and secure.

Wrong food and strong drink represent the life and spirit of the wilfully rebellious, and you cannot give up the embrace of the lifestyle that is killing you until you are ready to change your attitude.

Wrong food first corrupts a soul to crave wrong food to be rewarded with ever regressive, more exotically wrong concoctions. The more tempting food or anything else becomes, the more it represents an adventure of the soul.

That same ego-supportive food your mother gave your dad, she also gave to you as a child. She subconsciously forced you to eat her poison. She became threatened if you turned your nose up at it, because that meant her will could not have its way through you. A wilful mother cannot control a child who won't eat her concoctions.

The entire spectrum of tragedy revolves around being drawn like a moth to the infernal flame of an ego-supportive "mother" of fallen existence. What went wrong with man through woman cries out to be sustained by woman, first by way of food and later by sex.

And again the principle of sex through food is simply this: trauma (eating wrong food) changes the nature of man from self-perpetuating being to procreating animal. All sin, through putting to sleep that awareness, awakens the sensual dark side of our nature and all the inordinate animal hungers. The eternal life principle of perpetuation by regeneration becomes perpetuation by degeneration – sex is death made to live again; sin is a living death.

When we feel uncomfortable inside most people turn outwards for things to make them feel comfortable, often this is sugary and fatty food. In the short term it works but then it soon wears off and we find ourselves turning again to the same source of comfort because we have not dealt with the cause. We now have two problems, the original emotional cause and a lifestyle induced physical problem: maybe obesity or diabetes.

# Divorce

The entire world system is based on a lie, the lie that the relationship between man and woman is one of "love". In reality, the so-called "love" is nothing but an animal-need; the result of his fall from what love really is. As long as he insists on calling it "love", he strengthens the hold that his compulsive fixation has on him and it becomes the breeding ground of terror, violence, and trouble and woe of every description.

It is hard to speak the truth to lovers, husbands, and friends, because our selfish pride has built its existence on catering to theirs. We feel a false sense of responsibility toward others that is selfish in nature; our obligations toward them are motivated only to preserve their value to us.

As a woman, you must abandon your present perverted duties, which only preserve a selfish, but self-defeating, security around the principle of deception. One way or another, once you have taken that terrifying first step, you will most certainly find a different life, perhaps with a friend you never knew you had. The worst thing that could happen is that you could find yourself alone, starting life all over again – minus the presence of a beast who has left you and who you never should have been joined to had you been right in the first place.

As a woman, you have built your life around a "drunk". When you awaken to what you are doing to him and what he, in turn, is doing to you – to the kind of *living* you are making off his weakness – you will see that there is no future in serving him that way. Caution, please! Don't ever be bitter. Look, instead, at the kind of woman you were that was attracted to this kind of man. Were you *really* doing your duty for this drunken, contemptible, impossible creature? As a *born-again* woman, surely you can see no real future, no love or honour in that arrangement.

Now you find yourself married to a man but somehow divorced from him in spirit. Something more has to change. You have come from a marriage made in hell, which, if you have the fortitude and fidelity to see it through to the end, can become a marriage made in heaven. At worst your bar-room bum will desert you, in which case his infidelity *frees* you from an unwholesome bond that should never have existed. But if he should awaken to see your *real* love, then you will have yourself a real man.

Brides, carefully consider the man you are to marry, bearing in mind that you will be responsible for amplifying all his faults, hidden or obvious. Guilt will grow from this kind of love. For goodness' sake, steer clear of a man who drinks, smokes, takes drugs, or is high on religion!

Except on the ground of unfaithfulness, *never initiate divorce or be tricked into giving one*; let the other party bear the sin of it. Although you have the right to divorce an unfaithful man, it is better to separate and see if he changes.

Often couples are so fixated on each others faults they do not see where they are going wrong; in their prideful states of mind the pain of a divorce is more appealing than taking correction.

To make your marriage relationship healthy again, *all you need to do is take the ego trip out of your relationship, and then there will be no more failing, no more descending*. You become less involved yet more appreciative of each other in a new way. You will be able to love each other as people, and not as objects of use, for everything you use to make your ego feel secure is addicting.

# Parenting

Love never pushes children toward anything, whether potty-training or schooling. If you have to remind them ten thousand times to do such things as clean their teeth, then do so. Do everything patiently and persistently until they grow to see the value of any discipline for themselves. Surely you don't want to develop robots or rebels, do you? Then don't scream and holler, rant and rave, push and pressure, or otherwise set them up to answer to that sort of authority later on in life. Make them aware through being aware yourself - through patience. Responding with their own growing awareness, they will one day come to recognise their responsibility and take over your job. They will be newly respectful toward your vigilance and care.

Funny thing about people - if you leave them alone to be free, they take liberties; they become wild and ruthless. Then, when they force you to lay down the law in order that society may survive, you (the rule-maker) become a despotic tyrant. This principle marks the beginning and the end of all relationships and of all cultures - it's just a matter of time. The only variable is how much time it takes.

You must seek the way that is truly FREE. Through God's grace you must become as one who can never be ruled, simply because you don't need law. You must become as one who cannot be seduced to rule. You must become one who can breed this marvellous quality of freedom in your family. For without grace, a person is led to the many lawless freedoms that eventually demand restraint, and the spirit that leads to all these false freedoms rises from the pit as reformer. Only one who is perfectly free has the authority to set others perfectly free from that prison system of law and lawlessness.

Since the beginning, the oppressed have carried within them the natures of their oppressors. All cowards are bullies; strong before the weak, weak before the "strong". "The weak" in your case are your children. Before them, it is safe to be mighty.

You carry into marriage the temptations of the past, with its "karma" of misery and suffering. The plan for the soul's salvation is in the Light (where meditation brings you). The secret of the law of Light is patience. The soul living in the Light, never being intimidated and never intimidating, is saved.

Therefore, just as you must not be impatient, neither should you appease impatience. Never appease your children, your wife or anyone. You would never feel the need to appease if you didn't feel pressure. Less and less pressure is felt as you grow in patience and in grace, as you refrain from responding with resentment and pride. Through the medium of your impatience, pride projects through the medium of the victim's resentment, setting up the system of slaves and tyrants. You carry the seed to become one or the other.

Protect your children from tyrants who try to enslave them, and from the sticky-sweet ones who will spoil them rotten and then raise them up as private love-hate objects.

Protect them against the patronising mother - and from the patronising father who has become a mother. Protect them against the violent, manly woman.

Protect them against friends who look up to them and comfort them - and friends who humiliate them.

Make no mechanical rules. Use your God-given wisdom and strength to keep them secure from the many subtle ego appeals, manipulations and pressures of the dog-eat-dog system of pride. Talk to them about what is happening around them.

# A Simple Observation Exercise to Increase Tolerance to Stress

*Editor's note: although there are many mental relaxation exercises in use today, most of them involve different forms of self-hypnosis. We do not endorse self-hypnosis and mental techniques for stress reduction and relaxation, as there are certain dangers inherent in the use of these methods. The following stress-reducing exercise, however, is recognised, used, and endorsed by many practicing psychologists and psychiatrists, and is, in our view, the most advanced and beneficial exercise available.*

The concept and practice of this exercise are both simple. The entire object is simply to observe what is going on in the mind, without being drawn down into worry and daydreaming. By doing so, we are given a break from the stress of worrying and rehashing the past; at the same time, the mind is allowed to regenerate. By making a conscious 'effort' to remain aware of your hand, this awareness acts as an anchor that grounds us in the present, and helps keep us from floating off "downstream" into daydreams and worries that often preoccupy us and wear us down.

Sit in a comfortable chair and loosen your collar or any tight-fitting garment (it is a good idea to remove your shoes).

Hold this reading material in your left hand and drop your right hand on your lap or by your side.

Now bring your attention to your right hand. Just be aware, conscious that it exists, lying there on your lap or hanging by your side.

There is no need to look directly at your hand while reading these words. Just be aware out of the corner of your eye. Keep reading.

Any time you become aware of any part of your body, you awaken a gentle flow of energy. In this instance, your hand will begin to tingle and then begin to feel warm.

Notice any thought that interferes with your being aware of your hand by trying to distract you - to absorb you into a daydream or worry.

If a thought does draw your attention away from being aware of your hand, don't be upset. Simply redirect your attention to your hand; become aware of it so that you feel it glow warm. Watch the thought until it dissolves.

To help you remain aware like this, it is helpful if you shift your attention from one finger to another - first be aware of the thumb; then shift the feeling to your first finger; now the second, be aware; the third; and now the little finger. Then begin again.

Soon you will feel energy flowing down your arm into your hand, and before long your whole body may begin to share in the warmth. Once you have the understanding of what these words are explaining, you will be able to promote this warmth just by remembering these simple instructions.

What is happening? You are getting in touch with your mind and body. In the past, being upset has cut you off from your own motivation and will.

You are now becoming OBJECTIVE. Watch your thoughts passing through your mind and notice how, when you just observe, they fade and lose their power to hold your attention captive. As that happens, your body fills with warmth.

Continue being aware of your hand/body glowing warm. If a thought pulls you into a daydream or worry, simply pull back and observe that thought while being aware of your hand/body glowing warm.

Notice now the objects in your surroundings. See if you can put a distance between yourself and objects close to you. See if you can detach yourself. It will feel like the object seems far away, as though you are observing from another space...notice your body glowing warm. Memories now begin to surface...first come distractions, then memories. Observe them without being upset over what you are realising, and the problems of your past will lose their hold, no longer affecting you in the future.

Use this warm energy flowing to every part of your being to be patient, not resentful, with people from now on.

Patience will preserve this “together” feeling of warmth and confidence and give you a natural control *without effort* or will.

Watch for opportunities from day to day to be patient and outspoken. This is very important. If someone has wronged you, don't be resentful, but speak up calmly or say nothing and just wait for an appropriate moment when you can.

This simple practice is the key to being calm and giving up resentment from now on. It is also the key to self-control and patience.



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

**Email**

[FhuUnitedKingdom@aol.com](mailto:FhuUnitedKingdom@aol.com)

**Website**

[www.FhuEurope.org](http://www.FhuEurope.org)

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# Roy Masters' Quotes

**What you expect and don't receive disappoints.**

**The way that you feel towards others is the way that you feel inside.**

**Change your attitude: change your destiny.**

**Resentment is the root cause of all the suffering in your life.**

**Hating people back is what hurts you.**

**Inner conflict translates to conflict with other people.**

**We eat to feel better rather than be better.**

**You cannot please everyone. So stop trying.**

**Pleasure is a substitute for happiness.**

**You do not have resentment, resentment has you.**

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