



Ocean Of Happiness

How To Get The Fruit
Of The Holy Spirit!

By Doug Remington

Be Happy In All Circumstances!
Lose Weight!
Quit Smoking!
Conquer Any Addiction!
Pacify Anger, Fear, Depression,
& Other Negative Emotions!

All Rights reserved

Copyright 2014 © by Doug Remington, 1136 SE Maple St.
#107, Hillsboro, Oregon 97123. No part of this book can be
reproduced in any form or any means, electronic or mechanical,
including photocopying, recording, or by any Information storage
and retrieval system, without permission in writing from the
publisher

USA 10 9 8 7 6 5 4 3 2 1

ISBN ISBN-13: 978-1496175212

ISBN-10: 1496175212

Index:

Chapters:

- 1 How the carnal mind works!
- 2 Overcoming Addictions!
- 3 Healing the Fires of Anger!
- 4 Secret for ending Depression
- 5 Why Practice Virtue?
- 6 Fear & Anxiety!
- 7 Guilt!
- 8 Answer to the Secret of Life!
How to end all problems!

Chapter 1

How It Works!

This is a book about how to actually get the Fruit of the Holy Spirit! It's not merely about the Fruit of Holy Spirit! Just knowing about the Fruit of the Holy Spirit will do you no good at all. The obvious benefit is the Ocean of Happiness it automatically provides. There are also gifts of the Holy Spirit. But this book is not about the gifts. It's about how to actually get the Fruit – the Ocean of Happiness.

The **Fruit of the Holy Spirit** is a biblical term that sums up the nine visible attributes of a true Christian life. Though this references 9 attributes to the Fruit of the Spirit, the original Greek term translated as "Fruit" is singular, signifying that there is one Fruit with nine attributes.

Galatians 5:22-23 says, “But the Fruit of the Spirit is (1) love, (2) joy, (3) peace, (4) forbearance, (5) kindness, (6) goodness, (7) faithfulness, (8) gentleness and (9) self-control. Against such things there is no law.”

The Fruit of the Holy Spirit is Singular!
There is only one “Fruit,” of the Holy Spirit!

There are nine (9) separate attributes. So when I get the Fruit of the Holy Spirit, I automatically get all nine (9) attributes. It all comes in a single package: that is, the Fruit! And the nine attributes of the Fruit of Holy Spirit is experienced as one (1) Ocean of Happiness.

I first got the Fruit of the Holy Spirit in September 1969 – 45 years ago. I had been an atheist until that time, so it was really a very dramatic experience. It lasted for weeks and I became a

spiritual fanatic for a long time afterward. But I never got the Fruit of the Holy Spirit as vividly and dramatically as during those few weeks of my very first spiritual fervor.

From the first time the Fruit of the Holy Spirit disappeared, it became an obsession to get it back. I probably read over 2,000 spiritual books. And since Islam, Hinduism, Buddhism and Greek philosophy also offered something very similar to the Fruit, I searched there also. The result was the same. I could get the Fruit of the Holy Spirit mysteriously and temporarily. But I could not get it permanently. And worst of all, I couldn't get the Fruit of the Holy Spirit when I needed it most: that is, when I was totally screwed up and crazy at work.

I got up an hour early as I still do – before I went to work – for prayer and meditation. During this time, swimming in this Ocean of Happiness happened regularly. But as soon as I was away from meditation and went to work, the Fruit of the Spirit was gone – exactly when I needed it most. Why oh why did this happen?

Why did I lose the Fruit of the Holy Spirit?

Finally – forty years later – I had the answer! Today if I lose the Fruit of the Holy Spirit, I can get it back practically any time I want. It's the only sure way to happiness.

The Only Assurance For Happiness!

The Fruit of the Holy Spirit insures happiness. By definition (1) love, (2) joy, (3) peace, (4) forbearance, (5) kindness, (6) goodness, (7) faithfulness, (8) gentleness and (9) self-control, are all individually and collectively directly opposite to all emotions that cause unhappiness. No matter what you are going through, if you have the Fruit of the Holy Spirit, it is impossible to suffer emotionally. This is not true simply because the Bible defines the Holy Spirit as joy, etc. This is a scientific fact that can be proven by everyone in the laboratory of your own life.

Moreover this fact can be proven in a matter of days or weeks. It's not something that takes a lifetime to learn – like it took me. This was because I didn't know how to obtain it. Getting the Fruit of the Holy Spirit can be learned in a matter of days or at most weeks.

First it's necessary to understand what causes unhappiness.

Once I fully understood the cause of losing the Fruit of the Holy Spirit, which is also the cause of all unhappiness, it was easy to develop a practice to get it back.

What Causes Unhappiness?

Most think misery comes from the lack of money or the lack of true love. These could be secondary causes. But they're not the primary cause! The direct and primary cause of all unhappiness is the carnal mind. The Bible doesn't fully define the carnal mind, but as we shall discover, it's the direct and primary cause of all unhappiness.

Romans 8:7 says, "Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be."

Basically, the carnal mind is our mind which is set on the flesh," as some translations call it. And so we might naturally think the carnal mind is something connected with sexual impropriety. But this definition was misleading for me. Because it covers far more. The carnal mind I realized is our animal mind.

Based on various parts of the Bible, I believe the carnal mind is our mind of selfishness and self-centeredness. It's the same mind as modern psychologists call the ego.

From reading the Bible we might naturally conclude, the carnal mind includes all of the following: *Adultery, anger, backbiter, blasphemer, boaster, covenant breaker, covetous, debater, deceiver, despiser of those that are good, spiteful, disobedient, disobedient to parents, drunks, emulations, envious, evil concupiscence, evil thoughts, false accuser, fierce, filthy communication, foolish, fornications, hater of God, hating one another, heady, heresies, high-minded, idolaters, implacable, incontinent, inordinate affection, inventors of evil things, lasciviousness, lovers of pleasures, lovers of their own selves, maliciousness, malignity, murder, proud, revelings, sedition, serving various lusts and pleasures, sorcerers, strife, thefts, traitors, truce breakers, unclean, unholy, unmerciful, unrighteousness, unthankful, variance, whisperers, wickedness, witchcraft, without natural affection, without understanding, and finally, wrath.*

But the above definition does NOT help us to identify the

Carnal mind in everyday terms. None of the above describe what's happening in the every day life of most Christians. And practically no one equates any of the above with everyday emotional pain, like anger, jealousy, fear, depression or guilt, which are all part of the carnal mind. So the scholarly definitions of the carnal mind are useless for personal and practical evaluation.

Is the Bible the infallible word of God? Modern science tells us this probably isn't true – especially with regard to the way God supposedly made the world. But this doesn't mean everything in Genesis lacks Truth.

Truth is wherever you find it. And I personally believe one of the greatest Truths of all Christianity comes to us from Genesis. No it has nothing to do with how long it took to actually make the world. Whether God made the world in 6 days or not has nothing to do with this Truth.

Pilot asks Jesus in John 18:38, “What is Truth?” But Jesus doesn't answer this question.

Jesus tells us in John 8:32, “You will know the Truth and the Truth will set you free.” Unfortunately Jesus doesn't tell anyone what this Truth actually is – only that it will set us free. That's probably the reason Pilot asked, “What is Truth?” That is, Pilot was asking, “What is the Truth that sets us free?” And Jesus doesn't answer.

But John 8:32 definitely refers to the carnal mind, because afterward the people ask in John 8:33, “How can the Truth set us free when we are free already?” That is, “We are not slaves, so how can the Truth set us free?”

Then Jesus replies John 8:34, “Anyone who sins is a slave to sin!”

If we are slaves to sin, we are also slaves to the carnal mind as well. And Jesus tells us, “You will know the Truth and the Truth will set you free.”

Please notice, Jesus does not say, “Will power will set you free.” He says, “You will know the Truth and the Truth will set you free.”

Not only does the carnal mind make us slaves to sin, it also makes us slaves to all unhappiness. Just knowing that our carnal mind is our mind of selfishness and self-centeredness, it does not help us at all. That's because, just knowing about our selfish and self-centered mind doesn't help us control it. According to Jesus,

only the, “Truth will set us free.”

So as Pilot asks, “What is Truth?”

Unfortunately the problem is complicated because we are told to do away with our selfishness and self-centeredness by using will power. “Stop being so selfish!” mother would always say. “Just stop it!” Will power is good as far as it goes, but when it comes to the carnal mind, it just doesn't go far enough. This is because when we use our will power to get free, we only get free in the short run.

Yes, “I can do all things through Christ Jesus, who strengthens me.” Philippians (4:13)

But in the long run this doesn't work. If we do manage to squash our selfishness and self-centeredness through faith in (4:13), it still makes us miserable. And because of this misery, we turn to the pleasures of the carnal mind – just to end the misery. In order to squash selfishness and self-centeredness – and be happy too – it's necessary to get the Fruit of the Holy Spirit.

I analyzed myself and had to agree, I was a selfish and self-centered person. So I made up my mind to be unselfish. How! By using will power! How else? Mother said use will power. All the preachers I heard said, “Use will Power!” Mr. Spiny, our basketball coach said, “Use willpower!”

So naturally I used my will power!

From then on I was unselfish. But not for long! Trouble is: forcing myself to be unselfish, caused misery. And so I returned to my selfishness – just to end my misery!

The carnal mind is our emotional mind. When something we like happens, the carnal mind makes us emotionally happy. And conversely when something we dislike happens, the carnal mind makes us emotionally unhappy. The carnal mind and all worldly emotions are synonymous.

I began standing unselfishly in the back of the line for everything. In this way I crushed my selfishness by using will power. It hurt terribly but I went to the back of the line.

Finally I just couldn't stand it any longer. I went back to my old ways of running to the front of the line whenever I could get there first. I went back to my old ways, everyone for him or her self! But I realized a very important thing about the carnal mind: that is, greed!

All emotional pain is caused by (involuntary) greed.
We are (involuntarily) greedy for things we like!
And we (involuntarily) greedily avoid things we dislike!

I liked getting to the front of the line. I didn't like being in the back of the line. In fact I was greedy to get to the front of the line, and when I got there first, it made me feel good. I didn't like being in the back of the line. And when this happened, I was miserable.

Therefore I learned that all emotional pain comes from the carnal mind, which is our mind of selfishness and self-centeredness. And even more simply, all emotional pain is caused by our own greed in one way or another.

Most importantly: John 8:32 tells me I am a slave to sin – this carnal mind – this selfishness and self-centeredness – this (involuntary) greed! But there's a way to get free! That is, “You will know the Truth and the Truth will set you free.” Not will power!

Why Be Rid of Selfishness? Why Do Away With Self-centeredness?

If we are able to do this we can end all emotional pain!

According to Genesis, the first emotional pain experienced by Adam and Eve was shame. Shame comes from self-centeredness. Shame is simple greed to always maintain a good self image. When this happens, we feel good. And when we don't maintain a good self image, we feel bad: that is, shame.

So after eating from the tree of the knowledge of good and evil, both Adam and Eve, experienced shame. They experienced evil for the first time. They were ashamed of their nakedness. For the first time, they experienced greed for a good self image.

Because of the pain of embarrassment, (pain from poor self image) Genesis 3:7 says, “They sewed fig leaves together and made aprons to cover their nakedness.”

The second emotion they experienced was fear. Fear, too, is

self-centeredness. Fear is nothing more than greed for protection. They heard God coming and hid themselves in the garden. That is, rather than face God, and face His displeasure, they hid themselves because of their greed for protection.

The following is a list of my emotional pain caused by the carnal mind: that is, caused by greed connected with either selfishness or self-centeredness. Remember also that Jesus says we are a slave to the carnal mind: that is, we are addicted to it. That is, addicted to sin. In this case the sin is greed.

I was born Greedy!

My addiction to overeating was my, “selfish,” Greed for Food!

My addiction to anger was my, “Selfish,” greed for revenge!

My addiction to cigarettes, alcohol and drugs was my, “Selfish,” Greed for the effect of these substances on my body and mind!

My addiction to fear was my addiction to self-sufficiency and protection!

My addiction to depression was my “self-centered,” Greed for consolation and self pity!

My addiction to compulsive spending was my, “Selfish,” Greed for merchandise and services.

My addiction to Guilt was my, “Self-centered,” Greed for self-condemnation.

To really understand this, everyone needs to take an inventory in his or her own life and discover that fact for themselves.

Remember also that Jesus tells us (John 8:34), “We are slaves to sin (our negative emotions),” That is we are addicted to greed which in turn causes negative emotions when we don't get our object of desire. So based on observing our own carnal mind – in the laboratory of our own life – I discovered that greed, anger, fear, depression, guilt, etc. arise automatically and involuntarily. We truly are slaves to our emotions! We are helplessly led, like a water buffalo with a brass ring in it's nose, into the depths of this emotional pain and suffering.

If even relatives or friends were dragging us off to experience this torture, we'd fight kicking and screaming all the

way. But most of us don't know what's happening. And we put up with this torture because we don't know how to escape: that is, we don't know how to get the Fruit of the Holy Spirit! Thus Jesus says, "You will know the truth and the truth will set you free!"

One might rightly ask, yes but, don't we have a right to these emotions? Isn't anger sometimes justified?

Yes that is true. We do have a right to them after they arise. If we try to reject them using will power, the result is even more pain. So basically since we can't get rid of them, afterward we justify them. That is, we have justified anger!

Thus are the justifications of the carnal mind. But if we have the Fruit of the Holy Spirit, there is no need to justify any of them. That's because no emotional pain can arise within the Fruit of the Holy Spirit.

We can verify this fact in the laboratory of our own lives. If we justify our anger, we lose the Fruit of the Holy Spirit. Or if we justify any emotional pain whatsoever, the Fruit of the Holy Spirit will be nowhere to be found.

We don't usually try to get the Fruit of the Holy Spirit to get rid of our painful emotions. Instead we try to change the circumstances. Sometimes this is best but not always!

If we are angry, we wrongly try to get revenge or suppress it using willpower. If we are fearful, we try to get physical protection, which we rightly should. And if we have shame, like Adam and Eve, we sew fig leaves together and make an apron to cover our nakedness. That is, ease our pain of shame. Etc. And why not?

But all this doesn't change the fact that these emotions arise even if we don't want them. Based upon greedy likes and greedy avoidance of dislikes (based on our knowledge of Good and Evil), these emotions arise automatically and involuntarily. And even though we may justify them, it doesn't change the fact. As Jesus says, "We are a slave to them!" We get them whether we want them or not!

In fact Genesis says, this is the curse upon all mankind for Adam and Eve having eaten from the tree of the knowledge of good and evil.

Genesis 3:17 KJ says, "And unto Adam He said, 'Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of

it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life.”

This is all part of the law of sin sickness and death, which according to Romans 8:2 is the reason that Jesus came upon earth: that is, to set us free from the law of sin, sickness and death. After Jesus tells us, “You will know the Truth and the Truth will set you free,” he says in John 8:36, “If the Son therefore shall make you free, ye shall be free indeed.”

Genesis Contains Two Great Truths of Christianity

The First Great Truth is simply this, there was no EMOTIONAL PAIN until Adam and Eve ate from the Tree of Knowledge of Good And Evil. In Fact by simple logic and reason, the best definition of the carnal mind is: knowledge of good and evil.

Good and Evil are conceptual thoughts of the carnal mind. For any evil, there is a corresponding conceptual good. And for any good there must be a corresponding evil.

The Second Great Truth In Genesis:

Genesis One says, “God declared everything Good” This is in direct opposition of the logic of the carnal mind. By declaring everything Good, God establishes a non-conceptual Good. It's a Good without an evil. But realization of this non-conceptual Good was lost by Adam and Eve. That is, they ate from the tree of knowledge of good and evil – conceptual opposites. God only created this non-conceptual Good.

So where did evil come from? It comes from a wrong perception of reality. And so the conceptual *knowledge* of good and evil must be the problem – not evil itself. This is a Truth that will set us free. And so to get the Fruit of the Holy Spirit, it's necessary to regain our original right perception – the one we had in the Garden of Eden – of this non-conceptual Good; that is, Good without a corresponding evil.

Did I believe such a Good could exist? In the beginning, I did not. Based on the testimony of my senses, I believed there were all kinds of evil in the world. The poet, Omar Khayyam, writes:

“Would Thou and I with fate conspire
To change this sorry scheme of things entire
Would not we shatter it to bits
And remold everything to our hearts desires.”

Based on the evidence of our senses, we see all kinds of evil that we, too, would shatter to bits. We'd do away with wars, disease and misery of every kind.

So how did I ever come to believe everything created was, “Good,” that is: God's non-conceptual Good where no evil exists?

This is a very long story. I'll make it short. Mary Baker Eddie, who founded the Church of Christian Science believed this. And both Hindus and Buddhists believe this as a core belief. When I discovered these unbelievable facts, I fluffed it all off as some kind fanatical, insane, or cult thinking.

But as time went on, I met more and more level-headed Christians who believed it. No one tried to prove it to me intellectually. Instead they told me this non-conceptual Good (Good without a corresponding evil) could be realized by everyone through faith. I believe this is the whole message of Romans. I was told to take the Bible verse, Romans 8:28 and use it as a subject of meditation:

“Everything Happens for the
Good for those who Love God.”

This non-conceptual Good is realized by means of meditation. I define Christian meditation as taking any Bible verse and repeating it more than twice. This can be done anywhere, driving in a car, waiting in line at the supermarket, etc. Or it can also be done during a special quiet time early in the morning.

So every time my carnal mind told me something bad or evil was happening, I repeated Romans 8:28 over and over. And I tried to believe it in faith – trying blocking out all contrary thoughts. I repeated in the car, at work, in church, anytime. In this way I pacified my anger, fear, depression, etc. Emotional pain starts to arise because of the lie of the carnal mind – telling me something, “Bad,” is happening.

The, “Bad,” is realized as an illusion by repeating, “Everything happens for the Good, etc.” Either a thing is bad or good, it can't be both. But just knowing Romans 8: 28

intellectually will do no good at all. This verse must be realized in faith, which is easily done. It will happen within days or weeks.

Consequently any Christian using this method to get the Fruit of the Holy Spirit, can end his or her emotional pain immediately any time it arises. The Fruit of the Holy Spirit banishes all emotional pain immediately. We can't have the Fruit of the Holy Spirit and emotional pain. By definition they are contradictory.

We can't have happiness and sadness at the same time.

Anytime something bad seems to happen in my life, it can be traced on one thing and one thing only! The carnal mind!

If something, Bad," is happening, it means that some emotional pain of greed, anger, fear, depression, guilt, etc. is also happening. It arises automatically and involuntarily. And the only thing I have found to reverse these emotions immediately, is the Fruit of the Holy Spirit.

At first I changed the meaning slightly. So when my carnal mind told me some evil or bad was happening, I thought to myself, this evil will somehow work for my good – sometime later. At that time Life seemed to cave in on me. We all go through periods like this. So I repeated Romans 8:28 over and over a thousand times a day. Some days I must have repeated it 5,000 times.

I repeated the verse every morning for an hour. But my mind would not accept it. All I could accept was that Good would come out of evil eventually. Oddly enough I felt better so I continued. I said it throughout the day too.

I also prayed to God, if this verse is true, you will have to show show me. My prayers were skeptical! I couldn't really believe it. I wanted to believe but I just couldn't. But I kept on blindly walking by faith.

Then suddenly about a week later, the world as I knew it disappeared. Suddenly I was enveloped in the Love of God. I was personally able to realize that, "Everything happens for Good for those who love God."

I met dozens of people throughout my life that had realized this verse too. Paul realized it and recorded it in Romans (8: 28) 2,000 years ago. This Truth can still be realized today. In Christian Bookstores I have seen many Romans 8: 28 wall plaques. No matter what the denomination, there's usually a Romans 8: 28

picture, banner or something.

I needed to know more. I found most of my answers in books so I started there. One of them was Mary Baker Eddy's Book, Science and Health with Key to the Scriptures.

I do not belong
to the Church of Religious Science.
This is not a Plug for Religious Science.
But I do recommend her books as well as others.

According to Mary Baker Eddy, the reason we perceive evil is because it's an error in perception. She writes, "Disease being a belief, a latent *illusion*, of mortal mind, the sensation would not appear if the error of belief was met and destroyed. (Science and Health, Page 168: 27)

According to Mary Baker Eddy, once evil as we perceive it is recognized for the illusion it is, the events in the physical world change for the Good. That is, healing occurs! But this is not an intellectual conclusion. This Truth can be proven through, "Faith!"

I accept evil or bad is an illusion. I accept that God Never created it. This is not an intellectual conclusion. It's a realization. And if I realized it, anyone can realize it. How I came to this wonderful realization is the exact purpose of this book. You can easily realize this Truth too.

The first and easiest way to prove this Truth is to change our minds from the suffering state of the carnal mind: that is, from greed, anger, jealousy, fear, depression and guilt to the, "Joy," of the Holy Spirit. That is, we can exchange our misery for an Ocean of Happiness. This is a scientific fact from having experimented in the laboratory or my own life. It's a scientific fact. So everyone can realize it also.

There are two (2) important things
to remember about controlling the carnal mind.

First, the carnal mind is a thinking mind. All emotional pain comes from negative thinking. By definition, the carnal mind is that negative thinking mind that causes all emotional pain – all sin! And since being kicked out of the Garden of Eden, all humans are born with this addiction to greed.

Secondly, the carnal mind can easily be controlled, but not with willpower! There are three (3) easy ways of controlling it. The first (1) is concentration. When the carnal mind thinks, it's not concentrating. And when the mind is concentrating, it's not thinking. So concentrating on something else, stops the carnal mind from thinking. The second (2) way to control the carnal mind is with Positive Thinking.

This only stands to reason. If the carnal mind is negative thinking, it can easily be stopped with positive thinking. I define positive thinking as repeating Romans 8:28, or any such Bible Truth over and over, and contemplating the meaning. This includes thinking about the non-conceptual Good found in Genesis, eating from the Tree of Knowledge of Good and Evil, and thinking of evil as an illusion. That is, Evil Doesn't Really Exist! God never created it!

But the third (3) and best way to control the carnal mind is by Faith. By accepting all of the above on faith, blocking out all thoughts to the contrary – even though there's no physical evidence to support this view – kills the carnal mind dead! But ultimately a direct realization is necessary.

Getting the realization the first time is the hard part. By constantly using the verse to get the Fruit of the Holy Spirit, the realization becomes easier and easier. Today, when I need to get the Fruit of the Holy Spirit to replace the sinful and painful carnal mind, I can get it any time it's necessary.

Ultimately the Fruit of the Holy Spirit kicks in, and I'm engulfed in a great Ocean of Happiness. If this happens for me, it will happen for everyone. How? It happened for me using meditation.

I have outlined the simple practice I use. It involves a little work in the beginning. It absolutely required my memorizing the two (2) short verses that follow. These must be memorized word for word. But at the beginning I read them off a paper until they were memorized. This in itself disarms the carnal mind by diversion.

Unless I engage every spare corner of my mind, I can't subdue this carnal mind. But once I understood the three (3) things necessary to subdue it: that is, (1) concentration, (2) positive thinking, and (3) faith, it was easy.

Before repeating the following verses, over and over, I

could not subdue the carnal mind consistently. Willpower is not an answer for the long run. This added action of repeating the verses was totally necessary for me. It meant the difference between success and victory.

The carnal mind is our emotions. And psychologists tell us, “If there is a fight between the emotions and will power, the emotions will win 90% of the time in the long run.”

But once the Fruit of the Holy Spirit shows up, there is no fight at all. This is because Galatians 5:22-23 says the ninth (9th) attribute of the Fruit of the Holy is, “Self-control.” That is, you automatically have it. No need to fight for it. Willpower is not involved!

The two verses I had to memorize are as follows:

1

Don't wander! Don't wander!
Keep mindfulness on guard.
On the road of distraction the Devil roams in ambush.
The Devil works through the carnal mind,
Clinging to greed and worldly lies.
So look into the essence of this magic,
completely ending all addictions.
Jesus says, “You will know the Truth,
and the Truth will set you free!”

2

Everything happens for Good
for those who love the Lord.
This situation is helping me – not hurting Me.

By memorizing the above two verses and applying them as outlined in the rest of the chapters, there is a great reward. You end all emotional pain and get the Fruit of the Holy Spirit – an Ocean of Happiness as the prize.

No Will Power Necessary!

Chapter 2

Overcoming Addictions

Willpower Is Not The Answer!

But doesn't James 4:7, say – *Resist the devil, and he will flee from you.* If not by willpower, then how? True a certain amount of willpower is necessary. But very little willpower is required to actually overcome addictions. There's more to resisting the devil than willpower. Knowledge is power! And without the knowledge of the Word of God, willpower is bound only to cause pain and suffering.

All addictions attack us through the emotions. And if there's a fight between the willpower and the emotions, the emotions win 90% of the time. Studies have shown that suppressing the emotions cause not only mental illness, but also physical illness. So if we use willpower to suppress the emotional desire for an addiction, we are 90% destined to fail over the long run. And if we succeed, it will make us miserable. Then too, there is the chance of developing physical illness as well as mental illness.

Attacking Addictions Using Christian Psychology

I struggled with several addictions as well as emotional pain for about 25 years before I finally found a way to end the cravings. Finally I developed my own program for quenching the fires of these unwanted, insidious desires. My program came from the Word of God which I finally segregated into two parts.

First Part – Understanding My Addictions

The first part dealt with information about my addictions:

Jesus says in Luke 14:31 *”Or what king, going to make war against another king, does not sit down first, and consider whether he is able with ten thousand to conquer the other king with twenty thousand?”*

I never tried analyzing my problem. I always assumed that I was just weak-willed and inferior. Nothing could be farther from the truth.

First it was necessary to understand the nature of my addictions? And then determine their strength.?

What are Addictions?

For me, I decided my addictions were inherited from previous generations. My addictions may have been caused by me. But from my earliest memories, I remembered being addicted as soon as I indulged. I condoned and permitted the addictions. And they probably got worse though use. That part of it was my fault. Examples of inheriting sin are: Exodus 20:5, Exodus 34:7, Numbers 14:18, and many other places.

Please see discussion of the carnal mind from Chapter one.

What was the sin I inherited?

GREED!

I was born Greedy!

My addiction to overeating was my Greed for Food!

My addiction to anger was my greed for revenge!

My addiction to cigarettes was my Greed for the effect of tobacco on my body and mind!

My addiction to fear was my addiction to self-sufficiency!

My addiction to depression was my Greed for self pity!

My addiction to alcohol was my Greed for intoxication!

My addiction to compulsive spending was my Greed for merchandise and services.

My addiction to Guilt was my Greed for self-condemnation.

I had been to the psychologist who told me Greed wasn't to blame. But I didn't recover. Mainly this was because I believed my addictions held me physically in the prison of hidden causes and complexes. How could I ever get free?

But if Greed was to blame, that didn't seem like a hard problem to solve. So I began looking for a solution in religion. And fortunately I found the answer.

Ephesians 6:12 says, *For our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world-rulers of this darkness, against the spiritual hosts of wickedness in the heavenly places.*

But why should the devil tempt me? Matthew 4:1 *Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.*

Even Jesus was tempted, so why not me? It was a fact of life that I had to live with. And this led me to a very important understanding:

What Power Did The Devil Have Over Me?

John 8:44 *For He Is A Liar, And The Father of Lies.* According to one preacher, that's the only power the Devil has – to lie – to deceive. Other than this, the Devil has no power. But once I analyzed it, I realized the Devil along with my own greed had totally deceived me.

The Biggest Power Against Me Was Me!

My contributing factor is described in Proverbs 1:17-19. The meaning of the verse is a warning to all who are Greedy. It says, if you expect to catch birds, you can NOT spread the net while the birds are watching you set the snare. The birds are smart enough not to get caught. But the Greedy are stupid and get snared in their own net of self-deception.

Greed is a Delusion!

It's a false belief. Greed seeks to achieve happiness by a means that actually causes pain and suffering. The hook is the addiction. And once caught, it's hard to get free. There are two factors. First my own delusion. And secondly the lies of the Devil that sets the process in motion.

How do I get free?

John 8:32 *And you shall know the truth, and the truth shall make you free.*

The above verse tells me, “*The truth will set me free.*” It doesn't say willpower will set me free and I liked that. But the following verses are bad news – something I didn't realize before:

John 8:32-36 *32And you shall know the truth, and the truth shall make you free.*

33They answered him, We be Abraham's seed, and were never in bondage to any man: what do you mean, you shall be made free?

34Jesus answered them, Verily, verily, I say unto you, Whosoever commits sin is the servant of sin.

35And the servant abides not in the house forever: but the Son abides forever.

36If the Son therefore shall make you free, you shall be free indeed.

The above verses say, I will be made free of sin. Does that mean, addictions are sin? I'm not really sure about that. Maybe they are and maybe they aren't? Since I always lost the Fruit of the Holy Spirit when either mental addictions (emotional pain) or physical addictions arose, I figured it's best to assume all addictions are not good – whatever they are. So there was an added incentive to get rid of them.

Based on the above Bible verses, I composed the following poetic verse to remind me of all the information contained in the above bible verses.

1

Don't wander! Don't wander!
Keep mindfulness on guard.
On the road of distraction the Devil roams in ambush.
The Devil works through the carnal mind,
Clinging to greed and worldly lies.
So look into the essence of this magic,
completely ending all addictions.
Jesus says, “You will know the Truth,
and the Truth will set you free!”

2

**Everything happens for Good
for those who love the Lord.
This situation is helping me – not hurting Me.**

When tempted, I repeat the above 2 verses several times – 5,000 times in the beginning. But now I only say them once or twice. Every now and again, I'm harmlessly tempted to eat just one little morsel of food that's not on my food plan. But when this happens, the Holy Spirit says to me, over and over, very gently, "Don't wander! Don't wander!" It immediately sobers me. It cause me to remember all the Bible verses listed above. And suddenly I have a defense against all addictions.

I've been completely free of drugs and alcohol for over 40 years and off cigarettes for over 25 years. But overeating and emotional pain are another story. If you're an over-eater like me who has lost 60 pounds of excess weight, the problem is not so easy. We can't give up eating altogether like tobacco, drugs and alcohol. And as far as emotional pain is concerned, we can't give up life entirely.

The problem comes not when life is going badly. The problem happens when life is going well. As much as six months can go by without even a twinge of negativity form the carnal mind. And naturally months go by without my saying the verses. Then I happen to notice, I'm up 10 pounds. No big deal.

Only trouble is, I still don't say the verses, I prefer to eat the delicious food instead – defying all the laws of logic. But finally I exert my will power to get back on track and begin repeating the verses. Only trouble is, the Fruit of the Holy Spirit won't kick in. I'm using will power to live the true Christian life, but I'm miserable just like before.

I take inventory in my life and realize I have forgotten the Truth that has set me free. I say the verses but I don't really believe them. I' back to square one. This has happened to me several times. So I wrote this book to remind me. I trust others will benefit also.

There is a truth that will set us free. But if I fail to live my life according to this truth and remind myself of it constantly, I lose the realization.

Psalms 34 tells us, "I will bless the LORD at all times: his praise shall continually be in my mouth." God is a full time venture. We tithe 10% of our money. But how much time was I

giving to God? Only a few hours a week. If I spent an hour a day in meditation, this would only amount to about 5% of my time. So I went back to spending an hour a day in meditation, like I did when my life was in shambles. And I began to practice mindfulness throughout the day to remember God constantly. Needles to say, the verses started working for me again.

I had to go back to Basics. In this case the first verse was far more important than the the second.

1

Don't wander! Don't wander!
Keep mindfulness on guard.
On the road of distraction the Devil roams in ambush.
The Devil works through the carnal mind,
Clinging to greed and worldly lies.
So look into the essence of this magic,
completely ending all addictions.
Jesus says, "You will know the Truth,
and the Truth will set you free!"

I repeated the verse over and over throughout the day – what seemed like another 5,000 times just to get back on track. And finally when I repeated the second verse, 2

Everything happens for Good
for those who love the Lord.
This situation is helping me – not hurting Me.

Th Fruit of the Holy Spirit finally kicked in and has stayed kicked in most of the time ever since. Ultimately I say the verses over and over until I get the Fruit of the Holy Spirit which is an ocean of Happiness.

When I repeat verse 1 of the above poetic verses, it immediately signals an alert. And I put a lock on the addiction or emotional pain glaring me in the face. I easily resist the Devil, but this is only willpower – which isn't going to work in the long run. This is because of the emotional pain. But fortunately there is a Christian practice for this:

Ending Emotional Pain

Ocean of Happiness - 22

More Bible Psychology

To deal with the pain, there is a second verse of my practice. I put on the full armor of God. Specifically Ephesians 6:16 *Above all, taking the shield of faith, wherewith you shall be able to quench all the fiery darts of the wicked.*

Hebrews 11:6 says, *And without faith it is impossible to please god; for he that comes to God must believe that he is, and that he rewards them who seek him.*

Romans 8:28 says, *And for those who love God all things work together for good, even to them that are called according to his purpose.*

Based on the above three Bible verses, I composed the following poetic verse that I apply to my life in total faith: I repeat the verse several times. In the beginning 5 times but now only a time or two.

**Everything Works for Good
For those who love the Lord.
(Romans 8:28)
This situation is helping me --
Not Hurting me!**

It's Actually the last line, ***This situation is helping me -- Not Hurting me!*** that contains the truth that sets me free.

This reverses the currents of our carnal mind or negative thinking mind that says, not being able to indulge in our addiction or that something bad happened and so we feel miserable. The pain and suffering of addictions overwhelms me eventually. This is because the Devil was tempting me by putting thoughts in my mind.

The Devil says, "Abstaining is Bad! You're going to miss all that pleasure. Life isn't fair. Life is a misery. Every one else get's pleasure but not you, Etc."

And just as Jesus answered the Devil with scripture, we answer the devil with scripture too: Romans 8:28:

**Everything Works for Good
For those who love the Lord.
This situation is helping me --**

Not Hurting me!

Once the mind accepts the words, ***This situation is helping me – Not Hurting me!*** I am free. I then understand how abstaining from the addiction is GOOD. All pain is suddenly gone. I realize the good – by faith – in not indulging in my addiction. And I'm free.

No, I do not get free by myself with this exercise. Ultimately I get the Fruit of the Holy Spirit which sets me free, which comes through Grace. Yes, Grace is a free gift. But according to my experience, I get this grace (free gift) by making an effort. The fight is over. I'm not fighting you, me God or the Devil. I have perfect self-control and an Ocean of Happiness to boot!

And once I know this truth, the truth makes me free! Not willpower! The pain and obsession is gone! The Devil is Gone!

I also repeat the 24th Psalm regularly. It's great for addictions. It reminds me, "The earth is the LORD'S." It doesn't belong to the Devil. It's also a reminder against vanity – a kind of Greed in itself.

Psalm 24 A Psalm of David.

1 The earth is the LORD'S, and the fulness thereof; the world, and they that dwell therein.

2 For he has founded it upon the seas, and established it upon the floods.

3 Who shall ascend into the hill of the LORD? or who shall stand in his holy place?

4 He who has clean hands, and a pure heart; who has not lifted up his soul unto vanity, nor sworn deceitfully.

5 He shall receive the blessing from the LORD, and righteousness from the God of his salvation.

6 This is the generation of them that seek him, that seek your face, O Jacob. Selah

7 Lift up your heads, O ye gates; and lift up your everlasting doors; and the King of glory shall come in.

8 Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle. (Against the Devil)

9 Lift up your heads, O ye gates; lift up your everlasting doors; and the King of glory shall come in.

10 Who is this King of glory? The LORD of hosts, he is the King of glory. Selah

Chapter 3

Healing The Fires Of Anger

About the Author: I spent 25 years: that is, July 1969 through December 1995 suffering terribly – as a Christian – unable to control bouts of anger and depression. The Christian Clergy, who mostly don't have problems with anger, depression or addictions insists this isn't possible. They believe the fault lies with me somehow – not with Christian teaching.

Suppressing Anger Is Not The Answer!

In fact, there are studies that show suppressing anger or any emotion is the cause of not only physical illness but mental illness as well. And consider also the unhappiness that comes from suppressing anger or any other emotion. But this seems to be the only thing that I was ever taught.

The only other alternative to anger seems to be suppressing it. But there is another way. It involves sublimation. It involves neither expressing anger or suppressing it.

Pastors mostly don't share their problems with the congregation. Robert S., head pastor of one of the largest TV ministries, in the 1990's was sued for assault by a male airline steward over an incident where Dr. S. allegedly lost his temper. But Dr. S. never shared this problem from the Pulpit.

Victoria, the wife of Joel, and also a senior pastor of the largest church in the world in 2013 – was sued by an airline stewardess for assault. Victoria allegedly had the airline stewardess pinned and angrily elbowed her in the breast. The altercation happened over first class seating accommodations.

I'm not trying to judge these pastors. In fact, I was involved in similar Angry events throughout my life until 1995. Then I finally put together a Christian teaching to pacify these emotions whenever they arise. The reason I had to put together my own

teaching is because I didn't get one that worked from Christian clergy.

For me a few prayers and a few Bible verses didn't help very much. But once I understood and had a plan of action, emotional pain actually becomes very easy to pacify. Beginners can do it quickly – within days or weeks.

Virtue comes from the Latin, “*Virtus*,” which means: moral excellence. The Opposite Of Virtue Is Vice

What Is Emotional Pain?

It comes as a surprise to many. But all emotional pain is vice – the exact opposite of virtue.

This also sheds more light on
the carnal mind!

What is the carnal mind?
It's a mind of Vice!
The opposite of Virtue!

We are addicted to all the five main categories of emotional pain. When anything we don't like happens, there is an automatic and involuntary reaction (addictive reaction) of the carnal mind. Emotional pain arises spontaneously. Sometimes it's as mild as simple self-pity. But sometimes it's as extreme as a screaming rage! We don't have to think about it. But once emotional pain arises in the form of Anger, Jealousy Greed, Fear, Depression, or Guilt, we are robbed. We lose not only of our peace and joy. But also we lose the supernatural presence of the Holy Spirit.

The purpose of this book is to provide an immediate Christian antidote for all emotional pain. The Greatest Christian Virtue is Love. And the worst Christian vice is anger.

The Root Cause Of All Anger!

All anger is dependent on our being hurt and / or others being hurt. Beyond this no anger will arise! This does not require faith to understand. But it did require I analyze anger and investigate for myself. In the same way every person can analyze anger and be certain of this fact for him or herself.

This is easy to observe from the standpoint of revenge. All anger involves some element of revenge. In fact anger makes us Greedy for revenge. Unless there is revenge, no anger exists. The revenge is always the restitution demanded for the original hurt. And without the original hurt to cause the anger, no anger will exist. Everyone should analyze his or her life and establish this truth for themselves.

Forgiveness Pacifies Most Anger!

Naturally if the person who made us angry, comes to us offering restitution and asks forgiveness, this is ideal. In which case the perpetrator is forgiven and all anger is gone. This fact can be verified from personal experience. Also if we can actually forgive the person in Christian Charity, this is also ideal.

Colossians 3:12-13

*12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long suffering;
13 bearing with one another, and forgiving one another*

Once forgiven the anger disappears. But what if we are unwilling to forgive the person? It's just too painful. In this case the person is not forgiven. The spirit is willing but the flesh is weak. Yes forgiveness is good. But forgiveness while the anger is still causing agony is not always possible or advisable.

In the same way, if the angry person can pray for the person who made them angry, Matthew 5:44, the anger can be completely pacified this way too. But while the suffering and hurt oppress us, this too may not be possible or advisable. It's just too painful.

Is there a painless way to deal with anger?

Is there a method that can very quickly neutralize the fiery darts of the Devil? And the answer is yes. The method is faith.

Ephesians 6: 12 &16

12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.

16 above all, taking the shield of faith with which you will

be able to quench all the fiery darts of the wicked one.

Using faith to deal with anger is relatively easy. But it takes effort of concentration.

First let's analyze the hurt that happens causing mental harm: that is, insults, putdowns, belittling, etc. From a worldly standpoint, this hurt seems very real and the anger that results seems real also. But is this hurt bad?

Romans 8:28 (NIV) "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

A thing can be bad but still good for us.

Footnotes: Romans 8:28 *Or that all things work together for good to those who love God, who; or that in all things God works together with those who love him to bring about what is good.*

We Accept It On Faith Everything Works For The Good!

How can anger be a good thing? Anyone who has made progress with anger comes to a unique understanding. The only time anger can be cured is when it has arisen. Otherwise there's nothing to bring it out. And so according to Romans 8:28, we are called to heal our anger – *"According to His purpose."*

When Anger Arises We Believe The Hurt Is Bad!

And so we know from Romans 8:28 *that everything happens for the good of those who love God.* Either a thing is bad or good. It can't be both. So we must decide for ourselves. According to the scripture, "Everything happens for the good." So how can it be bad? Anger hurts but it doesn't mean it's bad.

Suppose we are sick and must undergo a painful medical treatment. Is this bad or good? Naturally it's good. We're getting the cure. But why aren't we angry with the doctor for administering the painful medical cure? We must analyze this important aspect of human psychology.

It's totally because we consider the medical cure good. And instead of believing the painful cure is hurting us, we believe it's

actually helping us or, “Good!” Consequently there is no anger.

Then by the same logic, we come to a unique understanding. The person who made us angry is actually our teacher – teaching us about anger. We honor our pastor who teaches us about the Glory and riches of God's Kingdom. So why shouldn't we honor the person who made us angry? Without him or her, the anger would not have come to the surface to be rid of it. Therefore the person who made us angry, is teaching us too. A somewhat similar teaching comes from Jesus's Brother James:

James 1:2-3-4-12

*2 My brethren, count it all joy when you fall into various trials,
3 knowing that the testing of your faith produces patience.
4 But let patience have its perfect work, that you may be perfect
and complete, lacking nothing.
12 Blessed is the man who endures temptation; for when he has
been approved, he will receive the crown of life which the Lord has
promised to those who love Him.*

The temptation here is the anger. But if through logic and reason we can come to believe: that is, we are actually being helped by the person who hurt us, anger will not arise. But just knowing it for me was not enough. I had to meditate on it as Palm 1 says:

Psalm 1

*1 But his delight is in the law of the Lord, And in His law he
meditates day and night.
3 He shall be like a tree Planted by the rivers of water, That brings
forth its Fruit in its season, Whose leaf also shall not wither; And
whatever he does shall prosper.*

I was bound and determined to cure my anger, so I spent some time with all the scriptures in this chapter. After a few days, I was able to put it together logically using all the scriptures and the logic. The following scripture was even more helpful.

2 Corinthians 4:17-18

17 For our light affliction, which is but for a moment, is working

*for us a far more exceeding and eternal weight of glory,
18 while we do not look at the things which are seen, but at the
things which are not seen. For the things which are seen are
temporary, but the things which are not seen are eternal.*

After a few days, my mind was totally convinced in a swoop of total inspiration. But of course, we are not inspired at all times. And when anger first arises, we are certainly not inspired. So naturally I repeated my poetic verse to remind me of what's happening:

Don't wander! Don't wander!
On the road of distraction the Devil roams in ambush.
The Devil works through the Mind,
Clinging to greed and worldly lies.
So look into the essence of this magic,
completely ending all addictions.
“ Jesus says, *You shall know the truth and the truth will make you free!*” (John 8:32)

Soon I'm under control. But I can feel the pain of the anger building up. So I repeat the the following verse over and over in faith:

Everything Works for Good
For those who love the Lord.
(Romans 8:28)
This situation is helping me --
Not Hurting me!

I keep repeating this 5 times and more – until my mind is turned around. And after a few minutes, true to Ephesians 6:16, I'm actually able to escape the fiery darts of the Devil.

Again, almost immediately – the same as with addictions – the pain is gone! Again the important line is the last: ***This situation is helping me – Not Hurting me!*** When this line comes into focus, the anger is gone! **The Devil is gone!**

But this is not merely a psychological practice. Once the Fruit of the Holy Spirit kicks in, the first attribute (1) Love and the fourth attribute (4) Forbearance are opposite to anger. And so consequently the anger dies an immediate death. There is no fight! No willpower! No problem!

In this way it seems as though the Lord is helping me to eliminate my anger problem. That is, He's allowing the anger to be drawn out – like poison – by His servant: the person who makes me angry. And so we see the Fruit of the Holy Spirit is not contrary to logic and reason.

All anger disappears because of the logic. How can I get angry at a servant of the Lord (the one who made me angry) and who is helping me get rid of my anger? There is only one way to be rid of anger. That is, to be tempted to get angry – otherwise we can't take the test. Those drawing out our anger, are God's servants -- by default – even though God turns this to Good.

God never tempts anyone! And God never inflicts evil on anyone! This is the job of the Devil. But since God permits temptation and evil to fall upon us, then God turns this to Good. Again, "Everything happens for Good for those who love the Lord."

After twenty-five years, I went from a person with an anger problem to an ordinary person with his anger under control.

Naturally I immediately told all my friends. But instead of being happy for me, they were actually upset. They insisted there's nothing wrong with being angry. And they were disgusted with me for suggesting otherwise.

I guess I just read my bible differently.

Matthew 5:22 "But I tell you that anyone who is angry with a brother or sister will be subject to judgment."

Ephesians 4:30-32

30 And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

So not only does the Bible say, don't stay angry, Ephesians 4:30 says, "*Anger etc. Grieves the Holy Spirit.*"

But there are other scriptures, too, that say the reverse. And everyone has a right to read their Bible any way they want. But I was able to verify this one for myself. That is, the Fruit of the Holy Spirit leaves me whenever I'm angry.

Galatians 5:22-23, the Fruit of the Spirit:

1. joy
2. love
3. peace
4. forbearance
5. kindness
6. goodness
7. faithfulness
8. gentleness
9. self-control.

As time went on, I added just one more thing to my practice.

Psalm 34:1

I will bless the Lord at all times; His praise shall continually be in my mouth.

I got the above Verse from a TV preacher who insisted praising God when times are hard, is the very best thing we can do. So I added it to my program for anger. I came to realize that it's not possible to stay angry and praise the Lord at the same time. And my practice improved as follows:

Praise You! Praise You! Praise You!
Praise You! Praise You! Praise You!
Praise You! Praise You! Praise You!
Praise You! Praise You! Praise You!

**Everything Works For Good
For Those Who Love God
This Situation Is Helping Me
Not Hurting Me!**

Since most anger arises in public, I did all this silently with a smile. I'm sure no one ever suspected I was pacifying anger. Then a wonderful thing happened. Less and less anger arose. So weeks would go by and I would forget to practice. Then I would be off guard and the anger might get the best of me. But that rarely if ever happens now.

The biggest trouble I had was doubt. In the beginning I could not really believe, "Everything happens for good for those who love God." One week I spent hours repeating that verse over and over. Then suddenly I was overwhelmed with the personal presence of the Lord. And I got a personal message about that

verse, confirming it for me. That is, I believe God sees to it personally, that only Good happens to those who love Him.

By analyzing anger, I discovered anger is not a single negative current. My anger is actually 7 negative currents. These are:

1. I want the person to suffer by being ugly.
2. I want them to suffer physically and mentally with no happiness or health.
3. Suffer with no success.
4. Suffer with no prosperity.
5. Suffer bad reputation.
6. Suffer with no friendships.
7. And suffer with no salvation.

This is why I believe anger is so hard to suppress. We are outnumbered 7 to 1. We have one little conscious desire attempting to suppress 7 subconscious desires. No wonder suppressing anger directly is so painful. And it's why, I believe, suppressing anger causes such misery. In the long run it's like trying to suppress diarrhea.

Bible psychology is not suppression. It's called sublimation, which is derived from the word sublime. It means uplifted in spirit, especially in dignity, honor, and peace of mind. That is, once anger or any negative emotion is sublimated with God's Word, we are uplifted to a state of dignity, honor and peace of mind.

And we escape the pain and suffering: that is, "*The fiery darts of the Devil*," as Ephesians 6:16 puts it.

However, we are still obligated to pray for those who makes us angry. That is, "*Bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you*," Matthew 5:44.

And so I prayed, I bless you with love, health, and happiness. And I thought all bitterness and malice was gone but it wasn't. I had no conscious resentment at all. But then I realized, I would not like to see the person succeed in their struggling new business. I realized I did not wish them prosperity. And worst of all I did not wish them salvation.

So I use this prayer to cover all 7 things that I wanted for myself. This I believe fulfills the commandment, "*You shall love your neighbor as yourself*." Matthew 22:39 That is, I'm obligated to wish my neighbor in love -- all the things I wish for myself.

My prayer is, I wish _____ (Name of Person)

1. Physical Beauty,
2. Love health and happiness.
3. Success,
4. Wealth,
5. Fame,
6. Friendships,
7. And Salvation.

And I Pray God gives them all seven blessings.

I pray this prayer over and over until all trace of malice is gone. And the person can walk safely through the jungle of my mind. That is, until the lions and tigers hiding in the bushes of my thoughts, do not jump out and viciously eat them up.

And there's another reason I pray those 7 blessings for those I resent:

Matthew: 7:2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

This verse says: if I am angry, I measure and meet for them to be: (1) ugly, (2) sickly and unhappy, (3) unsuccessful, (4) poverty stricken, (5) with bad reputation, (6) without friends, (7) and unsaved. All this will come on me too: *What measure you meet, it will be measured to you again.*

Simply put, being angry causes me to be (1) ugly, (2) sickly and unhappy, (3) unsuccessful, (4) poverty stricken, (5) with bad reputation, (6) without friends, (7) and unsaved. Praying these 7 blessings reverses the negative and blesses me as well.

I do one last thing. That is, I forgive the person for their trespass. But there was one thing holding me back. I thought the scriptures wanted me to make friends with the person. On one occasion the person was a criminal type – maybe even a criminal – and I did not want to be their friend. So I asked someone about this.

I don't know if they gave me sound advice, but they said, “You're right, the Bible says we must forgive everyone. But there's no law that says, you have to go out and hug a tiger.”

So I felt comfortable with that and I had no trouble with forgiveness after that.

I realize others will have similar doubts about some of the things I've written here. But if you have an anger problem, I can assure you of one thing. We are all different. And God has made a

way for all of us. If this doesn't help you, keep searching. I know the Lord loves you and will provide a way as he has done for me.

I pray you all shall be blessed with: physical beauty – love, health, & happiness – success – prosperity – fame friendships – and salvation. And this includes the grace to find your own path -- one that suits you perfectly.

Chapter 4

Discouragement & Depression

The secret Cure!

There's a wonderful remedy for discouragement and depression. I was plagued by depression and discouragement for many years. It started many years before I became a Christian and continued many years afterward. I went for counseling but that never helped very much.

Mainly I thought depression was a really complicated subject. I didn't understand it myself and I had trouble thinking others understood it either. Everyone approached the idea of depression from the standpoint of it's being grave, critical and complicated. Depression didn't seem like something I could recover from easily.

This is far from the truth.

I'll save you the long story, but I planned to kill myself. I didn't know how I was going to do it. All I knew was, I just could not go on suffering and depressed. And so I told someone at a mid-week prayer service. It was great knowing you, perhaps we'll meet again sometime?

So naturally he asked if I was leaving town? And I said, no, I'm going to kill myself. Then I laughed like it was a joke. I realized if he thought I was serious, he might try to stop me.

But I didn't kill myself. The following day a person gave me the secret cure for depression.

Philippians 4:4-7

4 Rejoice in the Lord always: again I will say, Rejoice.

5 Let your disappointments be known unto all men. The Lord is at hand. 6 In nothing be anxious; but in everything by prayer and

supplication with thanksgiving let your requests be made known unto God.

7And the peace of God, which surpasses all understanding, shall guard your hearts and your thoughts in Christ Jesus.

The key to this verse is thanksgiving. I was instructed to find 5 things for which I was grateful. At first I couldn't find anything. Then I found some little things. I was grateful for: having enough to eat that day. I was grateful for having a place to live. I was grateful for the sunny day. I was grateful I became a Christian. And I was grateful I had a car that was paid for.

I really wasn't grateful for any of this. The person telling me all this was spouting pious platitudes – so I thought. Anyway I prayed for the things I wanted: that is, to win the lottery. That would end my depression, since money was the cause of my depression.

But I got surprised. My depression was lifted. I remembered some words of wisdom from my grandmother. She said, “I was depressed because I had no shoes, then I met a lady with no feet.” And I realized that I was better off than many others.

Finally I understood why I was depressed. It wasn't complicated at all. Depression is addiction to self pity. I stayed on that pity pot for years and years – feeling sorry for myself. Certainly God had blessed me with some good things. But instead of being grateful for what I got, I was actually ungrateful for what I hadn't gotten.

My friend suggested I come up with 5 things every day for which I was grateful. I agreed. Some times it was hard to find the 5 things. But from that first day forward, I was able to work Philippians 4:7, and get “The peace that surpasses all understanding.”

The key to ending depression is being grateful for what we have instead of being ungrateful for what we don't have. And as an added booster we get the peace that surpasses all understanding by thanking God in advance for the things we'd like to make us happy.

This simple information was all I needed to get rid of my depression. Seems too simple to be true. Search deep and find 5 things for which you can be grateful. For me my depression ended there. And hopefully yours too.

I found grief from deaths in the family particularly hard to take. Then I realized death is a beginning – not an ending.

Romans 8:28 also works well here for escaping the fiery darts of the Devil: that is, by seeing whatever we're lacking as bad, and causing the depression, as working for our Good.

Don't wander! Don't wander!
On the road of distraction the Devil roams in ambush.
The Devil works through the Mind,
Clinging to greed and worldly lies.
So look into the essence of this magic,
completely ending all addictions.
“ Jesus says, *You shall know the truth and the truth will make you free!*” (John 8:32)

Soon I'm under control. But I can feel the pain of the depression building up. So I repeat the the following verse over and over in faith:

Everything Works for Good
For those who love the Lord.
(Romans 8:28)
All situations are helping me –
Not Hurting me!
(simple logic)

Instead of seeing the cause of the depression as something bad – I see it through faith – as something good. This happens with the last and most important line: ***This situation is helping me – Not Hurting me!***

Money was my problem. So I began to see lack of money as a blessing. If it hadn't been for the depression, I would not have been looking for an answer in religion.

Although my worldly life seemed to go into the garbage can, my religious life blossomed. Instead of going to church every now and again, I began going regularly.

True to Ephesian 6:16, I escaped the fiery darts of my depression. It was replaced with dignity, honor and peace of mind.

Chapter 5 Why Practice Virtue?

Luke 6:19 *And the whole multitude sought to touch him: for there went virtue out of him, and healed them all.*

The commands of the Gospels involve mostly the practice of virtue: that is, the opposite way our mind automatically reacts. We are told to pray for those who persecute us. But when we're persecuted, our minds don't react with love and prayer. Instead the carnal mind reacts with anger and curses. Suppressing anger is a lot like suppressing diarrhea. If anger slips out, there can be a big mess. And this is not to mention all the unhappiness caused by suppressing any of the emotions

We have every intention of being kind and loving to everyone – especially our friends, family and employer. But we find they push our buttons – so to speak. And we go BIZERK!

We have the right to remain silent. But we can't. This is what gets us into the trouble.

As Christians perhaps the hardest of all commands is: *If any man would come after me, let him deny himself, and take up his cross daily, and follow me.* Luke 9:23

Denying the self looks like terrible misery.

When I first encountered this verse, I thought this would cause nothing but unhappiness. And this is true if the self is renounced with willpower. Willpower is good as far as it goes, but the problem is, willpower just doesn't go far enough. In fact based on willpower, I found renouncing the self a total waste of time. The spirit is willing but the flesh is weak. The answer is the practice of virtue that actually reverses the currents of our minds.

When I studied my own self, I discovered the self reacts with scientific precision. If something bad happens, some misery of anger, fear, depression or guilt happens automatically.

The self is, of course, the false self or ego. There are two sides of this false self: that is, Selfishness and self-centeredness.

When something we like happens, our minds react with some sort of happiness or some sort of pleasure. We can be very

happy as long as we are greedy and self-centered -- only if we get exactly what we want. But when something we dislike happens, our minds react with some sort of unhappiness – some displeasure.

When something we dislike happens and selfishness is our state of mind, Anger and greed are the result.

But when something we dislike happens and self-centeredness is our state of mind, fear, depression and guilt is the result.

Anger and greed always produce an increase of energy. This is called a manic state by modern psychologists.

And fear, depression and guilt always produce a decrease of energy. We become couch potatoes. This is called a depressed state by modern psychologists.

All of this can be verified by studying our own mind. There are only 5 categories of emotional pain.

1. Greed
2. Anger
3. Fear
4. Depression
5. Guilt.

All other names for emotional pain fit nicely into the above five categories as follows:

Anger

[selfish category – imbalanced by too much energy]

Other names for anger: Resentment, revenge, reprisal, annoyance, irritation, retribution, frustration, exasperation, rage, wrath, fury, bitterness, hatred, dislike, antipathy, offense, umbrage, self loathing, and many more.

Anger is pacified by practicing the virtues of Prayer of Loving kindness and forgiveness.

Greed

[Selfish category – Imbalanced by too much energy]

Other names for greed: addiction, envy (envy with anger = jealousy), lust, gluttony, excessive desire, craving, pride, arrogance, self-aggrandizement, covetousness, acquisitiveness, avarice, avariciousness, avidity, cupidity, stingy, tight wad, rapaciousness, rapacity, and more.

Greed is pacified by practicing the virtue of renunciation which involves giving up or letting go (sobriety, etc) and revulsion.

Fear

[self-centered category – Imbalance too little energy]

Other names for fear: dread, worry, horror, fright, anxiety, panic, alarm, anxiety, trepidation, apprehension, uneasiness, turmoil, jumpiness, wariness, and many more. Fear is easily pacified by the virtue of faith.

Depression

[self-centered category – Imbalance too little energy]

Other names for depression: Grief, loneliness, despair, sadness, guilt, gloominess, misery, melancholy, hopelessness, dejection, slump, hollow, self-pity, low self-esteem, self-loathing (can be either anger or depression), self-depreciation, guilt and more.

Depression can easily be pacified by practicing the virtue of gratitude.

Guilt

[self-centered category – Imbalanced too little energy]

Other names for guilt: Self-incrimination, self-condemnation, and more. Guilt is actually a kind of depression. But it's separated because the formula for pacifying guilt is different than the formula for pacifying regular depression.

Guilt is easily pacified by practicing the virtue of repentance.

Analyzing All Emotional Pain of the Carnal Mind!

It's necessary to actually analyze all emotional pain to fully understand the implications of selfishness and self-centeredness. Otherwise we will hardly believe it. And when we discover this amazing fact, we shall be surprised to discover our own selfishness and self-centeredness is actually causing the emotional pain. How can this be? Analyze and you will know it for yourself.

And by the same token, all emotional pain can be reversed or pacified by practicing the corresponding virtue.

According to Aristotle's ETHICS written 2500 years ago, authentic happiness lies in the middle of two opposite extremes.

The Middle Path!

The Mind of Christ!

The middle path for Christians is the Fruit of the Holy spirit. It's a state of balanced energy. It lies in the center of the excess energy of selfishness -- and the lack of energy from self-centeredness.

Galatians 5:22-23 *But the Fruit of the Spirit is love, joy, peace, long suffering, kindness, goodness, faithfulness, 23 meekness, self-control; against such there is no law.*

1. Love
2. Joy
3. Peace
4. Long-suffering
5. Kindness
6. Faithfulness
7. Goodness
8. Meekness
9. Self-control

In Greek, the Fruit is a singular noun. That means we don't receive the Fruit of the Holy Spirit one by one. We get all of them at once.

The main reason I practice virtue is because – in my opinion – the practice of virtue predisposes the Fruit of the Holy Spirit – The Mind of Christ. This is my personal experience. The Fruit of the spirit balances our physical energy as well as our psychological state of mind. This is a fact out of my own experience.

In many cases I actually have the Fruit of the Holy Spirit, but because of Anger, Greed, Fear, Depression or Guilt, that forces my mind into an unbalanced condition, the Fruit of the Holy Spirit is covered over – gone!

Everyone please analyze his or her own mind. The Fruit of the Holy Spirit: that is, the balanced mind of (1) Love (2) Joy – (3) Peace – (4) Long-suffering – (5) Kindness – (6) Faithfulness – (7) Goodness – (8) Meekness – and (9) Self-control can not co-exist with any of the unbalanced negative emotions.

And even if I don't get the Fruit of the Holy Spirit, the practice of virtue activates some of my own good qualities, such courage, gentleness, truthfulness, friendliness, high mindedness, and repentance. Also the practice of virtue helps to develop my own individual qualities of love, joy, peace, long-suffering,

kindness, faithfulness, goodness, meekness and self-control. In the same way this works toward balance -- physically and mentally. And this, too, pacifies anger, greed, fear, depression, and guilt. This is also a fact out of my own experience.

Therefore denying the self involves giving up Anger, Greed, Fear, Depression and Guilt. But this is practically an impossibility by suppressing these emotions. However it can easily be done with the practice of virtue. The net result is the end of emotional pain.

Why Practice Virtue? To Be Rid Of All Emotional Pain!

Added Bonus:

Hosea 2:19-22 promises us: *19 And I will betroth you unto me forever; yea, I will betroth you unto me in righteousness, and in justice, and in loving-kindness, and in mercies.*

20 I will even betroth you unto me in faithfulness; and you shall know me.

There are 5 virtues mentioned here:

1. *Righteousness*
2. *Justice*
3. *Loving-kindness*
4. *Mercies*
5. *Faithfulness*

And so the Bible promises us Union with God: that is, betrothal or marriage. Jesus said, "I and my father are one," John 10:30 signifying a marriage.

This Betrothal involves two becoming one. That is becoming one with God. But Jesus is the son of God and it naturally stands to reason the Father and Son are One. So how can that apply to me?

Galatians 3:26 *For ye are all sons of God, through faith, in Christ Jesus.* The promise is an even closer relationship than salvation. We're promised union with the Lord – as in a marriage – oneness – forever! The only requirement is the practice of virtue.

Chapter 6

Overcoming Fear

If we are talking about the emotion of fear, there is no such thing as healthy fear. Emotional fear drains our energy. It makes couch potatoes of us all. Emotional fear is the wind that blows out the lamp of reason. It makes us panic.

There may be some advantage in Emotional fear if it helps us from falling off a roof. That is, we look down and panic. And this keeps us from getting too close to the edge of the roof. But otherwise it's a definite disadvantage.

But isn't emotional fear – a God given instinct – that help us survive?

Maybe Yes? Maybe No?

Many of us have had nightmares of being chased by a wild animal or some villain. Naturally we panic and try to run as fast as we can. But our muscles are heavy and we can't move fast! We try harder and harder! The vicious animal gets closer and closer! Then we wake up in panic and realize it's only a dream.

This may be closer to reality than we think. Supposing we were confronted with a 400 pound mountain lion on the jogging trail? Would running really do much good? Whatever ever we did, we would want to utilize all our physical and mental resources. In that case emotional fear doesn't sound like in intelligent thing to do.

Emotional fear is unfortunately not a matter of choice. It's an automatic reaction to certain events of the physical world. If we analyze this emotion, it's really cowardice or conversely greed for protection. Consequently it's not a God given instinct. And because it steals our intelligence and physical energy, it can't be the best resource for survival.

2 Timothy 1:7 says, “*for God did not give us a spirit of fear, but of power, and of love, and of a sound mind.*” So if God didn't give us a spirit of fear, it must be an illusion.

Emotional fear is very painful. Another name for it is anxiety.

What Causes Fear?

Fear or anxiety is an automatic reaction of the mind. It usually involves something that is about to happen in the physical world. Suddenly our self-sufficiency is threatened. The events seem beyond our control. If the event is important to us, emotional fear arises automatically and without our desiring it.

Fear involves self-sufficiency entirely. There is only so much we can do physically to control the outcome of events. From this standpoint we are limited.

“Man Proposes but God disposes.” is a cliché telling us that things don't always work out as planned. This becomes a fact out of everyone's experience. All of us learn that human sufficiency is limited. But God's sufficiency is unlimited.

So naturally there's a desire and an attempt to supplement our own self-sufficiency with God's Sufficiency. That's what faith is all about. This kind of faith works as a shield to protect us from the fiery darts of the Devil's emotional suffering of fear. That's the theory. It kills the emotional pain caused by fear. It's simple and easy to implement.

Here are two interesting statements made by Jesus.

Matthew 19:26 *Jesus looked at them and said, “With men this is impossible, but with God everything is possible.”*

Mark 9:23 *“Everything is possible to him who believes.”*

The same phrase, “Everything is possible,” appears in both quotes. The implications is simply that through prayer – everything is possible. And through belief – everything is possible – also. Either one makes everything possible – not both!

This is important because thoughts are things. By simply believing something, everything is possible. If we believe we will receive the bounty of God's blessings, we will receive them. But believing we'll get the short end of the stick, like Jobe – so to speak – we'll get the short end of the stick.

Jobe 3:25 says, *“Lo the things I feared has come upon me.”* Fear is a belief. So if we believe terrible things will come upon us, this will happen also.

Completely Pacifying Fear

Emotional fear is also a psychotic delusion of the mind. We believe we are perfectly justified to believe our emotional fear is real. So the first thing we must do is expose our faulty thinking.

Jesus tells us, “You will know the truth and it will make you free.”

Let's analyze fear. Supposing we were absolutely sure a catastrophe would actually happen? If that were true, all our fearful thoughts would be a waste of time. That is, the catastrophe is going to happen anyway. What good will fear do? It's important to analyze and think this out logically.

Now supposing we were absolutely assured that things were going to work out as we desired? In this case also, all of our fear and worry will have been a waste of time. That is, everything is going to work out okay. So what good will worry do?

Not only is fear a waste of time – no matter what happens. But also it blocks our logical reasoning and drains our energy – making it hard to take effective action. Naturally this is a lie of the Devil – an illusion. When we understand all of this, we know the truth. And the truth sets us free. The lies of the Devil – along with emotional pain – dissolve into nothingness. We do this before we ever begin the practice of faith.

Hebrews 11:1 *Now faith is the substance of things hoped for, the evidence of things not seen.*

This verse tells us we have proof – faith exists. That is, everyone who prays sees some of his or her prayers answered. Also it tells us that faith is a tangible something: that is, a tangible substance.

Hebrews 11:3 *Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.*

And this verse tells us that our unseen God is the underlying reality of the physical world.

When we walk by sight, we see the physical reality but what we don't see is the unseen, underlying reality. And that's the reason we need to exercise faith. If not, we cut ourselves off from a natural resource, God.

Faith Permits Us To
Dove-tail Our Mind
With God's Will!

The following are some Bible verses, helping us to bring our mind into agreement with God's will:

Jesus says in Matthew 6:25-34, *Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?*

26Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feeds them. Are ye not much better than they?

27Which of you by taking thought can add one cubit unto his stature?

28And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

31Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

34Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Philippians 4:19 And my god shall supply all your needs according to His riches in glory in Christ Jesus.

II Corinthians 9:8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

Mark 11:24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Philippians 4:13 I can do all things through Jesus who strengthens me.

John 15:7 If you abide in Me, and My words abide in you, you will ask whatever you desire, and it shall be done for your."

My Actual Practice

Getting rid of fear and anxiety is a must. Fear draws the things we fear toward us. We get what we pray for. Fear is a prayer for the things we don't want. There are at least two ways of running my life: that is, by relying on Faith or by relying on Self-sufficiency. We're all automatically addicted to success through self-sufficiency. This is what sets the stage for fear and anxiety. When self-sufficiency looks like failure, we automatically react in fear.

I break my addiction to self-sufficiency by being willing to accept any and all the results of life as the infallible will of God. Man proposes, but God proposes. If the result is good, we easily accept that as God's will. But if the result is bad, I needed to be willing to accept that too. Everything that happens is the infallible will of God. Accepting this requires a great deal of prayer and letting go. I know when this happens in my life, there's infallible peace.

As the 23rd Psalm says, "*He leads me beside still waters.*"

Then I keep fear away from my life by believing "*Everything happens for Good for those who love God.*" Romans 8:28. That way it's easy to have faith because there's nothing opposing belief in the Best. If I get what I want, wonderful! But if I don't get what I want, that will still work. That's because, "Everything works for the Good of those who love God."

This way faith is really simple practice. I'm Blessed if I succeed. But I'm also Blessed if I don't succeed. That's because – through faith – life is always a win, win proposition for GOOD!

Chapter 7

Guilt!

If we feel guilty, is it because we're guilty?

This may seem to be very real – coming directly from God – but Guilt is also one of the tools of the Devil. If we feel emotionally upset and guilty, does this really come from God?

God has given us free will. So if God made us feel awful – so that we would repent and live a religious life – would this really be free will? So based on logic and reason, emotional Guilt can't be from God. If we review our life and find we're doing something wrong, it's time to repent. But if we're also emotionally guilty, we are caught up in illusion.

Emotional Guilt along with anger, greed, fear, and depression are all opposite extremes. God has given us feelings of dignity, honor and peace of mind. The opposite extremes come from the the carnal mind.

Guilt drains our energy, blows out our lamp of reason, and makes couch potatoes of all of us.

So the way to pacify emotional guilt is repentance. That is, we feel sorry for what we have done -- or did not do. Then by asking God's forgiveness, we are forgiven.

Psalm 103: 2-3 Bless the LORD, O my soul, and forget not all his benefits: 3 Who forgives all thine iniquities; who heals all thy diseases;

Then it's our job to accept the forgiveness in faith, turn from our unwholesome behavior of guilt, make restitution, and live happily ever after. I personally do not believe there is anything for which God does not readily forgive us. But I'm not an expert in this matter. If you have doubts, it's better to talk to someone schooled in theology -- your pastor etc.

And if we are forgiven by God, then why should we listen to the negative lies of the carnal mind – telling us to continue in emotional Guilt?

This kind of Guilt is a psychotic delusion from the Devil. It's a clear manifestation of self: that is, self-centeredness. Jesus tells us to deny this self.

Realizing That All Emotional Pain Is Delusion

ONTOLOGY

Ontology is logic that deals with determining if a thing is real. It's an ancient science that comes to us by way of Aristotle's logic. But this doesn't mean ontology should be discarded as an outdated science. All modern computers use the logic of ontology -- called a tetra-lemma -- for sorting data. It's also used in philosophy to establish a science of the mind.

And so if anger, greed, depression, fear and guilt are real, we shall analyze and determine this for ourselves. Certainly all emotional pain seems real. Guilt hurts! It's there! It exists! So how can Guilt and other emotional pain NOT be real?

There are other things that seem real too but aren't. For example, a rainbow looks real but it's not. It's actually an optical illusion. A mirage in the desert looks real also but it isn't. They exist but they're not real.

Analyzing Guilt:

From analysis we discover all Guilt involves two factors: that is, a guilty self and guilt of the mind. Guilt of the mind must be the same as the Guilty self or it must be different from it. There is no third possibility. Something real must be one or the other. Nothing real can be the same as something and different from it at the same time. This is just common sense and reason.

By analysis we determine that Guilt of the mind and the Guilty self are different. This is because the ax that chops wood must be different from the wood it chops. And the subject of a sentence must be different from the verb that acts upon it.

In the same way Guilt of the mind must be different from the Guilty self which is acted upon. That is, various degrees of Guilt of the mind produce various degrees of a Guilty self. These can be as mild as simple remorse or as grave as sackcloth and ashes.

But at the same time -- something that is separate from something -- is also independent of it. Separate things can come and go as they please. Neither is connected in any way with the other. So now we test Guilt of the mind and the Guilty self.

Unfortunately we discover, the Guilty self and Guilt of the mind never appear separately. In fact they are mutually dependent. They always appear and only appear together.

From this we determine that Guilt of the mind and the Guilty self are NOT real. This is because nothing can exist like this in reality. That is, they're both the same as and different from the other. They're like a rainbow.

A rainbow – an optical illusion – exists the same way. Whenever water vapor and refracted light come together, a rainbow appears. They too are mutually dependent. It doesn't matter if the water vapor comes first or if the refracted light comes first. Being mutually dependent – whichever way they come together – a rainbow appears. But the rainbow not real.

In the same way Guilt of the mind and a Guilty self come together, like a rainbow. They produce emotional guilt in the same way as water vapor and refracted light produce a rainbow. False perceptions like rainbows are called illusions. But false beliefs like emotional Guilt are called delusions. All vices – including all emotional pain – can be examined this way. And all can be found to be delusions.

Therefore, if we analyze greed of the mind and the Greedy self – anger of the mind and the Angry self – fear of the mind and the Fearful self – depression of the mind and the Depressed self, these too are delusions.

And so denying the self is the Word of God from Jesus. But it's also the only intelligent conclusion. True happiness comes from the Fruit of the Holy Spirit – not from the ever-changing likes and dislikes of the delusional false self or ego.

Chapter 8

The Answer to the Secret of Life

The Parable Of The Prodigal Son (And Daughter)

Luke 15:11-32

How To End All Problems In Your Life!

But that's impossible! Everyone has problems! No one can end all problems in his or her life!

Jesus Disagrees With You:

Matthew 19:26 Jesus, looked at them and said, “With men this is impossible, but with God everything is possible.” So, “With God everything is possible,” even something impossible, like ending all problems in your life.

There Is No Such Thing As A Problem! Only The Lack Of A Viable Plan!

A problem only exists as long as there seems to be no viable plan for overcoming it. The nature of life, of course, is problems. There are problems like, not getting what we want, failures, old age, disease, and death – just to name a few. But all these problems and many more end as soon as we have a viable plan for attacking the problem. The viable plan may not overcome the obstruction. But as long as it seem an adequate response to the attack of the Devil, there can be no problem.

If our viable plan fails, then we have problems again.
Please analyze this important point of human psychology.
So there are actually two ways of ending all problems.
First, God can remove all obstructions!

And secondly, God can provide a – viable plan – for responding to the obstruction.

My Own Personal Experience

I was 37 years old and at the bottom of the snake pit. It's like I had a flat tire. I didn't like where I had been. I didn't like where I was going. But I was in a big hurry to change the tire. My problem was, I just didn't like life. Everything was wrong! Everything was a problem!

Then I read the Parable of the Prodigal Son. It's the story of a guy very much like myself. Our circumstances were different. But our state of mind was exactly the same – Big Loser! As a solution to his problems, the Prodigal Son decides to go back home to his father house and work as a SERVANT. Complete story Luke 15:11-32.

I made a similar decision. As a solutions to my problems, I decided to go to back to my Heavenly Father's house and work as a SERVANT. It completely changed my life. It also skyrocketed a close relationship between myself and the Infinite.

The story of the Prodigal Son is my story. And I can't help thinking it's Jesus's story too. The lost years of Jesus opens the door to speculation. What was Jesus doing during the lost years? Was he wasting his life away, like me? Had he gone to the bottom of the snake pit, like me? And as a solution to his misery, did Jesus go back to His Heavenly Father's house as a SERVANT? I think he did.

God let's us run wild while we're young. We are free to make our mistakes. And once we've all become Prodigal Sons and Daughters, God gives us the chance to turn our lives around.

The way is the path of the Prodigal Child.

There are very few instruction in the actual story of the Prodigal Son. And I am very grateful for the book, *The Practice Of The Presence of God* by Brother Lawrence. He describes himself as a simple Carmelite Monk, who had received some wonderful favors from God by basically establishing himself as God's SERVANT. Brother Lawrence did it all for the Love of God.

I didn't do it for the Love of God in the beginning. I did it because I was miserable. That was my only reason.

Establishing ourselves as God's servant is an Old Testament idea as well. Joshua 24:15 says: *But as for me and my house, we*

will *SERVE the LORD*.

I am also grateful for a few lines written Dr. Karl Jung the great psychiatrist. His approach to psychology was from a Christian perspective. He writes:

"Talk as much as you want, isolate yourself continuously, still this 'I' (the ego--the cause of all mental pain and suffering) will always return to you. Cut down the poplar tree today and you will find tomorrow it forms new shoots. When you find that this 'I' (the ego) cannot be destroyed, let it remain as 'I,' the servant of (God)."

(From Volume 11 of Jung's Collected Works, published by Princeton University Press, in the foreword to *Der Weg Zum Selbst*)

It's obvious to me that Dr. Jung joined the ranks of Prodigal children. So his instruction for controlling the ego, most probably came from his personal experience as a Christian. Like me, he probably returned to his Heavenly Father's House as a SERVANT.

So how does one serve the LORD? Based on logic and reason, God provides every job in creation. If there is a Job, it's because God created it. Otherwise, the job doesn't exist. So everyone serves the LORD by default. But instead of doing the job as God's SERVANT, we do it to please our own Self or ego. And there are two sides to this Self or ego. There is self-ishness and self-centeredness. According to Dr. Jung this is what causes all our pain and suffering.

Joshua 24:16 says, *And the people answered and said, God forbid that we should forsake the LORD, to serve other gods."*

So anyone who doesn't work for the LORD, the creator of all jobs, works for the ego, the self, other gods, or someone.

Jesus tells us to renounce the self or ego (Luke 9:23-24). This is not just a Religious idea. It's also a way to be happy.

By doing everything for the LORD we shift gears. Instead of acting with self-interest: that is, selfishness and self-centeredness, we work with another motive: that is, to please the LORD. This changes our motivation. We no longer act for Self. We become selfless. Thus by renouncing the self or ego this way, we renounce all the pain and suffering that goes with it.

The thought of being engaged in a formal ministry didn't cross my mind. I began praying for the knowledge of God's will and the Power to carry that out. But nothing came. If I would have felt God wanted me to study in a seminary, I would have done that.

Rightly or wrongly, I prayed over and over, LORD, please

give me the knowledge of your will for me and the power to carry that out.

This becomes the easiest of all answered prayers. Whatever I am doing? It's the infallible will of the God. That is, I'm doing it. If it wasn't God's will, I wouldn't be doing it.

So finding the infallible will of God is easy. I'm always doing it. I was doing it and I didn't like it. So I continued to pray over and over for the knowledge of God's will and the power to carry that out. But nothing changed, I still had problems. I didn't know where I wanted to live, or even what I wanted to do as a profession.

When all else fails, surrender saves the day. I surrendered! I gave up! Since I was already doing God's will, I decided to continue doing what I was doing. I figured God must be teaching me humility. I hated it at first. But there was at last the peace of surrender.

God, I said, if you want me to keep living in a lousy place and working at a dumb job, I'll do it. I'll willingly do it for the rest of my life. But as your SERVANT, I would like something better to do. I'll live anywhere. I'll do anything – even clean toilets – if that's what you want?

Great peace descended upon me. I continued with the same prayer, LORD please give me the knowledge of your will for me and the power to carry that out.

My father used to make a joke. “It's okay to talk to God,” he would say. “But when God starts talking back, you're in trouble!” My first direction from God, so I thought, was to move to Northern California and wait for further instructions. Could this be God? Or could it be the Devil or what?

I knew that God talks through His Word, the Bible. Several times after reading the Bible, a verse would stand out in my mind. This might happen a few days later. But I understood this was a message from God. I was sure of it. It made sense and for me it could have meant nothing else.

I also knew that God communicated through people. Even without knowing it, a friend had said something that made sense to me. Everything became clear and logical, and I realized it was a direct message from God.

God Also Communicates Through Logic & Reason!

Isiah 1:18 says, “ Come now, and let us reason together, saith the LORD:” so God talks to us through logic and reason. I decided to only act on God's viable plan if it was reasonable and logical. I discarded the idea of moving to Northern California. And from that time to this, I discovered LOGICAL, viable plans to end all problems within minutes. A few times it took longer. Once I had to wait 3 days.

Problems arose all the time. A few times I said to God, if you have a viable plan that's reasonable for getting me out of this one, I'll be greatly surprised. But sure enough, logic and reason saved the day once again. A viable plan suddenly appeared and the problem melted into nothingness.

When I say logic and reason, I don't mean the logic and reason of the world. But at first this was all I could accept. Once I had more experience, however, and recognized the quick small voice of God, it required walking by faith -- not by sight. It took Courage to keep on keeping on.

The reason and logic lined up with scripture. And most importantly, I was at total peace. Total peace is most important. Without this, I didn't make a move. I kept praying for the knowledge of God's will and the power to carry that out. This is because, without the Heavenly Peace, I knew I didn't have the Wisdom of God's will.

Ten years went by quickly. And I realized that I hadn't had any problems for about 10 years. So naturally I shared this with some of my friends. Most got angry with me. So I didn't share this with anyone for another ten years.

Twenty years later I tried to explain it logically in terms of getting a viable plan. But nobody could believe it's possible to get rid of all problems for even one year – let alone 20 years.

Then finally I realized I had been given some spiritual gifts. It didn't seem like anything special. There are 9 gifts of the Holy Spirit (1 Corinthians 12). Practicing the path of the Prodigal Child must have activated at least two of the gifts: that is, the gifts of Knowledge and Wisdom. Wisdom gives us a viable plan for ending problems, and otherwise make the right decision. And knowledge gives understanding and insight into our circumstances. We realize there's a plan and a purpose for everyone's life including our own. But knowing we're actually living it is really a good feeling.

I'm not trying to tell you how good I am. I'm trying to tell

you how good the path of the Prodigal Child is.

The very first time I prayer for the knowledge of God's will and the power to carry that out, I was totally depressed. A few hours later I got an idea that made logical sense: that is, a viable plan. And the plan thoroughly excited me. It gave me faith that the path of the Prodigal Child was real. Depression plagued me for the first few years. But almost as soon as I prayed, a simple plan came to mind. In every case I was encouraged to take some action. And this action pulled me out of my depression.

For example, I was called to donate my time with drug addicts and alcoholics. At first I didn't want to go – too depressed. But afterward when I did, the depression always lifted with that service.

From the beginning I worked at mundane jobs. I began doing the job for God. I began doing it, like God were actually watching: that is, looking over my shoulder. I came to work on time. And I didn't leave early. I even worked more hours than I was actually paid for. I became honest and trust worth. Surprise! This turned out to be a happy life. I never even guessed it would be such a good life.

In the beginning it seemed like nothing turned out like I planned. Later, however, all that changed. Learning to handle disappointments was the hardest thing for me to learn. But finally I found a way.

I gave up my rights. That way I didn't have to defend those rights.

And by analyzing my daily life, I realized almost all the pain and suffering of disappointment is in the results. So I renounced the results of life. All I can do is my best. Beyond that, there really isn't any more I can do.

By working hard at anything, there's no guarantee of success. Yes, we can pray, have faith and work extra hard. But sometimes there's still failure.

So I tried to do my best. I prayed hard and had faith. That was my job. Then I turned the result over to God. How it ultimately turned out was God's business.

I adopted the cliché, “Do the footwork, let God take care of the results.” I reminded myself constantly. I'm in the footwork, praying, and faith business. God's in the results business. I stayed out of God's business. And God stayed out of mine. I was never criticized or scolded for my work. I began praising God for the

results – both good and bad.

Early each morning I reviewed each day in advance. All kinds of fears arose, like the the fear of failure. the fear of not being liked, the fear of a breakdown, the fear of the economy killing business, and so forth. One by one I turned them over again and again. The results of life are God's business. By realizing this, great peace descends.

But as I went through the day, these same fears would come back. One by one I turned these fears over to God again. And again there was peace. Turning the results of life over to God brings immediate peace. And it's not that hard to learn. I found it's necessary to do it all day long – not just at prayer times.

This I realized is the most successful way to live life. It eliminates 99.99% of all emotional pain.

I understood at a very deep level, man proposes but God disposes. And once I understood this fully, I realized this was the most successful way of handling fear. Once I did all I could do, there really wasn't any more I could do. It was in God's hands.

Therefore, turning the results of life over to God is the only intelligent thing to do. Our resources are limited. God's are unlimited. And once the results are turned over in faith, it's necessary to let go of the results. Worrying is a complete waste of time. Otherwise life becomes a misery, like it was before I began practicing the path of the Prodigal Child.

The secret is in letting go – letting the chips fall where they may. This is because the carnal mind is totally and completely greedy for profit in all results. And if the result is not what we want, it makes us miserable. By dedicating the results to God, the carnal mind can't catch hold of my emotions.

And so I let go and let God – without clinging to the results. This brings immediate peace.

The trick is in surrendering only the results. Never surrender the footwork.

Another way of putting it is, Do the foot-work and the results will take care of themselves!

Within a few weeks of my original decision to SERVE God, things changed dramatically. It was the only easy life I ever had. It was the only good life I had ever known. I was happy for the first time in my life. Praying daily for the knowledge of God's will for me and the power to carry that out, worked well. I realized I was doing God's will, but I also learned something else. I was

also doing what I wanted to do.

God is not a butcher and a tyrant. Naturally God asks us to do what we like doing. And so who can't be happy doing what he or she wants to do in life? I didn't pray for this. It just happened. It all started with my being willing to do anything, even clean toilets if that's what God wanted me to do.

When we pray for the knowledge of God's will, it's actually a way of dovetailing our will with God's will. I didn't expect this to happen. I just figured life would become bland and uninteresting. But instead I got surprised. God tells us to do what we really want to do in life. And as God's servant, we get God's favor. We're given the chance to do what we really want to do. The Path of the Prodigal Son is the only way to go. Who can't be happy doing what we really want to do?

A few times there were personality problems that made everything horrible for a few days. Also I filed bankruptcy. But I wouldn't go back and change anything. I still believe this is the most scientific way to work. I had some other failures too. I thought I always wanted to be a writer. So I spent a few years writing some novels and never made any money on them.

And there were successes too wonderful to mention. All in all it's a good and wonderful life. I would have it no other way. Thank You Jesus, for the answer to the secret of life: that is, The Path Of The Prodigal Son. But thanks most of all for the Truth that set me free, **Everything happens for the Good for those who love the lord.**

End