

**Gospel of
Atheism**

PRINCIPLE 6, LET HAPPINESS COME

The Sixth Principle of Self-love is not to try and force yourself to be happy or happier but to just let it happen and accept whatever amount of happiness you have. This avoids stress and fear which both increase unhappiness.

The goal we all have in life is to be happy. To be happy we must accept that we will never be perfectly happy all the time and we must learn to be content with what we have. Why wreck the sober happiness you have just because you want more that you may not even get? If we aim to be perfectly happy we will destroy much of our happiness for going after what we cannot have. The lesson is to grab all the happiness you can out of all the happiness that is out there for you but don't expect the impossible. Don't expect to be able to make yourself ecstatically happy forever. Some say that happiness has nothing to do with feelings. But how could you be happy feeling nothing or not much when you know you have the power to feel better?

Do not confuse happiness or being content with getting loads of kicks for kicks are hard to make and you get sad if you cannot have them so you are better off just being content. They will lead to some level of addiction and addiction is slavery and you have to realise that happiness without looking for kicks adds up to more happiness than what the kicks alone would create.

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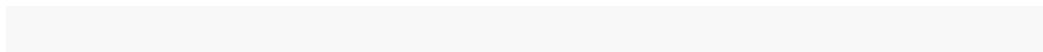
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