

**Gospel of
Atheism**

LIBERATION FROM GUILT

1 [Salvation by
atheism](#)

Guilt is caused by belief in free choice. Guilt is the perception you have that you are a bad person and should be made to pay for the badness in you. Guilt is useless because the past is over and this moment is another moment. It is a new moment from which change is possible. Guilt looks back to the past when what you should be feeling is optimism that you will do something to correct the evil you have done as far as you can and that you have learned from your mistake. Guilt is the feeling that you want to suffer for what you did wrong and it is one fulfilment of that desire for it is painful. It is a disorder because it is wanting to be happy and believing that you should be happy that can get you started improving and clear up the mess. It does not matter how common something is, that does not make it normal. Only reason can say for sure what is normal.

2 [What is self-
esteem?](#)

3 [Why is self-
esteem
important?](#)

Do away with the concept of deserving punishment – the fact that you never work to earn self-esteem but just break down the internal barriers that prevent it being unleashed in you proves that the concept of deserving is bad news. No matter what you have done in the past the only thing you deserve is the power to live a good life and be happy. Redemption is better than punishment. If you believe you should be punished then you are in trouble. All this is true even if you do believe in free will and that punishment is what we deserve because the deserving bad is blanked out by the deserving good. You deserve all good and the reason you deserve it is because of what you are and not because of what actions you perform. What you are is a conscious intelligent being who can be happy or unhappy and that automatically tells you that you should be happy. Babies cannot do good or evil but they “deserve” to be happy because they are babies.

4 [How to love
yourself](#)

5 [You want to be
happy.](#)

6 [You can be
happy.](#)

7 [To love
yourself
means loving
yourself alone
ultimately.](#)

The effective way to deal with guilt when it appears is to refute its accusations against you and its will to punish you by doing as much good as you can and as soon as possible. Prove it wrong.

8 [Fear is the
father of evil](#)



9 [Nobody makes
you unhappy.
but you](#)

10 [Let happiness
come just pave
the way and
trust yourself](#)

11 [Be easy to
please and life
will be better](#)

12 [You just need
to see your
worth](#)

13 [Egoism is the
way to go!](#)

14 [Distracted
selfishness is
your salvation](#)

15 [See that you
are not a
sinner](#)

[Be your own](#)

- 16 [Be your own person](#)
- 17 [Only God you need is you!](#)
- 18 [You have a will but it is not free in the religious sense](#)
- 19 [Proof that there is no free will and we don't really want it](#)
- 20 [Belief in fate is not really that bad](#)
- 21 [Liberation and guilt the gospel of atheism](#)
- 22 [Forgiveness in the popular sense is a snare!](#)
- 23 [Hatred in disguise the gospel of atheism overcomes it](#)
- 24 [The importance of evidence and why probability not possibility is what counts](#)
- 25 [Using reason correctly means protecting yourself correctly](#)
- 26 [There is no God - be your own God](#)
- 27 [Show the oppressive God belief the door!](#)
- 28 [Belief in God thrives on attacking your](#)

[self-regard](#)

29 [Why it is inhuman to condone God's often cruel plan](#)

30 [Religion is fanatical superstitious and therefore harmful](#)

31 [Why prayer offends against decency.](#)

32 [Why it is bad to believe in revelation](#)

33 [Miracles are a toxic belief](#)

34 [Fast inner transformation for the atheist](#)

35 [Don't expect too much](#)

35 [Affirming atheism in a positive way.](#)

37 [Humanist meditation - transforming your inner self](#)

38 [Feeling that life is meaningful](#)

39 [On optimism - the atheist and mature optimism](#)

40 [Why there is danger and irresponsibility in the afterlife doctrine](#)

41 [Telling the difference between right and wrong](#)

42 [Being fair](#)

43 [On value on human life.](#)

[human life](#)

44 [Can an egoist
be a martyr for
others?](#)

45 [Animal rights](#)

46 [Ways of being
complicit in
society's evil](#)

47 [Lying and
stealing](#)

48 [Gossip is a
plague](#)

49 [The need for
social
regulation](#)

50 [Proper
relationship of
church and
state](#)

51 [The value of
education](#)

52 [The evil of
marriage](#)

53 [How to have a
happy love life](#)

54 [Erotica is
harmless and
to be enjoyed](#)

55 [The bare
essentials of
atheism](#)

56 [About
Humanism](#)

57 [Humanism is
not a religion
or a faith
position](#)

58 [Atheists here
are the rules if
you want
them!](#)

59 [Being an
atheist or
humanist in a
religious
world](#)

60 [Making
friends for
humanist](#)

[humanist
atheism](#)

[How we must
spread the
good news of
atheistic
humanism](#)

[The end goal
of atheistic
humanism](#)

[Ultimate truth
- the theorems
of atheistic
humanism](#)