

**Gospel of  
Atheism**

INNER TRANSFORMATION – THE FAST WAY!

1 [Salvation by  
atheism](#)

Today's thoughts determine tomorrow's emotions. Change the way you think and you will be happier. Try to feel that the best will always happen for at least if the worst happens there will have been less pain.

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

All evil actions are caused by bad logic and bad logic attracts disordered feelings which cause more bad logic and therefore more disorders. Therefore you cannot know any person until you hear from them what they believe and why they believe it. That is the only way you will know if they are really good or can be. Society forces people to live in a fairly considerate way but are their motives good? If society were devoted to good logic and the perception that atheism is love, that would enable you to answer this in the affirmative with more certainty for these have healing powers. That is why the world has to move towards one Humanist style belief system united as one family. We know we have a right to be surrounded by sincere and genuine people and that

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

is the only way towards implementing that fundamental right.

4 [How to love  
yourself](#)

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

When you are shy remember that the other person is more often than not just as scared as you. They may hide it under a façade of self-confidence but they are still nervous.

6 [You can be  
happy.](#)

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

When you are unhappy face up to what the real problem is. If it is not found then no solution will work. For example, undergoing plastic surgery to look more beautiful will not help the person who hates being ugly if the problem is that the person thinks he or she is unlovable the way he or she was. He or she has to see that the sense of being unlovable is only a maladjustment and the real problem.

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

Many so-called ugly people have gorgeous partners. They are beautiful to the partners. Accept your looks whatever they are. Looks really are not everything. A beautiful person who is evil is still unattractive.

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

I am most sure of my own existence. I am not so sure that other people exist. I am even less sure that when they do bad they meant to do it. What is most convincing comes first so I must put their being persons deserving of respect before punishing them for doing wrong. That is to say, I must hate nobody. Hatred is unnatural and a perversion. I have to feel something for them so let it be love and compassion rather than anger. These considerations will promote peace and reconciliation and make anger melt away for I know there is no point in being angry when something is just the way things are. To be angry with what you cannot change is abnormal. Some say hate that is turned into determination to upset your enemies by becoming one of life's winners is good but it is not for it is being a slave to what others, in this case: enemies, think.

10 [Let happiness  
come](#)

11 [Be easy to  
please](#)

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

See all you are told and learn from other people as information that you can learn from and that way you will be able to show an interest in what other people say and they will love you for that and that will help you love yourself.

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

14 [Distracted  
selfishness is  
your salvation](#)

When criticised see your fault as something the other person wants you to change for your own good for you simply cannot change unless you see the good in it. Remember that the other person has faults too but in different ways and also that he or she knows it. We may behave in different ways but inside our hearts we are all exactly the same and there is no difference. When anyone criticises you too harshly and even if it turns out they are right remember that they are criticising you as they see you not as you are. It is the image they have created of you that they condemn and in condemning you they condemn themselves for they created the image. It was only luck that made them spot on about you so do not worry and let nothing hammer your self-confidence. The perception that they criticise themselves and hurt themselves with a mental picture will build a gentler world.

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

16 [Be your own  
person](#)

When you are ill see it as an opportunity to learn to be patient with others and by learning to help yourself you can help them. Sickness gives others a chance to show the goodness in human nature.

- 17 [PT 1 Only God you need is you!](#) Sometimes you can be better off being physically sick for you can be uplifted by this kindness than being mentally sick with cynicism.
- 17a [PT 2 Only God you need is you!](#) There are no cowards. The coward is brave enough to suffer for doing the wrong thing. The coward must recognise her or his strength and use this gift to do the right thing.
- 18 [You have a will but it is not free in the religious sense](#) Generosity is bad news! Generosity implies that you do not deserve what the generous person gave you. There is no such thing as generosity for since we have no free will we deserve all the good things we get. But we can be glad that somebody went out of their way to be good to us for they didn't have to. The idea of a generous God who gives us grace, grace is love and is a free gift from God that we do not deserve, has to go!
- 19 [There is no free will and we don't really want it](#) Do not fear having unpleasant feelings for that gives you many of them. See these feelings as an invitation to a challenge. The challenge is to learn from them and overcome them and that will make their power over you much weaker.
- 20 [Belief in fate is not really that bad](#) It is recommended to keep a journal for your feelings in which you record what you have found when you examine your psyche and what you have learned about interacting with others and how you have succeeded. Do this in a positive way that is geared towards change for the better. When the feelings are seen less as a threat that will mean less bad feelings for you will not be as afraid of them and they will get tired of trying to capture your attention. You cannot control everything in your life but you can control how you respond to life. That is why nothing can really hurt you and you are perfectly safe.
- 21 [Liberation and guilt](#)
- 22 [Forgiveness in the popular sense is a snare!](#) Do not complain when a bill comes in the letterbox. The bill is a compliment to you and tells you that you are trusted to pay. It offers you the opportunity to get more good things in your life because when you pay it you can go back to the company for more.
- 23 [Hatred in a spiritual disguise](#) When you treat yourself, remember to see the treat as telling yourself that you love yourself. Look in the mirror and try to feel this love for yourself. Hold this love in your heart and when somebody tries to upset you, you will not be upset because you love yourself and don't want to hurt yourself by letting yourself feel bad. Doing this is better for your enemy too because that means you are less likely to get your own back. See what I mean about all love being really a form of self-love?
- 24 [Probability not possibility is what counts](#) Do not be passive when someone maltreats you. There is no need for aggression. Be assertive. Assertiveness will not get you what you want all the time but it will mean that you can say you tried and you will know you have really tried because assertiveness is the only way for one who really tries. You will survive disappointments with your pride intact.
- 25 [Using reason correctly means protecting yourself correctly](#) When you fall into money, remember that you do not have anything to feel guilty about so rejoice. Without money you cannot help others. Money cannot buy happiness but you can use it to make you feel good about yourself.
- 26 [There is no God - be your own God](#) Doing wrong is bad enough without believing in a God who is offended by what you do in addition to the people you hurt. That results in you meaning to do worse when you do wrong than you would if you thought there was no God.
- 27 [Discard the oppressive God belief](#) God is a ruse. The purpose of the ruse is to make you think that the idea gives happiness and meaning and morality to your life but what it does is pervert you and hamper your progress. It is allowing others to dictate to you what you should get the sense of meaning and purpose in life from for God is invented by others and then you invent this God with them for yourself because they do it too. Only your own mind and logic can tell you how to get meaning and deliver what they promise because it is childish and undignified and risky to let others think for you. You have to think and feel for yourself and make your own decisions to grow in self-love. You have to make your own mistakes. Self-love comes with the feeling of responsibility. I am not contradicting the doctrine that there is no responsibility for I am talking about the feeling and recognition that programs you to behave as if you really and freely are to blame for what you do which is what responsibility as we call it really amounts to.
- 28 [Belief in God undermines your self-regard](#)
- 29 [Don't condone "God's" often cruel plan](#)

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