

**Gospel of
Atheism**

DON'T EXPECT TOO MUCH

1 [Salvation by
atheism](#)

Do not expect other people to treat you well and you will not be disappointed or as hurt if they treat you badly. This is more than just good advice: it makes sense not to expect people to respect you when there are forces outside of each and every one of us that determine what way we are going to behave. Expecting good behaviour from them is not going to make them deliver what you expect but it empowers them to hurt you terribly and when deprived of that power they will be less likely to harm you and you will be spared much pain if they do.

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

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

Where does trust come into all this? When you trust another you trust your own judgment of her or him and not her or him personally so you cannot trust another person. You trust your perception but you do not let yourself be shocked if your perception is proved wrong for it is just your perception. So you end up with all the advantages of you trusting them. It is easier to feel safer with others if you are a good person yourself who is happy to help others. A bad person cannot feel safe in the world because the person he or she knows best that is himself or herself is bad and that summons up the fear: "What if the people I deal with are as bad as me inside?"

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.](#)

When you cannot trust yourself to do right you cannot really trust other people even if you act as if you do so doing right is necessary for a good healthy self-image. You need to be happy with other people so you have to stop fearing them. Fear and mistrust are much the same thing so when you mistrust people or life it is because you have no faith in yourself. For example, if you say, "I will never work in an office again to go through all that bullying again," what you are really saying is that you cannot trust yourself to find a nicer job in an office and succeed in being friends with your co-workers. This is another proof that loving and trusting yourself most of all is the solution to all problems and is best for other people too not loving your neighbour as yourself. Trying to love and trust your neighbour as yourself will result in two things, failure and fear.

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

Look on the good side of everything and everyone. The badness in a person is only a small part of them. The badness is really just warped goodness. To help a bad person change is an exciting challenge. There is nothing to fear- all sorrow ends sometime. Every evil can be turned into an advantage.

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

10 [Let happiness
come](#)



11 [Be easy to
please](#)

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](#)

16 [Be your own
person](#)

PT 1 Only God

17 you need is
you!

PT 2 Only God

17a you need is
you!

18 You have a
will but it is
not free in the
religious sense

19 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

22 Forgiveness in
the popular
sense is a
snare!

23 Hatred in a
spiritual
disguise

24 Probability not
possibility is
what counts

25 Using reason
correctly
means
protecting
yourself
correctly

26 There is no
God - be your
own God

27 Discard the
oppressive
God belief

28 Belief in God
undermines
your self-
regard

29 Don't condone
"God's" often
cruel plan

30 Religion is
harmful

[fantasy.](#)

31 [Prayer is patronising](#)

32 [Harm of crediting revelation](#)

33 [Miracles are a toxic belief](#)

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

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

36 [Atheism in a positive way.](#)

37 [Transforming your inner self](#)

38 [Feeling that life is meaningful](#)

39 [Mature optimism](#)

40 [Irresponsibility of the afterlife doctrine](#)

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42 [Being fair](#)

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

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

47 [Lying and stealing](#)

48 [Gossip is a plague](#)

49 [Need for social regulation](#)

[Proper relationship of](#)

- 50 [Relationship of church and state](#)
- 51 [Value of education](#)
- 52 [Evils of marriage](#)
- 53 [How to have a happy love life](#)
- 54 [Erotica is harmless and to be enjoyed](#)
- 55 [Overview, pillars of atheism](#)
- 55a [Essentials of atheism](#)
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