

**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.

[What is self-esteem?](#)

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?

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

[How to love yourself](#)

[You want to be happy.](#)

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.

[You can be happy.](#)

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

[Fear is the father of evil](#)

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

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

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

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

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

[Distracted selfishness is your salvation](#)

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

[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](#)

[Why it is](#)

29 [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](#)

[Can an egoist](#)

- 44 [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 atheism](#)

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

[The end goal
of atheistic
humanism](#)

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