

**Gospel of  
Atheism**

LIBERATION FROM GUILT

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.

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.

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.

[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](#)

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