

! "o ert # ic\$ael %oster, # A  
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- .. Spirituall! is not a out eing perfect, it is a out learning peace, w\$ile still perfect! i+perfect.
- 4. 5(er!one is an e6ual c\$ild, spirituall!, of t\$e +ost \$ig\$ spirit.
  - .. Wit\$ e6ualit!, t\$ere is no reason for an! power struggle.
  - 4. 56ualit! is a re6uire+ent, for learning spiritual peace.
  - 3. 7nfinit! is in, t\$e least of all of us.
  - 8. W\$at 7nfinit! is \$as een e9pressed ! +an!.
  - 3. An! part of infinit!, is infinite ! definition.
- 3. 5(er!one is at a different place on t\$eir spiritual :ourne!, and t\$e! are eit\$er&
  - .. Going awa! fro+ t\$eir spiritual \$o+e.
  - 4. "eturning to t\$eir spiritual \$o+e.
  - 3. Stuck
- 8. We are still responsi le, for w\$ate(er unconscious aggage we \$a(e in us.
  - .. We do not know \$ow +uc\$ our :udg+ent ag \$as.
  - 4. ;ur :udg+ent ag is pus\$ing and pulling us to do w\$at we do.
  - 3. We do not full! know w\$! we are doing it.
  - 8. ;ur ego, 5dging God ;ut, will +ake up self ser(ing reasons.
  - 3. W\$en we \$a(e enoug\$ courage we can ask t\$at w\$ic\$ is +ost \$ig\$ w\$at t\$e real reasons are.
- 3. 5(er!one is doing t\$e est t\$e! can&
  - .. Wit\$ t\$eir own traged! or co+ed! or ot\$.
  - 4. Wit\$ w\$at t\$e! know so far.
  - 3. Wit\$ w\$at t\$e! su conscious! know.
  - 8. Wit\$ w\$at t\$e! are unconscious of.
- 0. T\$at is w\$!, we all are innocent, and it is easier to forgi(e, w\$en we know t\$e a o(e.
- <

8. ;ur ego will tr! to put t\$e words in t\$e for+ of action words, like l!ing, loafing, losing, +essing up, \$urting...
3. Watc\$ it, it can e \$u+orous w\$en it \$appens to !ou too.
- .8. T\$e +ost \$ig\$ spirit is alwa!s at peace wit\$ itself, so it can not e upset or wrat\$ful.
  - .. T\$erefore, it is on! an infinite ocean of lo(e and +erc!.
  4. T\$erefore, t\$e +ore upset we \$a(e, t\$e furt\$er we pus\$ oursel(es awa! fro+ t\$e +ost \$ig\$.
- .3. God's will is t\$at we all \$a(e a good life, and learn fro+ t\$at, and lo(e fro+ t\$at.
  - .. We are t\$e on! ones in t\$e wa!, of e9periencing our good life.
  4. We can keep asking t\$e +ost \$ig\$, w\$at to do, to get us on track.
  3. So+eti+es it is learning \$ow to let go and let good \$appen.
- .0. We +ade t\$e +esses \$ere, so we are responsi le for cleaning t\$e+ up.
  - .. 7t would e wise, to ask w\$at to do to clean up our +esses.
  4. God +akes our +esses, lessings in disguise, ut etter to not \$a(e so +an! disguises.
  3. 5(er!t\$ing is a lessing, or a lessing in disguise.
  8. Duit e9pecting God to do it.
- <. T\$e spiri+ual \$ig+ of t\$e +ost \$ig\$, can not e stor+ed, we +ust e taken t\$ere.
  - .. We need to e willing to totall! forgi(e e(er!t\$ing to e taken t\$ere.
  4. Total forgi(eness is a re9uire+ent for peace in t\$e kingdo+ of t\$e +ost \$ig\$.
- .1. All are redee+ed ! t\$e +ost \$ig\$, ut e(er!one still \$as to work out t\$eir sal(ation fro+ t\$eir pains, fears, terrors, and an9ieties.
  - .. Acceptance of our process is needed.
  4. Acceptance t\$e processes of ot\$ers is needed.
  3. ;ur pains, fears, terrors and an9ieties co+e fro+ our conscious and unconscious angers.
  8. Co+passion for our processes is needed.
  3. Co+passion for t\$e processes of ot\$ers is needed.
- .9. 5(er!one is upset ! t\$eir :udg+ents, to so+e degree.
  - .. Epsets can deter+ine our separation.
  4. Epsets locks oursel(es fro+ t\$at w\$ic\$ is +ost \$ig\$.
  3. T\$is is w\$! forgi(eness in all for+s is needed until we get it.
  8. We need to e read! to totall! accept our pains to \$eal.
  3. ?ealing \$urts and \$urting \$eals.
  0. ?a(ing total co+passion for e(er!one including ourself, \$elps reco(ering.
  - <. We are still :udging w\$en we sa! so+et\$ing FsouldG e different t\$an it is.
40. Total %t e Pfdä'ptaR @ rf3. l t d d t o ,3T\$ @, 0far\$e. a lo re60st \$Pwe@nt tn itains,