

1. Spiritually is not about being perfect, it is about learning peace, while still perfectly imperfect.
2. Everyone is an equal child, spiritually, of the most high spirit.
  1. With equality, there is no reason for any power struggle.
  2. Equality is a requirement, for learning spiritual peace.
  3. Infinity is in, the least of all of us.
  4. What Infinity is has been expressed by many.
  5. Any part of infinity, is infinite by definition.
3. Everyone is at a different place on their spiritual journey, and they are either:
  1. Going away from their spiritual home.
  2. Returning to their spiritual home.
  3. Stuck
4. We are still responsible, for whatever unconscious baggage we have in us.
  1. We do not know how much our judgment bag has.
  2. Our judgment bag is pushing and pulling us to do what we do.
  3. We do not fully know why we are doing it.
  4. Our ego, Edging God Out, will make up self serving reasons.
  5. When we have enough courage we can ask that which is most high what the real reasons are.
5. Everyone is doing the best they can:
  1. With their own tragedy or comedy or both.
  2. With what they know so far.
  3. With what they subconsciously know.
  4. With what they are unconscious of.
6. That is why, we all are innocent, and it is easier to forgive, when we know the above.
7. Forgiveness of everything, no matter what, is a requirement for learning peace here.
  1. The most high has forgiven us, because the most high knows what we do not know.
  2. We get to approach that forgiveness, by our habits of forgiveness.
  3. Forgiveness comes in many forms.
8. Our baggage largely determines our fate.
  1. Our unconscious baggage is usually larger, than our conscious mind.
  2. We can change our fate, by processing our baggage, by any form of forgiveness.
  3. Part of our baggage is good stuff.
9. We need guidance from the most high spirit.
  1. It does not matter if we believe, there is a most high spirit.
  2. It does not matter what we call, the most high spirit.
  3. It does matter when we ask what to do, how to do, when to do, what to think about,...
10. This is a name calling planet, that teaches more blame, than forgiveness, so far.
  1. Forgiving the names we upset ourselves about, helps our recovering processes.
  2. Forgiving ourself, others and God, processes our baggage.
  3. Forgiving leads to Acceptance, Compassion, Thankfulness, and Sensing Spirit. [FACTS]
  4. Any of these FACTS, are useful.
11. Forgiving events does not help much, since all events are gone.
12. Forgiving people does not help much, since all names we judge them by, are still in us.
13. How can I remove my Hot Buttons names on a Name calling planet?
  1. Example: I am forgiving myself for judging myself as an ignorant person.
  2. Generic: I am forgiving myself for judging [myself, others, or God] as [a or an] [Name] [person of people].
  3. Name examples = liar, loafer, loser, ignorant, incompetent, smart, strong, unfair, ...

4. Our ego will try to put the words in the form of action words, like lying, loafing, losing, messing up, hurting...
5. Watch it, it can be humorous when it happens to you too.
14. The most high spirit is always at peace with itself, so it can not be upset or wrathful.
  1. Therefore, it is only an infinite ocean of love and mercy.
  2. Therefore, the more upset we have, the further we push ourselves away from the most high.
15. God's will is that we all have a good life, and learn from that, and love from that.
  1. We are the only ones in the way, of experiencing our good life.
  2. We can keep asking the most high, what to do, to get us on track.
  3. Sometimes it is learning how to let go and let good happen.
16. We made the messes here, so we are responsible for cleaning them up.
  1. It would be wise, to ask what to do to clean up our messes.
  2. God makes our messes, blessings in disguise, but better to not have so many disguises.
  3. Everything is a blessing, or a blessing in disguise.
  4. Quit expecting God to do it.
17. The spiritual kingdom of the most high, can not be stormed, we must be taken there.
  1. We need to be willing to totally forgive everything to be taken there.
  2. Total forgiveness is a requirement for peace in the kingdom of the most high.
18. All are redeemed by the most high, but everyone still has to work out their salvation from their pains, fears, terrors, and anxieties.
  1. Acceptance of our process is needed.
  2. Acceptance the processes of others is needed.
  3. Our pains, fears, terrors and anxieties come from our conscious and unconscious angers.
  4. Compassion for our processes is needed.
  5. Compassion for the processes of others is needed.
19. Everyone is upset by their judgments, to some degree.
  1. Upsets can determine our separation.
  2. Upsets blocks ourselves from that which is most high.
  3. This is why forgiveness in all forms is needed until we get it.
  4. We need to be ready to totally accept our pains to heal.
  5. Healing hurts and hurting heals.
  6. Having total compassion for everyone including ourself, helps recovering.
  7. We are still judging when we say something "should" be different than it is.
20. Total Forgiving, Total Acceptance, Total Compassion, leads to the result of Total Thanks for everything.
  1. The clues to giving thanks for everything and forgiveness and mercy is directly and indirectly in most spiritual sources.
  2. We need to slow down, we have all the time we need to learn the lessons we need to learn.
    1. We learn faster, the slower we go.
    2. We get more of the presents, of the present this way.
    3. The answers are in the presents from the moment.
21. The names we use are not critical, the spirit in which we use any names, is important.
22. Better to be loving, than to be "right".
23. Better to ask the that which is most high what to do ourselves, than to tell the most high to do something for us or others.
  1. Better to ask how to get what we want, than to tell the most high or others to give it to us.
  2. Better to ask what we really should want.
  3. Better to ask what to believe, to be in the will of the most high.
  4. Better to always pray for the will of the most high and how to carry that out.
24. Everyone and everything comes from that which is most high, and ultimately returns to that which is most high.
25. Our purpose is to learn how to love and learn and find inner peace and from that to know our purpose.