

**This Blog posting is in chronological order and covers the year 2009:**

**A New Approach To Starting Each Day:**

For a very long time I would start my days off with focusing on the latest revelation I had received from God whether it was a day old or weeks old. On Wednesday, February 25, 2009 I realized that the best way for me to start each day is ask God: "Where am I now?" and to wait for Him to answer me. Instead of me rushing wildly and foolishly into battles real or imagined, wasting precious resources, and blindly swinging my spiritual sword at whatever attacks me. God has made me with intelligence, understanding, perceptions, and discernment and I need to use them to best of my ability (along with my faith) even when impaired somehow. God doesn't lead us backwards; He leads us only forwards. Having a mental illness that is delusion-based... means that I can be all over the map emotionally/intellectually/attitude/and perception-wise moment to moment and day to day and so the truths/principles/maxims/ and ideas that worked yesterday to stabilize my thought (and therefore action life) and helped me to stay sane need not work as effectively the next day. That doesn't mean that I can scoff at what worked yesterday and not so much today. I need to remain thankful for each piece of bread that nourishes me along the way whether I received it yesterday or just now. Each human is a complex being. And each human has a mortal enemy: a devil or demon that wars against her or his soul. Circumstances come and go. Opportunities come and go. But God made each of us for Himself. And He wants each of us to be made strong through the battles and temptations that come our ways. Our own mighty strength to say no to sin can be best compared to trying to hold back a fart that is destined to make it self-known. It won't accomplish much more than to stink up the air a bit. True strength comes from growing dependent on God for grace, wisdom, insight, love, faith, hope and consolation.

I am learning that my path is not a solitary path. It is interwoven with many others each and every day. I can't be focused only on myself (and so be selfish). There are many meetings that God intends for each of us, either to receive, give, or both to give and receive. Each devil wishes to frustrate this process. But God is gracious, loving, caring, kind, all-wise and all-powerful. He works all things together for our good. All this I need to remember as I carry my cross and follow Jesus my Leader and Savior. I need to remember it in the back of my mind as I start each day and through it until my head hits my pillow at each day's end.

We must not remain ignorant of the devils schemes. We have to keep him inside the picture. And we need to keep our focus on abiding in Jesus, following Him to where He leads us, and accomplishing what God has designed and planned for us to do.

**True Love Sees The Pros and Cons:**

Seeing the cost of each act of love should not make us shrink back. We don't have to dread counting the cost. We don't have to suppress the cost to conquer the cost of loving others. What makes love so special is that it overcomes obstacles. Including those barriers in our minds and hearts. Love sees the pros and cons in each situation that it encounters. Love doesn't set its heart on each thing going its way. Whether it is the

flesh or just human nature that opposes doing unselfish acts, the only way to overcome them for a Christian is to abide in Jesus the True Vine through faith.

**God Leads Me To Give Up Another Forgotten Judgment:**

Many years ago I was in a book buying-reading phase and I wanted to explore all the theological ideas that were related to loving others more deeply. I bought a book on community and read therein that there was no hierarchy within the Trinity. Ironically this stance angered me so much that I never finished reading the book because of it. Today, Tuesday March 31, 2009 God showed me that I needed to give up the resentment I made towards the author of that book so very long ago. When I forgave the hardness left.

**Moving Back To Basics:**

It is amazing how something so simple can become so complex and even a cloak covering one's pride and judgmental attitudes. Yes the Gospel is about "Forgiveness" and "Love." In forgiving our sins, God has mercy on us, in particular on me. Mercy means that I don't somehow earn or merit this gift through my own goodness. No one deserves this gift. No one can earn it by one's own goodness. Judging whether or not others will be forgiven if certain conditions are met can lead one to think that others may or may not deserve the forgiveness of God. Fact is none of us deserve to be forgiven our sins. Forgiveness is a gift. Judgment belongs to God. If God can forgive me then He can forgive anyone it pleases Him to forgive. "Jesus said that the prostitutes and sinners were entering Heaven instead of the Pharisees, Scribes and Priests. Jesus also said that He would leave the 99 sheep that are not lost to find the one that is lost."<sup>1</sup> God is love. God can forgive this side of death, at death, or after death. His Judgment Seat is exactly this: He can dispense mercy or condemnation when He judges anyone: including you and me. We all deserve condemnation. Having been forgiven I need to and want to wish the forgiveness for sins for everyone else even sworn enemies of the Jesus' cross. God does not delight in the punishment of the wicked. God is love not hatred.

We are not *worthy* of redemption, but we do have great *worth* in the eyes of God. We are made in the image of God: each one of us is worth more than any physical wealth that can be accumulated. We are all magnificent creatures. God loves us more than we can imagine. God does not make junk. God made us for Himself. What a great hope He has given us!

**Working The Twelve (Plus Four) Steps:**

Because I had an unhealthy obsession in my mind that was too BIG for me to manage all by myself I decided to work the Steps again. I found peace of mind, and found more stuff from my past dealt with because God honored the Steps I took with His help. Yet I know that Step 3 always needs to be worked or practiced by me. That is asking Jesus to let me abide in Him so that I can love others and die to sin.

I know that if I am unable to love myself then I won't be able to love anyone else! This is a sign that past stuff needs to be worked on through the Twelve (Plus Four) Steps by me.

---

<sup>1</sup> Thank you Mom for pointing this out to me!

### **Repenting From Demanding-ness & Challenged To See God Differently:**

It is amazing how often God will use things said by other people at different times to reveal to me what is in my heart. And when He does this I know God is challenging my worldview or attitudes and that I will inevitably have some repenting to do. This happened on Thursday, April 16, 2009 when I overheard a person talk about how she treats other people whose faiths differ from hers.... As a result I asked myself how do I react to those people in those same situations and I immediately felt an angry hardness directed towards them when I looked within myself and I realized that it was fuelled by a demand that these people “had” to always say “YES” to God’s truth, commands, invitations, or revelations and that any deviation from the light could not be tolerated. I demanded this from others, even though I gave myself freedom to make mistakes, be lazy, and choose sin over virtue at different times and in different situations in my life. I came to see this as me being a hypocrite. I now have victory over this hypocrisy in my life as I have repented and adjusted to a better attitude: a more gentle, kind, patient, soft, and peaceful attitude. Truth liberates.

Much later, on Saturday May 15, 2010, God made me aware that I still had a demanding attitude when it came to how I interpreted certain Scriptures. I realized that I was demanding from others that they accept the truth the way I have come to see it. I was not respecting the freedom to choose that God gives all persons. The truth is what it is; only God changes the hearts and minds... I can’t go around demanding that others conform to the way I see things... even on dearly held beliefs.

God does not harden His heart towards anyone because He does not change in His attributes. He loves all of us, and always will. God does not want to get even with those who transgress His laws or ways. He is a forgiving, compassionate, wise, and patient God. He does not nurse revengeful feelings towards those who are His enemies. If He does deliver pain or punishment towards us then it is meant as discipline, opportunities for spiritual growth, and purification. These opportunities will be embraced by those who love God and rejected by those who hate Him. Without embracing purifying situations we won’t grow, we will regress, become stunted, and that is what Hell is all about.

### **Spiritual Warfare:**

Fighting off lies from the enemy can be a difficult job especially when one has schizophrenia and has to fight off delusions as well. Faith correctly placed is key to finding victory. Holy Scripture says to those who believe it that:

No weapon that is fashioned against you shall prosper,  
and you shall confute every tongue that rises against you in judgment.  
This is the heritage of the servants of the LORD  
and their vindication from me, says the LORD.<sup>2</sup>

Some of the weapons fashioned against me tested my faith, patience, and sanity for a very long time before the Lord brought clarity, truth, victory and peace. Believing that

---

<sup>2</sup> Isaiah 54:17 NRSV

God won't lead one astray, and that wherever one finds oneself God has made a way into the light is also important. God has more power to lead us correctly than the enemy has to lead us astray. I feel much stronger now, more joyful, and at peace after coming to these realizations. I feel that I have with God's help mastered my fears. Amen!

**Understanding Love Better:**

After I reconverted to Christ in 1989 I would put a lot of focus on what I thought was supernatural love. At the time I saw it as totally separated from the natural loves. I saw the natural loves as earthly (self-righteous), vile, and empty worth nothing and an outgrowth of pride. This distortion made me judgmental towards others and unable to embrace the truth, goodness, and light that they embraced and lived out. Years later God showed me that natural love was not vile but rather it was good as far as it went; only that it falls short of what it is called to. Natural love is a preparation for supernatural love. Moving from natural love to supernatural love is difficult. It requires supernatural grace. For a Christian it requires that we abide in Jesus the True Vine for apart from Him we can do nothing of Eternal worth.

**We're All On A Journey And No One Has Arrived:**

Yesterday, Sunday April 27, 2009, as I was on my way to visit my girlfriend, I was waiting for a connecting bus and I thought to my self that if I could get to my destination instantly, or really fast via an underground subway system then I would miss so much of Vancouver in between my starting points and my destinations. I did not spiritualize this thought and immediately focused on my journey. Later that day we were at Trout Lake Park with friends and to my surprise the conversation without my help brought up the same topic with the same thoughts I had earlier in the day pondered. To me this was a God moment. It told me that I was where God wanted me. After all what is the probability that others would be thinking what I thought earlier in the day?

The next day I realized that God wanted to tell me more than that I was in the right place the previous day. He wanted to tell me to embrace the journey its joys, sorrows and burdens. As there is so much He wants to teach me through the journey: the journey will change me for the better if I don't give up abiding in Jesus: it will also change for the better the way I see others and God.

**Finding My Footing Yet Again:**

My life was once again in crisis mode... and so I emailed my friend Dan requesting his opinion on my approach. He said:

"For some reason it brings to mind a saying from those old kung-fu movies. You have likely seen a scene like this: the master is mentoring his charge to a higher level of mastery, and says something like: "Now that you have mastered your technique, you must forget technique - stop thinking about it." And while some elements of the spiritual life require mindfulness / awareness, other elements need to be dropped / let go of in order to be fully aware / present to lived reality.

I liked what he said, but I did not see the full impact of his insight, and how close he hit the mark of where I was at on Wednesday, May 6, 2009. Thankfully I realized that he was spot on the mark. I began to see that I am too principle orientated and not enough

relationship orientated... looking at myself I realize that I am not celebrating God: God's love, grace, and compassion... (hence a lack of joy). I am instead principle or New Testament "law" focused... treating the Christian life as a bunch of rules that need to be kept and ignoring God. I am not a machine, I need to feel, express, receive, laugh, cry, and give.... Obeying rules leads to pride or failure... and I can see that in me 12 hours ago. I had also emailed my friend Alex Pruss who wrote me:

"I think it might be good simply to leave the worrying about the state of one's soul to God. He wants your salvation more than you want it yourself! Of course, it is good to try to find out what faults one has, so that one would be able to try to fix them. But the focus should be on the practical--on finding what to fix and how.

"We can rejoice that God is saving us. How much progress he's made, that's up to him! It may in some ways be more than we think, for God often works secretly.

Alex was spot on too. I am now experiencing God's peace, consolation, hope, and love again. I guess I was attempting to do it all by myself.

#### **Further Along:**

I am also learning that the slower the process of salvation, movement from darkness to light, slavery to freedom, and bondage to peace the more likely the end result will last. Reason being is that we learn things that are important in the process or redemption when those processes take time. When things come too quickly then: "Easy come means easy go." I know also that when things are uncomfortable for me that in all likelihood God wants for the time being for me to learn stuff that I'd otherwise not learn in comfortable situations. That requires patience and looking to Him for my daily bread. They say that if a butterfly is cut out of a cocoon without having to struggle and free itself by itself it will never fly. This image is my bread at this time. I want to fly. Jesus' way is better... but harder to come to... but once discovered... is very appreciated... and worth the process of discovery.

#### **More Insights, Centering & Freedom:**

Starting around grade 10 or 11 and onwards I would wrongly begin to judge, and hate my self in order to motivate myself. I would then begin to slowly reject a lot of my true insights, valid feelings, intuitions, and discernments I was capable of through policing and rejecting my own thoughts. I would also become weaken in my ability to form warm and lasting relationships. When I renewed my Christian walk I wrongly saw that good people (i.e. Saints) did not get angry, upset, frustrated, hurt, or make mistakes and that they instantly accepted all that happened to them without process (this is a lie). This is what I set out to become.

There are many lies one can believe: Is it to keep oneself from rejection? Is it to be a "good" girl or boy; or man or woman? Is it not to get hurt again? Is it to fit in somehow in every stage of life or community that we come across? Is it to become a "saint" when we pursue a spiritual path, or a "paragon of some misguided perfection" that will protect oneself from further hurt? Whatever the case may be the attitude of being hard on oneself started (in reaction to pain, hurt, or hardships) for at least one reason to begin with. And may have snow balled there after growing BIGGER as time went by.

After walking through much darkness for many years I knew plenty of good and bad principles... and for many years I policed myself, was hard on myself, put pressure on myself, forced myself to be as perfect and machine like as possible. In short I was a people pleaser acting from the surface, not from the center of myself, not from my heart or strength because I was in denial suppressing much of my true self. I was superficial and practiced insensitivity towards myself and therefore towards others. Deep down I was angry and did not know it. I now know that admitting and celebrating the truth in each situation (past or present) is the key to slowly developing a healthy life no matter how disagreeable, ugly or threatening those truths may seem like at the time. Building my life slowly, patiently, and following the light: Jesus... is the path for me because He knows where to lead and guide me to especially on paths I had no idea were there.

I began to realize that uprooting the resentments I made in the past is only half the battle. Looking at the consequences of those resentments like how I started to skewly judge, police others and myself, and repress the truth within myself. Looking at how those resentments have obscured my vision, my worldview, and my opinions. And then to repent with God's help through faith from believing the lies that set me on the path to put pressure, police, hate, and repress parts of myself. In this way more insensitivity will be dealt with. I would later learn that the roots to this started very early on in my life.

I know that there are many principles that I can practice... and my focus ought not to be those principles... but the reality of what God is bringing into my life. God will spur me onto use those principles that are relevant and useful when they need to be applied, as there is a time for everything under the sun.

God is in control... He desires my salvation more than I do... investing in tomorrow by trusting in God today is where true wisdom lies for me.

I am also learning that the insights mentioned here won't make me perfect. The insights here are meant for me to accept my flaws, limitations, intuitions, feelings, frustrations, and yes my humanity. Even real Saints need time to process, accept, and deal rightly with all the difficulties that come their way. How much more do we the imperfect need time, patience, and wisdom to work through all that is stirred up in us because of the challenges and circumstances that come our way? Accepting where we are at is very important. With it slow, real and lasting change will come with God's leading. But I must warn everyone: We won't arrive at perfection in this life.

### **Losing Some Killer Teeth:**

On Tuesday, June 23, 2009 I woke up in the morning with a dream fresh in my mind. I had dreamt that I was losing my teeth. They were bloody teeth meant to bite into flesh so I could chew and digest. At first I was concerned that they might be my real teeth but that worry quickly vanished. Later that day while at work my supervisor asked if I could put my work aside for a while so that he could talk with me in his office: I agreed. As it turned out a co-worker had witnessed that same afternoon an incident between someone we serve and myself that made the co-worker feel unsettled, and had prompted them to notify my supervisor. At first I was flabbergasted and could not see what I had done wrong. I agreed to abide by my supervisor's requests and terms. But as

time went by I felt more and more vexed because I felt that power to do my work had been unfairly taken away from me. When I realized I was lusting after power I knew that there was something wrong with what I had previously done. I realized that I had “demanded” or “commanded” and not “politely requested” something from the customer I had interacted with. When I realized this the dispute evaporated. I felt more love and peace within me realizing that my confrontational attitude was removed. The removal by God of the abrasive: “demanding spirit” or, “commanding attitude” out from me was prophesied by the Holy Spirit in giving me the dream about losing the bloody teeth.

I am certain that God is at work within me. I am seeing things more real than before, and have more of a choice in whether I give into selfish motives. Thank you Lord God for your compassion!

**Removing Another Root: Dealing With Being Hard On Myself Yet Again:**

On Sunday July 26, 2009 I realized that I had a very unkind, hard, mean, robotic, and merciless attitude towards me coming up with ideas of things to do with Sophie, and also when I am alone by myself. With God’s help I was able to see this... and change my attitude, discard my old way of doing things... and become able to problem solve/plan/dream/savor/and enjoy things the way God wants for me and those I love. Thank you very much for this new found freedom Lord God. What a relief!

**Good News:**

Sophie and I got engaged on Saturday August 1, 2009. Our Wedding date is Saturday Nov 14, 2009.

**A Dream That Brought Life:**

On the morning of Thursday August 13, 2009 shortly before I woke up I dreamt the following dream:

I dreamt that I saw a huge towering rock with people on it and with a great wave smashing against the rock with me thinking what will happen to the people. As the wave washed over the rock the people jumped away from the rock, only for me to see one person jump onto a wood/rope bridge. The wood was old and there were many weak spots. As the person hopped on the bridge some of the wood broke and fell away almost allowing the person to fall below. This was one dangerous bridge! It was clear that little if any progress could be made on this Bridge. Then to my surprise a person dressed up like Indiana Jones jumped in a commanding way onto the bridge along with a whip in his hand. He stood on the Bridge with the person who seemed to have come to a journey’s end. There, that is the dream.

I decided to carefully weigh the dream and not draw any rash conclusions. At times the dream brought much fear into my mind... but I kept ruling the fear out based on previous revelations I had received from God. I realized that the person who landed up on the bridge first was me. I realized that the Indiana Jones who appeared was Immanuel Jesus: God is with us to save.

I have known for some time now that I needed to hear God’s voice better if I was to continue with my journey in this life... and when I got home I began to read, “Can You

Hear Me?" by Brad Jersak with this in mind having gotten so much out of it the last time I read it. I started to re-read the book and found it very convicting but in a good way because I was led to repent or renew my mind with God's help through prayer in how I see, perceive, and understand God's voice, will, and intentions towards my life. God does not lead us forward and then forsake us. He offers us a better way than we could come up with on our own. No matter where I am at God is with me. He cares for me, comforts me and speaks with me. He goes before me and leads the way as I follow Him. Thank You Jesus, Father God, and Holy Spirit for this certainty.

I realize that my will can tune into or out of the many different voices (God, the flesh, the world, and the demons) that are being broadcast into my mind. To the degree that I am skeptical of hearing God's voice in my life to that degree I displace His voice and allow other voices (the flesh, the world and the demons) to use my skepticism to distance me from God and influence me in bad ways. If I want to hear God, and have Him in my life then I need to humble myself like a child and embrace Him and His ways. This is a gradual process. God is the leader not me.

For some time God has been showing me that He does not mercilessly drive his sheep forward from behind with a whip, harsh loud words, kicking boots, judgmental spirit, criticalness, abrasiveness and with anger. Jesus does not bully us: rather He is gentle, meek, and compassionate. So why does He hold a whip in His hand in the above dream? Jesus cleaned out the Jewish Temple twice in his earthly ministry (once in the beginning, and the other at the end)... and because He lives in me I too am part of His temple. The whip was a sign that He was about to do some major cleaning up of my attitudes and renew my mind so that I might be more useful to Him, and enjoy Him even more than before. This is what He is now doing in my life. The whip also means that He isn't this jolly fat man sitting in Heaven who wouldn't hurt a fly or a mosquito. The Twenty-Third-Psalm describes Jesus as the Good Shepherd that disciplines and guides with staff and rod His flock when they go off course so they will go where He is leading. I now realize that I had tamed Jesus and removed all fear within me that was healthy. The whip was meant to trigger a move in mind to a more well-rounded view of whom Jesus is. Sometimes staying away from sin because of fear is a good thing, especially if one can't do it out of love. When I came to this revelation I felt alive again. Thank you Lord God for putting a healthy fear within me again. I am grateful! Lead the way Oh Great Shepherd of Heaven!

#### **When Truths Turn Into Lies:**

On Thursday, September 3, 2009 I realized that a critical word directed against me many years ago at its conception began to grow into something much BIGGER than what it was intended for. The criticism was true, but it was said in such a general way that it wounded me the more ground I gave it. It was so successful that it became a part of how I viewed my identity. It was only when I saw the criticism in the way it was intended, that I could see the BIGGER part for the lie it was. I am now free from that lie! PTL!

#### **Learning Valuable Lessons:**

Having forgiven someone for past trespasses we can let un-forgiveness slowly creep in over time for the very thing that we initially forgave. And we can be blind to the fact

that the un-forgiveness is creeping in. If we are open to love... then the Holy Spirit will lead us in amazing ways to forgive that person yet again. The Lord taught me this lesson on Thursday, October 23, 2009. I would later realize that moving from un-forgiveness to tolerance is good, but that is not the whole journey. I need to move from tolerance to love, grace, and celebration of those who wounded me. I do this by praying for the agents of my hurt and asking God to put His love for them in my heart and mind. In learning this lesson it was important that I didn't expect overnight success or quickly answered prayers. God is often hidden in the background preparing stuff for us as we pray in faith for days, weeks, months, and sometimes years according to His will. God prepares gifts like words of knowledge, insights, provisions, relationships, money, food, and chance meetings of impartation... that when embraced bring about new-ness of life, healing, forgiveness, growth and repentance... and that also yield freedom from bondages or addictions. So be patient with God answering your prayers... as He rewards those who believe in His goodness and believe that He rewards those who approach Him. Give God a chance to act within reason.

Don't think that the process God is leading you through can be discarded for something better. Accept that God is in control and knows better than you do; rejoice instead that He is working on your soul, that you have hope, and have come so much farther than you could have all by yourself. Your faith is not worthless; indeed it has a very great reward!

#### **A Very Special Beginning:**

On Saturday, November 14, 2009 at 2PM I was married to Sophie de Marigny at Holy Cross Catholic Church in the presence of God, family and friends. What a glorious day it was!

The day before the marriage ceremony we had a practice session so we would know where and when to stand and sit, what we were going to say, and what was to be expected from all involved. When it came to me practicing the Wedding vows I began to laugh and giggle. I realized afterwards that they were giggles of unbelief and joy. Just like when (Abraham's wife) Sarah laughed a laugh of unbelief when she heard God say to Abraham that she would be with child in a year's time. Having waited so ridiculously long from a human perspective for a child her laughter revealed what was inside of her: unbelief mixed with faith. And then one year later she laughed with such joy when a baby boy was born to her that she named Isaac; that in Hebrew means laughter. On my Wedding day I was full of joy and no longer laughed with unbelief when I said my Wedding vows for real and became one with Sophie. PTL!

#### **Dealing With More Insensitivity:**

I knew for a long time that I had insensitivity within me. And I had made many attempts to rid myself from this malady over the years. As a child in South Africa during recess periods while at school I was a loner because my classmates rejected me. I had not thought about those years for a long time... but the Holy Spirit brought those memories to mind on Tuesday, November 24, 2009 as I continued to pray for God to heal me from my insensitivity. I was gently guided by the Holy Spirit to forgive my peers, and to repent from my bitter cynical judgmental attitudes that began to accumulate back then. My insensitivity manifested itself in laughing at those who also wanted justice like I did back

then, but were denied that same justice just like had happened to me. My thinking became: "If I can't have my hearts desire, then so should no one else." When I said I was sorry to God and He removed some of the insensitivity and my mind was a little clearer for a while until more insensitivity surfaced.

This time God wanted me to renew my mind yet again. Some people sniff out the darkness (dirty laundry or evil) in others, based on the idea that we are nothing but corrupt before we find the true Jesus. That was part of my thinking although I made some exceptions. Unfortunately such views are judgmental in nature and need to be dropped. The Holy Spirit showed me a while ago that there is genuine goodness next to evil in all fallen human hearts. Jesus even said that tax collectors loved other tax collectors.<sup>3</sup> And that was saying a lot because the pious Jew back then saw tax collectors as sinners, evil, greedy, unclean, traitors, and disloyal to the traditions passed down from Moses. Unfortunately I made a lot of similar judgments against Mormons, Jehovah Witnesses, Moslems, and those who's views on the final judgment differed from mine because in my eyes for a long time they threatened the salvation of many (yet Jesus said for me to judge not and condemn not). My attitude to such people was to direct anger, be abrasive and un-kind, and view those belonging to such sects as corrupt, proud, unclean, and delusional and at best not having thought things through properly when it comes to their spirituality. Any flaw I could see in such people who belong to such groups (would confirm my judgments and condemnations against them), and I would magnify and put it forth as evidence for others to not embrace the paths that these groups call everyone to follow. If we are to be holy then our focus should be on seeking forgiveness when we have done any wrongs and loving all those people who cross our paths. The New Testament was written so that we would know God who always loves (the wicked and the upright together) so that we will imitate Him in that love through His power and guidance. Those who use the Bible to foster hatred and intolerance against those who are different have left the path of sanity.

The Golden Rule is not: "Do to others as they do to you" but, "Do to others as you want them to do to you."

I still struggle with how to love others from different faith traditions. My goal is to grow in that love over time with the Holy Spirit's help. Part of me wants to judge others because of what I have been taught, seen, read, and believed from a variety of sources over the years. But something within me was responsible for my judgmental-ism and my insensitivity. I had no idea what it was.

My understanding of Salvation and how to share it with those who have not ever heard it before was in a shambles for a very long time. But I think it boils down to the forgiveness and love that is made possible through individual relationships with Jesus Christ.

Every person is loyal to her or his particular faith tradition at least initially. They love each other within their faith traditions (if ambition is not embraced), and in all likelihood fight with everyone else outside their faith traditions. Supernatural love moves us beyond such differences, and is the very vehicle God uses to win souls to Himself.

---

<sup>3</sup> Cf. Matthew 5:46

God longs to hear us say that we are sorry for our hard heartedness and judging. If we are truly sorry for such behaviors God will forgive us when we confess... and if we give God time to soften our hearts and heal us He will do just that. I have been rough with many people who were either Jehovah Witnesses or Mormons that I have met over the years. I know that I need to love them and build bridges between them and Christ Jesus. All truth, all beauty, all holy thoughts and acts are preparations for the Gospel. If people are not into judging others, then when a person or group judges them they won't convert to that person's or group's ideology, beliefs, and traditions.

#### **A Typical Start To The Day:**

My mornings are the most difficult time of the day for me. I usually find myself getting angry or resenting somebody who crosses my path after I wake up and am on my way to work, or while at work... only to realize that the person is a gift from God who reveals to me the selfishness within me and my wanting things to go my way too much. I then pray the full Serenity Prayer, the Lord's Prayer, and the Abiding Prayer along with forgiving with God's help the person who pissed me off (even if they aren't really at fault). Then either the day starts to go well if I am not struggling with psychosis (which I overcome with a single Ativan tablet when needed). Then the day slowly improves as I find my footing.

#### **Regaining My Intuition & Embracing My Common Sense:**

For a very long time I would dismiss my intuitions, reasoning ability, and native understanding when encountering new puzzles, challenges or problems with the lie: "Don't bother attempting to solve the puzzle because the answer could be anything" (thinking that the world is full of chaos or obscure reasoning). I wouldn't give myself a chance to guess at the thinking behind many questions or situations or requests. I am surprised that I made it through 10 years of university with this attitude, but I did. I guess this attitude of mine was part of me being so hard on myself for so long. People do all sorts of things for many different human reasons. Because I have the same nature like the rest of humanity... I too am endowed with some common sense or understanding on how things ought to work. I have now embraced this intuition (as of December 22, 2009)... and discarded the lie: "Don't bother because the answer could be anything."

People like to celebrate new patterns whether they are found in art, music, math, physics, chemistry, engineering, computing, literature, genetics, linguistics, theology, biology, architecture, maintenance, nature, sports, dance or any other pursuit. We also can or do get unexcited, and eventually bored after awhile with those same patterns that we discovered and this causes restlessness. Whatever patterns exist, God has given some people more and others less insight into understanding or seeing these patterns. Whatever the case... I know that I have some insights... and that I don't always have to rely on the supervision of others when doing tasks. I have a mind of my own and can strategize without having to defer to someone else all the time.

People also don't like to be boxed in; they want freedom; and so they search out new stuff that seems less organized, less structured, less obvious, or less simple. They seek out mystery.

#### **A New Insight For Me That Brought A Large Degree Of Freedom & Life:**

Jesus said that truth liberates. J.R.R. Tolkien in his book called: "The Lord Of The Rings" touches on a truth that I never realized until Tuesday, December 29, 2009 applies to me and that started to bring more freedom to me in the way I relate to those who cross my path each day.

The truth recorded in Tolkien's book is that people usually only see in others what they see in themselves. If it is pride or envy we see in our selves then we see pride in others; if it is greed we see greed; if it is the desire for power, we too see the desire for power in others.... What I saw in myself was the desire for a clean conscience and I naively thought that everyone was like that. It is true that no one likes guilt... but some people can live with it better than others do. We also can change our beliefs to deal with guilt either in a good way or bad ways. Since I was so hard on myself for such a terribly long time... I was unnaturally hard on others. So I felt for a long time that others when they did something morally unacceptable were as hard on themselves like I was for such a long time, and therefore they were also hard on others. I also realize that I need to treat others the way I want to be treated. But that doesn't mean others see things my way. No one wants to be hard on him or her self. Because I was so hard on myself I was very critical of myself... and therefore I felt that I could expect that from others too. This would help evaporate my confidence, courage, faith, joy, and expectations when standing up for the truth (as I see it) at whatever levels in navigating my relationships. When I realized these truths I felt liberated and a burden drop from my shoulders. I also got in touch with my ability to feel my anger in real time when it comes to wrongs committed real or imagined. My physical posture also improved with my back pain being greatly alleviated. I became conscious of every day things such as dangers involved with driving vehicles. I began to see and feel things like I did before I became ill. PTL!