

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

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OBJECTIVE: To discover, understand, and practice spiritual principles needed in order to access spiritual solutions that dissipate, eradicate, and nullify any and all things we perceive to be “problems”.

CHAPTER I: SPIRITUAL PROBLEM SOLVING

“The solution to the problem of the day is the awakening of the consciousness of humanity to the divinity within.”

Hazrat Inayat Khan

I. What is Spirit?

- A. Spirit is the formless, invisible, energy which is the source and sustenance of life on this planet.
- B. Spirit represents that which we cannot validate with our senses. Like the wind that we feel but cannot see.
- C. The energy of Spirit can solve every “problem” we encounter.

II. Three basic steps for accessing Spiritual Direction:

- A. **Recognition:** It may appear obvious that one must first recognize something before applying it, but this is actually the most troublesome step in moving toward spiritual illumination.
- B. **Realization:** We discover that knowledge achieved by realization is of a much higher order than intellectual reasoning.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

C. **Reverence:** Communing quietly with the spiritual force is our way of becoming one with it.

III. What is meant by Spiritual?

A. Spiritual is a symbol of perfection, a wholeness, energy that is within each of us waiting to be accessed and used.

B. Seven basic spiritual practices used as a way of making one's life work at a higher level and for receiving guidance for handling problems:

1. Surrender – literally turn the problem over to the one power in the universe.

2. Love – see love everywhere rather than fear.

3. Infinite – we are all infinite souls in temporary bodies.

4. Empty Mind – quiet your mind and empty it of all negativity.

5. Generosity and Gratefulness – give of yourself without thought of return and be grateful for the opportunity to do so.

6. Connectedness – you are divinely connected to God and all of God's creations; you are never alone.

7. Cheerfulness – find a way to bring joy to those around you and watch as you become more cheerful, happy, contented, and satisfied.

IV. What is a problem?

A. An illusion created by ourselves because we have separated ourselves in that moment, from God.

B. Our thinking is where all our so-called problems exist.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

C. Problems represent a deficit of Spirit in some sense.

V. **What is a solution?**

A. Solution is the ability to bring a spiritual essence to the “problem” of disease, disharmony, or discord.

B. Correcting the error in your thinking that produces the problem in the first place.

CHAPTER II **ANCIENT “RADICAL” IDEAS**

“The average man who does not know what to do with this life, wants another one which shall last forever”

Anatole France

Gaining access to spiritual answers through five aphorisms of the Yoga Sutras of Patanjali, who lived on earth several thousand years ago, and taught that we are capable of reaching a state of awareness of our oneness with God in which we can perform miracles.

I. **THE FIRST APHORISM** – The central act of ignorance is false identification.

A. Ignorance is a basic misunderstanding of who we really are.

B. Ignorance is not the absence of knowledge, but falsely identifying oneself as only of the material ego-based world.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

C. Ignorance can be eliminated by reprioritizing your basic definition of yourself and of God.

II. THE SECOND APHORISM – The mind of the truly illumined is calm because the peace of God within all things is known, even within the appearance of misery and dis-ease.

A. God cannot express God's self in you when you are not at peace. We need to be in a place of loving calmness and stillness to be able to have God's assistance in problem solving.

B. When we return love for hate we express the peace of God that is within us. This calmness is a vital aspect of the consciousness that makes it possible to tap into spiritual solutions.

C. Just as we have trained ourselves to be fearful and anxious when presented with problems, we can retrain ourselves to be calm if we choose.

III. THE THIRD APHORISM – Sin is nonexistent. There are only obstacles to one's ultimate union with God.

A. What is sin?

1. The word sin literally *means off the mark*. Behavior that religion has taught us is sinful is conduct that is *off the mark* or away from God.
2. When we view conduct as sin we place the responsibility of correcting the conduct on a God outside of ourselves.
3. What we call sin is misdirected energy to be viewed as an obstacle to our spiritual development.

B. How should we view obstacles?

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

1. We must view obstacles as lessons and opportunities to choose differently.
2. The concept of encountering an obstacle is empowering and leads to a solution.

IV. THE FOURTH APHORISM – The person who is steadfast in abstaining from falsehood has the power to obtain for himself and others the fruits of good deeds, without having to perform the deeds themselves.

- A. To be steadfast in abstaining from falsehood is the practice of completely and wholly identifying oneself as a spiritual being united with God at all times and never confusing one's identity with the ego world of possessions, achievements, and reputation.
- B. When you literally raise the consciousness of those around you, you are obtaining the results of good deeds without having to sweat and work at doing the right thing.
- C. Detachment – have a mind that is open and receptive, but attached to nothing.

V. THE FIFTH APHORISM – When a person is steadfast in his abstention from harming others, then all living creatures will cease to feel enmity in his presence.

- A. Steadfastly renouncing violence in thoughts and in all dealings with others creates an atmosphere wherein all violence and enmity ceases to exist because it is not reciprocated.
- B. Any situation where you experience anger or even mild discomfort involves thoughts of enmity toward the other person or people.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- C. Being steadfast in abstaining from harmful thoughts is a potent tool for accessing a spiritual solution to problems involving relationships.

CHAPTER III IT'S ALL ENERGY

"Nothing happens until something moves." Albert Einstein

I. Everything vibrates, everything moves.

- A. Everything is in a state of motion. Your body appears solid and motionless, but is a field of vibration and movement.
- B. All information comes to you through your senses as problem-free energy and is then processed by you in such a way to create problems.
- C. Every problem you face has a vibrational frequency and movement to it.
- D. The solution you seek to whatever you have labeled a problem may lie in your willingness to shift your vibrational energy patterns.

II. Faster vibrations mean getting closer to "Spirit"

- A. Human energy is low and divine energy is fast and without limit. You are God, the divine energy. When you do the divine work your energy grows.
- B. The highest levels of the mind contain the capacities of insight, imagination, creativity and spiritual consciousness.
- C. It is your mind that has to be trained to move at a faster frequency so as to bring spiritual solutions to your problems.

III. Slower vibrations keep us in the world of "problems".

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- A. Dis-ease frequencies can invade your body when you live in a continual state of being angry, fearful, envious, critical, judgmental, and worried.
- B. Non-good is an illusion that disappears when spirit is acknowledged.
- C. When we seek to please our senses, which are very low and slow vibrations, and allow them to be in charge of our lives “problems” arise.

IV. You can choose to eliminate whatever interferes with increasing your vibrational field.

- A. In order to eliminate slow vibrating obstacles you must see them as part of an energy field that you have become accustomed to and which will initially resist leaving your house.
- B. Everything in this material world of form is in a constant state of change and ultimately will be gone.
- C. The frequencies of soul consciousness, of spirit include the fastest vibrations of surrender, love relationship to the infinite, quiet emptiness, generosity and gratitude, feeling connected rather than separate, and a sense of cheerfulness.
- D. By removing the lower energetic vibrational states in your body and replacing them with the faster more spiritual energies you can remove the illusions of dis-ease, discomfort, fatigue and stress.

V. You can negotiate the presence of factors in your life to increase your vibrational frequencies.

- A. You possess the ability and the power to raise your energy level to a spiritual plane where problems disappear.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- B. You can negotiate the presence of factors to speed up your energy and become spiritually conscious.
- C. It is fear of being divine that most often interferes with bringing spiritual energies into one's life.
- D. In order to be able to commune with the divine you must be tuned into that frequency.

CHAPTER IV STOP GIVING ENERGY TO THE THINGS YOU DON'T BELIEVE

“...Imagine your thoughts and inner feelings as flowing energy that you can control because you are the source of those thoughts and feelings.”

I. Getting what you want – Everything begins with a thought.

- A. What is thought?
 - 1. Thought is invisible, thus the source of the material world is in the invisible realm of energy.
 - 2. How you look upon the world and the images you have within determines what you will get in your life.
- B. People we deem successful and happy tend to:
 - 1. **Express their desires** and are able to wish for a solution as the beginning state of eradicating so-called problems.
 - 2. **Be willing to ask**, which is a form of letting go of the ego and accessing spiritual guidance.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

3. **State intention**, have supreme confidence that the right energy can be put into the solution of a problem and the solution will materialize,
4. **Have a hardening of the will**, a passion for what they would like to attract into their lives to resolve problems.

II. **Avoid getting what you don't want by not:**

- A. Sending your thought energy to it. Your thoughts are the energy that you will ultimately act upon and it will materialize in your life.
- B. Sending your energy to what is. Shift from the energy of what is onto the energy of what you want and intend to create.
- C. Sending your energy to what has always been. When you do what you have always done you cannot expect different results.

CHAPTER V **KEEPING YOUR ENERGY FIELD UNCONTAMINATED**

“At certain moments, always unforeseen, I become happy...I look at the strangers near as if I had known them all my life...everything fills me with affection...It may be an hour before the mood passes, but latterly I seem to understand that I enter upon it the moment I cease to hate.”

William Butler Yates

- I. **Keeping** your energy field clean and harmonious is your agreement to stay in conscious contact with God.
- II. **Decontaminating Our Personal Immediate Body Energy Field.**

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- A. Your body is just as sacred as your soul, **LOVE IT.**
- B. Feed your body nutritional foods and drinks.
- C. Exercise regularly
- D. Remove yourself in a conflict-free way from things and people who bring negativity into your energy field.

III. Eight Point Plan for Decontaminating Your Broader Environmental Energy Field.

- A. People are often unreasonable, illogical, and self-centered. Forgive them anyway.
- B. If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
- C. If you are successful, you will win some false friends and some true enemies. Succeed anyway.
- D. If you are honest and frank, people may cheat you. Be honest and frank anyway.
- E. What you spend years building, someone may destroy overnight. Build anyway.
- F. If you find serenity and happiness, people may be jealous. Be happy anyway.
- G. The good you do today, people will often forget tomorrow. Do good anyway.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

H. Give the world the best you have, and it may never be enough. Give the world the best you've got anyway. It is all between you and God; it was never between you and them anyway.

IV. Decontaminating Your Mind Fields of Energy which is composed of your thoughts and the thoughts of those around you.

A. Be vigilant over your own thoughts.

B. Base every thought and feeling on Truth.

C. Refuse to be in the fields of those who project lower energy thoughts.

CHAPTER VI RAISING AND MAINTAINING YOUR SPIRITUAL ENERGY

“But I do not believe that man can perceive his “God-Like” qualities until his field reaches higher and higher vibrations and attains a greater degree of coherency. No matter how hard we try to receive spiritual guidance, we cannot until our fields are attuned to that vibrational system.” Dr. Valerie Hunt

Principles for raising your energy vibrations

1. Practice the Presence of Spirit
2. Your Mind Is the Substance of All Matter
3. Mortal Sense Needs to Yield to Make Room for Spiritual Awareness
4. Send Love To, and Pray For, Your Enemies
5. God is Not Withholding

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

6. You Are Not Being Punished
7. God is Not an Overcoming Power
8. Divine Love Will Meet Every Human Need
9. You Cannot Have God and Have Fear Too
10. Don't Feel Spiritual – Be It
11. God Cannot Be Divided Against God
12. Harmony is your Normal, Natural State of Being
13. Our Lacks Come from Failure to Understand God's Law
14. "Resist Not Evil" Means Giving Up Fighting Your Problems
15. Hold No One or No Thing in Judgment
16. True Nobility Is Not About Being Better Than Anyone Else: It Is About Being Better Than You Used to Be
17. You Must Slow Down to Speed Up Your Spiritual Energy

CHAPTER VII LORD, MAKE ME AN INSTRUMENT OF THY PEACE

"If you are yourself at peace, then there is at least some peace in the world. Then share your peace with everyone, and everyone will be at peace." Thomas Merton

I. What Is Thy Peace? How Can You Become An Instrument?

- A. God at work, at play, and everywhere in between
- B. Infinite Love
- C. That which occurs when conscious contact with the God within is made

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- D. Is always available
- E. Invalid thinking results in not being at peace
- F. The result of retraining your mind to process life as it is, rather than as you think it should be.
- G. Events themselves do not determine your level of peace, but how you choose to process them does.
- H. Use your mind for peaceful thoughts
- I. Become a "Peace Provider" by choosing to bring your sense of peace to everyone and every life situation you encounter.

II. How to treat your Greatest Teachers who help you to choose peace:

- A. Recognize those in your energy fields who succeed in sending you into a state of frustration and turmoil, they are your teachers, assisting you in being an instrument of peace.
- B. Bless them for they are reminders sent by God to help you master yourself.

III. Suggestions for becoming An Instrument Of Thy Peace

- A. I CAN CHOOSE PEACE, RATHER THAN THIS** (write this affirmation and have it duplicated to post in strategic places in your home, workplace, and automobile.)
- B. Give yourself a specific period of time each day to be alone and undisturbed.
- C. Make meditation a part of your daily life.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- D. Stop yourself when you are making your peace dependent on outer circumstances.
- E. Practice thinking peace.
- F. Become a peacemaker.
- G. Make peace with yourself.
- H. Get back to nature.

CHAPTER VIII WHERE THERE IS HATRED, LET ME SOW LOVE

“The presence of a belief in hatred is a major source of most problems...Sowing love means dissolving the illusion of hatred by becoming a delivery system for love.”

I. What Is Hatred?

- A. An error created by the mind of man.
- B. A form of misdirected love, a reflection that a person feels unloved.
- C. An outward projection of the belief of not being loved.
- D. A result that comes from the minds of people who feel disconnected from God and the flow of love energy that exists.

II. What Is Love?

- A. Love harmonizes, attracts, and unifies. Love is not an emotion.
- B. God, the one Presence and Power is Love.
- C. The capacity to bring an increase, to transform.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- D. The ability to realize your oneness with all there is, thus with God, for God is all there is.
- E. The element of reality in which nothing is missing, so where the Presence is revealed, wholeness follows.

III. How To Sow Love Where There Is Hatred

- A. Whenever you find yourself in a situation where hatred is present repeat “Where there is hatred, let me sow love.”
- B. When you are in the presence of someone who is obviously directing hate toward you, think of Jesus washing the feet of his disciples on the night before his crucifixion.
- C. After any episode where hatred has been directed at you, or when you have been a silent witness to hatred, don't allow the incident to linger in your mind.
- D. Unobtrusively enter hatred energy fields with love.
- E. Whenever you encounter hate remind yourself that the person directing that hate outward is feeling hated.
- F. Make a deliberate commitment to spend an unselfish hour with someone less fortunate.
- G. Never take hatred personally.
- H. Make time to join into the lives of those who send out hate.
- I. Use a letter as a means of sending love.
- J. Try being kinder, and still kinder, as your response.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

K. Forgive yourself and look upon yourself with love.

CHAPTER IX WHERE THERE IS INJURY, PARDON

“The world is not in need of a new religion, nor is the world in need of a new philosophy; What the world needs is healing and regeneration. The world needs people who, through devotion to God, are so filled with the spirit that they can be instruments through which healings take place, because healing is important to everybody.” Joel S. Goldsmith

The Art Of Spiritual Healing

I. What is healing?

- A. A rising above the concept of the physical or material into God realization, or Spiritual Consciousness.
- B. The rejoining of the self to the Whole in consciousness.
- C. Healing results when you know that your true essence is Spirit, and you live there in your mind.
- D. All healing is based on mental cleansing; as you release invalid thoughts from your mind harmony begins to reign.

II. What is a healer? Can you be a healer?

- A. The fundamental principle of healing in Infinite Intelligence, the Mind of God that saturates every particle of matter in the universe.
- B. Healing comes from the unseen, from the within, from the spiritual. No one can heal himself or another.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- C. Consciousness heals as it accepts the flow of life.
- D. You can be a channel through which the healing force moves and contact the healing force within others.
- E. You can facilitate healing when you help another become aware of the source from which healing takes place.

III. How to sow pardon where there is injury

- A. Use your thoughts to keep your energy on healing rather than disease.
- B. Approach any experience of injury, whether it be in yourself or others, with a mind-set of high hopes and possibilities for release from that injury.
- C. Be continuously aware of the times when you are trapped in ego consciousness.
- D. See the existence of injury in others as an opportunity for you to pardoning action.
- E. Immerse yourself in the literature of healing rather than that of evil.
- F. Take care of the sick but be indifferent to the illness.
- G. Practice directing healing energy.
- H. Let Go
- I. Remember all your conflicts with others are never between you and them; they are between you and God.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

CHAPTER X WHERE THERE IS DOUBT, FAITH

“One of the main functions of formalized religion is to protect people against a direct experience with God.” C. G. Jung

I. What is faith?

- A. A deep inner knowing that cannot be substantiated or verified through the words and experiences of others.
- B. A knowing within yourself that in any moment of seeming darkness light is present.
- C. A way of going within and creating a sense of control over one's life at any given moment.
- D. A knowing that is yours alone by virtue of your commitment to your higher spiritual energy.
- E. Faith is more than belief. Belief stems from the experiences and testimony of others.

II. How to control your destiny through faith

- A. Replacing doubt with faith is a way of taking charge of your life by eradicating fears.
- B. Attempts to sway others or to argue about the relative merits of your own faith takes you away from spirit into the world of ego.
- C. Release any need to be “right”.
- D. Stay quietly and privately in a spiritual energy so that you might:
 - 1. Bring that same energy of love and peace to any situation,

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

2. Effect a spiritual solution; and
3. Bring faith into the space where the doubt of ego consciousness previously reigned.

III. How to apply faith to doubt

- A. The importance of meditation cannot be stressed strongly enough.
- B. Practice developing a trust in the unknown
- C. Develop a private prayer that brings you into communion with God.
- D. Affirm your faith not your doubt.
- E. Refuse to dwell on thoughts about the so-called problems in your life.
- F. Use the power of prayer to bring faith to a world of doubt for others who may be suffering.
- G. As much as possible, keep your faith a private matter between you and God.
- H. Give God the credit.
- I. Breathe in God.
- J. Remind yourself that a placebo is a perfect example of faith at work.

JOHNNIE COLEMON THEOLOGICAL SEMINARY
THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

CHAPTER XI WHERE THERE IS DESPAIR, HOPE

“Compare the serene and simple splendor of a rose in bloom with the tensions and restlessness of your life. The rose has a gift that you lack; It is perfectly content to be itself. It has not been programmed from birth, as you have been, to be dissatisfied with itself, so it has not the slightest urge to be anything other than it is. That is why it possesses the artless grace and absence of inner conflict that among humans is only found in little children and mystics. ”

ANTHONY DeMELLO, *The Way To Love*

I. Recognize despair as:

- A. An attitude, a way of looking at a life situation and feeling hopeless.
- B. A mental process that sizes up, views, and processes events and situations from a pessimistic viewpoint.
- C. Low/slow energy frequency causing one to feel depressed.
- D. A creation of the mind due to a belief that one is separate from God.

II. What is the spiritual solution to any and all despair?

- A. Move your energy frequency up by making conscious contact with God.
- B. Dissolve the images of negativity and pessimism.
- C. Radiate the higher “up” energy outward toward others who are believing and living lives of quiet desperation.

III. Reasons for staying attached to habitual thoughts of despair.

- A. Long conditioning process of feeling that life is unfair.

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- B. Feeling that someone else is responsible for your sorrows and no one truly understands.
- C. Never having to take the risk of accepting responsibility for your gloom, or to change lifelong patterns.
- D. Programmed to believe that certain people or certain things are the source of your happiness.

IV. Hope is:

- A. A feeling of optimism, a thought that says things will improve.
- B. An internal awareness that you do not have to suffer.
- C. The restoration of the appetite for life itself, and all the bliss that accompanies a renunciation of the search for meaning and power in the material world.

V. Suggestions for turning despair to hope

- A. Begin to take delight in nonattachment.
- B. Practice reinforcing hope rather than despair.
- C. Remember to call in God and literally turn despair over to God.
- D. Act as if the hope you have for the relief of despair is already here and in place.
- E. In the midst of suffering, make a conscious effort to see the blessing.
- F. Don't let yourself be a sounding board for the sorrowful tales of others.
- G. Practice the art of being an eternal optimist.

JOHNNIE COLEMON THEOLOGICAL SEMINARY
THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

H. Be persistent in acting as if it is impossible to fail.

CHAPTER XII WHERE THERE IS DARKNESS, LIGHT

“There is no object so foul that intense light will not make it beautiful.”

RALPH WALDO EMERSON

I. In darkness one is:

- A. Unable to experience the true nature of our world.
- B. Unenlightened and remains ignorant to beauty and truth.

II. Darkness:

- A. Conceals
- B. Is a symbol of deceit
- C. Is contamination
- D. Cannot survive for even one second when light is present.

III. Light, the faster/higher energy of spirit, has four components or ingredients.

- A. Purity
- B. Morality
- C. Truth
- D. Clarity

IV. How to bring light to darkness

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

- A. Practice being an appreciator of beauty.
- B. Becoming familiar with the literature of inspiration about those who have overcome darkness in their lives.
- C. Send out white light and bathe others in it.
- D. Keep your thoughts centered on light and what you want, rather than on dark and what you don't want.
- E. Get outside into the light when thoughts of darkness overtake you.
- F. Practice purification in all areas of your life.
- G. Repeat to yourself one of the most important passages for bringing light to darkness: "...THE TRUTH SHALL SET YOU FREE." John 8:32

CHAPTER XIII WHERE THERE IS SADNESS, JOY

*"Tis easy enough to be pleasant.
When life flows along like a song;
But the man worthwhile is the one who will smile
When everything goes dead wrong."*

Ella Wheeler Wilcox

I. What is sadness?

- A. A habit of processing the world from a perspective of what is wrong and missing in our lives.
- B. A result of a "scarcity consciousness".

JOHNNIE COLEMON THEOLOGICAL SEMINARY

THERE'S A SPIRITUAL SOLUTION TO EVERY PROBLEM

Wayne W. Dyer

C. A result of how you are choosing to think. It is totally located in your mind.

D. A thought created by a mind that does not know God.

II. Joy is:

A. Consciously deciding to process your life in ways that focus on gratefulness for what you have.

B. Fast spiritual energy that will nullify the slower energy of sadness.

C. Realized most readily by feeling purposeful in all that you do as frequently as possible.

D. Found in the absence of striving for it, and instead realizing it is already within you.

III. Suggestions for sending joy in the face of sadness

A. Acknowledge your sadness, understand it is unreal, and then let it go.

B. Radiate the energy of joy to others who appear to be experiencing sadness.

C. Look for the benefit in those who are delivering sadness to you.

D. Go to your purpose and know the joy that comes from being there.

E. Settle disputes and share your truth.

F. Remind yourself that joy is found in stillness.

G. Study the lives of saints and sages.

H. Feel supremely happy.