

Volume 1 – Day 1: Relationship Not Religion

The same dynamics of good relationship apply to both the theist and the atheist. The same things that hinder us from developing a deeply affectionate relationship with God come between us and deeply affectionate feelings for others. Although few realize it, we are our own greatest obstacle to good relationships with other people. Since every relationship is a two person choice, I dramatically improve my chances of enlarging my circle of friends by always choosing affection for the other person even if we disagree on many points of fact or opinion. “The greater the measure of affection which I offer to others, the greater the measure of affection I will receive.” -- J H Alan

So whether you are religious or not, I encourage you to look for the nuggets of relationship gold which will improve your sensations in life and experience of life. **Relationship gold** will produce enough improvement in your understanding and acceptance of others to make the time spent worthwhile. And if you have given up on God, hopefully you will give him a second chance, as an intimate relationship with Him could enormously improve your experience of life.

As your emotions reach new heights of pleasure and you experience less anxiety, guilt, shame and fear it will become easier and more intuitive for you to embrace those in your life who are the most difficult to accept. The best news is this. Your measure of personal peace and happiness can improve even if your circumstances and experiences do not. The key to all of this is choice, your choice. And it is less about the choices of your activities than it is the choices about what you believe. Let yourself believe different things and it will change how you feel.

My Confirming Scriptures:

My Aligning Experiences:

DEEPER Every Day -- John Henry Alan