

## WHAT IS THE ONE PROBLEM?

What is the one Problem?

The one Problem is:

I make mistakes. We all have that Problem. We all make mistakes.

You can not fix my mistakes. Only I can fix my mistakes. My real Problem is my judgments, I have about my mistakes. I upset myself, when I judge my mistakes. I know I have judged when I am not at peace.

When I am not at peace, my wife can not help me. That is because it is my Problem. It is her Problem, only when she is not at peace.

God can not fix my mistakes, He already has forgiven them. It is my responsibility as his child, to fix my judgments. I now know I have to come into agreement with God, by agreeing with God's forgiveness.

When I judge the mistakes of others, I make their Problem my Problem. My judgment on them would just become part of my baggage. My baggage, would cause me to make more mistakes.

When people do not pick up their dog's poop, I could come by later and only fix their consequence of their mistakes. That does not solve their real Problem. Their judgments are what caused them, to not consider

the highest good of their community.

They did it, because they judged them selves as irresponsible, perhaps unconsciously. If I judged you as irresponsible, I would be the one carrying around that baggage. I would do something else that was irresponsible, because I do not have a dog. I will start to become irresponsible, like the people I judged.

I need to clear my judgments, because I want peace of mind.

Jesus, told us how, to have peace of mind. He told us to forgive each judgment, seven times seventy times, which is 490 times. Jesus did not literally mean 490 times. Jesus just meant, to forgive until it works.

Just forgiving those that do not pick up their dog poop, usually does not work. I will still be upset when they do it again. My upset comes from the adjective irresponsible that I use to judge them. My adjective will be be my hook I put them on that is stuck in my mind. I am reinforcing my judgments when I say: I forgive myself for judging those that do not pick up their dog poop. When you tell kids to not run, they hear run. When you tell kids, Walk with slow feet, they hear slow feet.

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The event we judge is gone, and does not exist. What does exist, is my judgments on the word irresponsible. My mind easily notices irresponsible people, and there are a lot of them to notice.

I have watched many people pray to have God fix them, without success. Their ego, pride, did not want to forgive. Many just got into their guilt, then fail, then more guilt, then more fail. I have also watched many, learn how to ask God what to do, and how to forgive themselves. They are the ones that recovered, peace by piece.

I need to clear my judgments on the word irresponsible, to have my peace of mind.

I can just say these healing words, as many times as it takes for me:

I am forgiving myself, for misjudging myself as irresponsible.

When I have said words like these enough times, my wife can call me, irresponsible, and I still will be at peace in my thoughts and feelings.

Most people, do not have peace of mind, because their ego, pride, will resist saying any words that will work. I have watched my ego, say what does not work. I just chuckle, and say the words that work.

Here are the words for self-forgiveness that I was taught to use in my master's program, in spiritual psychology:

"I forgive myself for judging myself as wrong.

I forgive myself for judging myself as not okay.

I forgive myself for judging myself as unworthy.

I forgive myself for judging myself as incompetent.

I forgive myself for judging myself as unloving and unlovable.

I am forgiven."

Notice that there is nothing there about what I did, what others did, or what I think God did.

I have improved the words by changing the word judging, into misjudging. My ego, pride, finds it easier to say. I know it will work as well, or better for you, because it works for me and everyone I help.

Very respectfully,

Michael Foster, master of arts,

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Post Script: Once upon a time I was in a home group with our associate pastor. He had started a master's program in psychology. We began comparing his program, with my spiritual psychology program.

We were studying the same master therapist like, Dr. William Glasser with "Reality Therapy". The differences were significant. Although we studied the same therapist, my program was mainly about practicing the different therapies. I practiced with hundreds of other students, that also practiced on me.

We practiced by inviting the Holy Spirit to be part of our group of 3. Our third one was to observe as the neutral party. They were to give feedback on what they observed.

We worked on only what the client was interested in working on. When we ran into any block [damn] in our process, we used the forgiveness words to break the dam. It always worked when they were the right words. It always did not work when they were the ego's words.

I had one exception when neither worked, but that is another story of opposites. I had another exception when there was physical healing, but that is another story. It was where I used inner child therapy, that was not the therapy we were supposed to be practicing.