

## Making Innovative Charts: Spirituality-Focused Version

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Charts are a way of checking or improving our “thought inventory.”

Many have problems with a lack of attention, unable to achieve goals because of being sidetracked. Many people are complaining of attention deficit disorder.

Besides spiritual help from God and others, we can look at attention and will as the only thing that can improve a life, because all successful people use attention and will. God gives us free will, and people can only help us so much. Beyond a certain point, it is always a person’s own attention and will that make the difference.

I thought of this idea of making charts to help me stay constructively focused. They say we are made up of our thoughts, and that our thoughts are things. All of these charts work very powerfully together. I hope others will make their own charts inspired by the examples here. Whenever there is a task that seems overwhelming, one can break it down into smaller components and make a chart out of it.

Each check mark you put on the chart can be for an action, a meditation on the subject, or a prayer to do the subject, or any combination of these.

For each chart you do, you can describe your experience with them in notes. Writing a note helps us stay focused on the item in the chart. Track the time every few minutes so that your mind doesn’t wonder. This is almost essential for some people, especially with the more difficult tasks. That is, if you start at 3 PM, your page or computer screen will look something like this after a while:

3:00, 3:05, 3:09, 3:15, 3:19, 3:29, 3:35,

Sometimes it may look like this

11:00, 11:15, 11:30, 12:15, lunch, 12:50, 12:55

We cannot do charts without attention and will. When we do make charts the center of our day, we will have a visual manifestation of our prolonged consciousness and willpower.

It’s better to do nothing for a while than compulsively do other things which are not to one’s advantage. But when one stops doing the lesser things, one be find it hard to make progress towards one’s goal.

One can put a mark on a chart if one has done the effort, or if one is about to do it. It doesn’t matter. Thirty seconds of effort on each one could get a check mark, or five

minutes, or one hour. They can be done in any way one finds helpful. One could fill up a book in a month, a year, or as a playful exercise, in one day. The book keeps reminding us to fill our lives with good things.

We are spirit, and part of God's spirit, if the Holy Spirit is in us. If we keep our attention active, we can have will. God requires us to exercise our will power for the best He can give us. This is scriptural. Charts are a way of focusing our attention on more beneficial areas.

There need be no evil thing in our attention if we keep our attention active, and our perception on good things. Our perception is always active, but our attention is not. Perception is the key. People can never have a "perception deficit disorder" but they can have an attention deficit disorder. Perceptions are always coming into the mind of a person with ADD.

I had to sometimes abbreviate the lines so they could fit next to the check boxes. Sometimes the notes section below will have a more verbose description.

#### 1) Core Attention And Energy Building Chart

1	Circular Breathing	/ / / / / / / / / / / / / / / / / /
2	Non-identification	/ / / / / / / / / / / / / / / / / /
3	Positive emotion	/ / / / / / / / / / / / / / / / / /
4	Observing body movement	/ / / / / / / / / / / / / / / / / /
5	Stillness	/ / / / / / / / / / / / / / / / / /
6	Muscle relaxation/body symmetry	/ / / / / / / / / / / / / / / / / /
7	Affirmation of one statement four times	/ / / / / / / / / / / / / / / / / /

1 Circular breathing is a name given for continuous deep breathing done either while doing other things, like housework, or just as a single activity. Deep breathing needs to be an important, and sometimes single, focus. Some people have problems seeing it as such, even when the value of deep breathing has been firmly established by the medical community, and is prescribed in many ailments. It's not the natural state in modern life to have to sustain physical efforts so much that our breathing is continuously deep for a long period of time. In fact, the stress of modern life, for some odd reason, often causes a person's breathing to become more shallow. By breathing deeper longer, and not working harder at the same time, our body stores more oxygen, and this also creates more energy. Deep breathing is one of the best ways to circulate your lymphatic fluid, which unlike blood, does not have its own pump to move throughout the body

2 Non-identification means that we do not think about something that is causing us stress. We can see this as fears, unforgiveness, a certain person, an event or anything that isn't in its proper season. Ecclesiastes 3 teaches us that things have their proper season, and creating a statement such as "I do not identify with \_\_\_\_\_" (fill in the blank) can keep things in their proper season

2) System of Christian Growth

- 1 Opening of the Word / / / / / / / / / / / / / / / /
- 2 Sins as being cleansed completely / / / / / / / / / / / / / / / /
- 3 Gratitude lists / / / / / / / / / / / / / / / /
- 4 Praise / / / / / / / / / / / / / / / /
- 5 Answered prayers/Praise Report / / / / / / / / / / / / / / / /
- 6 Pleasing personality / / / / / / / / / / / / / / / /
- 7 Strong in the grace of God / / / / / / / / / / / / / / / /
- 8 God’s guidance / / / / / / / / / / / / / / / /
- 9 Higher levels of virtue / / / / / / / / / / / / / / / /
- 10 Gender appropriate expressions / / / / / / / / / / / / / / / /
- 11 Acceptance of godly risks / / / / / / / / / / / / / / / /
- 12 Ask in Prayer / / / / / / / / / / / / / / / /

2 Sins as being cleansed, the white as wool feeling – this does not happen in “the world”

3 Gratitude lists are create to write down what we are thankful for, some of which may not be the direct answer to prayer.

4 Praise (Jesus said you will receive what you pray for if you believe you have it already).

5 Answered Prayer Lists/Praise Report (As above, this is where to put in time prayed)

6 Aim for having a pleasing personality, and make it a prayer

7 Being strong in the grace of God, can mean first being humble to not be in our own righteousness, but to have the imparted righteousness of Christ

8 Understanding words of knowledge for me, be glad for them, confident and try to live up to them

9 Be vigilant to get to new higher levels of virtue and obedience

10 This just means things that stereotypically men like, or stereotypically women like. It’s not a prescription just a description of what is sometimes fact

11 Acceptance of risky things that make me strong and have no sin in them

12 At first, every prayer-related part of this chart was past-tense focused, because I thought to emphasize the idea that Christ gave about believing you have already received what you ask for. The past tense items in this chart could be where one’s prayers could be. But now I see that to think about the verse, “we have not because we ask not” is important, so I put a section for “Ask in Prayer.” You can check off your prayer requests also in the “Answered Prayer/Praise Report” list, Praise, or Gratitude Lists.

3) Chart for the Beatitudes

- 1 Poor in Spirit / / / / / / / / / / / / / / / /

2 Mourn	/ / / / / / / / / / / / / / / /
3 Meekness	/ / / / / / / / / / / / / / / /
4 Hunger for Righteousness	/ / / / / / / / / / / / / / / /
5 Merciful	/ / / / / / / / / / / / / / / /
6 Pure in Heart	/ / / / / / / / / / / / / / / /
7 Peacemakers	/ / / / / / / / / / / / / / / /
8 Accept Risk and Persecution	/ / / / / / / / / / / / / / / /

1 Poor in Spirit – Being poor in spirit means being receptive to Heaven, and being humble under God’s direct guidance which is in the Word  
8 In a roundabout way, holiness offers itself to invite righteous persecution. This increases the spreading of our message (or books) and those who at first persecute us later accept us (or those who say no in sales, often later say yes).

#### 4) To Not Be Cheated Out of Our Prize

1 Strong in Grace	/ / / / / / / / / / / / / / / /
2 Realize it’s God's good pleasure	/ / / / / / / / / / / / / / / /
3 Enthusiasm for life's best	/ / / / / / / / / / / / / / / /
4 Desires of our very own heart	/ / / / / / / / / / / / / / / /
5 We have honor	/ / / / / / / / / / / / / / / /
6 Remember the lesson of Scrooge	/ / / / / / / / / / / / / / / /
7 Rely on God’s Power	/ / / / / / / / / / / / / / / /

1 Strong in Grace – Pray to God that we can be strong in grace in the way He wants us to be strong in grace  
2 Welcome and realize it’s God's good pleasure to give it to us  
3 We can have it if we have enthusiasm for life's best  
4 We will have the desires of our very own heart  
5 We have empowerment among people, we have their honor  
6 Remember the lesson of Scrooge in Charles Dickens “A Christmas Carol”: selfish people get loneliness, but those who put people first get love and togetherness with others

#### 5) Components of Christian Grace

1 Forgiveness of others allows our forgiveness	/ / / / / / / / / / / / / / / /
2 Blood of Jesus, power over Satan	/ / / / / / / / / / / / / / / /
3 Ideas surrounding the Cross of Christ	/ / / / / / / / / / / / / / / /
4 Armor of God	/ / / / / / / / / / / / / / / /
5 Past is dead and gone, a new life has begun	/ / / / / / / / / / / / / / / /

- 6 Power to bind and loose // // // // // // // // // // // // // // //
- 7 Prayer for others who bother us // // // // // // // // // // // // // // //

- 3 Ideas surrounding the Cross of Christ, such as ground is level at Calvary, atonement,
- 5 The past is dead and gone, a new life has begun.
- 6 Power to bind and loose (taking what we freely have in Christ)

6) Stillness Chart

- 1 One is not thinking something // // // // // // // // // // // // // // //
- 2 Stay physically motionless // // // // // // // // // // // // // // //
- 3 Realize the frontal lobes/executive function // // // // // // // // // // // // // // //
- 4 As a man thinketh/as leading to centered creation // // // // // // // // // // // // // // //
- 5 Why are we here? // // // // // // // // // // // // // // //
- 6 Larger backdrop: stillness verses silliness or stress // // // // // // // // // // // // // // //
- 7 In soul’s true direction instead of worldly personality // // // // // // // // // // // // // // //
- 8 Be still and know that I am God // // // // // // // // // // // // // // //

- 4 As a man thinketh -- as leading to centered creation. It is Biblical to see how our thoughts can create things or events. If we center our thinking in a spiritual direction, we can better center our life on good things.
- 5 Stillness can come from that question of “why were we created?” “Why is there something in the universe instead of nothing?”
- 7 In our soul’s true direction instead of worldly personality.

7) Chart For Spiritual Physical Healing

- 1 Ask God for Healing // // // // // // // // // // // // // // //
- 2 Step out in Faith/Leap of faith // // // // // // // // // // // // // // //
- 3 Praise and Worship // // // // // // // // // // // // // // //
- 4 Visualize what you want // // // // // // // // // // // // // // //
- 5 Claim Victory // // // // // // // // // // // // // // //
- 6 Word of God/Healing Scriptures // // // // // // // // // // // // // // //
- 7 Not hearing imagination nor Satan // // // // // // // // // // // // // // //
- 8 Affirmations // // // // // // // // // // // // // // //
- 9 See the Dr. giving cured status // // // // // // // // // // // // // // //
- 10 State with enthusiasm positive things // // // // // // // // // // // // // // //

I don't want to be presumptuous about the two healing charts in this book. God may not heal good people.

8 Affirmation: I get joy and peace from being physically healed by God.

10 Pray with great enthusiasm, believe with urgency, enthusiasm and conviction, joy and peace. State with great enthusiasm positive things about one's health

### 8) Growth in Instinctive Power

1 Focus on blood flow	/ / / / / / / / / / / / / / / /
2 Focus on body language	/ / / / / / / / / / / / / / / /
3 Focus on breathing	/ / / / / / / / / / / / / / / /
4 Focus on mind's control of body in space	/ / / / / / / / / / / / / / / /
5 Focus on heartbeat	/ / / / / / / / / / / / / / / /
6 Start and stop thought	/ / / / / / / / / / / / / / / /

The idea behind this chart is that our stress and activity often takes us away from the resting state of our body. Lowering our stress allows our body to get full restful sleep at night. The word "disease" comes from "dis" - "ease" – to not be at ease.

### 9) Exercise/ Physical Chart

1 Assertive music	/ / / / / / / / / / / / / / / /
2 Circular breathing	/ / / / / / / / / / / / / / / /
3 Tough person mentality	/ / / / / / / / / / / / / / / /
4 Flexing/sensing muscles	/ / / / / / / / / / / / / / / /
5 The motivation of opposite sex	/ / / / / / / / / / / / / / / /
6 Martial Arts books/videos	/ / / / / / / / / / / / / / / /
7 Exercise/Videos to motivate	/ / / / / / / / / / / / / / / /

6 There are many committed Christians, even pastors, that believe Asian martial arts have excellent health benefits. However, there are some martial arts that some have issues with because they focus more on Eastern philosophy. It is like how some yoga teachers try to convert their students to their religious ideas, not just give them health lessons.

### 10) On Being Christmas Permanently Chart

1 Able to give like Santa Claus	/ / / / / / / / / / / / / / / /
---------------------------------	---------------------------------

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| 2 Sparkling wonderful surroundings  | / / / / / / / / / / / / / / / / / / |
| 3 Spirit of fun in life with others | / / / / / / / / / / / / / / / / / / |
| 4 Universal goodness of the Gospel  | / / / / / / / / / / / / / / / / / / |
| 5 Value others and oneself          | / / / / / / / / / / / / / / / / / / |
| 6 Power to forgive others           | / / / / / / / / / / / / / / / / / / |
| 7 Special spiritual movies          | / / / / / / / / / / / / / / / / / / |
| 8 Christmas mystique feeling        | / / / / / / / / / / / / / / / / / / |

- 2 Sparkling wonderful surroundings, holiday lights, nice smells, good cooking and baking
- 4 The goodness of the Gospel/Holy Family/Jesus/ and Old Testament prophecies
- 3 Socializing, being at public get-togethers, functions.
- 5 Value yourself as much as you expect others to value you. Children often value themselves and others much, perhaps more than many adults. Giving others gifts comes from a place of abundance, not being fearful of lack.
- 6 Power to forgive others, the cleansed feeling as a part of Christmas.
- 7 Spiritual movies can be watched any time of year. In fact, Christmas movies can be watched any time of year.
- 8 Christmas Mystique Feeling, Those odd feelings that we only experience at Christmas time, perhaps when we hear certain songs. "Carol of the Bells" seems to do it for some people.

#### 11) Peace Of Mind Chart

- |   |                                     |
|---|-------------------------------------|
| 1 Peace gives confidence                | / / / / / / / / / / / / / / / / / / |
| 2 Peace comes from avoiding sin         | / / / / / / / / / / / / / / / / / / |
| 3 Peace comes from asking God for peace | / / / / / / / / / / / / / / / / / / |
| 4 Peace shows victory over the devil    | / / / / / / / / / / / / / / / / / / |
| 5 Peace shows wisdom                    | / / / / / / / / / / / / / / / / / / |
| 6 Peace knows no condemnation           | / / / / / / / / / / / / / / / / / / |
| 7 Peace gives healing                   | / / / / / / / / / / / / / / / / / / |
| 8 Peace gives fellowship                | / / / / / / / / / / / / / / / / / / |

Peace can help one make decisions if fused with confidence. Ask yourself if you should do something with these thoughts in mind: "If it gives you peace and you are confident you can get it done. " or "If it gives you peace while doing it, and you are confident you can get it done without too much stress."

- 1 Our confidence blesses others. It makes them confident.
- 2 Blessed are the peacemakers for they will be called Sons of God. Peacemakers make every kind of peace, everyday, every hour, everywhere, to every body.

Peace can come from confidence in God. Give others this confidence in God. Let confidence give you a spirit of rest. Peace can come from being with those who are confident in God.

2 Peace comes from fleeing lust, greed, doubt about oneself and others but instead having the armor of God on and being instant in prayer for others, pride, gluttony, and all other sins

3 Ask God directly for more peace, to lead us to peaceful events and people, and to deliver us from evil. “What person if he asks for bread would be given a stone?”

Matthew 7:10.

3 Work and employment peace of mind comes from fleeing the many sins that could surround it, ex. laziness, fear, lack of courage, chaotic practices (not taking inventory, not doing one’s numbers)

4 Peace shows victory over the devil

5 Peace shows wisdom – “But the wisdom that is from above is first pure, then peaceable....” James 3: 17

8 Peace gives networking, fellowship, can improve friendships and family relationships.

## 12) How To Pray Believing You Have Already Received What You Ask For In Prayer

- |  |                                     |
|--|-------------------------------------|
| 1 By grace, you are good enough for it | / / / / / / / / / / / / / / / / / / |
| 2 Know God is love, God is real        | / / / / / / / / / / / / / / / / / / |
| 3 Many good people always bless us     | / / / / / / / / / / / / / / / / / / |
| 4 Believing heals all bitterness       | / / / / / / / / / / / / / / / / / / |
| 5 Create praise if in God’s will       | / / / / / / / / / / / / / / / / / / |

1 That you are good enough for it, so much that you shout for joy because of having it

2 That you know God is love, God is real, God will help you. He is healing all your diseases and problems

3 That you know there are many good people that will love and bless you, and that you have a very pleasing and attractive personality because you have prayed for one.

4 You know that this believing the answer will be Yes heals all bitterness that lack of hope causes, it claims all gratitude for the great things God has done

5 Create praise, gratitude lists, answered pray reports, around it, seeing it as accomplished. If our request is not in God’s will, it is better that we have something better which is God’s will for us, but normally we should not extinguish the desire which is our prayer.

## 13) Meditation on a Type of Self-discipline

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 Ponder vastness of the universe | / / / / / / / / / / / / / / / / / / |
|-----------------------------------|-------------------------------------|



2 Stillness and positive emotion both needed	/ / / / / / / / / / / / / / / /
3 Chose essential rules vs. Unneeded rules	/ / / / / / / / / / / / / / / /
4 Wrestle not with people, pray instead	/ / / / / / / / / / / / / / / /
5 Things do get better when added up	/ / / / / / / / / / / / / / / /
6 Larger more wise efforts needed	/ / / / / / / / / / / / / / / /
7 Heart and mind of Christ	/ / / / / / / / / / / / / / / /
8 Self-control over body, mind, emotions	/ / / / / / / / / / / / / / / /
9 Universal need for perseverance	/ / / / / / / / / / / / / / / /
10 Give up useless suffering/carry real cross	/ / / / / / / / / / / / / / / /
11 Relaxation as energy builder	/ / / / / / / / / / / / / / / /
12 Overcoming double mindedness	/ / / / / / / / / / / / / / / /

1 Even when we think of the vastness of the universe, unconditional love and heaven mindedness puts us in the sense of God as bigger than the universe.

1 The pondering of the Vastness of the Universe only orients us in the size of the universe compared to ourselves and if we look at it in a spiritual way we can see that it is a beautiful large universe, we get to notice all of it in our imagination, also we can see, where there is more life, there is more density of positive impressions.

2 Stillness and positive emotions work together, one without the other isn't good, see the energy climb by doing both

2 The Bible tells us again and again to be still, and be silent before the Lord. It also tells us to "glory" and to be joyful. See this as a two step repeating process, again, and again. Stillness and positive emotion. Stillness and positive emotion.

3 If we think of many unnecessary rules we live by, we can then think that we can stop following them like Jesus stopped following the rules of the Pharisees. These are some of the laws we are required to stay in: Love, Hope, Faith, Stillness, Joy, Service, Truth, Communication efforts, exercise control of the flesh when required, identifying myself as a Son of God in Christ Jesus, Orderliness (not ignorantly living with junk).

4 Not considering what the wrong people think

5 Keeping up the effort every day will build on itself in various ways

7 The mind of Christ knows how to heal

8 Stillness of movement is probably many people's most needed exercise

8 Stillness is this one, the ability to disengage with the voice of "myself" and be.

9 Perseverance in who we are in Spirit, truth, power and health. Let God's power in us catch up to our good intention of ourselves and God's good intention for ourselves.

10 Giving up that which takes me away from focusing attention and its benefits.

11 Go over the whole body, each part once, one doesn't need paper or a class to do this. Try for fifteen seconds relaxing each part named.

11 Try to focus on points I haven't recently, like temples, chin, knuckles.

11 Moving less can make us more attractive looking. Think of actors. Fidgeting can look like nervousness.

12 Being double-minded, means in some way, not following certain goals one sets for oneself. With my goals, I can be present to the best in life and in God.

When I see my goals, I can remember an aspect of myself in my best nature

When I see my goals, I can be still to all the negative voices of myself saying that

I can't do it, or that it's too hard now.

14) Positive Emotion

- 1 Non-identification // // // // // // // // // // // // // // // //
- 2 Chest and belly focus // // // // // // // // // // // // // // // //
- 3 Muscle relaxation // // // // // // // // // // // // // // // //
- 4 Speed of perceptions/sensation // // // // // // // // // // // // // // // //
- 5 Heart like a cat purring // // // // // // // // // // // // // // // //
- 6 Laughter // // // // // // // // // // // // // // // //
- 7 Smile in other body parts // // // // // // // // // // // // // // // //

2 It is often thought that our emotions are in our chest or belly area.

4 Speed of perceptions/sensation. It is known in brain science that peaceful states can actually have more of a certain type of brain activity, not less. The positive emotion of godly prayer or meditation can be vivid, instead of dull.

5 Heart like a cat purring. If one thinks of how a cat purrs, it seems to be thinking of nothing but its pure instinctive satisfaction. The fact that it is not afraid is one reason why it can purr. The first trick to get a cat to purr is to make it feel very secure. It also seems to be excited when it is purring, so it is not so much calm as blissful. Bliss seems to be a combination of the activity of joy with the security of peace. A cat purring of course is the perfect example of this.

7 Smile in other body parts means we can have a smile in our eyes, even imagine other parts of the body besides our face enjoying something similar to a smile.

15) Example of a Prayer Chart

- 1 Pray for spiritual virtue // // // // // // // // // // // // // // // //
- 2 Pray for health // // // // // // // // // // // // // // // //
- 3 Pray for family // // // // // // // // // // // // // // // //
- 4 Pray for friends // // // // // // // // // // // // // // // //
- 5 Pray for good self-discipline // // // // // // // // // // // // // // // //
- 6 Pray for wisdom // // // // // // // // // // // // // // // //
- 7 Pray for good artistic expressions // // // // // // // // // // // // // // // //
- 8 Pray for sound mind // // // // // // // // // // // // // // // //
- 9 Pray for household chores // // // // // // // // // // // // // // // //

- 7 Pray for good and healthy artistic expressions
- 8 Pray for peace of mind, joy, prolonged attention
- 9 Pray for household chores (could make separate sheet for this)

16) Trusting in Quality Chart

- 1 Relax muscles, deep breath // // // // // // // // // // // // // // //
- 2 Exercise, Weight training, long walks // // // // // // // // // // // // // // //
- 3 Work aerobically on house/yard // // // // // // // // // // // // // // //
- 4 Dress well/groom well // // // // // // // // // // // // // // //
- 5 Make some study of quality // // // // // // // // // // // // // // //
- 6 Work done with great music/other arts // // // // // // // // // // // // // // //
- 7 Remember that our brain state matters // // // // // // // // // // // // // // //

- 3 Work aerobically on house/yard, circular breathing, if needed put on strong upbeat music
- 4 Dress well, spend extra money on better clothes
- 6 Make some quality-focused reminder cards based on the things in this journal
- 7 Make sure there is work done with listening to great music, viewing great art, or film

17) Feeling Comfortable in Church  
(Especially good for those who attend church alone)

- 1 Being strong in grace // // // // // // // // // // // // // // //
- 2 Not be cheated out of our prize // // // // // // // // // // // // // // //
- 3 Enthusiasm for life's best // // // // // // // // // // // // // // //
- 4 Accepting a quiet humble spirit // // // // // // // // // // // // // // //
- 5 It's a ministry to support a church // // // // // // // // // // // // // // //
- 6 Realize we won't be alone long // // // // // // // // // // // // // // //

- 1 Being strong in the grace of God allows us to not need defend ourselves. One way this self-defense manifests is in judging others.
- 2 Realize church helps us to not be cheated out of our prize
- 3 We can experience the joys of church life if we have enthusiasm for life's best
- 4 Accepting the freedom of a quiet humble spirit in ourselves
- 5 It is a ministry for us to support a local church, see it as sowing good seeds that will reward us.
- 6 We probably will eventually meet someone we can sit with. There are usually different social functions associated with any church, and we can pray the Lord helps us develop relationships with others there.

18) Bringing Back the Good That Was Gone

This one needs to be a personal one, but here is an example of one.

- 1 Decluttering/Organizing // // // // // // // // // // // // // // // //
- 2 Sacrifice the safe and familiar // // // // // // // // // // // // // // // //
- 3 Believe God rewards ministry // // // // // // // // // // // // // // // //
- 4 Dressing nicer // // // // // // // // // // // // // // // //
- 5 Psychology's real self attributes // // // // // // // // // // // // // // // //
- 6 Philanthropy as reason for good attitude // // // // // // // // // // // // // // // //
- 7 Accepting the "good fight" attitude in life // // // // // // // // // // // // // // // //
- 8 Going to nice places // // // // // // // // // // // // // // // //
- 9 Collecting more fragrances/essential oils // // // // // // // // // // // // // // // //

- 3 Believe God will reward time spent in ministry
- 5 Originally, this said "Masterson real self attributes." Masterson is a psychologist who wrote about the psychological attributes of a healthy human being. One of them is "taking pleasure in mastery." Another is that the "I" of one day is connected to the "I" of the next day. I see that as helping fight the double mindedness that Christ preached against.
- 6 Non-profit foundation people as reason for good attitude
- 7 Accepting deep down the "good fight" attitude in life

19) Chart of Volition and Will

- 1 Taking care of financial dealings // // // // // // // // // // // // // // // //
- 2 Not making silly statements // // // // // // // // // // // // // // // //
- 3 Focusing on breath and health // // // // // // // // // // // // // // // //
- 4 Positive God esteem // // // // // // // // // // // // // // // //
- 5 Observe what our intent is // // // // // // // // // // // // // // // //
- 6 Make sure on highest vision // // // // // // // // // // // // // // // //
- 7 Parables surrounding free will // // // // // // // // // // // // // // // //

- 3 Focusing on breath, power breathing, drinking water, healthy body expressions.
- 4 Positive God esteem (understanding of what free will means and the importance of the idea of free will in order to have a good attitude towards doing things)
- 5 Observe little voice place that says either "I can't do \_\_\_" or "I'm optimistic, I can"
- 6 Make sure I'm working on highest vision of art, ministry and innovative progressive entrepreneurship
- 7 Jesus gave many parables and made many statements about the need for initiative, putting one's light out in the open, and actively caring for people in the world, in areas

where the “religious” often do not go. The parable of the talents seems to be about a person who was fearful and did not go out of his little area for fear that God would judge him harshly because of his getting exposed to the world around him

20) Chart for Spiritual Dating

- 1) Ask to know God’s will // // // // // // // // // // // // // // //
- 2) Pray for them // // // // // // // // // // // // // // //
- 3) Pray for ourselves in relationship to them // // // // // // // // // // // // // // //
- 4) The test of codependency // // // // // // // // // // // // // // //
- 5) Direct boundaried communication // // // // // // // // // // // // // // //

21) Radical Creativity Chart

- 1 Seeing things the way aliens might // // // // // // // // // // // // // // //
- 2 Seeing the rareness of great thought on earth // // // // // // // // // // // // // // //
- 3 Seeing the things that the outsiders see here // // // // // // // // // // // // // // //
- 4 Seeing to make a better world // // // // // // // // // // // // // // //
- 5 Seeing the financial possibility in the work // // // // // // // // // // // // // // //
- 6 Seeing the academic renown of the work // // // // // // // // // // // // // // //

- 1 Seeing the rareness of great thought on the Earth is good motivation.
- 6 Seeing the possibility of the academic renown of the work, that is, it’s usefulness.

22) Social Networking Chart

- 1 Friend Adds // // // // // // // // // // // // // // //
- 2 Get to know site // // // // // // // // // // // // // // //
- 3 For fun only // // // // // // // // // // // // // // //
- 4 Easy to do aspect of it // // // // // // // // // // // // // // //
- 5 Status updates/Tweets // // // // // // // // // // // // // // //
- 6 Find good links to post // // // // // // // // // // // // // // //
- 7 Pray for good experiences // // // // // // // // // // // // // // //

23) Humble Before The Elements Of The Goal

- 1 Humble before past opportunities // // // // // // // // // // // // // // //

- 2 Humble before present opportunities // // // // // // // // // // // // // // // //
- 3 Humble before great future opportunities // // // // // // // // // // // // // // // //
- 4 Humble but not stupid, knowing the difference // // // // // // // // // // // // // // // //
- 5 Humble before the self-discipline // // // // // // // // // // // // // // // //

24) Time Tracking the Miraculous

- 1 Do it without any presumption // // // // // // // // // // // // // // // //
- 2 Needing God's miracle power // // // // // // // // // // // // // // // //
- 3 Be thankful because God is good // // // // // // // // // // // // // // // //
- 4 Ask without fear or anxiety // // // // // // // // // // // // // // // //
- 5 We are responsible for humility // // // // // // // // // // // // // // // //
- 6 Must have Christ's Righteousness by Grace // // // // // // // // // // // // // // // //
- 7 Miraculous Level of Faith by Grace // // // // // // // // // // // // // // // //

4 Ask without fear or anxiety (you do not have because you do not ask)

25) Chart for Housekeeping/Decluttering

- 1 Consider it part miracle that it will be done // // // // // // // // // // // // // // // //
- 2 Ask and you shall receive // // // // // // // // // // // // // // // //
- 3 Give to those who have little // // // // // // // // // // // // // // // //
- 4 It helps with one's health which God likes // // // // // // // // // // // // // // // //
- 5 Organize the house to reflect the Lord's work // // // // // // // // // // // // // // // //

3 Get extra things out of house to donate  
 4 Housekeeping and decluttering helps with one's health for many reasons. One is that when one needs to walk around clutter, it can wear out the joints faster than when one has clear pathways to shelves, cabinets and other items. Another is that sometimes clutter can make it hard to vacuum different areas of the house, and the accumulation of dust can be a problem for many reasons. Lastly, if one is not in control of all items of food, plates, glasses, bowls, or eating utensils, or if the kitchen has dishes or counters which haven't been washed recently, germs can build up and it can cause the body additional stress by having to fight them off

26) Second Peace Chart

- 1 Humility // // // // // // // // // // // // // // // //
- 2 Slowing down physically // // // // // // // // // // // // // // // //

- 3 One thought at a time // // // // // // // // // // // // // // // //
- 4 In quiet praise of God // // // // // // // // // // // // // // // //
- 5 Letting things take longer // // // // // // // // // // // // // // // //
- 6 Affirmations quiet the mind // // // // // // // // // // // // // // // //
- 7 A sense of counting time on peace // // // // // // // // // // // // // // // //
- 8 Diet that helps with peacefulness // // // // // // // // // // // // // // // //

- 1 Humility which helps us retreat our “senses”
- 2 Heart and mind in praise of God
- 3 A sense of counting the length of time on peace of mind itself
- 4 Dietary changes that can help with peacefulness are such things as not using huge amounts of caffeine to get by. This can be one reason why people do not get their eight hours of sleep each night.

27) Short Chart for Healing Through Spirituality

- 1 Ask again and again until one is healed // // // // // // // // // // // // // // // //
- 2 State “I am healed” // // // // // // // // // // // // // // // //
- 3 Keep repeating this cycle // // // // // // // // // // // // // // // //
- 4 Use the Christian growth chart // // // // // // // // // // // // // // // //
- 5 Stay in the Holy Spirit // // // // // // // // // // // // // // // //

As I mentioned earlier, I don’t want to be presumptuous about the two healing charts in this book. God may not heal good people.

- 2 State “I am healed” or “My \_\_\_\_\_ is healed.”
- 2 State: there is nothing wrong with \_\_\_\_\_ body part\_\_\_\_\_. This seems to break the “hypnosis” off the body which affects the brain cells that store the “wrong signal.” If you read many accounts of spiritual healing, the people went to the doctor. Perhaps this is because God wants the praise for the healing and one needs to know fully that one has the problem in order to be healed.
- 4 Pushes out the spirit of flesh, world and devil
- 5 Stay in the Holy Spirit (doing the various things people do to stay in the presence of the Holy Spirit)

28) Chart for the Humane or Human Factor

- 1 To be Human is to be Humane // // // // // // // // // // // // // // // //
- 2 Freed from destructive obsessiveness // // // // // // // // // // // // // // // //
- 3 Work for good of the poor // // // // // // // // // // // // // // // //
- 4 Type A people can be overly stressed // // // // // // // // // // // // // // // //

5 Allow things their rightful time // // // // // // // // // // // //  
 6 Heaven is humane, not worldly // // // // // // // // // // // //

2 We are freed from destructive obsessiveness by “righteous mediocrity.” That is, to be “terminally unique” is not a good quality to have. It’s said to be the thing which makes some addicts unable to stay sober and get recovery.

3 Work for the economic good of the poor. Contributing money to addicts on the street isn’t often a good idea, but even such addicts sometimes need to buy food. Making life easy for an addict who is still using is often not a good lesson for them. They are supposed to experience their “bottom period” so they can get help.

4 Obsessive Type A people are stressed, rushed, hurried, often overly materialistic, even if they are not wealthy.

5 Allow things their rightful time

6 Heaven is humane, not worldly, as worldliness often breeds the brutality that eventually erupts into crime, even war.

29) Approaching Being in God’s Glory

1 When we see the glory, we praise God // // // // // // // // // // // //  
 2 The needed power of reconciliation // // // // // // // // // // // //  
 3 They know not what they do attitude // // // // // // // // // // // //  
 4 Unconditional love of others // // // // // // // // // // // //  
 5 Praying long for others // // // // // // // // // // // //  
 6 Pray for those who do not love us enough // // // // // // // // // // // //  
 7 Unselfish living // // // // // // // // // // // //

1 Some speak in tongues because they feel God’s nature is inexpressible in language, and that by speaking in tongues, they are praying in the best way for themselves. Some pray in tongues in their mind, that is, not aloud. Some pray in tongues when they are under certain heavy stress, because to just “think” through situations may be too difficult, not able to “take every thought captive to the obedience of Christ.”

3 Jesus prayed, “Father forgive them for they know not what they do.” This is a great attitude to go through life with. It helps us see that all humanity is asleep. People should only be forgiven and prayed for, never verbally abused, or gossiped about. Imaginations about others should be limited, and, with prudence and wisdom, the best intentions ascribed to them.

30) Chart To Not Blame Others Or God



- 1 We also make mistakes // // // // // // // // // // // // // // //
- 2 Can only live our life // // // // // // // // // // // // // // //
- 3 We must help others // // // // // // // // // // // // // // //
- 4 Focus on solutions // // // // // // // // // // // // // // //
- 5 God must be approached // // // // // // // // // // // // // // //
- 6 We must be in parent role // // // // // // // // // // // // // // //
- 7 Thank God for each new hour // // // // // // // // // // // // // // //

- 1 Did we do it ourselves? Maybe not, but we make mistakes too.
- 2 Can only live our life – mind our own business
- 3 We must help others
- 4 Focus on solutions not problems – Yes, in Christ
- 4 We must pray in present like Jesus (delight) taught us to pray – not waste time on gloom and blame – be thankful and in prayer in forward gratitude at all times and found not. Take authority.
- 5 God must be approached – He is in Glory and Righteousness
- 6 We must be in parent role – parents should not blame for children for how their children turn out
- 7 If we love each new hour of life we have no reason to blame anyone for anything because nothing is wrong.

31) Unconditional love

- 1) Forgiving all // // // // // // // // // // // // // // //
- 2) Praying for all // // // // // // // // // // // // // // //
- 3) Wanting the best for all // // // // // // // // // // // // // // //
- 4) Helping all in practical ways // // // // // // // // // // // // // // //
- 5) Looking at the best in all // // // // // // // // // // // // // // //

32) Honoring Others Deeply Chart

- 1 Remembering good times with them // // // // // // // // // // // // // // //
- 2 Standing in the gap for them // // // // // // // // // // // // // // //
- 3 Can mean taking their advice // // // // // // // // // // // // // // //
- 4 Feeling good when thinking of them // // // // // // // // // // // // // // //
- 5 We believe they know we are honorable // // // // // // // // // // // // // // //
- 6 They know we think they are honorable // // // // // // // // // // // // // // //

- 1 Remembering good times with them
- 2 Standing in the gap for them – not judging them even if they may have some obvious fault or made a mistake

- 3 Can mean taking their advice
- 4 Feeling whole when we think of them or are with them,
- 5 letting them know indirectly
- we are honorable and seek to shield them from the dishonorable, and lend them some of our honor.
- 5 They know indirectly we are honorable

33) Chart for Decluttering

- 1 Clutter of our self-esteem / / / / / / / / / / / / / / / / / /
- 2 Clutter of our God-esteem / / / / / / / / / / / / / / / / / /
- 3 Clutter of our object-esteem / / / / / / / / / / / / / / / / / /
- 4 Clutter of our esteem of other people / / / / / / / / / / / / / / / / / /
- 5 Clutter of our of ownership abilities / / / / / / / / / / / / / / / / / /
- 6 Clutter of our values in our life / / / / / / / / / / / / / / / / / /
- 7 Clutter of our values in our heart / / / / / / / / / / / / / / / / / /

We might think about the categories of clutter we have no names for. We create the vacuum for the need for these types of clutter. What moves this clutter out? The one who ponders the love of money is the root of all types of evil, sees it's the root of clutter also.

The payoff has to be stronger – the payoff of having a nice, clean organized home is a greater payoff then whatever pay off comes from cluttering.

We may have no idea what the objects are that are cluttering up our focus.

34) The Joy of the Lord

- 1 Enlivening Wisdom in Heart / / / / / / / / / / / / / / / / / /
- 2 Less Sin Produces less Evil / / / / / / / / / / / / / / / / / /
- 3 Spiritual Music / / / / / / / / / / / / / / / / / /
- 4 God Helps us with the Joy of Love / / / / / / / / / / / / / / / / / /
- 5 Knowing the Good life of the Faithful / / / / / / / / / / / / / / / / / /

- 1 Putting enlivening wisdom in the hearts of people via the Word
- 2 The “pink cloud” knowing that old seeds of sin no longer produce evil fruit, the past is over and done with
- 3 Spiritual music – anointed sound patterns. Singing in tongues  
Melody -- God loves spiritual music
- 4 Knowing what the Lord will help us with is the Joy of Love

5 Knowing the good life of the faithful in Christ will be ours if we ourselves are faithful, and being so is not grievous: my burden is easy and my yoke is light

These are not joys that are easy for anyone to have. They are a type of gift of the Holy Spirit. “The Joy of the Lord is my strength” (Nehemiah 8:10). Ask the Lord for more joy in these things

35) Force Chart for Christians

- 1 Old Testament is Holy // // // // // // // // // // // // // // // //
- 2 Paul/Jesus Harder Sayings // // // // // // // // // // // // // // // //
- 3 Attraction of Forceful // // // // // // // // // // // // // // // //
- 4 Simple Things Create Force // // // // // // // // // // // // // // // //
- 5 Jesus was a Carpenter // // // // // // // // // // // // // // // //
- 6 Mind your own Business // // // // // // // // // // // // // // // //
- 7 Use Force for Self-Control // // // // // // // // // // // // // // // //
- 8 Octaves climbing show power // // // // // // // // // // // // // // // //

5 Carpenters Need Force

36) Building the Energy of Love

- 1 Gospel to the Needy // // // // // // // // // // // // // // // //
- 2 Build the Endurance of Love // // // // // // // // // // // // // // // //
- 3 Higher Executive Function of Love // // // // // // // // // // // // // // // //
- 4 Gratitude to God and Others // // // // // // // // // // // // // // // //
- 5 Health Focus as Loving // // // // // // // // // // // // // // // //
- 6 Have a Magnet to those Who Love // // // // // // // // // // // // // // // //

2 The Loving are not double minded they are there for others. They keep their word.

37) Poor in Spirit Chart

- 1 Try to get from heaven // // // // // // // // // // // // // // // //
- 2 Do not criticize other believers // // // // // // // // // // // // // // // //
- 3 Do not say God cannot do something // // // // // // // // // // // // // // // //
- 4 See going to church as your ministry // // // // // // // // // // // // // // // //
- 5 Be willing to pray for all needs // // // // // // // // // // // // // // // //

- 6 Claim the righteousness of Christ // // // // // // // // // // // // // // //
- 7 Focus on love being the answer // // // // // // // // // // // // // // //

- 1 Try to get from heaven, instead of criticizing it or thinking one has all the answers
- 2 Do not be quick to criticize ministers or other believers
- 3 Do not say God cannot do something for you in your life
- 3 Do not underestimate what God can do in your life
- 4 See going to church as your ministry, not somewhere to criticize other people
- At first this may seem like pride, but if you see it as a means for humility, it becomes more clear.
- 5 Be willing to pray for all your needs and all others' need that you are guided
- 6 The blood of Jesus has redeemed us and make us kings and priests -- claim the righteousness of Christ -- not one's own.
- 7 Focus on love being the answer

38) Doing One Thing At A Time as a Spiritual/Psychological Practice

- 1 Staying in one room or area // // // // // // // // // // // // // // //
- 2 Using timer // // // // // // // // // // // // // // //
- 3 Being accountable to someone // // // // // // // // // // // // // // //
- 4 Notate progress on goals // // // // // // // // // // // // // // //
- 5 Pray more than one minute on one thing // // // // // // // // // // // // // // //
- 6 Keeping away from computer/turn it off // // // // // // // // // // // // // // //

39) Health Check List

- 1 Love // // // // // // // // // // // // // // //
- 2 Patience // // // // // // // // // // // // // // //
- 3 Positive Emotions // // // // // // // // // // // // // // //
- 4 Prayer // // // // // // // // // // // // // // //
- 5 Special Nutrient or Food 1 // // // // // // // // // // // // // // //
- 6 Special Nutrient or Food 2 // // // // // // // // // // // // // // //
- 7 Vitamins // // // // // // // // // // // // // // //
- 8 Herb Teas // // // // // // // // // // // // // // //
- 9 Exercise / ST // // // // // // // // // // // // // // //
- 10 Oxygen / Deep Breathing // // // // // // // // // // // // // // //

40) Ways to Overcome Backsliding

- 1 We don't criticize God only love Him // // // // // // // // // // // // // // //
- 2 We don't need to prove worth to God // // // // // // // // // // // // // // //
- 3 We continue in hope in our prayers // // // // // // // // // // // // // // //
- 4 Make gratitude lists for what has been // // // // // // // // // // // // // // //
- 5 Expect new life and blessings in God // // // // // // // // // // // // // // //
- 6 Look for God's mercy to be in heaven // // // // // // // // // // // // // // //

- 1 We have nothing to offer God as far as advice or criticism, only our love
- 2 We do not need to prove our worth to God – only accept grace and create prayer
- 3 We will continue in hope that our greatest prayers for our own life will be answered in the positive
- 5 Expect new great life in God and new blessings
- 6 Look for God's mercy to be for heaven not just for life on Earth