



**3D:  
DAILY  
DOSE OF  
Discernment:  
2021**

• • • • • • • •

**Kevin Everett FitzMaurice, M.S.**

**Book Information.....21**

Chapter Information.....21

Title.....22

*3D: Daily Dose of Discernment: 2021.....22*

Copyright © 2024.....22

ISBN: International Standard Book Number....23

Ebook ISBN: 978-1-878693-71-6.....23

Paperback ISBN: 979-8-873881-18-5.....23

Hardback ISBN: 979-8-873881-51-2.....24

Dedication.....24

Description.....24

Notes on the Text .....25

First Publication.....27

Preface .....28

7 Books on Ego & Self-Esteem.....28

7 Books on Spirituality.....29

**January.....31**

Right Is Wrong: 01-01.....31

Follow God: 01-02 .....31

Self-Talk Serves Self-Talk: 01-03.....32

What Are You Not Saying?: 01-04 .....33

Attitude Failure: 01-05 .....	33
Stop Minding It: 01-06 .....	34
I Am Not My Body: 01-07.....	34
Stop Coping with Imagination: 01-08.....	35
Outsourcing Is Losing Control: 01-09 .....	36
Channels Watching Mind: 01-10.....	36
Do More Than Asked: 01-11 .....	37
Adversity Forces & Proves: 01-12 .....	37
What Are You Married to?: 01-13 .....	38
Trying to Perform Fails to Perform: 01-14 .....	39
Oneness Not Its Experience: 01-15.....	39
Experience Is Not the Experienced: 01-16 .....	40
The Beginning Contains the Ending: 01-17 .....	41
The Battle Contains Its Opposite: 01-18.....	41
One Side of Duality Contains Other: 01-19 .....	42
Why & How Must Be Considered: 01-20 .....	43
Choose Children Over Corporations: 01-21 .....	43
Always Bring It Before God: 01-22 .....	44
Respond by Turning Over: 01-23 .....	45
Relate to God, Not Mental Objects: 01-24.....	46
Born of God & Free of Evil: 01-25 .....	46

Experience: 01-26 .....	47
Shared Consequences: 01-27 .....	48
Solution: 01-28 .....	49
Thinking & Doing (GS): 01-29 .....	49
Balanced Mind: 01-30.....	50
Highest Desire: 01-31 .....	51

**February .....53**

Confident Faith: 02-01 .....	53
Self-Talk: 02-02.....	53
Surrender: 02-03 .....	54
Two Natures: 02-04 .....	55
Go to Heaven: 02-05 .....	55
Two Perspectives: 02-06 .....	56
Premises of Self-Talk: 02-07.....	57
Knowing Impossible: 02-08 .....	58
Common People: 02-09.....	58
Life Sensing (GS): 02-10 .....	59
Lake Moon: 02-11 .....	60
Right Path: 02-12.....	60
Number of Selves: 02-13.....	61
Narrow Path: 02-14 .....	62

Slow Learner: 02-15 .....62  
Objectify Objects: 02-16 .....63  
Angry Disappointing: 02-17 .....63  
Paint Clouds: 02-18 .....64  
Suffer Less: 02-19 .....65  
Children Free: 02-20.....65  
Frame of Reference for Self: 02-21 .....66  
Self Remains Unharmed: 02-22-A.....67  
Passive Progress: 02-22-B.....67  
Results & Intentions: 02-23 .....68  
Who Is a Fool?: 02-24 .....68  
Triality Over Duality: 02-25 .....69  
Transmission Medium: 02-26 .....70  
Relationship Boundaries: 02-27 .....70  
Political Nonsense: 02-28.....71

**March .....73**

Thought, Or Not Thought: 03-01 .....73  
Sense Sensations: 03-02 .....74  
Blame Faith in Thought: 03-03 .....74  
Problems About Problems: 03-04.....75  
Suffer Suffering: 03-05.....76

Yours Is Not Ours: 03-06 .....	76
Self in Relationship: 03-07 .....	77
Follow Living Virtue: 03-08 .....	78
Not This or That: 03-09 .....	78
Results Matter, Not Promises: 03-10 .....	79
Communication Is Difficult: 03-11 .....	80
Good & Bad People: 03-12 .....	81
Reflector Relates to Power: 03-13 .....	82
Who Is Good?: 03-14 .....	82
Oneness of Life Exists: 03-15 .....	83
Never Known Anything: 03-16 .....	84
Dead Things: 03-17 .....	84
Living with Anxiety: 03-18 .....	85
Somebody Inside: 03-19 .....	86
Worry Not in Charge: 03-20 .....	86
Be Inside: 03-21 .....	87
Inner Space for You: 03-22 .....	87
Not Me: 03-23 .....	88
Moves Through You: 03-24 .....	89
Remain Grounded: 03-25 .....	89
An Ecology of Being: 03-26 .....	90

You Cannot Be Good: 03-27 .....91  
Self-Improvement Does Not Exist: 03-28 .....91  
Stop Offending Yourself: 03-29.....92  
People Are Not Characteristics (GS): 03-30.....93  
Choose Health or Harm: 03-31.....94

**April.....95**

Trust Truth: 04-01 .....95  
Appearances Are Not Beings: 04-02 .....95  
Equal Doses of Love & Discipline: 04-03 .....96  
Be God’s Temple: 04-04 .....97  
Independent Existence from Thought: 04-05 ...97  
Responsible Affecting, Not Causing: 04-06 .....98  
Stop Blending with Experiences: 04-07 .....99  
Sense or Nonsense: 04-08.....100  
Your Experience Is Not You: 04-09.....100  
Abuse Excuse False Both Ways: 04-10 .....101  
Temptation to Be Wrong: 04-11 .....102  
Talk Alone: 04-12 .....102  
Either Space Or Objects: 04-13.....103  
The 4Ds of Thought: 04-14.....104  
God Is the Only One: 04-15.....104

Free Awareness: 04-16 .....	105
Addiction Causes: 04-17 .....	106
Not Good Enough: 04-18.....	106
The Best Deal Possible: 04-19.....	107
Life Is New: 04-20.....	108
A Bad Attitude Is Worse for You: 04-21 .....	108
Follow Good Scripts Or Else: 04-22 .....	109
Appreciate What You Have: 04-23.....	110
Self As Mind Or No-Mind: 04-24 .....	111
Be Out of Your Mind: 04-25.....	111
Free of Self for Service: 04-26.....	112
Empty Awareness=True Awareness: 04-27 ....	113
Ego for Others Is Ego for You: 04-28.....	114
Emptiness Is a State of Mind: 04-29.....	114
No One Is Stupid (GS): 04-30.....	115
<b>May.....</b>	<b>117</b>
Communism Is Self-Defeating: 05-01 .....	117
Judge Actor Or Role: 05-02 .....	118
Today Is Yours: 05-03 .....	118
Expect Nobody, Not Somebody: 05-04.....	119
Knowing Is Not Knowing: 05-05 .....	120



Suffering Is the Method: 05-06 .....	121
Talk Back to Not Helping: 05-07 .....	121
Always Relate Higher, Never Lower: 05-08....	122
Knowledge Kills Experience & Being: 05-09 ..	123
Life-Things Are Not Life (GS): 05-10 .....	124
Do You Like Being Dead?: 05-11.....	125
Good Channel: 05-12 .....	125
Biggest Threat to the World: 05-13.....	126
Accept & Redirect: 05-14.....	127
Ride It All the Way Out: 05-15 .....	127
You Are Your Pain: 05-16 .....	128
Live in Space: 05-17.....	129
Abuse Is the Excuse: 05-18.....	129
Thy Will Be Done: 05-19.....	130
Nothing to Say: 05-20.....	130
Blaming Doesn't Solve Problems: 05-21 .....	131
Human Nature Cannot Improve: 05-22 .....	132
Think What Happens: 05-23.....	132
Repeater Stations & Signals: 05-24 .....	133
Seek to Be Invisible: 05-25.....	134
Confidence Is Faith in God: 05-26.....	134

Two Kinds of People: 05-27.....	135
Thinking Noise: 05-28.....	136
Spirit Is Like Air: 05-29.....	137
Choose Your Opportunity: 05-30 .....	137
Personalities Are Not Persons: 05-31 .....	138

**June ..... 141**

Grieve Over Lost Self: 06-01 .....	141
Feeding Somebodies: 06-02 .....	142
Humans Are the Source of Nothing: 06-03.....	142
Trust Your Intuition: 06-04 .....	143
Whining Is Work: 06-05 .....	144
Destructive Thinking Is a Thief: 06-06 .....	144
It's Not What You Think (GS): 06-07 .....	145
Prescription Not Medicine (GS): 06-08.....	146
Thinking Not Doing (GS): 06-09 .....	147
Thinking It Is Not It (GS): 06-10 .....	147
Memory Is Not Reality (GS): 06-11.....	148
Absolute Virtue Is Reason: 06-12.....	149
You Must Do for Yourself (GS): 06-13 .....	149
Human Contribution: 06-14 .....	150
Self-Talk Detracts: 06-15 .....	151

Living Space & Place: 06-16 ..... 151  
Either Anarchy or Fascism?: 06-17 ..... 152  
Liberty Under Law: 06-18 ..... 153  
Suppression Is Wrong: 06-19 ..... 153  
You Cannot Be Something: 06-20 ..... 154  
Become Free of Not-Self: 06-21 ..... 154  
Do What Helps: 06-22 ..... 155  
Live Inside Body: 06-23 ..... 156  
You Are Alone: 06-24 ..... 157  
Problem with Problem Is Problem: 06-25 ..... 157  
In-Between Problem & Solution: 06-26 ..... 158  
Deal With What Is: 06-27 ..... 159  
Battle Opposite Self-Constructions: 06-28 ..... 160  
Going Through Changes: 06-29 ..... 161  
Murder with Self-Constructions: 06-30 ..... 162  
**July..... 163**  
Kill with Self-Constructions: 07-01 ..... 163  
Dehumanize with Self-Constructions: 07-02 .. 164  
Stop Trying; Start Doing: 07-03 ..... 164  
One Self, Not Parts: 07-04 ..... 165  
Change Is for Contents: 07-05 ..... 166

Experience Doesn't Make People: 07-06 .....	167
How To Resist Somebodies: 07-07 .....	168
Political Revolution Not Revolution: 07-08 .....	168
Never Accept Somebodies: 07-09 .....	169
Somebodies Are Not Persons: 07-10 .....	170
Somebodies Are Dead Weight: 07-11 .....	171
Somebodies Help Somebodies: 07-12.....	171
Somebodies Love to Play You: 07-13.....	172
Somebodies Cannot: 07-14.....	173
Somebodies Always Wrong: 07-15.....	173
Somebodies Cannot Have Integrity: 07-16....	174
Somebodies Hide Reality: 07-17 .....	175
Somebodies Cannot Be Trusted: 07-18 .....	175
Wishing Does Not Make It So: 07-19 .....	176
Make Nothing Out of Yourself: 07-20.....	177
Meditation More than Witnessing: 07-21 .....	177
6 Steps of Meditation: 07-22.....	178
6-Part Inner Conversation: 07-23 .....	179
Passive Is Potential Energy: 07-24.....	179
Somebodies Prevent Life Skills: 07-25.....	180
Somebodies Prevent Spiritual Skills: 07-26....	181

Somebodies Against Spiritual Skills: 07-27 ....182  
Somebodies Aren't Spiritual Skills: 07-28..... 183  
Somebodies Cannot Be Skillful: 07-29 ..... 184  
So Start Already: 07-30 ..... 185  
Where Is the Source of Water? (GS): 07-31... 186

**August..... 187**

Whose Life Is It?: 08-01..... 187  
Somebody Dreams: 08-02..... 187  
Somebodies About Somethings: 08-03 ..... 188  
Revolution Death of Somebodies: 08-04..... 189  
Somebodies Love Darkness: 08-05 ..... 189  
Becoming Is a Lie: 08-06..... 190  
Meaning, Intention, & Motivation: 08-07 ..... 191  
Nowhere to There from Here: 08-08..... 192  
Intention of Action Undeniable: 08-09..... 192  
Somebodies Claims Won't Last: 08-10 ..... 193  
Somebodies Wrong About You: 08-11 ..... 194  
Experience Is Not Experienced: 08-12 ..... 195  
Feelings Signal, Not Direct Action: 08-13 ..... 196  
Somebodies Are Shadows: 08-14 ..... 196  
Somebodies Upset You: 08-15 ..... 197

Experiencing It Is Not It: 08-16 .....	198
Somebodies Fail to Act: 8-17 .....	199
Long & Loud Have No Effect: 08-18 .....	199
Becoming One: 08-19 .....	200
Escape Somebodies Impossible: 08-20 .....	201
Avoiding Somebodies Is Impossible: 08-21 ...	202
Resistance Futile Say Somebodies: 08-22....	203
A Divided Self Is Self-Destruction: 08-23.....	204
Split Self Is Sick Self: 08-24 .....	204
Consciousness Is Life: 08-25 .....	206
Spirit Is Invisible, Not Idols: 08-26 .....	207
Seek True Wealth: 08-27 .....	207
Stronger Spiritually, Not Self: 08-28 .....	208
Don't Make Problems Bigger: 08-29 .....	209
Thinking Is Not the Cause: 08-30 .....	209
Life Is Simple: 08-31 .....	210

**September.....211**

Don't Even Think About It: 09-01 .....	211
A Word Is Not a Word: 09-02 .....	212
What Do You Enjoy?: 09-03 .....	213
Modern Interests Are Not Interests: 09-04.....	213

Being Hurt by Insults Is Your Choice: 09-05...214

Keep Your Mind Clear: 09-06 .....215

You Are a Victim of You: 09-07 .....216

Somebodies Hold You Back: 09-08 .....216

Source of Power Is Not Forms: 09-09 .....217

Interpretation, Perception, & Reality: 09-10...218

Understanding Is Murdering: 09-11 .....219

Who Are You Without Drama?: 09-12.....220

Words Are Silent (GS): 09-13 .....221

You Taste Better (GS): 09-14.....221

Self-Esteem Is Self-Reference: 09-15 .....222

You Won't Fix It: 09-16 .....223

Science Reduced to Mechanics: 09-17 .....224

Intelligence Without a Brain?: 09-18.....225

Without Hope, No Future: 09-19.....226

Anxiety Believes Predictions Facts: 09-20 .....226

Clean Your Mind, Clean Your Home: 09-21 ....227

Do It Now While Thinking Of It: 09-22 .....228

Thinking Provides Only Opportunity: 09-23...228

Self-Talk Is the Great Destroyer: 09-24 .....229

Answer with Your Being: 09-25.....230

Seek & Find by Dwelling: 09-26 .....231  
Face It Or Feed It: 09-27 .....232  
Thinking Experience Or Conditioning: 09-28 ..232  
Things Are Not It: 09-29.....233  
Scary Noises Do Not Exist: 09-30 .....234

**October.....235**

Trust Experience Over Thinking: 10-01 .....235  
Self-Talk Consists of Cheap Tricks: 10-02.....236  
Self-Talk Prized Despite Lies: 10-03.....236  
Neither Winner Nor Loser: 10-04.....237  
No One Exists Inside Self-Esteem: 10-05 .....238  
You Cannot Relax: 10-06 .....239  
Somebody Is Something Is Dead: 10-07.....240  
Psychological Complexes: 10-08 .....241  
Objects Cannot Control Life: 10-09 .....241  
Object Relations=Fantasy Relations: 10-10 ...243  
Go Beyond Object Relations: 10-11 .....244  
Object Relations Slavery: 10-12 .....244  
The Tyranny of Object Relations: 10-13.....245  
Mental Objects Corrupt Desire: 10-14 .....246  
Objects Corrupt Pleasure & Pain: 10-15 .....247



Fear & Anger Objects Haunt Us: 10-16 .....248  
Objects Are Center of Wrong: 10-17 .....249  
Random Objects Not Serious: 10-18.....250  
Object of Game Is Destruction: 10-19 .....251  
Game Is Pleasure in Destruction: 10-20.....252  
Mental Objects Cannot Be You: 10-21 .....253  
Return Faith Back to Energy: 10-22 .....253  
Internal Objects Are False Gods: 10-23 .....254  
Mental Objects Nothing Special: 10-24 .....255  
Mental Objects Are Dead: 10-25 .....256  
Mental Objects Are Useless: 10-26 .....257  
Stop Dying to Be Mental Objects: 10-27 .....258  
Feelings About Objects Are Unreal: 10-28 .....258  
Becoming More Not Helpful: 10-29 .....259  
Mental Objects Are Suffering: 10-30.....260  
Mental Objects Result Failure: 10-31 .....261

**November .....263**

Thinking Less=Less Mental Objects: 11-01 ....263  
Superiority Seeking=Mental Objects: 11-02 ...264  
Mental Objects Are Your Life: 11-03 .....265  
Mental Objects Eat Your Life: 11-04 .....265

Stupid Is As Stupid Believes Objects: 11-05...	266
Avoiding Mental Objects Fails: 11-06 .....	267
The Medium, Not the Message: 11-07 .....	268
Change of Self Does Not Exist: 11-08 .....	268
Mental Objects Control Desires: 11-09.....	269
People Talk About Mental Objects: 11-10 .....	270
Do You Have an Energy Mind?: 11-11 .....	270
Always Reflect Back the Good: 11-12 .....	271
Violence Is Not Way of Progress: 11-13 .....	272
Confidence in Mental Objects Fails: 11-14 .....	273
Blockhead Relies on Mental Objects: 11-15...	273
Mind Is Used As Great Destroyer: 11-16 .....	274
Mental Possessions Corrupt: 11-17.....	275
Knowledge Is Not Reality (GS): 11-18.....	275
Demand More than Broken Pledges: 11-19 ...	276
Heart, Soul, & Mind Are Inviolable: 11-20 .....	277
Self-Constructions Are Inhuman: 11-21 .....	277
Nobody Is Here: 11-22.....	278
Mental Health Code for Ego Health: 11-23.....	279
Analysis Feeds Ego, Not Removes: 11-24 .....	280
Analysis Ego Problems Is Problem: 11-25 .....	281

Positive Self-Constructions Candy: 11-26 .....282  
Don't Let Your Flesh Nature Control: 11-27 ....283  
Facts Are Not Intelligence (GS): 11-28 .....283  
Helpless & Hopeless As Flesh: 11-29.....284  
One Self Vs. Many Egos: 11-30 .....285

**December .....287**

Drop Thought-Things to See: 12-01 .....287  
Blame Must Be Focused: 12-02 .....288  
What Kinds of Experiences Exist?: 12-03 .....289  
Blame, But with a Right Target: 12-04 .....290  
Memory Is Neutral Recordings: 12-05.....290  
Blaming Ego Objects for Doing Fail: 12-06 ....291  
Defects Are Not Alternatives: 12-07.....292  
Dreams Are the Dreamer: 12-08 .....293  
Negative Stress=Negative Objects: 12-09 ....294  
Be Quiet & Be Happy: 12-10 .....294  
Control Yourself, Not Others: 12-11 .....295  
Trying Is Losing; Waiting Is Winning: 12-12 ...296  
Trying Is Losing; Faith Is Winning: 12-13 .....296  
Becoming Is Failing: 12-14 .....297  
Objectifying Fails; Accepting Wins: 12-15 .....298

Appearing Good Fails to Be Good: 12-16 .....	298
Claiming Is Failing to Be Good: 12-17 .....	299
Where Is the Experience of Self?: 12-18 .....	300
Where Are You Hiding Your Being?: 12-19 .....	300
Where Is the Self You Speak of?: 12-20 .....	301
Whatever You Think Is Not It (GS): 12-21 .....	302
Verbal Realities Not Physical: 12-22 .....	303
You Don't Know Anyone: 12-23 .....	303
Thinking Is Not Intelligence: 12-24 .....	304
Be the Innkeeper, Not the Claimer: 12-25 .....	305
Fear & Doubt Combine to Destroy: 12-26 .....	305
Forget Overcoming & Switch: 12-27 .....	306
Inner Space Is the Final Frontier: 12-28 .....	307
Keep Your Space for Yourself: 12-29 .....	307
Resist Annoyances Increases Them: 12-30 ...	308
Pay Attention to Your Attention: 12-31 .....	309
<b>Read More .....</b>	<b>311</b>
Chapter Information .....	311
More Books to Read Now .....	312