

The book cover features a vibrant illustration of a landscape. On the left, a brown tree with green leaves stands on a green hill. To the right, a bright yellow sun with rays is partially obscured by a green hill. The background consists of stylized green hills and a blue sky with light rays. The title is written in large, white, bold, sans-serif capital letters with a slight drop shadow.

LIFE SKILLS: 10 SPIRITUAL SKILLS



Kevin Everett FitzMaurice, M.S.

CB: Book Begins13

Chapter B Introduction.....13

Title.....13

Life Skills 13

Subtitle.....14

10 Spiritual Skills 14

Copyright ©14

© 2022 by Kevin Everett FitzMaurice14

ISBN: International Standard Book Number..15

Ebook ISBN: 978-1-878693-55-615

Paperback ISBN: 979-8-836093-13-615

Hardback ISBN: 979-8-836094-84-3.....15

Notes on the Text16

Acknowledgment18

Dedication.....19

Description19

Life Skills Are Not Taught19

Chapter’s Content20

Epigraph24

C1: Life Skills & Spiritual Skills.....25

What Are Life Skills?25

What Is Spiritual Fitness?.....	26
Commonality of Spiritual & Mental Skills.....	27
Spiritual Life-Skills Outline	28
10 Spiritual Skills that Are Life Skills	29
Why Unconditional?	30
Skills 1–3 Are Basic Skills	31
Skills 4–7 3Rs & Ego	32
Skills 8–10 Are About Relating to God	32
Overlap: Spiritual & Mental Skills.....	33
3 Skills Similar in Both Books.....	34
6 Skills Found in Both Books.....	34
4 Skills Not in the Spiritual-Skills Book.....	36
7 Skills Not in the Mental-Skills Book.....	36
Definitions of the 10 Spiritual Skills	37
More Useful Definitions	41
Table 01: 10 Spiritual Skills	54
Inspiration Sources	55
6 Examples from Christianity.....	59
Alphabetical List of Influences	60
Are there Multiple Right Ways?.....	61
One God or Many?.....	62
Why a Christian Focus?	63
Bible Translation Used	64

Why Have Spiritual Skills?	66
Four Reasons for Spiritual Skills	66
Teaching Skills Is Involved	67
Why Teach Skills?	67
Starting Support Groups	68
Learn Faster with Others	69
Format & Rules: Life Skill Support Groups.....	70
More Information for Support Groups.....	73
Beyond Support Groups: Communities	75
Resources for Forming Communities.....	76
Take Government to the Next Level	77
Life-Coach Career	77
C2: Self-Awareness Skills	79
Borrowed Chapter	79
What Is Self-Awareness?	81
How to Develop Self-Awareness	81
10 Possible Stages of Self-Awareness	84
Diagram 01: How Emotions Work	86
Table 02: Authentic Self vs. Self-Esteem.....	87
Table 03: What Kind of Mind?	88
Mistakes As Teachers.....	89
Practice Having Integrity	90
Teaching Skills Is Involved	91

Self-Insight Requires Self-Awareness92

What Are the Actions of Self?93

4 Areas for Self-Awareness Skills94

 Recommended Reading.....95

C3: Responsibility Skills97

3 Responsibility Skills97

 Behavioral Responsibility98

 Mental or Thinking Responsibility..... 100

What Is Emotional Responsibility?101

Why Am I Responsible for How I Feel?.....103

 Why Learn Emotional Responsibility?..... 104

 Table 04: Reasons to Own Your Feelings ... 108

4 Areas for Emotional Responsibility109

 Recommended Reading..... 109

C4: Switching Channels Skills.....111

What Is Switching Channels?111

 FIDOC: Attention Demands113

 Table 05: FIDOC & Attention115

 Recommended Readings116

C5: UA of Inability to Be Good.....119

Claiming Is Failing120

 Resting in God Is Non-Doing..... 122

Cannot Know, Do, or Be Good	124
Recommended Readings.....	125
C6: Unconditional Detachment from Ego.....	129
What is Attachment?	130
Why Is Attachment a Problem?.....	131
Table 06: Attachment Is Perception.....	133
What Are the 3Rs?	134
What Are Detachment Skills?	135
Deconstruction & Ego.....	136
Detachment Generalizations	139
Detach from Self-Constructions	141
Table 07: Detach from Ego Using the 3Rs ...	144
Detach from Ego	144
Deconstruct Premises of Ego.....	147
Table 08: 10 Assumptions of Self-Esteem....	149
Failure to Remove the Ego.....	150
Remove Ego: 10 Questions	151
Remove Ego: 24 Reasons	154
Remove Ego: Self is Safe & Secure.....	161
Five Ego Fears.....	162
Self Is Safe: 5 Reasons.....	164
Self Is Secure: 5 Reasons.....	166
Remove Ego: 35 Challenges.....	167

Remove Ego: 20 Refutations171

Remove Ego: Self-Concepts Disputed.....173

Building Blocks of Ego.....176

Replace Ego Example: Detachment177

Replace Ego: Ten 3-Part Statements181

Replace Ego Examples: Detachment Logic .183

Replace Ego: Self ≠ Knowing Behavior.....188

Use Mind-Moving (M-M) to Detach193

 Recommended Readings.....194

C7: Unconditional Negation of Ego197

What Is Unconditional Negation?.....197

Table 09: Negate Knowing.....199

 Table 10: Nothing Real is Known200

 Table 11: Nothing Known Exists201

Replace Claiming Thought-Things.....201

 Table 12: Negate People Claiming202

Replace Covering Thought-Things203

 Table 13: Negate Covering Thought-Things.205

Replace Claims of Knowing206

 Table 14: 5 Ways to Negate Knowing208

Replace Claims of Doing208

 Table 15: 10 Ways Negate Doing211

Replace Claims of Becoming.....	212
Table 16: 5 Ways to Negate Becoming	213
Table 17: 10 Ways to Negate Becoming	215
Becoming Is Sinning.....	216
Becoming Defined.....	218
Quotations Related to Becoming.....	219
Replace Trying to Do	222
Information About Trying	224
Table 18: 10 Ways to Negate Trying	226
Trying Explained.....	227
Replace Failing As Something.....	229
Table 19: 10 Ways to Negate Failing.....	231
Replace Being Something.....	232
I Am Not Being Something	233
Table 20: Negate Being Something.....	235
Replace People Taking Credit.....	236
Table 21: Negate People Taking Credit	237
Quotations Related to Taking Credit.....	238
<i>C8: UA of Being Nobody</i>	<i>245</i>
Chapter Name.....	245
What Does it Mean to Be Nobody?	247
Why Be Nobody?	247
You Cannot Be Somebody	250

Identify with Your Vessel Nature.....	251
Why Be Nothing?	253
One Self, One God, & God Is One	254
Characteristics of Original Life	257
Self-Talk & Self-Stories.....	259
Table 22: You Cannot Know People	261
Recommended Readings.....	262
<i>C9. Unconditional Surrender to God</i>	265
Acceptance of Life As Service.....	265
Acceptance of Life & Experience	266
Expressions of Acceptance	266
Service Is Life.....	270
What Is Unconditional Acceptance?	272
Acceptance & Need for Guidance	273
Unconditional Acceptance in Action	274
What Is Unconditional Surrender?	275
Recognize Stage	276
Remove Stage.....	276
Replace Stage.....	277
Returning to God.....	278
Recommended Readings.....	278
<i>C10: Unconditional Waiting on God.....</i>	281
What Is Waiting?	281

Wait on God Despite Experience	283
Wait for God	284
Restrain Human Nature	286
Table 23: Restrain Human Nature	287
<i>C11: Unconditional Faith in God</i>	<i>289</i>
What Is Faith?	289
What Is Unconditional Faith in God?	291
3 Highest Human Values	291
Abraham’s Example of Faith	292
Faith Is Not Belief	293
First Feelings Rule	293
3D: Daily Dose of Discernment: 2021	294
Meditation: Advanced Skills	295
3 Meditation Components	296
Meditation Is Maintaining 3 Spaces.....	298
Retreat or Backup Principle.....	298
2 Methods of Meditation	300
4 Steps to Meditation.....	301
<i>C12: 5 Enemies of Spiritual Skills</i>	<i>305</i>
What Are the Enemies of Spiritual Skills? ...	305
5 Spiritual Failures	306
Definitions of the Five Failures	306
Order of the Five Failures.....	307

Spiritual Failure Based on Objectifying	308
Expanding the List to Ten Failures	309
Table 24: 5 Main Spiritual Failures	310
Expectations Cause Suffering	310
Demands Cause Suffering.....	311
Desire Causes Suffering	312
Limit, But Do Not Negate.....	313
Table 25: 5 Main Ego Problems	315
1. Objectifying People, Places, & Things	316
2. False Claims of Abilities & Capabilities	317
3. Trying, Working At It, or Planned Failure	318
4. Becoming & the Endless Journey	319
5. Appear Good & Avoid Appearing Bad	319
Table 26: 9 ABCs of Neurosis	321
1. Attaching in Order to Feel Superior	322
2. Blaming in Order to Feel Superior.....	323
3. Claiming in Order to Feel Superior.....	325
4. Damning in Order to Feel Superior	327
5. Demanding in Order to Feel Superior	328
6. Expecting in Order to Feel Superior	329
7. Trying in Order to Feel Superior	330
8. Whining in Order to Feel Superior.....	331
9. Worrying in Order to Feel Superior	332
Table 27: GAADSAP Emotions	333

What Are Emotions Responding to?	334
1. Self-Esteem or Ego Guilt.....	335
2. Self-Esteem or Ego Anger.....	336
3. Self-Esteem or Ego Anxiety.....	337
4. Self-Esteem or Ego Depression	338
5. Self-Esteem or Ego Shame	339
6. Self-Esteem or Ego Attachment	340
7. Self-Esteem or Ego Pride.....	340
<i>CE: Book Ends</i>.....	343
Chapter E Introduction	343
More Books to Read	344