

*Q* Let us dismiss the public school system and go back to the churches for a moment. All my life I have heard clergymen preaching against sin and warning sinners to beware and repent so they could be saved. But I have never heard any of them tell me what sin is. Will you give me some light on this subject?

*A* Sin is anything one does or thinks which causes one to be unhappy! Human beings who are in sound physical and spiritual health should be at peace with themselves and always happy. Any form of mental or physical misery indicates the presence of sin.

*Q* Name some of the common forms of sin.

*A* It is a sin to overeat because that leads to ill health and misery.

It is a sin to over-indulge in sex because that breaks down one's will power and leads to the habit of drifting.

It is a sin to permit one's mind to be dominated by negative thoughts of envy, greed, fear, hatred, intolerance, vanity, self-pity, or discouragement, because these states of mind lead to the habit of drifting.

It is a sin to cheat, lie, and steal, because these habits destroy self-respect, subdue one's conscience, and lead to unhappiness.

It is a sin to remain in ignorance because that leads to poverty and loss of self-reliance.

It is a sin to accept from life anything one does not want because that indicates an unpardonable neglect to use the mind.