Book of Lists analysis of Panic attack

From Book of Lists comes a selection of virtues that I was able to see and check off from some of the capital virtues and their antecedent capital sins. The Testing of Spirits memo {below} helped defined my runaway belief system and its reactions to things around me when I am in my delirium. I’ve concluded, however that aside from the runaway belief system I have real personal shortcomings or sins.

Abstract from Testing of Spirits

As strange as that sounds I become like a god expounding my own truths when I’m in a schizophrenic reverie. The position I mapped out as I said was that it’s a lie if it tells about me. When I promote God in my life I never lie but I test my ability to believe. This is fascinating to me because it’s so easy to believe what’s in my delirium.

It’s expected that I tell you what sins I have when I’m in a delirium. The biggest sin is not a sin except as a corollary to avarice. It’s the character flaw of niggardly or cheap behavior. The way this becomes avarice I become so stingy I actually think I’m getting over on people around me by not contributing to their welfare. For instance when a black attendant offered paper plates for Cathy’s Birthday I shot back Cathy’s gassing (complaining of no plates). This is what the Blacks call getting over or what we call niggardly behavior. The Money of Love as I called it in a previous Memo is going in the wrong direction. The episode of Cathy’s Birthday was not complete until I handed this cheep ten dollar blouse over to the security clerk for labeling. At that point I looked severely at the receipt for the clothing and wondered if the girl would steal it.

If I know this mental activity that you would describe as paranoia is in fact a sin or a manifestation of a character flaw. The problem then becomes why is it is always accompanied by quirky off the wall thinking. I’ve described this degraded thinking process in the past as stasis or compacted shit. I’m at pains to know what to do next. Here’s where prayer can help. Since I’ve traveled this route so many times before; the expected Halleluiah that comes whenever these panic attacks end can be anticipated way before the end of the onslaught. By prayerful interaction not action I can obliterate the necessity to see whatever niggardly thing I’m going through, to the bitter end. It may come to pass I won’t know the beginning or end of the Panic attack in that case the problem will be solved. A person who exudes positivity like you who sit at the end of your seat ready to say Halleluiah know what I mean and should not dismiss this suggestion as Pollyanna.