

Guilt - Get Rid of it!

We punish ourselves with guilt, sabotaging our lives and relationships and keeping ourselves from achieving our dreams. When we think we made a mistake, we have a tendency to keep going over and over the experience in our minds. If we feel our words or actions have harmed others, we can beat ourselves up forever and ever. If we make a bad choice in career or investment or partner, we punish ourselves indefinitely.

We can make ourselves very ill with all the guilt we carry. Even if we change our circumstances, we often continue to carry the guilt of our previous actions. In that case, we will not allow ourselves to enjoy a new situation. We carry that guilt in the pit of our stomach until we develop ulcers. We hold it in our heart until it becomes damaged and weak and attacks us. We keep it in our minds so that restful sleep becomes impossible.

The whole point in being here on earth is to experience and learn from each experience. To understand a situation we need to be in it and sometimes we need to experience the same situation from various perspectives. That is why we rarely learn from what our parents or friends tell us. We have to learn our own lessons in our own way.

I believe we deserve internal peace, and joy, and that is our reward for choosing a path that is kind and loving. Feeling love, contentment, joy and satisfaction with ourselves, feeling connected to everyone around us, feeling what we want comes easily and helps others at the same time are all signs that we are on the correct path for us.

If we are unhappy or fearful, feeling that our needs are not being met, feeling dissatisfaction and envy for what others have, feeling angry and out of step with those around us, feeling that life is hard and we have to fight for everything we want, we need to change.

We cannot change anyone else. We can only change ourselves but that is what we need to do to change our lives. Becoming conscious of what is causing discomfort to you and choosing to change your thoughts and actions to create a different outcome is an act of atonement.

Once you have chosen to be different, you are no longer the same person who said or did those earlier things. By taking responsibility, openly expressing remorse for previous acts, compensating if possible and embarking on a course of action that will never allow the same results, one has done all one can to correct the problem.

That is living consciously. Always being aware of your words and deeds and taking responsibility for the consequences means that you are creating your own life instead of being a victim of someone or something else.

Having exercised your right and freedom to choose again, release the guilt. You no longer have to punish yourself since you have changed yourself, your life and therefore the life of those around you. Do not forget or deny what happened and risk forgetting the lesson. Consider it personal development and move on.

Remember, the past is past. It can never change. Only the future can change and the person we are today is creating our future. That person needs to be focusing all mental energy on manifesting what we envision for the present. Wasting energy on the past is counterproductive and by maintaining images or fears from the past in our minds, we are in danger of recreating them accidentally.

A different course of action should produce happier results for all involved. If not, we may again choose another path and experience different results. We have the opportunity to change our minds and lives as often as we want.

Direct all your energy toward your thoughts and actions now in order to create the future you desire and move forward into it with love in your mind and spirit.

