

## **No More Guilt - Part one**

Ladies and gentlemen, welcome to getting rid of your guilt.

Do You Have guilt?

Most people at some point in life tend to have some type of guilt.

I think everybody knows what it feels like to feel guilty, and what we would like to do today is give you a solution on how you, with your family, with your friends, at work, wherever it applies, can create what you want without using the guilt trip - without creating guilt.

If we don't even know how we create guilt, how are we going to get out of the state of feeling guilty, leaving the obvious alone to where guilt comes from.

For those of us that have carried it from a young age, these are the places we need to graduate from, those institutions that implemented guilt through their teachings.

Whether it was right or wrong, whether it's conscious or unconscious, are irrelevant in this moment.

And so within the dynamics of guilt.

If I see my son doing something that perhaps is not purposeful in, hopefully not, but possibly destructive or dangerous to him or someone else, if I focus on what I don't want him to do, or any shaming or any blaming or anything of that nature, what I have done is I've created a victim potentially, and more so, I've instilled unbeknown to him, guilt.

Let me pause in my actions before I do, when I think again of something similar, and then I'm a deer in headlights and

I'm not myself.

I'm not free, I'm not flowing, I'm not confident, my self esteem is challenged, etc.

So what would be a better approach in order to support my son's growth without causing him to feel guilty?

It's simple.

If I want a certain result, there's no reason for me to talk about anything other than that result.

If I point out the obvious of what they've done wrong, it's not bringing us to the result any faster.

If I want to give an explanation of why that may not be the best way to do something, now, I've given that person reason.

That person has an ability to reason, to have reasoning behind why that may not work.

So what have I done in that reason?

I've given them an option.

Now, everyone knows that if you do not have an option, you tend to naturally and instinctively want to be a Porcupine and stick your needles out.

You want to create space, because if this option isn't good for you or isn't going to feel good to you, you're going to fight.

And so by giving reasoning to the person an explanation and idea of why a possibility you have, in effect afforded them freedom to save face by having another option to do it a different way and not feeling guilty or shameful that they did it potentially the wrong way, even though there is no

wrong, there's only learning.

And so what I want to do is I want to say this is what we can accomplish if we do it this way.

This is the goal.

This is the direction in which we can both be happy.

You know what I mean?

And so I think guilt, instead of focusing on the things that don't work or that hold us down in life, I think we can focus on the things that are going to be solution oriented.

And the solution is to present the outcome.

It's very similar to the manifestation of what we talked about recently with going to the Beach.

It's the same principle.

So if we can leave guilt behind by creating something more worthwhile, everybody wins.

I want to read briefly one or 2 quotes from authors throughout history who are famous and we should all probably have heard of. And if you haven't, then guess what you do now and what they have to say about guilt.

So, Shakespeare, I think everyone understands that he was a great writer.

And Here's what he writes about guilt.

One of the things he says is "the mind of guilt is full of Scorpions." Now, look, you play with a Scorpion long enough, it's going to sting you, so guilt will do the same.

It's, of course, not going to work long term.

And that's poison.

So guilt is, in effect, poison is what is being communicated here. Here's another one from Shakespeare.

“Better it were that all the miseries which nature owns were ours at once, than guilt.”

So basically we could take all the bad weather.

We could take all the things that could happen that would be detrimental in nature and receive them at one fell swoop, one fall blow, then to be guilty for our life.

Okay, Seneca.

Going back to the stoic times here.

“Wickedness escape, as it may at the bar.

It never fails of doing Justice upon itself, for every guilty person is his own hangman.”

Now we've all played hangman where you draw a little stick figure and you're guessing which letters to use to pick the word the person's wanting you to guess.

And slowly with guilt, you are playing hangman with yourself.

And then, of course, is no good.

So the word guilt, for all practical purposes, is a word used to control.

It was a word created almost to qualify control.

And we don't realize often that we're doing it not only to other people in our communication, we don't even realize that we're doing it to ourselves.

And the problem there is that we get stuck.

Guilt is of the past, and it's a past without a resolution.

And because that past has never been solved, we hold it like

a hot coal that is constantly punishing us.

The problem that's a deeper issue with that is that that coal becomes a habit.

And so the things that would never bother you or that you would consider feeling guilty over.

You become guilty over because the baseline issues of those coals that you've collected pattern you to feel that way without even realizing it, without being conscious of it, without being aware of it.

And so you constantly have this.

It would be a version of a chip on your shoulder, but of caution that you would constantly react because you feel guilty or that you think what person, something a person is telling you is telling you to make you feel guilty when in fact, you're free, and they're just speaking what they see. And so, my friends, the world could change overnight if we could allow ourselves to move into the space of communicating what we want.

However, we still need to address the issue of how to dismantle the guilt that we've accumulated unbeknown to us.