

No More Guilt

Part Three

Matthew: So welcome back to Round three, on guilt.

You said that freedom is your replacement for feeling guilty.

So this popped in my head.

I've been told for a long time coming that nothing is for free, and actually the things we receive for free aren't necessarily value.

I'm not saying that they can't be valued.

However, there's an intricate nature in the process of earning or experiencing or building towards something that you possess, whether it's an internalization of a tool or skill or a mindset or a habit or a physical thing, all collectively, the same principle falls into nothing's for free.

And so the freedom that is true and exist that isn't dependent on drugs or alcohol or an external source of some substance to make you simulate the feeling of being free is hard work, diligence, discipline, focus, ability for the self to feel uncomfortable, vulnerable, move towards something that they're going to gain through their efforting.

And anything that's given is actually a version of enabling somebody who's already got a problem.

And it further anchors them with a chain to the hell that they're in and don't know it.

And when someone's in hell, what they do is create more hell for anyone that comes around them.

So they're like a dog on a chain that has a circumference,

that if you as a being with your energy, whether you're good, bad, whatever you want to say, as far as how you feel, you're going to get into that field.

And if you're not aware or strong enough, you're going to hell for that moment, for that week for that year that it takes you to get rid of it.

Now that freedom is the freedom of understanding, that if you feel good, you won't find yourself randomly going in places that will cross paths with those folks that are, Unfortunately haven't freed themselves and are also being continually enabled by other people in society that isn't serving the whole of society and us as a people.

So if we think of this on a conscious platform, a Bowl and there's a percentage of the Bowl allocated to different aspects of consciousness, there is a percentage in the Bowl that is associated with with a guilty consciousness that is kept there and enabled to that space that fundamentally influences the whole.

And the only thing we can do is to stop enabling those folks, including ourselves in those areas, so that we can consciously support their growth, possibly offering an opportunity if they open their mind for a split second to consider a different way and to earn what their true value is that will never be known unless they can explore their own skill set their own gift of which we all have, no matter where you are in humanity and your process of growth so that you can Bloom like a flower so other people can smell something different

than the hell that you're certainly providing through your beingness. And acceptance of the guilt that you have inherited and or have been taught or and taken on unconsciously.

And so to the topic of guilt.

Let's work on ourselves first and foremost, by being aware that it's there.

Let's take on the process of communicating with other people so that we construct reasoning and possibility with options that end with the result that we want so as not foster guilt in others.

And through that alone, you will find freedom.

Because as you see that person free, it will be reflected to you to review your personal guilt that's been taken on and create that freedom internally and that will serve humanity as a whole.

So it's better to give than receive, therefore taking this practice and giving it to everyone around you indirectly, you are doing the same by teaching yourself, by doing.

And that's how we take what we learn.

We only truly know.

We don't know by reading a book because it's not experiential.

We don't know by hearing it from another person, although the book and the other person are certainly information.

But the third step, that's the more profound step that refines the idea you really gather that actual concept that's innate will become innate through internalization of practice is by practicing it, by teaching it, by being it.

And then you've graduated to this is who I am.

And hopefully when and if any other aspects of people come to challenge you, which will happen as the nature of embodiment. To test how fortified is this person in their Constitution of what they're teaching, they have to be that too.

They can't just teach it, because otherwise it's a false narrative. Then the universe will come and say, Alright, well, Let's just check him or her real quick just to make sure. And every now and then that needs to occur.

Just so you keep yourself true.

And so once you're out of the space of guilt, you really, truly can be who you are, which is the ultimate freedom.

And that's what we're all working towards.

That's what we encourage you to create and be.

And thank you for being with us on the topic of guilt.

Any questions?

Feel free to reach out.

We're happy to do anything we can to support you.

We love you.

We love everyone.

We love the world.

And it's all about love.

I mean, that's it, right.

Why the hell are we doing this?

To get out of hell?

Because loves first.

Oh, Amen.

Peace.