



A Course in Miracles Mentoring ©

DAY 20 – Guilt, Shame & Regret

Key Topics:

- The Cloud of Guilt
- Release from guilt is the ego's whole undoing
- See no one as guilty
- Guilt makes you blind
- Do not be afraid to look within

The Cloud of Guilt

In A Course in Miracles, guilt remains the only thing that hides God from you, for guilt is an attack upon His son. As a child, you learn that guilt is important because it will keep you from doing things that bring harm to others. I prefer to think of love as being much more capable of fulfilling this function than guilt, for if you love someone, you wouldn't think of bringing harm to them. The Course teaches that guilt is not useful for any purpose. Every time you choose guilt, it is like you are throwing a blanket over your head and thinking the lights went out. In Chapter 13.IX, it says, “Guilt remains the only thing that hides the Father, for guilt is the attack upon His Son.” ACIM Ch.13.IX.1.1 “Release from guilt is the ego's whole undoing.” ACIM Ch.13.IX.2

When you make a decision, and that decision costs you or brings you negative consequences, it is tempting to judge yourself harshly and accuse yourself of adding pain and agony to yourself or someone else. Your ego encourages guilt in every way. If your ego can convince you that guilt is real, then by definition, you are NOT the Holy Child of God. Its whole purpose is to convince you that you are the opposite of truth.

One of the hardest things for me to learn was that I was not guilty. I was one of those people that could give you a list, in 20 seconds, of every single thing I ever did wrong in my life. My ego would viciously save every intimate detail of my transgressions, and would pull that list out whenever I felt good about myself, or headed towards something that made me happy. That may sound like an exaggeration, but it was true. My mind was flooded with what I didn't do right, what I could have done better, and what I didn't do that I should have. My inner voice would flood me with could have's, should have's, and ought to have's, and it was exhausting. There wasn't a moment of rest.

I learned from A Course in Miracles, that guilt was an election and that it had nothing to do with God. God is pure love, and is not judgmental whatsoever. This really helped me to rethink everything, especially my need to hold onto guilt.

Now this doesn't mean that you can just do anything you want to others, and you won't have any consequences from your actions. Consequences are important teaching aids and they point

the way to truth. If you intentionally harm another person, and other people are an extension of your one Self, then you will ultimately feel harmed in one way or another. This is the result of the law of cause and effect, for if you actively harm another, you are by extension, sending harm to yourself. In the absence of love, consequences are important teaching aids until love is remembered.

Release from guilt is the ego's whole undoing

The Course teaches that you project the guilt you feel onto other people in an attempt to get rid of it, although this never works. The guilt you see in others is your own guilt, turned outward. In Chapter 13, it says, "Release from guilt is the ego's whole undoing. *Make no one fearful*, for his guilt is yours, and by obeying the ego's harsh commandments you bring its condemnation on yourself, and you will not escape the punishment it offers those who obey it. The ego rewards fidelity to it with pain, for faith in it *is* pain. And faith can be rewarded only in terms of the belief in which the faith was placed. Faith makes the power of belief, and where it is invested determines its reward. For faith is always given what is treasured, and what is treasured is returned to you." ACIM Ch.13.IX.2 Some people might interpret this as "karma", being that your guilt is returned to you, however, it is the simple result of cause and effect. If you project your guilt onto others, then it will be returned to you, because you are one with everyone. As you release from guilt, you undo the ego because its foundation is on guilt.

In you is all of Heaven

You are not guilty. In fact, in you is all of Heaven. You are as God created you, now and forever. There is nothing you have ever done, nor anything you could ever do that could alter that truth of who you are. If you are having trouble recognizing your true value and inherent worth, the Course says this, "In you is all of Heaven. Every leaf that falls is given life in you. Each bird that ever sang will sing again in you. And every flower that ever bloomed has saved its perfume and its loveliness for you. What aim can supersede the Will of God and of His Son, that Heaven be restored to him for whom it was created as his only home? Nothing before and nothing after it. No other place; no other state nor time. Nothing beyond nor nearer. Nothing else. In any form. This can you bring to all the world, and all the thoughts that entered it and were mistaken for a little while. How better could your own mistakes be brought to truth than by your willingness to bring the light of Heaven with you, as you walk beyond the world of darkness into light?"

ACIM Ch.25.IV.5

See no one as guilty

One of the hardest things to understand is that guilt is not useful for any purpose. When you see another person do something wrong, or bad, or horrific, it is very tempting to judge them as guilty. Your thoughts are creating everything you see. You are looking at what you believe to be true in the place of truth. If you judge what you see as "guilty" then you are validating what you "see" to be the truth. This will produce a cycle of pain and suffering that cannot be avoided and has no end. Whenever you see anyone doing something that disturbs your peace, remind yourself that you are looking at your beliefs and nothing more. The other person is playing a role with you and they are mirroring your beliefs back to you. We will cover much more on this in the relationship section. For now, realize that any projection of guilt onto another person, is a projection of your own guilt, and this will hold your guilt in place. If you are guilty, then you

are declaring that you are not the Son of God, and therefore, you are NOT entitled to the happiness and abundance that God Wills for you. Guilt holds pain, suffering, and delay in place, whether it is cast upon yourself or someone else.

In Chapter 13.IX, the Course says, “See no one, then, as guilty, and you will affirm the truth of guiltlessness unto yourself. In every condemnation that you offer the Son of God lies the conviction of your own guilt. If you would have the Holy Spirit make you free of it, accept His offer of Atonement for all your brothers. For so you learn that it is true for you. Remember always that it is impossible to condemn the Son of God in part. Those whom you see as guilty become the witnesses to guilt in you, and you will see it there, for it *is* there until it is undone. Guilt is always in your mind, which has condemned itself. Project it not, for while you do, it cannot be undone. With everyone whom you release from guilt great is the joy in Heaven, where the witnesses to your fatherhood rejoice.” ACIM Ch.13.IX.6

Guilt makes you blind

If you see yourself or someone else as guilty, then your underlying declaration is that you (or they) are not the Child of God, and you (or they) are not entitled to the happiness that God has given you (or them). Every time you do this, you are abandoning the light and truth of your Divine Inheritance, as given by God, Himself. You cannot be a little bit guilty and deficient and a little bit innocent and whole at the same time. As you choose one, you forfeit your awareness of the other. You must be aware of this, because any investment in guilt for yourself or someone else, whatsoever, is a declaration that you have no interest in the happiness and abundance that God wills for you.

In Chapter 13.IX, the Course says, “Guilt makes you blind, for while you see one spot of guilt within you, you will not see the light. And by projecting it the world seems dark, and shrouded in your guilt. You throw a dark veil over it, and cannot see it because you cannot look within. You are afraid of what you would see there, but it is not there. *The thing you fear is gone*. If you would look within you would see only the Atonement, shining in quiet and in peace upon the altar to your Father.” ACIM.13.IX.7

Do not be afraid to look within

The ego’s chief device is insolvable problems. Its goal is to keep you so preoccupied that you will never have time to look within, where you will find God, along with your True Self. The ego also counsels you that if you were to really look within, all you would find is blackness and guilt. This is an attempt to keep you from looking within. The ego convinces you that if you assign guilt to others, you will be able to get rid of it within yourself. This does not work and it never will. You need to understand what is going on, so you will not be so tempted to judge yourself, or someone else, and assign guilt as a result. You are being “played” by your ego.

In Chapter 13.IX, it says, “Do not be afraid to look within. The ego tells you all is black with guilt within you, and bids you not to look. Instead, it bids you look upon your brothers, and see the guilt in them. Yet this you cannot do without remaining blind. For those who see their brothers in the dark, and guilty in the dark in which they shroud them, are too afraid to look upon the light within. Within you is not what you believe is there, and what you put your faith in. Within you is the holy sign of perfect faith your Father has in you. He does not value you as you do. He

knows Himself, and knows the truth in you. He knows there is no difference, for He knows not of differences. Can you see guilt where God knows there is perfect innocence? You can deny His knowledge, but you cannot change it. Look, then, upon the light He placed within you, and learn that what you feared was there has been replaced with love.” ACIM Ch.13.IX.8

Guiltlessness is invulnerability

Instead of choosing guilt or casting guilt on another person, the Course teaches that you should teach everyone you are free and that no one can hurt you. In truth, you cannot be hurt. You experience being hurt because you accepted the false idea of separation from God which is not true. You are now experiencing your beliefs in the place of the truth. By teaching your invulnerability, you are aligning with your True Self, and this is what will make your True Identity known to you once again. “Reality dawns on an unclouded mind.”

In Chapter 14.III, it says, “The way to teach this simple lesson is merely this: Guiltlessness is invulnerability. Therefore, make your invulnerability manifest to everyone. Teach him that, whatever he may try to do to you, your perfect freedom from the belief that you can be harmed shows him that he is guiltless. He can do nothing that can hurt you, and by refusing to allow him to think he can, you teach him that the Atonement, which you have accepted for yourself, is also his. There is nothing to forgive. No one can hurt the Son of God. His guilt is wholly without cause, and being without cause, cannot exist.” ACIM Ch.14.III.7

In summary, “God is the only Cause, and guilt is not of Him. Teach no one he has hurt you, for if you do, you teach yourself that what is not of God has power over you. The causeless cannot be. Do not attest to it, and do not foster belief in it in any mind. Remember always that mind is one, and cause is one. You will learn communication with this oneness only when you learn to deny the causeless, and accept the Cause of God as yours. The power that God has given to His Son is his, and nothing else can His Son see or choose to look upon without imposing on himself the penalty of guilt, in place of all the happy teaching the Holy Spirit would gladly offer him.” ACIM Ch.14.III.8