



Personal Online Coaching ©

DAY 20 – Guilt, Regret & Shame

Key Topics:

- The War Against Yourself
- 1st Law of Chaos- Truth is different for everyone
- 2nd Law of Chaos - Everyone sins and deserves attack
- 3rd Law of Chaos - If God is not mistaken, He must accept your belief
- 4th Law of Chaos – You have what you take from others
- Stairway to Heaven or Hell?

The War Against Yourself

In A Course in Miracles, you learn that there are four laws of chaos, as orchestrated by the ego, that you are using in a war against yourself, to hold pain and suffering in place and to attack the truth. They govern nothing, and need not be broken. They merely need to be looked upon and gone beyond. In order to be free of these laws, you must first understand what they are so your can release from them.

The 1st Law of Chaos – Truth is different for everyone

“The first chaotic law is that the truth is different for everyone. Like all these principles, this one maintains that each is separate and has a different set of thoughts that set him off from others. This principle evolves from the belief there is a hierarchy of illusions; some are more valuable and therefore true. Each one establishes this for himself, and makes it true by his attack on what another values. And this is justified because the values differ, and those who hold them seem to be unlike, and therefore enemies.” ACIM Ch.23.II.2

The 2nd Law of Chaos – Everyone sins and deserves attack

In the 2nd Law of Chaos, guilt is necessary in order to uphold it. “The second law of chaos, dear indeed to every worshipper of sin, is that each one must sin, and therefore deserves attack and death. This principle, closely related to the first, is the demand that errors call for punishment and not correction. For the destruction of the one who makes the error places him beyond correction and beyond forgiveness. What he has done is thus interpreted as an irrevocable sentence upon himself, which God Himself is powerless to overcome. Sin cannot be remitted, being the belief the Son of God can make mistakes for which his own destruction becomes inevitable.” ACIM Ch.23.II.4

“Think what this seems to do to the relationship between the Father and the Son. Now it appears that They can never be One again. For One must always be condemned, and by the Other. Now are They different, and enemies. And Their relationship is one of opposition, just as the separate aspects of the Son meet only to conflict but not to join. One becomes weak, the other strong by his defeat. And fear of God and of each other now appears as sensible, made real by what the Son of God has done both to himself and his Creator.” ACIM Ch.23.II.5

3rd Law of Chaos - If God is not mistaken, He must accept your belief

“Either God is right and you are perfect, or you are right in your assessment of your guilty and imperfect self, and God must hate you for it. The 3rd Law of Chaos supports the later assumption, “This leads directly to the third preposterous belief that seems to make chaos eternal. For if God cannot be mistaken, He must accept His Son's belief in what he is, and hate him for it.” ACIM Ch.23.II.6.5-6

“See how the fear of God is reinforced by this third principle. Now it becomes impossible to turn to Him for help in misery. For now He has become the "enemy" Who caused it, to Whom appeal is useless. Nor can salvation lie within the Son, whose every aspect seems to be at war with Him, and justified in its attack. And now is conflict made inevitable, beyond the help of God. For now salvation must remain impossible, because the Savior has become the enemy.” ACIM Ch.23.II.7

4th Law of Chaos – You have what you take from others

“The ego values only what it takes. This leads to the fourth law of chaos, which, if the others are accepted, must be true. This seeming law is the belief you have what you have taken. By this, another's loss becomes your gain, and thus it fails to recognize that you can never take away save from yourself. Yet all the other laws must lead to this. For enemies do not give willingly to one another, nor would they seek to share the things they value. And what your enemies would keep from you must be worth having, because they keep it hidden from your sight.”

ACIM Ch.23.II.9

“All of the mechanisms of madness are seen emerging here: the "enemy" made strong by keeping hidden the valuable inheritance that should be yours; your justified position and attack for what has been withheld; and the inevitable loss the enemy must suffer to save yourself. Thus do the guilty ones protest their "innocence." Were they not forced into this foul attack by the unscrupulous behavior of the enemy, they would respond with only kindness. But in a savage world the kind cannot survive, so they must take or else be taken from.”

ACIM Ch.23.II.10

In A Course in Miracles, it says that the Laws of Chaos govern all illusions. Once you understand what they are, you are much less likely to blindly follow them to your detriment. Each one of the laws is designed to keep you in a state of chaos and distraction.

Stairway to Heaven or Hell?

In Chapter 23.II, it says this about following the Laws of Chaos, “Brother, take not one step in the descent to hell. For having taken one, you will not recognize the rest for what they are. And they will follow. Attack in any form has placed your foot upon the twisted stairway that leads from Heaven. Yet any instant it is possible to have all this undone. How can you know whether you chose the stairs to Heaven or the way to hell? Quite easily. How do you feel? Is peace in your awareness? Are you certain which way you go? And are you sure the goal of Heaven can be reached? If not, you walk alone. Ask, then, your Friend to join with you, and give you certainty of where you go.” ACIM Ch.23.II.22

The assignment of guilt, in any form, places your foot on the stairway that leads away from peace. This is something to be aware of if your goal is to experience a peaceful, happy, and abundant life, any time soon. I hope you will join me today, and throw off the blanket of guilt. Guilt is an election and has nothing to do with God. Forgive yourself now. Forgive yourself frequently and forgive others before you would cast guilt upon them. By refusing to feel guilty or to assign guilt in any form, the road to peace and happiness is open and clear.