



## Miracles in Personal Coaching ©

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### DAY 87 – Life Review & Regrets

#### Key Topics:

- There is no age limit on regrets
- Suffering is an election – God did not create suffering
- Where there is regret, there is guilt, and where there is guilt, there is punishment
- Let all things be exactly as they are
- Reasons for regrets
- Ask yourself “Who is to blame?” and then forgive them immediately
- The pain you feel is the evidence that your guilt is justified
- Choose love and forgiveness instead of guilt and punishment
- Doesn’t it matter if I did something wrong?
- My greatest achievement
- I will forgive, and this will disappear

#### **There is no age limit on regrets**

Regrets can easily set in whether you are 16 and pregnant, 36 and divorced, 59 and broke, or 92 and alone. There is no age limit on regrets. The ego is vicious in its attempts to engage you in what you should have done, could have done, or ought never to have done, etc. The ego’s function is to get you to focus on the past so you will never know of your freedom, which can only be found in the present. If you listen to your ego, you will be convinced that if you had just made a different choice then, everything would be better now. Every choice you made in the past was a reflection of your set of beliefs at that time, and as such, the experiences you had were perfectly aligned for your growth and advancement towards awakening. Your decisions brought you the external picture of your beliefs, and one by one, you determined which ones you would keep and which ones you would let go of forever. In Lesson 135, it says, “What could you not accept, if you but knew that everything that happens, all events, past, present and to come, are gently planned by One Whose only purpose is your good? Perhaps you have misunderstood His plan, for He would never offer pain to you. But your defenses did not let you see His loving blessing shine in every step you ever took. While you made plans for death, He led you gently to eternal life.” ACIM Lesson 135.18

#### **Suffering is an election – God did not create suffering**

It might be hard to accept that God arranges everything that happens, yet you might think of it this way. God created you and you have arranged everything that you are now experiencing with your thoughts and beliefs, so ultimately, you can say that God arranged everything. The Course teaches that God does not create your chaos, as this is self-made, yet He will use what

you have created to free you from your misperceptions, if you will let Him. God does not know of suffering or require you to suffer. Suffering is an election and by accepting that suffering is possible, you have allowed yourself to suffer. Ultimately, your regrets are related to what you have chosen in the place of what God created for you. There is nothing to fear, however, because what God created for you is eternal and His Blessings are waiting only for your acceptance. This will happen naturally as you abandon your guilt, illusions, and misperceptions, and accept the truth of your reality instead.

### **Where there is regret, there is guilt, and where there is guilt, there is punishment**

It is important to realize that where there is regret there is guilt, and where there is guilt, there is punishment; all at your own decision for God knows nothing of guilt, regret, or punishment. God knows you only as you are; Holy, Innocent, Loved, Pure, Sinless, and Whole. **Every time you choose to feel guilty or regretful about anything, you are declaring that you are separate from God and you are aligning with your ego.** When this occurs, your ego will be happy to decide on which form of punishment would be most appropriate for you – financial through lack, physical through pain, or emotional through hurt and sadness, or perhaps all three if you feel your mistake was unforgivable or irreparable. The pain and degree of your self-punishment will mirror the magnitude of guilt you have accepted for yourself. I call your ego the Teacher of Pain for a very good reason. He is not your friend.

### **Let all things be exactly as they are**

One of the greatest gifts you can give to yourself is to **“let all things be exactly as they are”**. This will not result in suffering, being a doormat, or other people taking advantage of you. By letting all things be exactly as they are, this is one of the quickest ways to invite the Holy Spirit to intervene on your behalf. As you let things be as they are, without trying to fix, solve, or change them, then the healing can be accomplished on your behalf, naturally and easily. Every time you forgive yourself and let all things be as they are, you are inviting the Holy Spirit to undo all the consequences of your wrong decisions (*Page 90 in A Course in Miracles*). As a result of the Holy Spirit’s help, your mind will be healed, your circumstances will shift, you will find peace, and you will live your life with joy instead of dread.

### **Example:**

Let’s say that at 16 years old, you became pregnant and had a child as a single mother. Now you are 22 and you have been struggling financially and emotionally for 6 years. In this situation, it would be tempting to regret your decision and blame yourself for being so “stupid, naïve, young, immature, careless” or some other judgment against yourself.

Here is the problem: The moment you choose to feel guilty or regretful on any level, you are going to also assign punishment to yourself because guilt and punishment always go hand in hand. **You cannot accept guilt without inviting punishment.** Once you choose to guilt, punishment will arise in different forms, all carefully camouflaged by the ego. Self-punishment can show up as failed relationships, lost income, financial challenges, missed opportunities, delayed benefits, health problems, physical pain, failed business deals, and other challenges.

Your ego's intention is to keep you so busy with "the effects" of your choice to feel guilty, that you will never have time to look at the cause, being guilt, so it can be healed.

### **Reasons for regrets**

To have regret is to feel a sense of loss or remorse for a decision that was made, or for something that happened or did not happen in the past. There are many reasons for regrets that arise from a variety of decisions and circumstances. Here is a brief list to review.

*You have regrets because:*

- You should have made a different decision than you did
- You should have seen the "writing on the walls" and were not paying attention
- You should have listened to what others were telling you
- If you had only known then what you know now
- The decision that was made cost you everything
- You did not follow your instincts
- You did not follow your own rules or value system
- You did not consider the consequences
- You did not think it through
- You were weak and without courage
- You knew what to do, but you did not or could not do it because of:
  - lack of trust
  - fear of loss
  - fear of pain or damage
  - fear of judgment
  - fear of repercussion
  - fear of failure
  - fear of success
  - another person's influence
  - you did not know how, etc.

If you will let it, your ego will keep you busy for days, weeks, or even years thinking about your guilt or someone else's. Its list of "why you should suffer" is long and compelling, yet your decision to listen and engage is entirely up to you. God would never choose guilt or punishment for you. The Holy Spirit was introduced as the means to save you from your willingness to decide against yourself.

### **Ask yourself "Who is to blame?" and then forgive them immediately**

If you are suffering emotionally, physically, or financially – then instead of feeling guilty, regretful, or resentful about how you got there – ask yourself who is to blame. If you have assigned guilt to yourself, someone else, or God, then your suffering is the self-punishment that came with your assignment of guilt (at your own decision). All of this can be undone, of course,

with the help of the Holy Spirit, your Teacher of Peace. Once you have identified who you are judging, and you are willing to forgive yourself or them completely, you will set yourself free and the suffering will stop. The Holy Spirit will help you with this, assuming this is what you wholly want.

Remember that guilt is an election, and without guilt, there is no punishment. This means that for any situation where you are tempted to feel guilt, regret, shame, embarrassment, or resentment, you can choose forgiveness instead and the pain you are in, emotionally, physically, or financially will be undone accordingly.

### **The pain you feel is the evidence that your guilt is justified**

Your ego loves guilt and thrives on it, whether it is yours or someone else's. Guilt is ego's theme-song in its attempt to prove that God does not exist and you are unloved, abandoned, and less than whole.

The bottom line is this: Every time you choose to feel guilty or regretful, you are aligning with your ego, deciding against yourself, and you are imposing some form of punishment on yourself. The pain (or lack) you are experiencing (whether it is physical, emotional, or financial) is your ego's attempt at proving to you that your guilt is justified. Guilt and punishment always travel together. As you make room for one, the other comes along for the ride.

### **Choose love and forgiveness instead of guilt and punishment**

The common belief is that guilt and punishment are necessary because guilt prompts you to do the right thing and keeps you from doing the wrong thing. I believe that love and forgiveness accomplish those same results, but without the nasty side-effects. Your ego would say that you need to have guilt and be threatened with punishment, so you will not take from others or do things that will hurt them. The Holy Spirit would say that if you love someone, you would never think of taking from them or hurting them. Through love, you would also recognize that you are one with them, and in truth, you would only be taking from or hurting yourself. Love is always the answer.

### **Doesn't it matter if I did something wrong?**

If you made a mistake or a wrong decision, and you feel it has cost you or someone else, or you feel your mistake is unforgivable or irreparable, would you be willing to keep everything you learned through that experience and release the guilt, pain, suffering, and need for punishment? Would you be willing to keep the wisdom and let go of everything else? If you will forgive yourself (for what never occurred in truth) the pain and suffering will stop. God does not judge you and there is nothing you have ever done that has altered the light and truth of who you are. Through your willingness to forgive yourself, regardless of the size, frequency, or complexity of your mistake(s) or wrong decision(s), you will set yourself free. As you set yourself free, you allow yourself to receive the love, blessings, and abundance that God has already given you. Through your willingness to release the past, along with all the guilt and regret, you claim your Innocence, your Divine Inheritance, and your God-given right to happiness and abundance.

### **My greatest achievement**

In many respects, I feel that my greatest achievement in life is that I have forgiven myself and others for every mistake, failure, and/or wrong decision. Guilt was blocking my awareness of God's Love and the happiness and abundance I am entitled to – and so my guilt had to go. I wanted to know the love of God more than anything else and my judgments and willingness to suffer had to be abandoned. After many years of resistance, I finally decided to love and forgive myself and everyone for everything and this brought radical and substantial healing, miracles, happiness, and abundance to my life.

Today, I have no regrets and no interest in pain, suffering, lack, illness, or guilt of any kind. I choose to see only the light and truth in everyone, regardless of their actions, appearance, words, or behaviors, and if I forget, I remind myself to choose again. The Course teaches that through our willingness to see only the Light of Christ in everyone, this is how we will find it within ourselves. Day by day, this awakening into Self-Awareness is taking place and it is the greatest and grandest experience I have ever known.

### **I will forgive, and this will disappear**

In ACIM Lesson 193, it says, "This is the lesson God would have you learn: There is a way to look on everything that lets it be to you another step to Him, and to salvation of the world. To all that speaks of terror, answer thus:

*I will forgive, and this will disappear.*

To every apprehension, every care and every form of suffering, repeat these selfsame words. And then you hold the key that opens Heaven's gate, and brings the Love of God the Father down to earth at last, to raise it up to Heaven. God will take this final step Himself. Do not deny the little steps He asks you take to Him." ACIM Lesson 193.13