

# **Guilt**

## **Guilty!**

**What are you guilty of? What guilt are you holding? Who is making you feel guilty?**

**Did you do something wrong? Have you not done something that you should have done? Did you not make your best effort? Are you guilty of not being good enough, smart enough, or both? Do you feel guilt in not being worthy of something you have?**

**We have all made mistakes. Mistake is just another way of saying learning or having a lesson. We learn by doing, and making a mistake is learning and growing. There should be no guilt in learning, and there should be no guilt in being better.**

**What is past is done. We can and do change how we view it, and our view may be different from others. The only view that matters is ours, and we can learn to view our past history as learning and growth, rather than guilt over what was or was not done.**

**Everything happens for a reason, and everything that happens has a value in the grand scheme of things. We cannot always see the value, and sometimes we believe there is no value and only hurt and loss. Hidden somewhere are the lessons and the value.**

**Guilt inhibits us and prevents us from moving forward and engaging fully in life.**

**You are guilty of not doing your best if you allow guilt of something in the past to prevent you from moving forward today. One, you are not guilty. Two, if you feel guilty, the best way to move forward is to do something positive and good.**

**Be proud of who and what you are. Be proud of your learning, your lessons, and your growth. You can't change what was done in the past, but you can change how you view it.**

**If you have guilt, the others who have done as you have done may also have guilt. Or, they may have moved forward knowing what they did in the past was a lesson, and helped to make them what they are today.**

**Read about people in history. They all made mistakes and errors in judgment. In the end, those errors helped to make them what they are viewed as today.**

**Do you feel guilty when you are enjoying yourself instead of working? Do you feel you don't deserve to have a good time? Are you full of guilt when you treat yourself to something you want but others may not have?**

**If you can take time off and still meet your obligations, then do it if that is what you want to do. There should be no guilt and no judgment. You are worth what you get and what you create. There is no need for apology or feeling guilty.**

**Are you guilty of not living the life of your dreams, the life you came here to live? Is guilt holding you back? Why not start today to live your dreams, to live your life. Is it not far better to do that which you want, desire, and aspire to, rather than live with guilt that may not even be justified?**

**The guilt is just lessons, and the lessons have made you what you are today. Be proud, hold your head high, and move forward.**