



CHOOSE SPIRIT NOW

JOURNALING
FORGIVE & LET GO OF GUILT



Forgiveness Journaling Exercise

- Identify people in your life who you dislike or are uncomfortable around possibly because they bring up insecurity in you.
- Are you able to see through your own Ego to the insecurities they may bring up for you? Example: I am jealous of a co-worker and can't stand even the anticipation of driving to work knowing I will have to see her. I will never be as smart as her and I can't stand it.
- Or are you so afraid to see that you don't feel worthwhile, that you don't measure up, that you continue to see that this discomfort or dislike is the other person's fault? They "did" something to make you not like them or feel uncomfortable around them.
- The Ego will completely convince you that it is this other person's fault and that you should continue to judge them, but don't allow the Ego to win here!
- What is it they "did" that makes it seem like it is their fault? Example: She gets praise for all her good work from the boss while I never get praised and then she gloats about it.
- What does it bring up in yourself that you don't want to face? Remember jealousy is a dirty little secret that no one wants to admit to. But this is the EGO trying to manipulate you into hating, disliking, separating, isolating others in your mind so that you cannot remember our True Nature as One.
- Example: I am jealous of this person because he is successful in a way that my parents have always expected of me and I feel guilt and disappointment in myself for not living up to this. I cannot face these feelings of jealousy so I use dvesha, avoidance or hate, to mask this inside.
- Can you see a hint of a need in yourself and this other person for acceptance and unconditional love?



Forgiveness Journaling Exercise continued

- Jealousy, hate, anger, and frustration with another person facilitates the Ego's desire to separate and isolate us from each other. Do you want the Ego to win or do you want to experience wholeness, connection, unconditional love and total freedom?
- This could be the hardest thing you have ever done, it can bring you to your knees with the powerful urge to continue to hate and isolate another.
- You cannot fathom the reward when you decide to Choose Spirit Now and with guidance from Holy Spirit, let go of all the judgment, the hate, the discomfort from being around someone you are jealous of.
- When you extend acceptance, forgiveness, and love out to another that you dislike, you realize that in forgiving and accepting them you have just forgiven and accepted yourself.
- This leads you to that sublime experience of awakening when you feel the absolute unconditional love for yourself and others and the total freedom in knowing that we are all One, all equal, with absolutely no need to compete and "measure up".
- Are you ready to give up that Ego's desire for "Specialness" and extend that love, forgiveness, and acceptance and see yourself as even beyond equal, as One with everyone in Spirit?



Guilt Release Journaling Exercise

- Identify people in your life that you use the blame game on.
- What exactly are you feeling guilty for that you are then attempting to blame on them?
- Can you release this guilt in yourself so that you can stop blaming your guilt on others?
- Can you release guilt's control over you so that you can live your life the way you WANT to live it guided by your intuition, rather than struggling through life doing things you think you should?
- As you look back at your life what are some standout moments that you still hold guilt about? The big ones!
- Can you forgive yourself by accepting what happened with no more resistance, no more judgment and see past what you "did" to the innocence of yourself in your True Nature?
- Can you see that what you "did" had no effect on the beautiful loving Spirit inside yourself and others that may have been involved?
- Can you extend this acceptance and forgiveness to yourself or is the Ego wanting you to hold onto the guilt as punishment still for the "wrong" that you committed?
- Begin to notice guilt in your own life-from day to day stuff like guilt for not recycling to the big guilts we hold from past experiences, religious upbringing, cultural upbringing, etc.
- We can use guilt as a sort of punishment for "wrongs" committed or to justify our actions. Example: "Well, I'm going to make this decision but I know so-and-so isn't going to like it, so I'm going to make it with a hefty dose of guilt attached to show them that I really care."



Guilt Release Journaling Exercise continued

- Can you recognize that this desire for punishment is the Ego self-image attempting to maintain itself as “worthy”?
- Can you remember that in your True Nature you are perfect, eternal, and whole, with no need of punishment or to prove your worth?
- Can you see that the Ego wants you to feel guilty so that you continue to feel isolated and separate rather than whole and connected?
- You cannot fathom the reward when you decide to shine the light on the Ego into these areas of darkness.
- Let guilt go and trust that your intuition is guiding you to make the best decisions for yourself and everyone around you, no matter how it may seem to affect someone at the time. In other words be at peace with your guided decisions.