

## How Can I be Innocent? Look What I Have Done!

Are you feeling guilty about something you did? First let me say that you are not alone in experiencing guilt. Although your story may have different characters, plot line and backdrop, in all of our stories of guilt we believe: we are guilty because we were unloving either to ourselves or others, we caused hurt and pain (or even death), and/or others have suffered because of our mistakes. These stories also share deeply rooted beliefs that we are unlovable, unworthy, or flawed, along with many variations of our attempts to undo the hurts of the past: finding innocence by trying to see the event in a more positive light, forgetting about it hoping the memory would fade over time, begging God to "take this guilt away" (all the while continuing to believe in our guilt), or trying to make up for what happened through behavior (i.e. never saying no, giving in to demands, sacrificing etc.). Although many attempts have been tried, eventually we realize that the restoration of innocence through these methods does not work.

Other than the obvious reason that guilt is a very unpleasant experience, it is important to heal and release the guilt when it arises in your mind because its presence blocks the real You from being known. If your true nature is innocence doesn't it makes sense that the belief in your guilt would keep you from knowing your true nature? This is exactly what you are doing when you relive a past event insisting that it is proof of your guilt. What better way to keep yourself sleeping to your true nature than to keep the guilt and never let it go!

There are only two lessons that can be learned from anything; past or present. One lesson would teach that God's Son is a body, separate and guilty. The other lesson would teach that God's Son is Spirit, whole; in communion with the Creator and guiltless. Which lesson are you learning when the past arises in your mind? I think it is safe to say that we have over-learned the lesson of our separateness and guilt. Now we have an opportunity to use the past to learn the lesson God would have us learn. Next time the past comes up, refrain from stuffing it, or trying to solve the problem of guilt in your own way. Now is the time to heal. Be glad that you have an opportunity to learn a new lesson. You might argue that it would take a miracle to find your innocence again. And that is just what Holy Spirit has in mind to give to you. I urge you to have faith that there is nothing that you could present to Holy Spirit that He cannot heal.

The one thing that is necessary for a full-blown, undiluted miracle is your willingness to learn of your holiness and a willingness to let go of everything you have believed up till now about the past. In other words, you must be willing to be wrong about who you are, who others are, your ideas of pain and guilt, the meaning you have given everything, what you think happened and even what would heal you and help everyone involved. Hold onto nothing and everything will be given you. This is necessary because; ***"As long as you believe that guilt is justified in any way, in anyone, whatever he may do, you will not look within, where you would always find Atonement (innocence). The end of guilt will never come as long as you believe there is a reason for it. For you must learn that guilt is always totally insane, and has no reason."*** (T.13.X.6)

In your example of guilt, like mine (refer to the article "Lay Before Him all Your Hurt and let Him Heal You"), it may seem impossible to learn the lesson of holiness. When you are tempted to believe this, remember: ***"There is no order of difficulty in miracles"***. (T.1.1) There is no error that stands beyond forgiveness. To Holy Spirit, seeing innocence where we see guilt is the most natural thing to see. If invited to do so, Holy Spirit will lift your awareness above the scene of bodies, hurt, and attack and rest your awareness on Light and Pure Love. From this vantage point, everything is seen correctly, without distortions of any kind. Trust that He knows how to teach you of your innocence and that you *can* learn it.

"Here is the past brought forward into the present, teaching me that I am a body, separate and guilty.

This is not what I want to continue to learn. I want to learn of my holiness. I am willing to give all that I believe to You Who Knows the truth and let the ***"Word of God take the place of all the foolish thoughts that ever were imagined."***(W.137.15:2)

Instead of making a statement that I am guilty, I will begin with a question: "Am I \_\_\_\_\_ guilty?" You be the Teacher so that I may learn of God's Answer to this question because it is through You that I will learn of the truth. And I am grateful it is so." (Ref.T.17.1)

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