

## SPARK 120

(Matrix Code: **SPARK120.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Guilt is a concept.

**NOTES:** First, please let this distinction settle into all four of your bodies for some moments: Guilt... is... only... a... concept...

Guilt does not exist in nature. Karma, on the other hand, does exist in nature. Karma is cause-and-effect, meaning there are automatic impersonal consequences to your actions and inactions. Karma functions with or without you knowing about it, like a stone drops even if you don't know about gravity. There is no story or implication attached to karma. Guilt, on the other hand, comes from a complicated story and has terrible implications. The story of guilt was developed in the minds of men for a purpose.

Over millennia guilt has been infamously used by certain religious organizations to make their subjects so frightened they would give their spiritual authority away and pay taxes. Many people still pay those taxes today... Do you?

If you stand back and energetically examine the human morphogenetic field around the Earth you might notice that it is thoroughly contaminated by a grayish smog of suffering and confusion caused by the concept of guilt. That smog could vanish in one spark.

The concept of guilt induces a polarized world in which you get to choose between living out your life being guilty, in other words, as a victim, and living out your life as one who labels others as guilty, in other words, as a persecutor posing as a rescuer. Most of us have spent, I imagine, many lives in one or the other of these concept-dominated worldviews.

As with any concept, guilt can be used as a trigger for specific feelings which are then used to justify the validity of the concept. It's a vicious circle. For example, if you think, *I am guilty*, this can trigger a strong emotional experience, and then you conclude, *See? I feel this experience! The concept is true!* You can do this same experiment of stimulating feelings with a concept by thinking things like, *I am not good enough. I am successful. I am unloved. I am overworked. I am sexy. I am bad. I am powerless. I am a BMW driver...* and so on. These are all concepts.

In the case of guilt, three feelings: anger, fear and sadness are mixed together and attached to the concept. We think, *I am guilty*, and then we have this experience of three feelings mixed together. Experiencing three mixed feelings can be very intense. That is why the concept of guilt has such a strong grip on humanity. Other concepts that stimulate three mixed feelings are: shame, greed, envy, jealousy and overwhelm. Do you know the sensations associated with these concepts?

Extracting yourself from the claws of guilt involves two steps. First recognize guilt as a concept that you can choose to accept or reject. This would be something like choosing to stay in a movie theater where they are showing a horror film, or choosing

to walk out of the movie theater into broad daylight. The choice is yours. It is a very simple choice, actually, yet a very powerful one. You can make the same choice with guilt. The second step requires unmixing the three feelings of anger, sadness and fear that you have probably for quite some time been unconsciously mixing.

Perhaps it is time for an experiment?

### **EXPERIMENTS:**

This is a three day experiment. The first day prepares you for the second day, which prepares you for the third day. First decide which three days to experiment. These could also be days of your normal life, but in the background you can do this experiment.

**SPARK120.01** On the evening before the first day, place a paper and pen near your bed so that first thing in the morning you can grab them. Set your alarm for one-half hour earlier than normal.

As soon as you wake up and during the whole first day until you go to sleep that night, consider in detail this question: *In what ways do I carry the scars and burdens of living within a guilt-ridden world?* Start right away – even now – to write down your answers. *To what degree have I given validity to the concept of guilt? What price have I paid for being guilty in previous lives? In this life? What validity do I still give the concept of being guilty?* (Hint: There is a significant difference between being guilty and being responsible... but that is a different SPARK!)

**SPARK120.02** During the second day arrange for someone to be with you for twenty to thirty minutes while you take yourself through a process of extracting yourself from the concept of guilt. It may help to do this lying down on a couch or bed, or even on the floor. Have the person sit beside you to listen to you, but not touch you! You do not need to be rescued, only witnessed. You will be feeling things during this process but you will be fine. Close your eyes. Envision the concept of guilt wrapped around you something like a straightjacket. Now get out of it. Peel it off, from head to toe, in all four bodies. Make sounds, yell, move around, get out. It is worth fighting for. Don't hurt yourself. Drop the straightjacket into a kind of energetic black-hole trashcan so it is gone from the space. It is a rewarding sensation to get free of the concept! This can take five or ten minutes of struggle. The struggle is important. Then relax.

**SPARK120.03** On the third day arrange for someone to be with you for a half hour or so while you separate the three feelings that had for so long been stimulated by the concept of guilt. Again, your partner should sit by your side and encourage you but not rescue you. Exact instructions with photographs and thoughtmaps for separating feelings are given in the book *Conscious Feelings* by Clinton Callahan, pages 153 to 162.