

31. Guilt

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Guilt is a negative emotion

Guilt is a negative emotion, but we sometimes feel guilt with difficult situations when we would like to do more than we can. This is illustrated when a member of the group found she was being pulled in two directions. Salumet reassures her. (30/3/98)

Margaret: Can I ask a question? **(Yes)** I have a problem with a neighbour who is very ill at the moment. They don't expect her to live very long, but she seems to be taking over my life. I've tried very hard *not* to be unkind, but I find it very tiring when I get six to eight phone calls a day, to go round and see her. Can you give me some advice please?

Yes. Let me speak. Yes, this person finds you a great comfort. She really is holding on to life. She is most fearful. Can you not find it in your heart to continue for the short time that she has left, to bring comfort to her? Is it really too much for you?

Margaret: The problem is, I am going off to see my son and his wife in Hong Kong on the 28th of this month and I don't seem to be able to get through to the people in authority, to give her any help. I feel as if I'm knocking my head against a brick wall. And I really think she should be in a nursing home, because she lives alone. Her son and his family live quite a long way away and can only get here weekends and I feel guilty having to say I'm going away.

No, please give her *all* you can, but please rid yourself of the guilt. You have to move forward with your life. The responsibility of this person should be with the family.

Provided you have given of your heart genuinely to her, then you can do no more. I would say to you, speak to the family, tell them of their responsibilities. Go forward with your life, with an easy conscience. But whilst you can, please find it in your heart to give her as much time as you can. She is afraid.

Margaret: Yes, I know that, but she doesn't believe and it's very difficult to try and tell her something.

Do not attempt to do that. All you can do is to comfort her.

Margaret: I'll do my best.

Do not, *do not* put guilt onto yourself. I will see what can be done.

Margaret: Thank you very, very much.

Guilt: that is an emotion which is useless

Salumet stated this important truth whilst giving a little guidance to a member of the group.
(16/9/02)

I will just say to the lady that she has grown, but at this present time there is a slowing down of what she is achieving.

Yes, I haven't been working enough, I know that.

No, I do not wish to speak unkindly, but you must get back to what is important in life, but I will say to you, there is much happiness ahead for you, but you must not neglect your own spiritual growth, you must not sacrifice that for any physical happiness which awaits you.

I know that I haven't been doing enough and I feel very guilty about it.

No, no, do not feel guilt, that is an emotion which is useless.

But I am aware that I am not doing enough.

Yes. Have the awareness but leave the emotion behind.

Yes, thank you. I'm glad you've said those words.

Guilt is punishing the self

Sadly, mankind is a great supporter of guilt. This is discussed with respect to events that happened in WW2 and other areas. (10/8/15)

Included in our healing prayers this time, we had requested healing for a dear friend in Japan who has on occasions sat with us; also healing for her mother who has dementia. We in fact had received a letter from her that arrived on the Hiroshima anniversary day:

All: Good evening.

As I come to you this time, I clothe you with protection and with much love (thanks). I wish at this time to take a minute to speak about one who has asked for healing, and to comment about the word you use—that word being 'guilt'. I would like you, if you would, to communicate with this one.

George: We shall be very pleased to do that.

Yes—because when you human beings speak about 'guilt', you are in fact punishing yourselves. You are allowing spirit to become negative and we do not wish that to happen to any one of you. The lady in question should not feel guilt. She needs not to feel sorry for what the deed has done, but she needs to give of herself more love, more forgiveness—that is the help that she needs. She needs to love herself more. Can you please convey those words if you can?

George: We'll send her the transcript (**yes**). We shall be delighted to pass your words on to her, and I know that she will be most grateful to receive them—thank you Salumet.

She feels so trapped at times. Her spirit needs to soar a little more and I will endeavour to help as much as I can.

George: I know her mother has dementia which is becoming worse; that must be part of it. **Yes—yes she, I will use the word again, because it is the word known to you—‘guilt’. She feels guilt sometimes at the things that she thinks, but she has no need. She must allow herself to become free.**

Paul: Guilt seems to not have any usefulness, in a way, as a feeling.

It is punishing the self—guilt is punishing the self. So that is my words for her (thanks).

Paul: I’m sure it will apply to others who feel guilty, too.

Yes—guilt takes many forms. It is very often used in punishing one’s self, when in fact all you need to do is allow the love to come from deep within; that love that is as yet not quite understood in your world. There are many levels of what you call ‘love’. It is a widely used word, and sometimes, to the people who use it, it has little meaning. I speak of that deep innate love which is there, whether you are aware of it or not. That deep love is the very essence of your whole being. Do you understand?

George: Yes, and as to feelings of guilt, this last week there have been the anniversaries of World War II—use of atomic bombs on Hiroshima and Nagasaki, and I know there are many in the Western world and throughout the world who have some kind of a feeling of guilt—or perhaps not exactly guilt, because they did not make the decisions. But I’m sure many in the world feel for those occasions and those people who suffered.

Of course—any action which destroys or hurts other people cannot be looked upon with great love, but at the same time, as we have just said, guilt is a negative word, and yes, there are many who are punishing themselves because of these particular events—not only the one that you mention, but many that have occurred in your world. What they should try to do is to make amends in some way—bring love to another who is in need—help others who are in need, and in some way, it helps to *atone*—I do not like the word, but I use it—atone for any ah—

George: It’s a word we understand.

Yes—as always, it is difficult to find the correct word with the correct meaning. So, I have to speak to you in your own dialects, in order for your understanding. But yes, I agree, there is still much guilt, as you call it—yes. Mankind—humankind, is a great supporter of guilt. Do you have any questions about this?

Paul: Just going back, you said before George mentioned Hiroshima and Nagasaki, about this deeper level of love (**yes**) that we become aware of—so because it’s a *feeling* that love energy—

The love I speak of is not a human emotion. It belongs to the spirit—therefore it is innate within the spirit, yes.

Paul: That deeper level of love—I’m just trying to put it all together—

You will have difficulty, because as I have said, it is not an emotion that you are aware of—yes, it is a *true love* that belongs to spirit, that belongs to the *soul*.