

*Double, double toil and trouble; Fire burn, and caldron bubble. Fillet of a fenny snake, In the caldron boil and bake; Eye of newt, and toe of frog, Wool of bat, and tongue of dog, Adder's fork, and blindworm's sting, Lizard's leg, and owlet's wing — For a charm of powerful trouble, Like a hell-broth boil and bubble.* Macbeth by William Shakespeare

Do you ever feel guilty? Guilt can cause us to feel as if we are in a hell-broth cauldron like the one in Macbeth. Many people and institutions have used guilt as a tool to manipulate and control others. Some of us have become so familiar with guilt that we are plagued by its witch-like voice.

For this lesson I am defining *guilt* as a sense of responsibility, regret, or remorse for some offense, crime, wrong, etc., whether real or imagined, that causes someone to feel anxious or unhappy.

Difficult emotions like loneliness, envy, and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change. In today's lesson titled *Got Guilt?* we discussed some productive tools we can use to transform guilty thoughts into thoughts of freedom.

How can we escape the plight of the hell-broth cauldron or the darkened bowl? Here are some thoughts on how to restore the original light shining in your bowl:

Accept the feelings of guilt and pain and let them pass through you. Do not feel guilty for feeling guilty. Guilt is merely a painful bridge which you must cross on the road to experiencing your highest potential. Look for the lesson in the experience of guilt. Does your guilt feeling come from a sense of *regret* or *remorse* or *both*?

Practice Self-Forgiveness. Be merciful with yourself. Mercy has been around as long as guilt has required it for healing. Remember that you are a spiritual being having a human experience. Everything that happens on this human journey is here to reveal more of your spiritual nature. As A Course in Miracles says *There can be no case against a child of God.*

Remember these words from Isaiah 1:18: *Come now, let us settle the matter, says the LORD. Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be as wool.*

Let your Remorse guide you to new ways of thinking and acting. Remorse comes from true empathy for the pain the other person is feeling because of your actions. If possible focus your attention on making amends. To show remorse means to do more than simply apologizing. It may mean lovingly massaging the foot you stepped on. If you are feeling remorse for something that you did, reflect on what you can do in the future to prevent a related situation from happening again.

Affirmation: *I release all thoughts and feelings of guilt. I love myself knowing that I am a perfect expression of love.*