

Messages from Maggie Day 4: How can we heal from guilt?

Seema: Maggie, please help me understand how we can heal ourselves of feelings of guilt, and how we can better understand what is our true responsibility towards ourselves and towards others.

Maggie: This is a beautiful question because it allows us to go deeper into the source of this confusion in the mind. Many spiritual traditions talk about this sense of separation, the fall from grace. There are stories in many world mythologies that try to explain why the human condition is so fraught with misery and pain and suffering, and what the remedies are for this suffering.

So, let us look at this from the teachings of the *Course in Miracles*. When the separation seemed to happen, and I use the word “seemed” because from the highest realms we know we are with you, and you are with us, and there is no separation. Yet when the mind believed itself to be separate from Source or God or the Divine or the Oneness—whatever word you would choose—in that moment, it became an alien to itself, a foreigner, an exile from home. Yet the memory of home never went away, because that cannot be destroyed.

So now, in this sense of separation, there was a split. And in this split, you took on all kinds of false beliefs all stemming from the belief in separation. Before there was only love and oneness and truth and innocence. No opposites. But then fear was born and then with it came guilt— a sense of being wrong, doing wrong. And from that a sense of I am not worthy. I am not good enough. And so it continues.

You are not responsible for the errors in thinking or believing. And the attraction to the guilt is as if there have been layers and layers and layers where you have gone further and further and further and further away from Home. So, the foreign alien spaces have started to feel like home. And yet there is a discomfort.

It’s like the story of the princess and the pea—no matter how many cushions are put, she can sense that little pea all beneath. So, something in your mind tells you, “This can’t be it.” And yet it’s like being in quicksand—the more you struggle, the further you fall. So, the attraction to guilt, once you realize it’s an attraction of the false to the false—confusion for confusion. And that by yourself, you will not be able to free yourself. It’s like being in quicksand—you need someone else to hand you a branch, a hand, a way for you to escape and be free.

You need not worry about the state of your mind, or the condition of the world, or the condition of anyone that comes to you for help. The world would teach the more you study the more you will understand. Yet, if you don’t have a clear purpose for your studies, a clear purpose for how you want to allow this to be used, it’ll be like quicksand. You will just go deeper and deeper. And that is why many who come to help and share often burn out.

You need a way to look at yourself, not from the lens of the ego that studies itself to make more complicated designs and theories and gets sort of stuck in its web of its own making. But a way to step apart. Have perspective. See it from a distance. See it from a more holistic and global perspective.

That is why we ask you to pray. I ask you to invite me in—the guides, the angels, the light. When you can come to this realization that you are lost, and you don't know your way out, and you need the light of an elder sister, an elder brother— because that is all how we see ourselves as your guides. We are equal to you, but we have traversed this path. So, we know the pitfalls. We know where you want to tread lightly. We know the way. We know the destination. We know the means. And we are that part of you that has not forgotten home. So, we are within you. And yet we also know the whole journey, the script, your part and responsibility, the ability to respond, the ability to respond to each situation instead of a knee-jerk reaction. When you react, it's like flailing in the quicksand—the more you flail, the further you sink. But letting yourself be still and allowing yourself to know this—my responsibility is to accept the love that will set me free, to accept the light that will illumine the darkness in my mind, to accept the comfort that I so long for, to accept the rest that I so desperately need, to accept the warmth of the embrace of the Beloved that will never falter.

You see, you are not responsible for how things look on the outside. Your responsibility is to not give it the purpose of reinforcing guilt, which is the quicksand. But give it the purpose of healing, the purpose of liberation, the purpose of transformation, the purpose of opening. There is never a lack of love, dear child, dear sister—never ever a lack of comfort, never ever a lack of wisdom or light. Because the truth of you is love. It is light. It is wisdom. And it is fully intact—nothing can harm it, nothing can destroy it, nothing can change it. These ideas of fear and guilt were manufactured in the mind that forgot its source. They are manufactured—make-believe. They are not real. Invite my presence in. Invite your guides. So, we can show you that they are not real. And like a child who's having a nightmare can only be shown that it is a nightmare by waking up. And that can happen when a loving elder, a loving parent shows up, embraces the child, lets the child cry or be angry or say whatever they're saying.

And the elder will simply stand and comfort them and say, "I am here. Love is here. You are here. You can open your eyes. You are safe. You are safe, beloved child. You are safe."

So, whenever you face a seeming nightmare while you are seemingly awake—something that just wrestles you to the ground, that seems to overwhelm you or trouble you to whatever degree. When the feelings of guilt/responsibility show up, know I am here for you. We are here for you. Cast your worries and cares onto us. Allow us to help you wake up into the safety of love's embrace.

And so it is.