

Transforming Guilt, Fear, and Judgment

If we are to consider the dualistic world, and the accompanying law of equilibrium, which reveals that all things actually become known by their opposite, i.e., up with down, cold with hot, nice with mean, happy with sad, dark with light, and so on, then fear, guilt, and judgment can be viewed in a whole new and inspiring way.

Let's review time for a moment. Guilt can only occur with a "past" orientation connected to it, and fear is always futuristic or present in time. Both guilt (past) and fear (future) use the present as a starting point. For instance, I cannot feel guilty about something I will do in the future; I can, however, currently feel fear about the impact of doing something future-based which stems from some guilt-arousing action in my past.

For example, I may well have lied to my former spouse about sending the child support payment on the first of the month as I was supposed to, but the guilt I am currently feeling is coming from the past action which I am reclaiming in the present. The fear I feel now for the possible consequences is shadowing my future.

Therefore, we cannot feel guilty about our future, yet we can and often do feel fear because of something we have done in our past which we feel guilty about and now regret. Guilt and fear are often inseparable bedfellows. Find one, and the other is usually not far away.

Guilt and fear are actually founded on a single belief. It is the idea that we can actually be at the effect of an experience or cause an experience which

has either more pain than pleasure, or more negative than positive effects, or both. This is impossible, and this belief is an illusion. It cannot happen, nor has it ever happened to anyone, yet we all believe it has. We believe we have had events which offered either more pleasure or more pain because we are literally blinded by the *Warrior's* perceptions within our mind.

All events and experiences are actually equilibrated, since consciousness happens because there is dualism. Consciousness is governed by the same laws as those which create light. The law of opposites and dualism permeates our human condition.

When we undergo a difficult or extremely pleasurable experience, we are focused on that and not on the event or experiences that are opposite to whatever we are focused on. We are always experiencing both happy and sad events and experiences *if we look to see them*. If we don't, they are still occurring; we are just not aware of them. For instance, you are not usually aware of your heart beating unless you focus on it or it is under pressure to beat more rapidly. Our unawareness of what is not overly stimulating is the mind's way of coping. Too many stimuli overwhelm us. Therefore, our ego in its addiction to ups and downs blocks out the other side of an extreme experience, so that we can feel either pleasure or pain. The startling fact is that we do not have to do this, we can *choose* otherwise. To choose equilibrium awareness keeps us stable and victimless—freed from guilt, fear, and regret.

Undoubtedly, the idea that we do at times have more sorrow than happiness is well accepted as not only possible but also true by countless people. The primary reason all experiences are equilibrated is

based on science. Interestingly, the laws which govern light and how it “happens” also apply to consciousness itself, since consciousness is itself the “light of the mind.” So, without going into a deep explanation about the complex world of quantum physics, we can most simply say that light comes in two forms— particles and waves. And it is from the annihilation or collapse of the two equal yet opposite particles and waves—the electron and positron—that light happens. To say it simply, the particle and anti-particle, which are exact opposites of each other, come together and disappear (collapse), leaving light as the by-product of their union.

The reasonable question that follows is, who decides on whether the particle is measured as either “positive” (the particle) or “negative” (the wave)? We do. We, as the observer, make a judgment, or hold a desire or value, which takes a *once neutral and immeasurable pure potentiality*, which is unseen, and turns it into a “something,” making it measurable and manifesting as either a particle or wave, which is seen as “physical,” by our judgment. Our assessment of anything being good or bad, hard or soft, positive or negative, is driven by our individual and collective values systems. All values, morals, and beliefs are driven by our desire to be good, better than, safe, powerful, free, or desirable.

Since the moment we think that something is negative or bad in our evaluation, we simultaneously manifest its opposite—something that is “good” in equal measure—we should no longer feel guilt or fear regarding any of the necessary changes that accompany divorce. This may seem shocking, but it is true. Let's consider, in my story, the cross

examination that took place in the courtroom just before the judge made his decision about the custody of my girls. Although I did not recognize the “pleasure” side of the experience at the time, I realize now that I had just as much support as challenge, as much pain as pleasure, and as much loss as gain of motherhood that day. My lawyer and her firm, my friend, my stepfather, and my fiancé were all loving, caring, or supportive of me while their lawyer challenged me. The truth is that the judgment that was given that day brought with it both imprisonment and freedom in equal proportions for me.

Again, values are based on voids (the things we view as missing that we want) and adopted beliefs and morals, so by our desires, we shape the world we notice around us.

Since our judgments and evaluations of what is good or bad, and pleasurable or painful, are reflective of our current desires, pain and pleasure are interchangeable. For instance, if I am trying to get into shape and I have been weight lifting and the following day my muscles are burning, it is “good,” because the pain is indicative of my gain. If, on the other hand, I am preparing to go dancing all evening and my muscles are burning, those same stiff muscles will be evaluated as “bad,” because my flowing body movements, required for dancing, will be compromised by the aching, tight muscles—the pain is then “bad.”

All things, people, traits, characteristics, events, and experiences are measured by us in this same way. Whatever makes us feel safe, empowered, and powerful is generally evaluated as “good,” while

those things or experiences which do the opposite are judged as “bad.”

When it comes to divorce, fear and guilt are critical arsenals for the *Warrior* to employ. Guilt is a weapon used by this heartless companion, who hungers for victims. The *Warrior* is not concerned with *who is the victim* as much as it is concerned with there being one—even if it were you! For this reason, guilt is an illusion, often subscribed to, that we must detect and extinguish wherever it is recognized. Therefore, if your spouse has done something to you or the children that you feel only delivered pain, look again and ask, “Where was the support, and where is the pleasure or gift that came partnered to the pain or challenge?” I promise it is there—you only need to look! It may come from either a real or virtual person or through a memory, and it may be connected to another area of your life. For instance, if the challenge came in the parenting arena, the support may come in the social area of your life. The support can come from yourself or from another being either near or far away, but it is a physical law of the universe that any time we are challenged, we are also supported! So, go find the support and give up the guilt. Guilt is a deadly emotional and psychological cancer!

The rooting out of fear and guilt is imperative to the success of a gentle divorce, and each and every decision that is linked to the completion of the relationship must be made with the mindset that both parties have made mistakes, but that those mistakes are not to be used as weapons. Most important of all is the recognition that we must illuminate the guilt we feel towards ourselves by looking closely at the guilt-fostering actions we feel we have undertaken and

then find the equalizing benefits that arose and will arise in the future. This is critical work to be done if we are to move through our divorce caringly and fairly.

Since guilt presumes that we can have an experience outside of the law of duality and equilibrium, yet we cannot, there is no one to blame. Further, because we can be “blinded” or unaware of the equilibrium process that stabilizes our life and ensures that the positive which is accompanying the negative will be in perfect proportion, seeking for such positives as we move through a divorce is crucial.

Because we are conditioned to see only one side, we must decide on which team we are playing. We have a choice between the *Warrior’s* team of guilt, fear, victimhood, gain, and loss, or the transformational side of the *Teacher*—the side that supports equality, fairness, equilibrium, and transformation, rather than the belief in gain and loss. The guide that we are listening to will elicit either confidence, hope, and optimism, or fear, hate, and pessimism—it is your decision as to which you want to follow.

What is interesting is that we do tend to be able to see both sides of an experience when we look back on the hard times that we have endured. The well-worn statement that hindsight is 20/20 comes to mind. What “life masters” do, but which we often forget, is to hold this hindsight “vision” in the present, towards all upcoming events of their future. You can do this also.

The reality is that, no matter how negative and pain-filled an experience is, there are positives and pleasurable experiences and relationships occurring

simultaneously, so look for them. For instance, we can be going through a rocky divorce and get a promotion at work, and therefore get a raise. Our mother may be diagnosed with diabetes, while our child is receiving a scholarship and some much needed self-esteem. I may be losing a life partner and gaining a new and authentic self, which is of equal value to my future. I may be losing a six-figure income and gaining a new best-selling book idea that will make me millions in time. And if we look, we will see that these events were indeed happening simultaneously, without our awareness.

The painful yet inspiring truth is that the impacts of a divorce will most likely breathe sorrow into the hearts of the family, and they will also instill relief, hope, strength, and self-reliance. The reality is that everyone involved will be held in equilibrium. They will be given experiences that are judged as both supportive and challenging, and that will prepare them for their futures. All events and the changing directions that come out of the divorce will ultimately be reflective of their values and dreams to support their destiny.

For instance, recently the daughter of a couple I am working with learned that her parents were divorcing and she would be moving away from her school friends. I helped her to see that that the new house they would move into would be next to the acting school she had yearned to attend. Years later, she may perhaps recognize that the new man who has come into her mother's life is arranging a modeling contract, which may well catapult her into her dream of an acting career!