

EXERCISE FOR EXPOSING UNCONSCIOUS GUILT

The following exercise will be helpful for identifying areas where your unconscious beliefs in sin and guilt reside:

1) Review the figures throughout history who have supposedly sinned. Include people you see in the news, especially those who trigger you. Write them down.

2) In your own history, who or what has sinned in your view? It may be a person. Or it could be your body, an institution, yourself or God. In other words, who or what have you not yet forgiven completely? Write down each one that comes to mind.

Those people and phenomena you have not completely forgiven symbolize the unconscious guilt (self-hatred and self-attack) you would prefer to defend and keep. These are not seen as simple errors in need of correction, but sins as the ego would define them. And sin calls for punishment.

Remember these un-forgiven “others” are not out there, but within your own mind. As long as these sins you hang onto remain un-forgiven, they will demand and manifest self-punishment. This is the unconscious ego belief that you are guilty—therefore it is you who deserve punishment.

Look at your lists, including the earlier one, “What does the ego use in your body and life, in its attempt to prove you have sinned?”

Are you ready to genuinely release each of these people or issues to the forgiveness process? Be radically honest with yourself. If you feel any reluctance to forgive wholeheartedly, set aside those you’d prefer not to forgive just yet. Stay centered, and gently ask yourself why you feel resistance to releasing them. Then just observe your responses. What is it you want by retaining your judgment against them? Be as specific as you can. What gain is there for you in holding these grievances? And in their release, what do you fear to lose?

Now, imagine these victimizers actually do not exist. There’s only you and these grievances that offer hatred, separation and punishment. As you look upon the grievances, ask yourself: *Do I want this request for punishment aimed directly at myself?* If you find you are ready now to wholeheartedly release all or even some of the grievances on your lists, I suggest you take them through the Atonement process found on page 297.