

# *Live Free from Guilt!*



*How to release yourself from the blocks  
that inhibit your natural Self.*

*Burt Harding*

# *Introduction*

What you are about to read can clarify many of the persistent fears and inhibitions that haunt most people. This writing emerged as a result of the emails I have been getting and had an inevitable need to be written.

There are many kinds of seekers who feel that there's something to find but somehow feel blocked from finding it.

We have the worldly seeker who believes that the world can bestow happiness if only they either meet the right partner or reach some success or power in life. Some feel lost and don't know what they want from life.

Then we have the seeker who wants to awaken spiritually who has been seeking for many years. A common email goes like this, *"I have been a seeker for more than 20 years, have read a lot, practiced a lot and listened to masters but the experiential knowledge still eludes me. All I want is to know the truth of my nature."*

We also have the seeker who desires to free themselves from fears and the emotional pain-body. These are people who are prevalent in our society. Their 'pain' starts upon waking up in the morning with dreariness in facing the day. These are people hard to reach because of their deep repressions of guilt that makes them resist even that which can help them. They cry out for help but when help is offered they sabotage it.

We also have the intellectuals who believe they know the truth such as Advaita enthusiasts but feel flat, and even sad, in their daily life. They still believe that mental information is the experience of Truth. On the other hand, we have the 'religious' person who believe they have found the truth but still live in fear of sin and punishment.

For these people Truth is something external to themselves, that is, something to be attained. They might claim they know this fact but yet do not live it.

## *Unconscious Guilt*

The big question is, *“If Truth is the natural Self, why is it so hard to live it?”*

The answer is simple – **it is unconscious guilt!** So, what is unconscious guilt? It is the subtle or obvious feeling that something is wrong with us. It could be a feeling that you are not good-enough or the feeling that you have done something wrong without knowing what. It could be the feeling that you are missing something and try to find out what that is. It is a ‘dread’ feeling as coined by Dr. Carl Jung. This guilt is primarily caused by the belief that you are a separate individual and thus feel alienated, lonely and alone. This fear might not be obvious to some people who appear to be party-goers and seem lively.

This nagging discomfort is aggravated by the ‘shoulds’ of society whether parental, religious, cultural or self-imposed. Of course, let us keep in mind that we need social order to subscribe to in order to live at peace with one another. Let us consider some detrimental beliefs to our natural Self. As children we are bombarded with do’s and don’ts with no connection of what is right or wrong.

One time I was giving a talk to a large group and since most of the audience was female I asked them, *“How many of you felt guilty if you left the house without washing the dishes or doing the bed?”* and believe it or not, most hands went up. This was just sixteen years ago. The *shoulds* and *shouldn’ts* that are taught by loving and understanding parents often have more power than the admonitions handed down in anger and with threats.

I have had so many men and women totally terrified of releasing their cultural or religious beliefs even though it stifles them from their true nature of freedom.

Religion, which is supposed to be a great comfort with awakened love, works in reverse of that. I have found that traditional religion is the most insidious weapon against freedom and true unconditional love. When I was younger I could still hear the mental torment from parents to the young child, *“God will punish you if you behave that way.”* But the most terrifying thing to the young fragile mind is the belief in hell taught by so-called well-meaning people. The emphasis on sin far outweighs the emphasis on love and forgiveness.

I have seen many cases of repressed people who suffered for many years from psoriasis outbreaks due to guilt. They were so suppressed that they were not in touch with their true feelings.

A few years ago, in Toronto, I had a client who was so disillusioned by her religious upbringing that she started reading metaphysical literature. She became so sick after reading these New-age books that she had two operations. We discovered that her guilt after leaving her church was responsible for her illnesses.

While teaching at UBC I met two psychologists who sat with me at lunch time. Their conversation was focused on guilt, and, their consensus was this – that religion was responsible for more guilt complexes than any other one thing.

Guilt creates a vicious circle of resistance. For example here’s an email sent to me just recently, *“The emotional pain is so bad it feels like my chest is caving in. It often leads to thoughts of escape by suicide – more resistance. It leads me to wonder if there will ever be a light at the end of the tunnel – more resistance. It leads me to hate myself for damaging my soul so badly – more resistance.”*

**Guilt creates the need to resist anything that might heal the ‘problem’ simply because guilt always, always, expects punishment.** There is the feeling that we do not deserve love or

healing of our fears. Guilt not only creates projection to blame others or oneself but also resists forgiveness in order to punish itself. It tries to justify the guilt so that the ego can continue its downward spiral. Yet, the guilty party finds it hard to see clearly how they are destroying themselves. Guilt completely blocks any possibility of respite from the very thing you want to escape from. This vicious circle known as guilt is the culprit of all human emotional suffering. When someone comes to see me who are imbedded in their guilt, they won't even let go of their feeling even though they are shown how – they are unconsciously convinced they do not deserve healing. Then they wonder why they are not healing, but, if I were to tell them that they really don't want to heal, then, they would use that excuse to blame themselves. This is the vicious circle of guilt.

### *How to heal guilt*

The first step in healing guilt is acknowledging the fact that you have chosen guilt as your shield against the world and yourself. Guilt is an unconscious choice. Guilt is definitely not imposed on you by others but by '*buying into it*' for fear of being yourself and free. You feel you don't deserve the best. It may well be a conditioned aspect of your upbringing, but nonetheless, chosen by you by thinking about it and even indulging in it.

Now another question arises, "*What if my upbringing was very warm and loving and was not brought up religious, why would I still feel such inner dreariness or deep sadness?*"

Then chances are that you have had some past life traumatic experience that is still in your cellular memory. I will not try to prove to you that past lives are real for that is not the scope of this little booklet. If you want to investigate it further there are many courses you can take and the library is filled with such reputable books by respected authors.

Many Advaita enthusiasts will tell you that past lives don't exist. If that is their realization based on their inner direct experience then I would agree because there is only this eternal 'NOW.' They have found the one Life beyond the body (while in the body). However, if there is only the eternal timeless NOW then we are not living a life here either...there is only the immortal, eternal, timeless now!! If you don't get this, it is understandable. However, do not pretend you know because you have read it.

If you still believe that you are a person living this life (which is more than 90% of the population) then past lives also exists for you. The French philosopher Voltaire observed that, *"It is not more surprising to be born twice than once."*

Buddha's message was Nirvana which is the eventual cessation of rebirths and staying Home (our true eternal Home).

Jesus taught reincarnation and it remained even in the earlier church. At that time St. Augustine said, *"Did I not live in another body, or somewhere else, before entering my mother's womb?"*

In the year 600AD the Gnostic followers of Jesus opposed the removal of reincarnation from the Gnostic tenets and were killed and persecuted. Their libraries were burned and every effort was made to obliterate them. Some of these Gnostic teachings however have been found.

Guilt is what keeps us bound to continual reincarnating until we discover the eternal timeless Nirvana of NOW! However, until then, let us be practical and deal with the emotional pain of guilt we are choosing to experience in daily life, however unconsciously. The aim of this booklet is to make you aware of what you are unconsciously creating by your thoughts and frequent resistance to be free.

Here is something to look into, *"Whenever you catch yourself saying 'I want to be free' or 'I want to heal' -- if you really want to heal then there's no problem and you're healed. It is all very simple -- just STOP punishing yourself through resistance.*

When someone emails me and says, “*I really want to be free and awakened*” then I hear someone who wants to avoid pain and continue at peace just as they are with their whole ego intact.

Accept life as it is and see clearly that duality is not two separate things that oppose each other but two sides that compliment each other.

One time at satsang I asked a question, “*What would you rather have – happiness or unhappiness?*” Most agreed that they would rather have happiness. It was my trick question to emphasize an important point in true free living that most people miss.

The point is this – that **as long as you avoid unhappiness you will attract it**. The liberated awakened being doesn’t care one way or another simply because they both don’t affect him. The Being ‘*just is*’ and therefore is not a slave to neither happiness nor unhappiness. Happiness is the natural state of Being when, and only when, we do not try to get rid of unhappiness. The healthy and balanced awakened being lives life as it comes here and now. He doesn’t try to overcome anything; gain anything; improve anything or even learn anything – he just looks at what-is as it is and automatically ‘learns’ from it effortlessly. His eye is always on Being. His whole attention is on Presence of this moment.

Resistance repeats through guilt by trying to get rid of pain and finding peace and happiness. It will never work. It will never work because there’s nothing wrong with unhappiness or emotional pain. They are simply the resistance itself. ***Do you get it?***

What if you fully accept that there is only what-is and if you call it suffering then so be it. If you suffer then it is your choice because you have resisted it. *If you don’t resist suffering, where is it?*

<p><b>It took me many years to see clearly that there was never a problem except the one I resisted.</b></p>
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Another bonus, from the freedom you acquire through the release of guilt, is the freedom from the fear of death. Something magical happens when we start truly facing our guilt. First we acknowledge that we have chosen it, however unconsciously or indirectly. Second by following this statement until it rings in your ear repeatedly...

***There is no way out but through!***

In other words, you cannot get rid of guilt; you cannot resist it without aggravating it; you cannot indulge in it; you cannot even ignore it, however, you can go through it.

You can go through guilt by the following ways:

1. Acknowledge that you have chosen guilt as your self-protection. This means that if you find the world hard on you then indulging in guilt is your way to justify your block to freedom. The ego loves excuses for its own fear of ego death.
2. Go through this guilt feeling by getting to know the type of feeling it is. Please refer to my free booklet entitled, "*Awakening to love and freedom*" pages 6 to 9. You can ask for this booklet via email and will be sent to you as PDF.
3. Sit with this feeling with eyes closed centered on the spot between the eyebrows. It is as if you are looking inside your head towards your own eyes. This activates the pineal gland. It is the gland known as the third-eye of light.
4. Locate the feeling (no matter of subtle) in your body and allow it to move from its frozen position. It will move by itself as you witness it. Give it a shape and color. Relax into the feeling no matter how unpleasant it might seem.

5. After a few minutes of this focus continue to relax as the shape and color take on more fluidity.
6. Now say to yourself that you release it (forgive it) by seeing that it is your entire mind's creation from the past identification. Forgiveness is really quantum forgiveness, which means that you are not really forgiving anything since there's nothing to forgive.

Do the above a few times when hit hard by guilt (dread, depression, fear, shame, etc). If the pain continues after a couple of weeks then do the whole thing lying down and see what memories come to mind as its cause. This might bring memories from a past life. Remember that images (cellular memory) never leave you in your subconscious. If you find it hard to activate the images from which the guilt emerged then chances are that you are quite repressed and may need hypnotherapy regression.

As a last word on the real "work" for spiritual realization – **It is quantum forgiveness!** Start by becoming aware of your thoughts and, as soon as you catch yourself judging others (or yourself), pause for a moment, take a deep breath, and say, **"There is only Spirit and anything else I am seeing with my mind is self-created. I let it go."**

If you feel that you have benefitted from this booklet, a donation would be appreciated.

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