

Yesterday I wrote about guilt and of course, like other decisions, this feeling is also your decision. You want to live in guilt. If you do not make this decision you can come out of it. You can just leave it and decide not to be in guilt. But being in this feeling is easier than making the decision of not being in guilt. So people often take the easy way.

Your decision of not feeling guilty also shows your forgiveness. When you are feeling guilty it means you cannot forgive yourself. In this way it is good to accept your mistake, to say sorry and to leave the guilt.

Unfortunately because of ego we don't do that but rather create guilt. We believe it is more uncomfortable to say sorry although we know it is wrong. What you don't realize in this situation is that you start feeling guilty and this guilt grows and grows and you water it. Instead please make your heart big, learn forgiveness for yourself and others and be in love, not in guilt.

A handwritten signature in green ink, appearing to be '11 May 2009' with a flourish underneath.