



Welcome to Unity's Interactive Worship Service

Today's Topic: **Your Inner Voice** Part 3

Power Point notes available at:
www.unityofbakersfield.org

Your Inner Voice Part 3

As the Daily Word reminded us today that “my intentions may not be revealed, my body and mind may seem intent on emphasizing obstacles and fears.”

So, why is that? What is it that about our thoughts, our fears, our past that seeps into our now moments to keep us from seeking “the ageless omnipotence of our sacred self? What one thing comes to mind for you?

Your Inner Voice Part 3

Guilt, but not just any guilt. Healthy expression of guilt can be a barometer that sets us back on course, when its understood and allowed to be placed under the influence of love and forgiveness.

Toxic guilt is guilt turned inward on oneself with blame and shame being piled upon the guilty feelings for the situation or circumstance that caused the guilt in the first place.

This type of guilt Gravely Undermines, Injures, and Limits, our Transformation.

Your Inner Voice Part 3



In her book, Guilt Is The Teacher, Love Is The Lesson, Joan Borysenko, Ph.D. explains that toxic guilt is unhealthy guilt that keeps us from realizing our sacred self. This is how she sees it:

“Unhealthy guilt is an autoimmune disease of the soul that causes us to literally reject our own worth as human beings.”

Your Inner Voice Part 3

How many of us have felt that for ourselves, or know of loved ones or friends who are so immersed in toxic, unhealthy guilt that they have lost all connection to their sacred self? How does this happen? How does healthy guilt become toxic?

Studies have shown that toxic guilt is unreasonable guilt a person feels for things that they can't control. It usually comes from trauma in childhood from what is called self-referencing.

Your Inner Voice Part 3

A child will blame themselves when something goes wrong in the home that had nothing to do with being their fault. Children see themselves as the center of the universe and take on responsibility for things going on. Later in life, this shows up as toxic guilt and shame. Knowing where it comes from is a good starting place to reclaim your life from it.

When we fail to forgive ourselves it stifles our ability to heal our guilt, which then turns toxic as it continues to grow within our thoughts of condemnation.

Your Inner Voice Part 3

As the Daily Word reminded us, we can break that cycle of condemnation and reclaim our sacred self by knowing that “all things are possible through the ageless omnipotence of my sacred self...as I move greatly forward, knowing that nothing can affect the spiritual power that is my true identity.”

And knowledge is the key to understanding the healthy guilt we feel and then healing it with love and forgiveness by remembering and affirming our sacred self.

Your Inner Voice Part 3

Many professionals who work with people suffering from toxic guilt remind us that the counterpoint to toxic guilt is positive reinforcement. You really want to counter free-floating feelings of guilt with awareness of the truth that you are not to blame for your childhood. It is not your burden to carry the feelings of guilt for the rest of your life for things that happened in your past, or even yesterday. Forgiveness is about letting go of the things you’ve done so you can be free to continue growing and doing better in the future.

Your Inner Voice Part 3

Writer, Kristina Kantar gives us five things we can do to help with the forgiveness process of allowing love to heal the guilt that binds us:

1. Distinguishing which kind of guilt you are feeling – is the productive guilt you can learn from or is the toxic one? The way to make that distinction is by asking yourself “what do you feel guilty about and why?”

Your Inner Voice Part 3

2. Take corrective actions – no matter what kind of guilty feelings you have, there are some actions you can take to correct what has been done or said (in most cases). With healthy one, you can always truly feel sorry and apologize in some appropriate way. With unhealthy guilty feelings, you can rationalize how you’re feeling and take a step back. Realize you’re not helping anyone but only hurting yourself with this kind of guilt.

Your Inner Voice Part 3

3. Turn guilt into gratitude – instead of beating yourself up, be grateful for this lesson on your own imperfection and on the knowledge that you have the power to make choices so that next time you can choose to do it differently. Be grateful that after all, now that you know better you can strive to be your own person, knowing what is best for you.

4. Forgive yourself – no matter what you did, if you feel a true remorse then you also deserve forgiveness.

Your Inner Voice Part 3

5. Let it go – accept the consequences, accept your choices, accept yourself and move on.

The beauty of life is, while we cannot undo what is done, we can see it, understand it, learn from it and change so that every new moment is spent not in regret, guilt, fear or anger but in wisdom, understanding and love.

Your Inner Voice Part 3

In closing I would like to share this poem by Joan Borysenko, as it reminds us of our assurance to our sacred self – as a child of God.

*You are not alone in your struggles
nor will you ever be alone.*

*From the beginning of time the human heart
has sought its source in love.*

Guilt is one of many guides back to the source.

Your Inner Voice Part 3

*We can love and help one another
only as we have been loved ourselves.*

*So the fear, the “sins” of the father
are visited on the child
who forgets his birthright of uniqueness and joy
falling asleep to the love that he is.*

Your Inner Voice Part 3

*The journey of awakening
is a remembering of Who we really are
where fear is cured by love
and the mask we have worn to purchase affection
melts away in the willingness to rejoice
in our shadow as well as our light.*

Your Inner Voice Part 3

*Only then can we pick up our power and move on
to a connectedness with caring, compassion and love
where we can sing our own songs with joy and
thanksgiving, exulting in our worthiness
as children of God.
-J.B.*