On My Mind by Michael Brady

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The Importance of Emotion and the Resolution of Guilt

I’m still looking for a few good men. And this past week or so, one of them read my last article and reached out to me. Yea! And so it begins. This month I want to talk about ***guilt***. The men I am looking for, the “Aquarian Marines,” are men who know that ***guilt*** messes with their life…or need to know about its role in their lives. Okay, here goes. I believe that ***guilt*** is a destructive distortion of SHAME as we begin, and are in, the Age of Aquarius. Over the last two thousand years we were cosmic children. In non-Aquarian, hunting, gathering cultures (which we’ve occupied most of the time since we’ve been here as a species), there is only childhood and adulthood. Usually, there is a rite of passage from what we call puberty into adulthood, into the tribe. Cosmically speaking, I believe we are indeed going through our rite of passage, this life, into Cosmic Adulthood. And that frame of reference is even larger than the Age of Aquarius. So it is fair to say that in the last 2000 years (the Age of Pisces) we were still children. And…***guilt***...may have had a useful place for us all during that period. But we are in the Age of Aquarius now. And ***guilt*** is self destructive to an adult. After all adults are self-empowered, autonomous and in charge of themselves and their lives. Right? So let’s take a look at how this works. The Great Engineer (God or Nature, whichever you prefer) does not make inferior products any more than Henry Ford made inferior cars when they started rolling off the assembly line. Using the car analogy for a moment…just because nothing is wrong with how the car works when it leaves the factory doesn’t mean the driver can’t neglect or abuse the car while driving it around. I believe that ***guilt*** is abuse of the car and it leads to chronic neglect. This is how that works. We come off the line with five emotional categories built in: GLAD, MAD, SAD, SCARED, and ASHAMED. These emotions are the “language” of the heart. The heart also thinks with sensation, but emotion is the most important language your heart processes with, to “comment” on your experience. Yeah, that’s right! I’m saying that your heart is a thinking organ…just like the organ in your head! If you don’t believe me, just Google: “Are there brain cells in the human heart?” You don’t have to take my word for it. In fact, there are 40,000 neurons in the heart. And they can sense, feel and remember.

When you have an experience in life, emotion is a comment on what just happened. The comment of SHAME / embarrassment is a non-moral comment that what just took place was a mistake. Something did not work well enough. That’s called feedback. In any dynamic system, feedback is the basis of, wait for it, regulation. Regulation creates and maintains dynamic homeostatic balance. The HVAC in your house is an example of that. Therefore SHAME was designed to help us pay attention to some behavior and learn to do it better. SHAME was designed to help us become more efficient or self regulatory.

A child carries a glass of milk from the kitchen to the dining room table. He or she trips on a rug, a molding or an unobserved obstacle and trips, falls and spills the milk. Someone older says, “Johnny / Janey, you’re so clumsy. You always spill your milk.” And there’s the emotional comment as well, of disdain, irritation or outright anger. That comment, that thought form we hear takes an honest moment of “uh oh” and turns it into Eternal Damnation. We are cognitively taught to believe that: we were, we are, we will be clumsy. This is just an example. I’m sure you can come up with your own examples out of your growing up years.

That mental comment violates how things work here on the earth plane. Nothing remains static, or the same, for very long here. Honest SHAME gets distorted into ***guilt***. Can you see how that works? Can you see how pervasive ***guilt*** is in all the parts of our lives, of yours? And our Western Spirituality is based on ***guilt*** as well. On a group level, ***guilt*** is a useful and efficient way to prohibit certain behaviors, repress certain actions with minimal policing over time. On an individual level it retards and ultimately prohibits growth and change. It leads to low self esteem, depression, apathy, and numbness. At that point we are no longer in touch with our own heart. We are not hearing what it has to say. And what it has to say is important if we ever want to feel happy, content or good about ourselves.

We all brought ***guilt*** into this life with us from other lives. And we feel ***guilty*** about ourselves in this life. It is time now for us all to get in touch with this and change it for ourselves. There are many roads to the same destination. You need to look for yours. What we remain unaware of will eventually express itself as chaos and disorder in our lives. Working on ***guilt*** will be one of my priorities in the Men’s Group I am beginning in November. On or after November 23 when the Sun goes into Sagittarius, I want this group’s energy to be about truth and wisdom which are both Sagittarian qualities. Until the next time…