

## Guilty – Not

By Delightful

Guilt was draining money from my life faster than a speeding bullet. The thing about guilt is that oftentimes it's so insidious you might not even know you are feeling it or what it's about. Overt guilt – that's easy to deal with. You go to confession, say a few mea culpas and move on. On the other hand, it's fraternal twin – covert guilt – that's the cash cow. That's the one that keeps you in lack and limitation, always struggling to pay those bills and live life abundantly.

Today I had another aha moment when I came across a letter I had written to God in yet another one of those prosperity classes where they have you write letters to God and they mail it back to you. It was mailed to me in March. When I first read it, I immediately felt sorry for myself that none of the things I said I desired had come to pass – at least at a level that I could tell. The first paragraph in the letter was a listing of what I was willing to give to God (the Universe). The second one dealt with what I desired in exchange.

This is where the guilt comes in. The covert kind, known hereafter as “covert G.” I looked at the “what I am willing to give list” and heard that voice in my head that beats me up for not keeping my agreements. No wonder my financial life looked like robbers were stealing from me each and every day, leaving me less and less.

This is what I wrote one year ago:

Dear God,

I am willing to give the following to you, starting now:

1. Trust
2. Writing my books
3. Money
4. Love
5. My skills
6. Faithfulness
7. Transformed Thinking
8. Action
9. Clarity
10. Order

So how did I do? How I've done everything for the past five years: half-arsed.

**Trust:** I gave it only when I could see my good, which wasn't often in my mind.

**Writing:** Nope

**Money:** Sure I tithed. But I didn't set the world on fire bringing in income on which to tithe. Did I say on fire? How about embarrassingly little?

**Love:** I imagine stingy would fit, although I told myself I loved God with all my heart. My actions didn't follow however. Nor did the proverbial love of self; otherwise, my body, finances and relationship wouldn't look like they do.

**My skills:** Same as love.

**Faithfulness:** See love

**Transformed Thinking:** Working on it.

**Action:** Aren't we supposed to wait on the Lord? Oops.

**Clarity:** I've had my moments. Even then, I took no action or very little. Resistance overshadowed the clarity.

**Order:** Someday. I'm sure my office and finances will appreciate it.

I said all of this to say this: I just today realized that back in the dark recesses of my mind where covert "G" lives rent free, I allowed guilt to interfere with God's promise to give me all that I desire to live an abundant and prosperous life. You see, while God doesn't keep score or lives life tit for tat, my little ego does. That little fellow used guilt to block my good. And there I was thinking I was letting go and letting God. No, what I was doing was letting little ego and covert "G" have a party at my expense.

Thank you God for kicking them to the curb. Thank you for the abundance that is already mine no matter what.