

# Releasing Guilt



guilt

“Let each burning human tear drop on thy heart and there remain;  
nor ever brush it off until the pain that caused it is removed.”

— HELENA PETROVNA BLAVATSKY, *THE VOICE OF THE SILENCE*

by Trish Lim-O'Donnell,  
CCP

If you have a natural sensitivity or compassion for others, you will experience the accompanying emotion of guilt. In my life's work, I have heard, experienced and dealt with this gigantic burden we carry in ourselves.

Guilt as a spiritual lesson is part of our spiritual evolution through this earth. Rich or poor, you can't escape it or delete it; you can only face it so as to make peace with it in this life.

We experience guilt every day whether or not we are in the company of others. We just have to know we have “more” than someone in any area before

discomfort sets in. You may do so many things out of guilt as opposed to a more affirmative and authentic approach, which is doing things for others out of sheer love, desire and generosity—that is, doing what calls you, what calls your heart to do.

Sometimes it is our own inability to be or do something for others that keeps us feeling guilty. Some individuals in your life may still be operating through the games of guilt, blame and resentment. This is part of your journey into self-expression to tackle head on—with the most gracious and humorous spirit you can muster. Some may require you to be frank before they can get it. Don't hate, resent or put

undue blame on them for your guilt—they are your teachers who are here for you to practice with so you ace this life.

Guilt teaches us something very precious. It teaches us to walk aware, heart fully loaded with compassion and care for others. To feel with an open heart and spirit is a great thing,

not to be shut down but to walk mindfully—not arrogantly as if you have made it so you don't need to care. To cease to care would be a great wrong to your advancement as a fully conscious human being. Guilt is here to give us a chance to inspect what we can or can't do happily.

To walk aware means to care to your capacity in a way that heals you and makes you whole; to walk aware means to allow your heart to be touched with stories of our collective humanity.

If you feel guilty because you have not done enough, then you have the greatest power to do something about it. Go positively into your light and make it right. Do what frees you from the burden of guilt that has kept you unhappy for so long. Do it in the most beautiful spirit you can muster—that is affirmative action. 🌸

Trish Lim-O'Donnell, CCP, is a relationship coach and spiritual guide, writer, ISMT teacher and E.Q. Music recording artist with 28 years of personal and professional life coaching experience. [www.trishlimodonnell.com](http://www.trishlimodonnell.com)



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