

The Sacraments Reconciliation or Penance

"Know all and you will pardon all." ~Thomas a Kempis

The church very much represents unaware ego consciousness. This means that it is the moral watchdog of the culture that keeps everyone externally focused on what the culture demands in terms of "good behavior." If you deviate from the expectations of the culture you are "sinning" and bad and must go to confession and tell some patriarch how bad you are and be punished so that you do not transgress again and are reconciled to the group norms. This is guilt inducing and shaming and does little except frighten people into short term compliance, instead of bringing healing and awareness.

We have already established, that "sin" is not necessarily disobeying the law of the land, it is separation, in ego defense, from your own soul. Reconciliation therefore means the recognition in awareness of this split into a false duality, and the deep inner loving desire to heal the split, reconcile with the part of you that has been lost to you, and integrate all the dualities in which you have lived. It is 100 degrees the opposite of what the church teaches. It is about the inner relationship, not the outer relationships. When we are living in loving relationship and reconciliation with ourselves, then all that we do and say and are in the outer world, will be loving and reconciling too. So against whom have we "sinned?" Our own wounded soul. To whom should we apologize? Our own abandoned child. To whom do we make amends by changing out behavior? Our own soul, by living in loving relationship with ourselves. When we can let go of our prideful egoic defenses with recognition of how our own choices are now hurting us by keeping us split from ourselves, we will humble ourselves to ourselves on bended knee and pray for strength and courage to live in love and harmony with our own beautiful soul. Our penance will be the daily practice of becoming aware, listening and changing. Now you will live in Truth, *even if* you are punished by the culture. You will live in Love, *even if* it is not "good" behavior in terms of the culture. You will face death rather than compromise the inner loving relationship of truth you have with yourself.

Having a trusted person to "confess" can be invaluable if they model the above principles of forgiveness. If they judge you, punish you, advise you or try to control you, you are not in the company of the Grace-filled Mother you need.



"Self-forgiveness is a profound act of self-love and self-compassion that lightens our burden of guilt, calms our feelings of self-rejection, and ends our need for self-destructive behavior. It also frees our heart from self-inflicted pain and suffering."

~Marion Moss Hubbard

The Return of the Prodigal Son (1667 to 1670) – Bartolome

Estaban Murillo