

Who Is To Blame? Or Should I Say, Who Can I Blame?

Well, as I sit here writing this message, I am able to recall multiple situations and conversations that have taken place over the past several months. I have had an amazing awareness of how other people and our society have created a shift in our thinking.

We are clearly responsible for our own behavior, reaction, action and most of all our choices. We can never cause another's reactions or actions and they cannot cause yours. When we shift blame to someone or something outside of ourselves, we can somehow justify the action without taking responsibility for it; not owning up to the effects and consequences of our choices or the choice someone else makes.

Blame is poisonous, as is unforgiveness. They are closely related.

It causes great pain including: Friction, Anger, Anxiety, Shame, Isolation, Grief

It causes division: separates us from each other and from God

The only one who should play the blame game is a perfect person. Since there is no such thing, then no one is entitled to play the blame game. Our creator, who is not of this world, has promised to forgive us no matter "what", erasing the mistakes or errors we make along the way. Why do we feel we have the right to place blame on ourselves or others?

This needs to be corrected and we need to become aware and learn to change our thinking pattern. It just takes time and practice to train your self to think differently.

Daily Affirmation

I am responsible for my own actions, reactions, and choices. I release all blame, guilt, and shame from all relationships: past, present, and future.