

# Heart of the Matter

*eLetter from Jeff Krock*

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## Freedom from Worry and Guilt

Have you ever wondered why it is so difficult to stop worrying or feeling guilty? These two burdens have been passed from one generation to the next for centuries. I grew up in a home where worry and guilt penetrated nearly everything, including me. At this point in evolution, most of us include worry and guilt as we function day to day. They are a facet of our separate selves, our egos.

When we're born we are not connected with the solid world, the earth. We immediately start adapting by replicating within us the subtle patterns-of-functioning of the people around us. Step-by-step we develop a solid, separate self that mirrors their mind, body, and energy<sup>1</sup> patterns. As we do, we separate from our original higher (spiritual) nature which is formless, and become identified with these patterns. These patterns, and our identity with them, are the basis of our ego, our separate (or lower) self. *Worry* and *guilt* are two of the patterns.

The ego believes that it needs all of its patterns in order to survive. Fortunately, we can phase out patterns that limit our access to our higher levels of consciousness. Doing this is inherent to being a seeker.

### **False Body**

There are three components to worry and guilt:

1. imprisoning thoughts
2. dull, tight, or painful sensations in the body
3. contracted or blocked energy.

All of these components and related patterns are burdensome. They give us a familiar way of feeling solid and separate. *The part of us (our ego) that feels solid and separate in this way believes that letting go of worry and guilt results in not feeling solid enough.* This is the ego's version of solidity and I call it a "false body." There is another way to feel solid, however.

### **True Body**

Inherent to freeing ourselves from worry and guilt is having a "true body." A "true body" (true solidity) comes from healing energy blocks and increasing our mind, body and energy alignment. Being embodied, centered, grounded, and defined are the basis of this alignment.

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<sup>1</sup> Also known as spirit, life force, prana, chi

**Steps**

1. Feel the inner pressure that worry and guilt create. This “heaviness” is a “false body.”
2. Rest into your body. Let your energy and sensation expand. Feel what you body is resting against. These simple steps help to build your “true body.” Practice and build them into any and all aspects of your daily routine--waking up, driving to work, exercising, going to bed.
3. Choose to do what it takes to release worry and guilt from your separate self.

**Speed Up the Process**

4. Learn to focus your energy. Expand it in and through the energy blocks underlying worry and guilt.
5. Have a daily practice that builds your alignment—yoga, tai chi, qi gong, etc.
6. Do what it takes to awaken your Heart Presence<sup>2</sup>—the part of you that has never known worry and guilt.

**The Heart of the Matter**

Worry and guilt are burdens you acquired. Therefore, you can release them. Living in today’s world is complicated enough without carrying around this extra pressure. Remember that you’re always transmitting your state of being. Use this recognition to empower the seeker in you. As you free yourself from worry and guilt, you improve the lives of those around you.



**Freedom from Worry and Guilt** reflects the [advanced capacities](#) of Command of Your Life Force, Connection, and Clear Mind.

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<sup>2</sup> also known as Heart, soul, true self, the Christ within, Buddha nature, pure consciousness