

We have not sinned based on the Christian theology of being denied God's grace, which is impossible in the realm of an immutable all-loving principle.

"The word 'sin', metaphysically speaking, is associated with illusion and delusion, which causes us to get out of sync with the harmony of the cosmic symphony. This then gives rise to acts that are out of harmony with the whole and creates dysfunction and suffering." John Ringland – The Mystic Meaning of Original Sin

Does the fact that we were acting out of a diseased state negate the offense? Absolutely not, and we have a sacred opportunity to clean up the wreckage of our actions. Yes, we face the consequences, but now we get to face them fully supported by a loving Universe and a sense of freedom we have never known.

So, in the recovery of our soul, we connect with someone who has an understanding of the emotional and spiritual house-cleaning we are ready to do – someone who understands how we committed certain acts of "sin," not because we were bad people, but because we were diseased people at the level of our emotional make-up.

It wasn't until I brought the darkness to the light in the presence of another person, that I felt the sunlight of Spirit shining forth its glory through me. This angel listened patiently, lovingly and most of all, without judgment. It was important to my healing to have someone I could share the deepest, darkest parts of myself, and still feel cherished and loved.

Unconditional Love And Acceptance Gives One Permission To Blossom.

Are you ready to give it up? Are you now in a place where you're willing to tell your deepest darkest secrets that you swore you would take to the grave? Metaphysically speaking, those words are more accurate than we know. If you insist on holding on to these secrets, they bury, block, smother and hinder the fullness of your life-force from expressing. So in a sense, you're already in the grave. Step by step, we dig ourselves out and reclaim our divinity.

Don't wait another day. Tell somebody your secrets.

You are loved more than you know.

Sexual Secrets Make You Physically Sick

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You believe that what you are doing is reprehensible and that you are unworthy.

In other words, it is accepted that your secrets are a symptom of your psychological sickness, your low self concept. The more secrets, the more sickness. The implication is that once you quit keeping things secret from others, you will become healthier.

Turns out there is a scientific basis to this idea.

— Recovering Sex Addicts

The topic of secrets and brain chemistry was recently discussed on NPR's Fresh Air via an interview with neuroscientist Dr. David Eagleman.

<http://www.wbur.org/npr/159922899/incognito-whats-hiding-in-the-unconscious-mind>

The battle in the brain

“You have competing populations in the brain — one part that wants to tell something and one part that doesn't,” he (Eagleman) tells Fresh Air's Terry Gross. “And the issue is that we're always cussing at ourselves or getting angry at ourselves or cajoling ourselves. ... What we're seeing here is that there are different parts of the brain that are battling it out. And the way that that battle tips, determines your behavior.”

So keeping sexual behavior secret, especially behavior that is as all consuming as that of many sex addicts, means continual struggle with yourself. The internal dissonance and lack of a sense of personal integrity is draining.

Dr. Eagleman is arguing that this is a real physiological battle going on in the different parts of the brain.

The hormonal consequences of secrets

The struggle involved in keeping a secret is stressful. This means that your brain will register the fact that there are increased levels of stress hormones going through your bloodstream as a result of this struggle. Your brain does not enjoy this stress, as Dr. Eagleman points out, and there is pressure from one part of your brain to get rid of it by telling the secret.

Sex addicts live with the stress of keeping a whole section of their life secret from people they see every day and care about. The fact that their brains are marinated in stress hormones due to keeping secrets (over and above the effects of the compulsive behavior) can cause an impairment in the addict's ability to stay healthy and function well.

The health benefits of opening up about secrets

Research by James W. Pennebaker at the University of Texas Austin has been using blood tests and EEG's to measure the results of letting go of secrets. He has found that whether secrets were confessed to another person out loud or were merely written down privately and destroyed later, there were

“tangible health benefits, both physical and mental.” The research found not only improved relationships, but better sleep and improved immune systems.

The warning label

When is letting go of your secrets harmful? When you do not consider the effects on another person. There are a myriad of ways that a sex addict can confess his or her addiction to a partner that are damaging and hurtful to them. In sex addiction treatment a great deal of care is taken around the issue of disclosure. The disclosure of sex addiction to a loved one should be done with planning and professional help. There is a “Partner's Disclosure Worksheet” which the partner may be asked to fill out. The general idea is that sex addicts should not disclose to a partner something that the partner does not want to know.

Disclosure in general has many aspects which warrant fuller discussion, including what to disclose to

children and other family members and what to tell other people you know or work with. If at all possible, these are matters to discuss fully with a sex addiction specialist before you bare your soul.

There's an oft-heard maxim in the recovery community: “We're as sick as our secrets.” Every now and then you will hear someone mention it at a meeting or occasionally in private conversation—often as punctuation for a particularly typical story that someone has told. We may say these things—may in fact occasionally give them some thought—but I suspect that many of us do not follow this particular thought through to its logical conclusion.

Secrets Keep Us Sick. They Keep Us In Shame And Uncertainty.

Secrets lead us to think we are the only ones who have ever had dark thoughts and shameful experiences. They keep us separate and apart from the world, ourselves, our loved ones and even from the possibility of having a spiritual experience or spiritual healing from addiction.

When we carry secrets, we are guarded – unavailable to life because we are so afraid of exposing our shadows. So whether we walk around in the boardrooms of corporate America or perform at Madison Square Garden, we feel like frauds, even in our personal relationships and in our homes. If the mask that we show to the world does slip even for an instant, we are ashamed that we have been exposed for who we appear to be.

Until and unless we are willing to be transparent and honest with someone who can support us in who we really are even in the midst of all our inconsistencies and misguided history, we live a life of hiding and secrets.

How liberating it is to realize we are not our mistakes, nor are we our actions. Our out-of-balanced actions are always manifestations of a distorted view of ourselves and those around us. Those distorted views are a manifestation of a wounded and fearful child, who did the best they could to survive – who acted from a compulsive/obsessive place to simply try and feel good.

It Is From That Place, We Have Committed Many Sins Against Ourselves And Others.