

Enlightenment Means Letting Go of Blame

I absolutely love distinctions. Distinctions come either from deep reflection or critical thinking. In [my last article](#) about the lessons I learned from the Breckenridge Mountains about how blame does not change the situation. An excerpt from my article is below:

Article Excerpt: Blame does not change the situation

Even if someone is responsible for knocking you down; blame does nothing to help you get back up. In life and in business, once you are in an unwanted situation you can waste time in resistance in the form of complaining or blaming, but the only productive choice is to accept the situation, course correct, and make the next right choice.

One of my subscribers, a very enlightened reader if I do say so myself, made a distinction about blame. He said that in his experience blame **does change situations**...only for the change is for the worse. Blaming strips you of power and makes you a [victim](#). Here is his quote:

"I notice when I blame others it changes my situation for the worse by creating a huge boundary between me and them. It not only doesn't help me get back up, like you said, but it also hands all the power and control of the situation over to the thing I'm blaming.

*I remember how I **blamed my father** for my temper, **my mother** for my own career choices, **my brother** for my inferiority complex, **my sister** for our distance – even **my ex** for my loneliness. Not only did it not help me move on, but it created such a painful sadness to treat people I loved with such contempt.*

So amazing to notice this and to get back up and enjoy the view, as you said. It's so worth it. Thanks Marlene!"

Distinctions help us to become enlightened leaders and to tell ourselves the truth from a higher perspective. Anytime we blame we have lost our inner light and are looking for a relief from our current unwanted experience. The relief of blame is to make someone else responsible for our experience instead of becoming the author and creator of our own experiences. To blame is to live in an [old story](#). To take responsibility is to become enlightened.

If you want your leadership, your workplace relationships, your personal relationships and your overall well being to improve, take responsibility for the only things you can be responsible for... the energy you bring, the gifts you give, and the next right choice which is always right in front of you and not behind you. Enlightenment Means Letting Go of Blame



Points to Ponder

1. Where are you losing energy from blaming self or others?
2. Who would you be if you could let go of the blame?
3. How is blame holding you hostage?
4. What one act of courage do you need to apply to move forward?
5. If it was possible to forgive yourself or someone else, would you?