Confession

How the wisdom coding system works

WISDOM CLASSIFICATION SYSTEM

Type of wisdom (purple box)
E = Evolutionary wisdom
R = Revealed wisdom
H = Hybrid wisdom (evolutionary + revealed mix)

Target audience (green box)
P = Personal
G = Group (non-personal)

Type of content (yellow box)
C = Curated content (paraphrased, re-written, enhanced, translated, etc.)
O = Original unedited content from external source (direct excerpts, complete content, etc.)
M = Mix of both curated and original content.

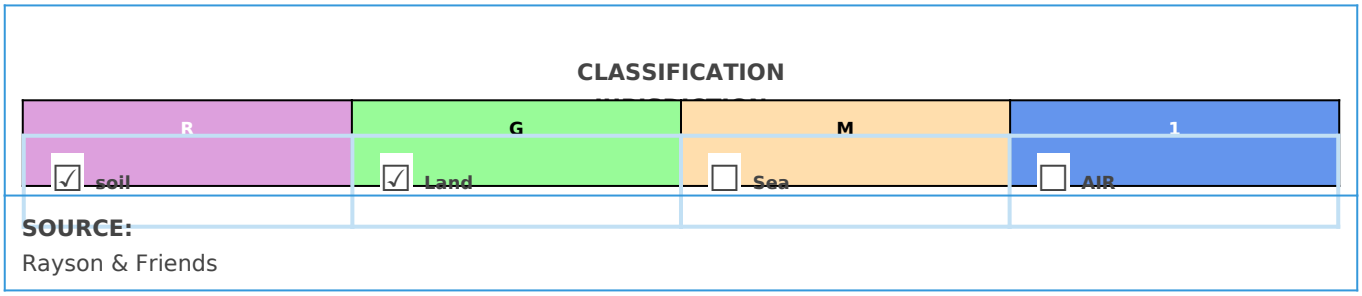
Reliability factor of content (blue box)
1 = High
2 = Average
3 = Low
X = Cannot be determined.

APPLICABLE JURISDICTION(S)
[ ] soil [ ] Land [ ] Sea [ ] AIR

- Check boxes indicate to which planetary jurisdiction the contents of the page is applicable.
- Can apply to one or more jurisdictions simultaneously.
- All the applicable jurisdictions will have a check mark.
- For additional information about the scope of these jurisdictions please refer to this chart.
- For additional information about the properties of these jurisdictions please refer to this chart.

SOURCE: This row is used for recording useful information about the source of the wisdom entry.

Confession



> Note: this reference deals with confession between two or more people, not private confession between yourself and the God of your belief.

Confession

Question: Can you comment on the relevancy of any of the confessional styles of dealing with remorse and guilt. Some of us have been through 12-step programs, which instruct us to examine ourselves and admit the exact nature of or sins to God, ourselves, and another human being and humbly ask for forgiveness. That's also the style of the psychotherapeutic technique that's currently used. I have to admit it - it seemed at the time I went through it that it was very helpful to me, although maybe primitive compared to other techniques.

Answer: It is a useful emotional and psychological technique to be self-reflective and aware of one's life-actions in a spiritual light. It often helps one to recognize patterns of negativity and areas that need improvement. It is also emotionally a release from the past-guilt cleansing - to discuss this with another human who is non-judgmental and unconditionally accepting - loving of the present self. Confession is a more psychological tool than spiritual. Confession is not part of prayer, it is not a spiritually pure tool, but it does lead to more spiritual growth. It is not harmful, it is helpful for the human psyche and often leads to great periods of spiritual growth, but it is not a purely spiritual tool in and of itself.

Revision #1
Created 2024-10-20 01:19:40 UTC by Bee

Updated 2024-10-29 02:29:46 UTC by Bee