

## **Blame**

Blame it on the other guy. Blame it on her; she's the one who screwed around. Blame him, he spent all the money. Blame your sister, she spilled the milk.

Blame the Christians. The Muslims. Blame the Jews.

Blame the economy, the crooked CEO's, or the gal who slept her way to the top.

Blame the weather. Blame the driver. Blame the doctors. Blame the cruel twist of genetic fate that gave you this stupid disease in the first place.

Blame the forefathers. Blame the parents. Blame the angry mother for doling out pain and anguish on a daily basis. Blame the teachers who don't understand your child's special needs.

Blame Bush. Blame the East. The West. Blame every environmental concern on the gas-guzzling, factory polluting developed countries. Blame them for the warp-speed destruction of our precious rain forests.

Blame the drugs. Blame the addiction. Blame the town where you live and the fact you've never caught a break.

My gosh we'll even blame our rude behaviour on a bad night's sleep, or our frustrations with slow, ditzzy drivers on our very important, chalk full, time-is-of-essence schedules.

Blame.

As a human society we're so busy blaming everyone else, we've almost forgotten how to take responsibility. Oh sure, not everything is our fault, but we're so busy being defensive we've lost sight of the fact sometimes it matters less who did what and more on what can be done to fix the problem.

If there was one single human attribute responsible for grinding life, action, solutions, and even happiness to a halt, it would be our tendency to get stuck in the blame game.

I've seen divorced couples, decades after the separation, still angry about something the other did way back when. So much so they can't get over it, and the anger, resentment and bitterness ends up holding them back from forward movement in their life. Forward movement that could possibly bring them peace and joy.

Look at the condition of the earth's environment. The human race is so caught up in deciding who is right or wrong, the argument of whether or not there really is a

problem still exists. All the while the precious resources of the earth dwindle before our eyes. Rather than notice, people sit back on their cushioned chairs, pointing a finger at the other guy.

Sadly, none of this helps, and this is the lesson for today.

Blame is an excuse. To do nothing, or nothing more than you've already done. It's an excuse to sit back and watch the same horrible atrocities occur over and over again with no action, just because it's not your personal fault.

Blame is laziness. It allows you to point a finger, whether right or wrong, without having to take any action. We see this all the time, especially in politics. He said, she said nonsense can spew from the mouths of our leaders consistently and daily, while nothing is ever done to solve the problems.

Blame is fear. Fear that we don't know what to do to solve the problem. Fear of being wrong. Fear of being judged or ridiculed. Fear of not being in control. Fear that you are only one voice and it won't be heard.

The easy way out of this fear is to blame someone else for the occurrence in the first place.

When my niece was first diagnosed with the incurable disease spinal muscular atrophy (SMA) I was filled with blame. I was angry the disease found us. Angry there was nothing we could do. I was mad and blamed God for heaping this pile of anguish upon us.

It is an awful place to be. The angry blame game. You feel sick, as though something is festering inside of you. A green, icky muck sliding greasily through your body, forcing you to do and say angry things that surprise even you.

One day I woke up. Tired of blaming God and the rest of the world for the place we found ourselves, I decided I would stop being angry, stop blaming others and take one step forward.

That little step has resulted in achievements for cure and research discovery that surprise, no, stun, even me. Surprisingly I now find myself thanking God everyday for the opportunity to help make a difference in the world in which I am lucky to live.

If this disease found us for the simple reason that collectively we could make a difference in humanity, then I feel honoured and privileged to walk this road, even though, I would give it all up in a heartbeat to see every child with SMA cured, disease-free and no more parents lose their beautiful babies.

So I ask you: What are you angry at? What blame are you heaping on another? If you are tired of the never-ending cycle of anger, blame, resentment and bitterness, then stop. Simply acknowledge you no longer will allow yourself to stay attached to such negative behaviour and then take one tiny, courageous step.

That tiny step forward will free you from the negative energy of blame, and will lead you to a place on the journey of peace, calm, joy and contentment.

Along the way, you never know, you may just have the opportunity to make a positive impact on the world in which we live. A positive impact on humanity. You may just leave this earth a better place just because you visited it for a period of time. What more could you ask for than that!

Happy Holidays my friends,  
Louise

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