

Alec Baldwin Reveals He Is Seeking Religious, Spiritual Guidance

In a lengthy video posted on New Year's Day, actor Alec Baldwin opened up about his accidental killing of *Rust* cinematographer Halyna Hutchins and revealed he has been seeking spiritual and religious guidance.

The 63-year-old celebrity thanked those who have been "kind and thoughtful and generous in spirit" in the wake of the fatal shooting, calling their support "just incredible."

"It's New Year's Day, and I'm hopeful that this year will be better than last year," Baldwin said. "I can't imagine it being as bad or worse than last year. Although, I look at last year and my daughter, Lucia, was born in February. So last year was a great year in spite of the problems we are facing."

Baldwin said he is seeking help from religious and spiritual advisors to help him "manage [his] feelings better."

"We live in a world where there's just oceans of negativity, online and so forth, and one must find a way to manage that," he explained, continuing:

The one thing I do want to consider very carefully in this coming year and really push myself is in terms of trying to not allow the negativity in my life to affect me. I've been having some very interesting phone calls with some very interesting people who I will not name but some of them rather well-known people who deal in all kinds of behavioral, philosophical, religious, spiritual, meditation, all kinds of ways to attain a state of mind where you really short circuit all of the negative in your life.

He added that he “understands” where his critics are coming from.

“To those people who offered me the opposite of support... I understand,” Baldwin said. “I understand where you’re coming from. It’s a tough world, and a lot of people are traumatized, and they want to pass that on to other people.”

Baldwin’s Instagram video comes weeks after he was interviewed on ABC’s *20/20* during which he eschewed responsibility, claiming he “didn’t pull the trigger” of the gun used in Hutchins’ death.

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