

# HOW TO BE FREE OF GUILT & SHAME

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ONE METHOD WE USE FOR CONTROLLING A PERSON'S BEHAVIOR IS THROUGH "SHAMING" THEM -- TRYING TO MAKE SOMEONE FEEL "GUILTY" FOR A BEHAVIOR WE WANT THEM TO CHANGE. SUCH A MANIPULATION STRATEGY MAY COME FROM HOPES THAT WE CAN CREATE A GREATER AWARENESS IN SOMEONE, AND MOLD A BETTER "CONSCIENCE" IN THEM, BY LABELING SOME BEHAVIORS AS "RIGHT & WRONG" OR "GOOD & BAD." THE PROBLEM IS IF YOU TELL SOMEONE THEY ARE BAD OR WRONG, IT OFTEN STRENGTHENS THEIR RESOLVE TO REPEAT THE SAME BEHAVIOR AGAIN, PERHAPS IN HOPES OF EVENTUALLY BEING FULLY ACCEPTED & LOVED UNCONDITIONALLY. THE FOLLOWING PROCESS CAN BE USED TO REGAIN OUR INNOCENCE & ERASE GUILT & SHAME FROM EARLY CHILDHOOD OR LATER EXPERIENCES, WHICH WE HAVE FOUND TO BE HARD TO FULLY RELEASE.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask: "On 0-10 scale, If 0 = the bright innocent love, joy, and playful feelings in the heart of a few week old cartoon puppy around his family (pause and see them), how much lack of innocence, guilt, and shame do I feel in the face of all the expectations, projections, and blame from \_\_\_\_\_, at [his/her/their] worst?"

*Then rate on a 0-10 scale how much lack of innocence you feel = "X", opening up and expanding your sensitivity to allow a full awareness of the effects of all the expectations, blaming, shaming, and projections you feel from your subject(s) -- now, from the past, and in your imagined future.*

**Step 2:** Repeat over and over what you are feeling using this sentence ...

"I'm feeling an 'X' guilt and shame in the face of all [his/her/their] expectations, projections and blame." ... "I'm feeling an 'X' guilt and shame in the face of all [his/her/their] expectations, projections, and blame."... etc.

*Stay connected with the all of your guilt and shame as you face your subject(s). Be as sensitive and open as an unarmored and vulnerable 4 y.o. child, while repeating this sentence over and over, until either at least 60 to 90 seconds passes, or the intensity of your upset feelings clearly diminishes. After reaching a half, quarter, tenth, and then a "trace" lack of innocence, your last sentence can be, "I'm still not feeling total innocence & joy in the face of all [his/her/their] past, present, and future expectations, blame, and shame."*

**Return to Step 1:** Go back and read aloud Step 1 and re-rate how you feel. You should notice the number steadily decreasing which will give you feedback on how effectively you are releasing all your feelings of guilt and shame. *Continue with these steps until you're happy with how much these feelings have subsided, or until you return to a feeling of total innocence and joy while facing your subject(s).*

*... It may be helpful to remember the adage ...*

"The guilt, blame, and shame I am willing to face will erase ...

The guilt, blame, and shame I try to avoid, just keep me annoyed!"

## **A Spiritual Solution**

When we finally breakthrough to feeling totally innocent and joyful in the face of other's judgments, expectations, & blame, we will notice that nothing will have changed in them or in our outer life, but everything will have changed in our inner life—which is the true source of our feeling our innate innocence and joyfulness. Most people are seeking a worldly solution to their problems: we try pursuing this or that, attempt to acquire more things, or we try to run away from (or avoid) whoever pushes our buttons and causes us some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. We were told by Jesus that, “In order to enter the kingdom of Heaven, we have to become like little children again.” By releasing our inner emotional pain, our outer world completely changes, and we can experience our true innocence, and feel heaven-on-earth -- right here and now.

### **So How Can We Stay Feeling Innocent and Joyful?**

We know life is likely to present us with people who judge and blame us every day, so how can we find our innocence and inner joy, in the midst of such challenges which come our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, innocent, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful innocence, inner purity, and joy if we take a few minutes daily to do clearing practices.

