Guilt Management and Re-Imprinting

Here's how it works. Firstly you will need to get a sense of what guilt feels like. Notice where it is in the body and how the body feels. Now, recall the earliest memory you have of feeling guilty and remember the events surrounding that guilt.. Notice the sights and sounds and who else, if anyone, is there and what happened.

Having done this - which should only take a moment or two - now imagine moving further back in time to a location in time before the event of feeling guilty. You need to be back sufficiently in time *before* the guilt event so that you find that you no longer have any feelings of guilt.

Note: As I have mentioned elsewhere, it is important to know that in terms if time orientation, guilt is a *retrospective* emotion. We tend to feel guilty about things in the past – it is very hard to feel guilty about something that has not happened yet. Thus, when you are positioned before a guilt event, there is invariably no guilt.

Now, at this point before the event, notice how you feel differently. Often a person doing this process will change their body posture and position as the feelings change.

Now, maintaining this new physiological posture and keeping the neutral feeling intact, move forward through those guilt ridden events through to the present day. The aim here is to journey through the memories from before the start through to the present day with the neutral feeling.

Most of the time this will work the first time. Sometimes two or three repetitions are required. Here's a diagram explaining the positions in time.

1. Past----------[Event]----------[Present]----------> Future
| identify the guilt feelings

2. Past----------x->-[Event]----------[Present]----------> Future
x-----<---<-----<----<-----<----| |
Position yourself here, to a neutral time before the guilt event.

3. Past----------x--->[Event]-->------>---->--[Present]----------> Future
Now move forward through the event to present time with the neutral feeling intact.

So, here are the steps again in a different format for re-imprinting guilt.

1. Identify the emotional or physiological "state" of guilt - i.e. emotional, physical sensation etc. Notice where this feeling is in the body.
2. Recall the earliest experience that you can find where you first experienced this feeling of guilt. Step inside this memory and notice the events that are happening around this event.
3. Move further back in time to a location in time that is sufficiently before the event that you have none of the feelings present. This is your neutral place.
4. Once you have found your neutral place and neutral emotional state, hold this state and physiological posture constant and then come forward through time, forward through the event again. This time as you are coming through the event, you have the neutral feelings in place.