

No More Guilt - Part Two

Matthew: Welcome back.

Dr. Lisa and Marcia, round two, stage 2 of guilt. How to dismantle it now that we've identified it. Oh, my gosh.

We've been creating it without realizing it, and we're probably all carrying it.

Where should we start?

Dr. Lee, what you got?

Dr. Lisa: Recognizing that you have it first, is the first step and knowing what it is.

And then for me, it's recognizing that nobody's perfect. We all make mistakes. Mistakes are okay. It's part of growing.

And there's no reason for me to feel guilty about a mistake I made because it's part of my growth.

When you know better, you do better and you just move on. And so there's no reason to hang on to that guilt. So that's been a big part of sort of me releasing guilt.

Marcia: Yeah. I think with me, I've dealt with a lot of anger of it to myself, and I think that's part of patterns, I guess I learned. I guess it's surfaces again when I see it in other people.

Matthew: You know, there's two things that we can do when we see somebody who's fallen, and there's reasons behind why we would choose

to do one or the other of these two things.

And that goes into another topic.

However, fundamentally, we can kick them or spit on them or throw something at them.

Or we can simply encourage them as we pass, or we can offer them a hand to pull them up.

Right.

The question is, which one are you doing to yourself, leaving the person in the example of the person on the street alone.

And so what are you doing to yourself?

And each of these incidents we talked about in relationships, when you look at text messaging between a couple, if there's a greater percentage of negative text messages 10 % or more over time, that relationship degrades and fails.

And that's not a high percentage. That's actually a small percentage. It's just that powerful, because to overcome negativity requires a lot of positivity.

Right.

So like, if you, God forbid, had some injury or some accident and you were to Jack your leg up and you are going to use conventional medicine, and what's just the baseline commercialized knowledge you may be spending your life in pain of some kind associated with that.

That's not understood.

So maybe 10, 20 years later, and, you know, maybe close to 100,000 dollars later, you might be relatively pain free, but still have some issues that as it applies to the mental game of self destruction through beating yourself up and feeling guilty and, God forbid, angry because anger is, of course, a killer for the liver. Those things take a lot to overcome. And in a moment of awareness that you're doing it, you can change it overnight.

You can literally shift overnight.

And then what you'll get that immediate relief, I think the long term or the next moment or day or week and month and year and so forth is more about how do I now re-pattern giving a hand, am pulling myself up, giving a hand, pulling myself up.

Dr. Lisa: So for me, I agree with you, Matthew.

You need we have all this negativity.

Guilt is a negative emotion.

You can't just get rid of it.

You need to replace it with something, too.

So then for me, it's been what the opposite of guilt?

So what do I want to replace guilt with?

It for me and for everybody, it's going to be different.

For me, it's freedom.

So guilt feels imprisoned for me and binding and feels heavy. And what I want instead is freedom,

like freedom from my past. Just freedom, in a sense, to do what what my heart desires.

That's good.

And so in guilt for me.

Not that anything is good or bad, but that's how I had framed it. So for me, it's bringing in those good emotions. Freedom.

Peace could even go with that along with that.

And then so when I feel that guilt, I can try to release it and let it go.

But then I have another feeling that I can replace it with. And so that is helpful for me.

Matthew: I think that's a great analogy.

Marcia: That's what I do is I get to a place of peace with myself. I guess I have to shift to, you know, look at it and take a perspective.

Dr. Lisa: Marcia, I think that's spot on there's always there's so many perspectives or stories.

And so if we can shift out of the story of being a victim and feeling guilty, if we can shift because guilt really produces victim hood, if we can shift out of that story and see a different perspective, it shifts the emotion.

It really shifts the emotion, the energy.

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