



Guilt & Karma Online Workshop

With Alice Whieldon

16 & 23 March 2021

13.00-16.00 GMT

Cost: £80

Guilt is a major issue in many peoples' lives and can lead to degraded mental health or a long-term sense of being 'bad' or having done something wrong, even if we cannot figure out exactly what that is. Even when others tell us we have nothing to worry about, this typically does little to dispel a sense of badness or shame; it can sometimes make it worse as this can make it even harder for us to talk openly about. Even if it is not a big feature in your psyche, the mechanisms and effects of even minor guilt, are not well understood.

Our culture is not very good at dealing with guilt. It is associated with religion or anxiety about getting it wrong as a child and being 'told off'. We hear about forgiveness, of ourselves and others, and the pervasive victim-culture in which we live compromises our natural sense of justice by telling us we are victims rather than perpetrators. While at times this might be true, it rarely relieves any sense of culpability we may have.

Guilt, and its longer term effect on our lives (karma), is a complex mechanism that leaves us distant from others and increasingly angry and critical the longer it is unaddressed. In time, it can leave us isolated and feeling un-loveable.

Even if guilt is not a big issue for you, most of us can feel lighter and clearer by auditing our actions from time to time and knowing how guilt works.

This workshop is an introduction to Guilt & Karma work. During these 6 hours you will:

- Learn the basics of what guilt is and how it can lead to a more stuck condition of shame
- Learn about the effects of guilt and how this can be understood as karma
- What you can do about guilt
- Engage in one-to-one practical exercises to start unpacking and relieving guilt

There will be short talks, one-to-one exercises in zoom breakout rooms and sharing & discussion. There will also be some work to do between the two meetings.

Alice Whieldon is author of *Mind Clearing: the key to mindfulness mastery* (2016) and co-author of *Sei-ki: Life in Resonance, the Secret Art of Shiatsu* (2011). She teaches Clearing, offers workshops internationally in Sei-ki and sees clients on a one to one basis for Clearing and Sei-ki.

Confidentiality

It is a condition of joining the workshop that you agree to our confidentiality rule: anything said in a session, stays in the session and must not be discussed outside the session (including to your session partner) except with the workshop leader or assistant if necessary.