

***No More Shame on You!* by Kit Furey, JD, CHt, CEHP**

The following story is an excerpt from the anthology, *Change One Belief*, to be published in January, 2012, by Expert Author Publishing. It may not be reprinted without permission.

I read an article recently called *Shame in Academic Writing*. A question posed instantly touched my heart. "Is it normal," a graduate student asked in a small voice, "to feel stupid after getting an edited manuscript back?" His context for feeling shame was writing; however, ***shame limits joy for every human***, in some context, at some time. And just what is shame? Well, embarrassment is about something we've done. But shame and humiliation call forth a question about who we are at our core.

I flashed to the research of Dr. Brene Brown.* She concludes that shame is the fear of disconnection. ***Shame drives that bone-chilling inner question, "Is there something about me that if other people know it or see it, I won't be worthy of connection?"*** And the real problem with this silent epidemic, she says, is that in our culture shame lurks in the dark, beneath the surface of topics most people are willing to talk about.

We're socialized not to discuss shame. And that's precisely how "shame" keeps its sneaky tendrils of limitation hooked in our unconscious mental and emotional programming. Shame is like a vigilant gatekeeper, magnifying the dangers of being vulnerable, shielding us from authentic connection, cautioning each of us to protect the "persona," that identity we've so carefully developed. Shame assures us that clinging to a desire to be perfect is better than surrendering to the ***imperfection that is our divine perfection just as we are***.

Believe me, I'm not just sharing Brown's theory here. I've lived it and researched it. I'm an Instant Breakthrough Belief and Energy Transformation Expert, trained to detect and help people shift limiting beliefs. And I constantly examine my beliefs. As I've done my own wry dance with this culprit, shame, and as I've helped my clients, here's what I've noticed: Shame flavors all three of the major categories of core limiting beliefs in the model of human experience I use. In the model I use, "global" categories of core limiting beliefs cluster around (1) abandonment and betrayal vs. our hard-wired longing for connection, (2) undeserving (iterations of "am I enough?") vs. significance and self-worth, and (3) core questions of trust, safety, surrender and discernment. Shame is so pervasive it oozes through all the categories of limiting beliefs. And its sneakiness is how it maintains its grip.

There've been times in my life when shame has sucked the very wind out of my sails. But nothing like my most recent experience. I'm just beginning to emerge from a "dark night of the soul." I've felt gripped and spun hard by my inner turmoil. I've leaned to the point of toppling on a friend or two, questioned 57 (at least) assumptions about my values, my capabilities, my Purpose. I've cried a lot even though I'm not a "crier." I've been in a financial panic because business ideas that should have been aces didn't go anywhere, I've capsized time and again when I should have been experiencing smooth sailing and a "return on my investment." I've felt the repercussions of all that in several significant business and personal relationships, and most of all in my relationship with myself.

Way beyond embarrassment, my “dark night of the soul” has been an excruciating dance with shame and humiliation. Source asked me a few months ago to help dissolve shame from collective consciousness. (Have you ever been called to do something you felt was too big? This was one of those times for me.) And apparently it's been important for me to consciously feel shame in my very bones and cells in order to complete this assignment. I've tried six ways from Sunday to avoid what I've gone through. To no avail. Feeling shame and surrendering to it seem to be what I'm being called to do. My “dark night of the soul” has been "research," which as the saying goes "if it doesn't crush me it will make me stronger."

The terror, the panic, the razor's edge that split me in two was being called to trust that, in each moment, “everything is perfect” in direct conflict with what a “responsible human being does,” which is take action. It's been terrifying to sit here and know that this is part of a process and everything will work itself out. I've given my word to people that I would pay them money by particular dates. When I give my word I mean it. And I haven't had the funds when I said I would.

I'm nothing if not tenacious, to the point of calling myself a pattern detective. I'm thorough and creative. Yet in this dance, what I was dealing with was elusive and slippery. There was “something more” blocking a complete release from my “dark night of the soul.”

My turning point came when I knew in my bones I was facing a “something's gotta give” moment. I reached out to a colleague to help me. We joined hearts and I dove in deep into my inner world. With my inner eye I saw a veil lifting and what I could sense but not see became visible. In my inner world I saw dark and murky energy, seeming to penetrate every cell of my body.

In that instant I chose the only moment of total surrender I've ever experienced. Out loud I summoned Source and every Archangel, Ascended Master, and Light Being who grace my Inner Team and said: “You have to help me. This is too big for me to do alone. I've done everything I know to do. You must help me. Right this minute. Now.” Then I let go. Really let go. Source and my Inner Team responded. The energy lifted, like watching a gentle breeze blow away black smog.

I slept eleven hours that night. The next day in meditation I asked the question, “What was the energy that released?” And the response from Source was loud and clear: “Shame. In your cellular, soul and ancestral memories.”

Now to some good news. The flip side offered by Brene Brown to experiencing shame is this: Being whole-hearted. Knowing we are worthy of love and connection. And. . .breathe into this with me now. . .a willingness to be vulnerable. **“Vulnerability is at the core of shame and fear and struggle for worthiness, and it appears it is the birthplace of joy, of creativity, of belonging and love,”** says Brown.

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Yes! In vulnerability, in authenticity, is the richness of claiming your true Self. In the courage to be imperfect we get connection as a result of authenticity, of letting go of who we thought we were, and the compassion to be kind to self first, and then to others.

I see how this experience has forced me to champion myself in the fierce way I've always championed my children. So in this paradox of becoming my strongest by being my most vulnerable, I've experienced a key transformational concept: I released preconceived notions of who I thought I was and brought my energy and focus into the present moment, fully present to my Self.

So if you're plagued, knowingly or not, by our culture's silent epidemic called shame, I offer additional transformational key as an antidote to shame.

A step, an extremely effective key to releasing shame, is self-forgiveness. Let yourself off the hook for even entertaining the core question, "Am I worthy of love and connection?" Of course you are! Let yourself off the hook for learning from mistakes because, after all, that's our human experience. And bring your energy and focus into the present moment so you can live each day to the fullest, present to your Self.

True, self-forgiveness is no small assignment. However, it doesn't have to be hard. It doesn't have to take months and months of therapy. You don't have to be sucked into painful memories and trauma from the past. Rather, you can simply engage the phenomenal power of your subconscious to re-align and re-direct your thoughts and emotions. I'm not going to go into the neuroscience of why the subconscious is really the powerhouse, the driver behind 90+% of the experiences and results you achieve in life. I'm not going into the studies that show the subconscious processes about 40 billion bits of data per second while the conscious mind can handle a mere 40 bits of data per second. That's a topic for another day. However, you can experience the results of your subconscious mind working for you with a complimentary guided instant breakthrough audio forgiveness session, "Lighten Up and Forgive Yourself," awaiting you at www.WholeMindMastery.com/Lightenup. I invite you to get started now.

Learn more about Kit Furey, JD, CHt, CEHP at www.WholeMindMastery.com. In addition to her contributions to the ***Change One Belief*** anthology, Kit contributed to the Amazon #1 Bestseller, ***Align, Expand, Succeed***, published in October, 2010.

In her 1:1 and group work as an instant breakthrough belief and energy transformation expert and mentor, Kit Furey brings the emotional and spiritual depth, compassion, and determination that come from raising 3 newborns adopted within 18 months (one of whom has special needs;) the pattern detection skills of a former lawyer; the teaching ability and knowledge of adult education principles that come from over a decade designing education programs for all the trial judges in her state; a shaman's capacity to summon and hold rock-solid safe, transformational space for her clients; and the ability to unlock the secrets of the other-than-conscious-mind for her clients and class

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participants that comes from a mastery of cutting edge modalities in the emerging field of energy psychology.

*See, Brown, Brene, PhD., LMSW, *I thought it was Just Me (but it isn't)* and her funny, brilliant 20 minute presentation at http://www.ted.com/talks/lang/eng/brene_brown_on_vulnerability.html