

## Three Steps for Transforming Shame

by Sally Bartolameolli

Shame is sacred. Not because in and of itself there is a holiness to it. It is sacred because when we allow ourselves to embrace, release, love and care for ourselves ‘inspire of our shortcomings and shadows’ we learn profound affection and compassion. In doing so, we embrace our own wholeness. We no longer hide who we are and who we are living with the belief that we are defective. The energy used to hide and protect others for seeing our ‘bad’ selves, is freed and we have a name to call the feeling that visits us less and less frequently; it’s called shame. When we are able to name it, we can claim it and if we can feel it we can heal it.

Shame thrives in secrecy. The three most important steps in transforming shame are:

- 1) Honesty. Admitting we want help with shameful, feelings, beliefs and patterns is the first step to finding help.
- 2) Support. Reaching out for assistance takes courage and heart. Allowing ourselves to be witnessed will bring the darkness to the light and light can heal. Find support groups and individuals that understand the power of shame and demonstrate for you the skill in creating environments for you to transform it.
- 3) Continued fierce self love. Learning to love “all parts of you” is the most authentic and intimate experience of love. On the lifetime journey of fierce self-love, you will continue to embrace the sacredness of shame and experience yourself as whole and worthy of all the joy, inspiration and miracles available.

When one can expose these shameful beliefs and behaviors in loving and honoring circles of trained and skilled facilitators, healing and empowerment happens.