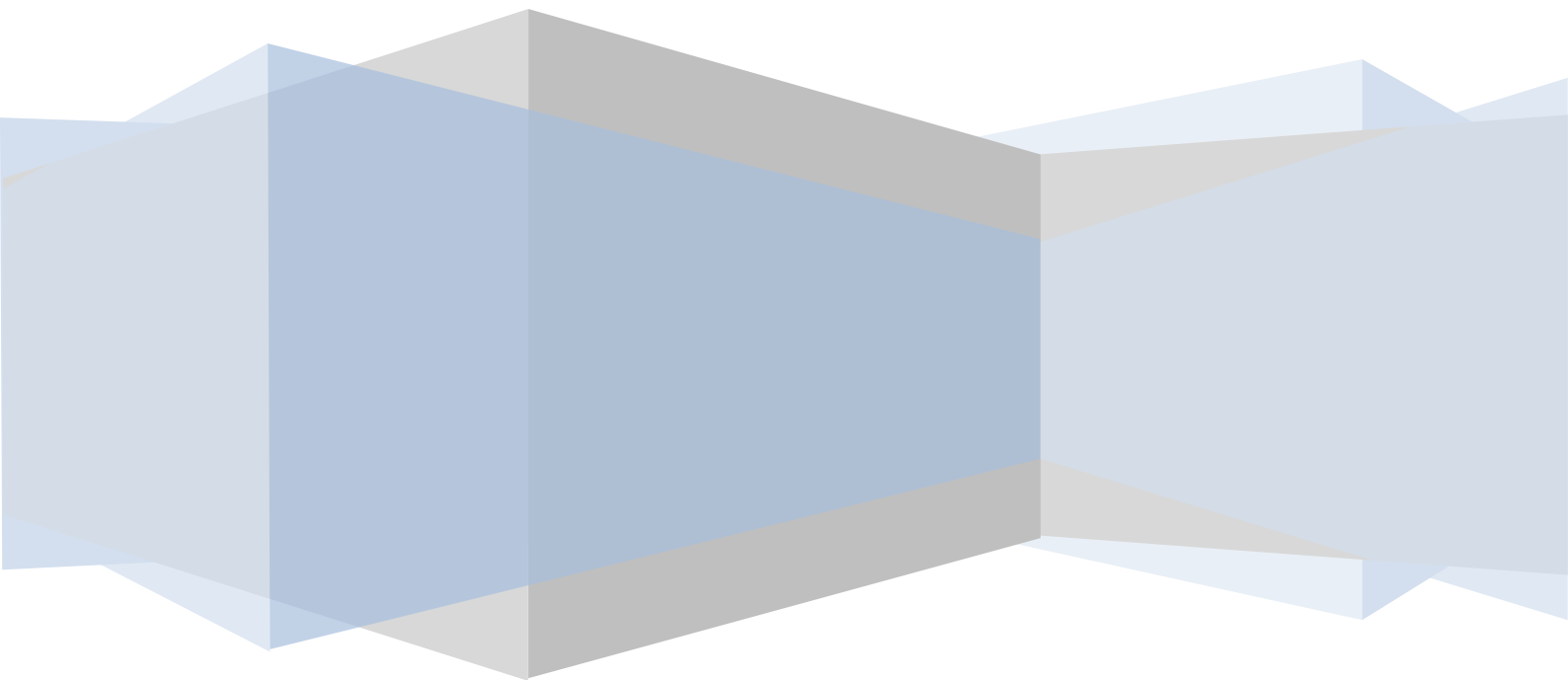


The Inner Coach

There Is No Shame

Keith Collins



Shame is my failure to follow someone else's authority.

I follow someone else's authority with pride.

When I do so, they are proud of me.

When others are proud of me, there is no shame.

To avoid shame, I believe that there is something that I have to do, I must do, I ought to do, or I should do.

There is no shame in following my own path, my own authority and my own choice.

It is only a shame when I do not.

I can only fail to follow someone else's path when I intend not to.

Shame is the disapproval of another for not doing it their way.

When I follow another's path and rebel against it, I am either shameful or shameless.

When I follow my own path and make my own choices, there is no shame.

I become shame-free.

Shameful is a judgment of my behaviour by other people.

I am full of shame, in their opinion, when I do something very bad or very wrong.

Shameful behaviour directly conflicts with the moral beliefs of a society.

Stoning someone to death may be seen as a shameful act through the eyes of one society or as the proud executioner of justice by another society.

Intolerant or intolerable acts are seen as shameful.

It is shameful not to do whatever society believes that I should, I ought to, I must, or I have to do in order to be morally good & right.

Tolerating the beliefs of others creates an intolerably negative energy that is experienced as the emotion of shame.

I am shameful when I am full of negative beliefs about what society believes that I should or shouldn't, ought or ought not to, must or mustn't, have to or have not to do.

When I become toleration free, I also become shame-free.

Shameless

Being Shameless is having the confidence to choose one's own behaviour.

The less shame that I have, the easier it is to make my own choices.

I shamelessly follow my own ego's desires with the power of my will.

I will follow my own wants, needs & desires with a shameless passion.

My passion for what I want fills any negative emotional void that may contain any shame.

Being shameless can be seen as a negative attribute in others when they are believed to be arrogant.

Arrogant behaviour is often seen as shameless.

The belief in the righteousness of humbleness will lead others to believe that more shame is preferable to less shame.

Shame is seen as virtuous when it is the act of a conscience that keeps one moral.

Being shameless is judged to be only slightly better than being shameful by the righteous, who believe that to be shame-free, all are required to follow their righteous path and be like them.

Shame-free

I become **shame-free** by having no shame.

There is no shame in following my own path.

There is always the risk of shame when I follow the path of another.

I follow the path of another when I adopt their beliefs as being right for me.

My Soul is shame-free.

My Soul is beyond the duality of pride & shame.

To be free of shame, I am also required to be free of pride & free of modesty.

When I follow the path of my Soul's Inner Guidance there can be no shame.

Shame is the pain of being bad.

It is a problem that I am tolerating.

It is my fear of being wrong.

When I become pain-free, problem-free & fear-free, I also become shame-free.

There is no shame in that.

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