

# Your Spiritual Toolbox: Shame

## Tools and Materials: Stationery

There's something powerful in the writing of a letter, even if you never send it. Writing a message asking for forgiveness, even from those no longer in contact or who have passed, can be a great ritual for dealing with shame and guilt. Even if it's to someone living but you burn the missive instead of sending it, putting your feelings into words will be a powerful act of magic.

## Skills: Doing Penance and Making Amends

The idea of penance is pretty Christian, but there's certainly some power in it within reason. If we feel honest shame for not upholding our end of the social contract, taking an action not only to express our remorse but also to make a positive impact or make up for what we did or didn't do. Making it into a ritual increases the action's impact on our own energy.

## Inner Work: Practicing Forgiveness

There is absolutely a correlation between the things we feel shame over and the things we judge in others. Even for those who have harmed us, the act of extending forgiveness releases us from the energetic bond of anger and resentment. Remember that forgiveness means letting someone off the hook for some level of consequence, but it doesn't mean they didn't do harm. It just means you stop being focused on their punishment.