

Section 1: "Shame"

From *all about love* by bell hooks

Woundedness is not a cause for shame, it is necessary for spiritual growth and awakening... In *Coming Out of Shame*, Gershem Kaufman and Lev Raphael contend: "Shame is the most disturbing emotion we ever experience directly about ourselves, for in the moment of shame we feel deeply divided from ourselves. Shame is like a wound made by an unseen hand, in response to defeat, failure or rejection. At the same moment that we feel most disconnected, we long to embrace ourselves one more, to feel reunited. Shame divides us from ourselves, just as it divides us from others, and because we still yearn for reunion, shame is deeply disturbing."

Shame about woundedness keeps many people from seeking healing. They would rather deny or repress the reality of hurt. In our culture we hear a lot about guilt but not enough about the politics of shame. As long as we feel shame, we can never believe ourselves worthy of love.