



**ELEVATING  
YOUR  
ANCESTORS  
JOURNAL &  
GUIDEBOOK**



**DAY 6**  
**RELEASING**  
**SHAME &**  
**GUILT**

# SHAME & GUILT

## You Have the Power to Heal Your Shame

Shame is a complex human emotion that we all experience at one time or another. You might feel shame because of something about your appearance, events related to your family, or even a lack of education. You might feel you're not worthy somehow. Shame shows itself in many forms.

Even if you struggle greatly with managing your shame, trust in the knowledge that you can heal it.

Consider the following methods to strengthen your emotional health and soothe your spirit:

1. Identify shame's presence. Because we tend to try to cover up that which embarrasses or demeans us, you'll probably need to do some personal confrontation of your own emotions.

- Are there particular people in whose presence you feel embarrassed? If so, why?
- Perhaps when you're in a specific type of situation, you notice that you tend to close down emotionally or feel numb.
- Begin to take note of when your emotions are either stirred up or flat (which means you feel nothing at all).

2. Recognize you're "only as sick as your secrets." In the counseling profession, there is a saying: "We're only as sick as our secrets." This adage means that the things about ourselves that we keep to ourselves are the exact issues that we need to acknowledge and do something about.

3. Consider discussing your shame with someone you trust. Because shame can be a tough emotion to handle, it's helpful to have someone you can talk to about it. Whether it's a close friend, your partner, or a professional, it will free you to put words on those feelings.

- The more you talk about it, the better you'll be able to gain some understanding about what triggers your feelings of shame. Not only that, but also talking about your shame demystifies it and makes it something real that you can resolve.

- A mental health or counseling professional is trained to facilitate people in identifying their troubling issues and learning to understand and manage challenging feelings. If you believe you could benefit from this type of assistance, by all means, avail yourself of it.

4. Be brave. It requires courage to share your insecurities with another person. Your bravery reveals your passion, strength, and optimism.

5. Learn to love yourself. No matter what your shortcomings, you deserve to experience the uplifting feelings you can get from self-love. Even though you think you have a lot of spiritual "blemishes," you must allow yourself to see your real beauty within.

6. Connect with your spiritual power. Whether it's your religion, an interest in Eastern philosophy, or a strong belief in Mother Earth, establish a connection with whatever spiritual power you believe in.

- When you have a spiritual power you can lean on, you'll likely find solace and the strength to face and resolve your personal shame.

7. Have confidence that you'll overcome. At some point in life, we all have our difficulties to deal with, our challenges to manage. Reach deep within yourself and you'll find the confidence to persevere.

- Remember that you've resolved challenges before and know that you can conquer this one, too.

Shame is a normal human emotion that we've all felt. If you're willing to do the work, you can resolve the hurt and shame you feel inside. Use the methods outlined above to move forward toward a happier, more rewarding life. You do have the power to heal your shame.

# SHAME & GUILT JOURNAL PROMPTS

When do I feel shame?

When do I judge myself?

How do I define shame?

When I feel shame, what do I do?

# DAY 6

## AFFIRMATIONS

1. I lay down the heavy weight of doubt, shame, guilt and embarrassment.
2. I release the past so I can step into the future with pure intentions.
3. I am capable of moving beyond my mistakes.
4. I am able to heal from the hurt and pain of what I have caused.
5. I am worthy of all the compassion and kindness life offers me.
6. I forgive myself one day at a time until it's complete.
7. I gently release the grip of anger and rage from my body.
8. I set my past free and forgive my participation in it.
9. I give up the hope of a different past by accepting my true past.
10. I trust my present and future decisions based on love and good intentions.
11. I trade my anger and rage for understanding and compassion.
12. I accept that I did the best I could at the time with what I knew.

# PRAYER ONE

My uplifted Ancestors, guides, fierce protectors, and skilled healers. Please stand with me **[say your name]**, child of **[beloved parents names]**. Be with me at this moment, and guide me along my road with a cool head and a clear mind.

I am root of your root, soil of your soil, bone of your bone, and blood of your blood.

When you were born, The earth became your body, The stone became your bone,  
The sea became your blood, The sun became your eye, The moon became your mind,  
The wind became your breath.

When you passed to the Ancestral Realm, Your breath became the wind, Your mind became the moon,  
Your eye became the sun, Your blood became the sea, Your bone became the stone,  
Your body became the earth.

Cover me and protect me as I walk this path to be the family interceder petitioning on behalf of all of my bloodline both living in the body and living in the spirit.

May we be released of all negative and misaligned or toxic energy. Assist me in guiding our family both living in the body and living in spirit to release feelings of envy, greed, jealousy, grief, bitterness, hatred, anger, and disease.

Cover me with love, cloak me with goodness and joy, bring me to the remembrance of my peace and prosperity. Let no harm or confusion come to me during this day or any day hereof as I act as a portal for our lost bloodline.

May they have forgiveness in their heart, and may I have forgiveness in my heart.  
May they have peace, and may I have peace!

May they have healing in their heart. May I have healing in my heart.  
May they have understanding, and may they evolve and heal the karmic residue of their forgotten path.

May I have understanding, May I evolve in my spirit.

May I be in remembrance always of my path and may I always be aligned with what **[Insert what you call God Energy]** has ordained for me.

May I be in remembrance of what my higher self has witnessed on this journey through my living.

May I be in remembrance to uphold my ancestors so that I may evolve and be uplifted!  
I have not forgotten my commitment to our lineage, and I vow never to forget.

**[Close how you close your prayers]**

# PRAAYER TWO

Oh, Creator, Divine Spirit, Infinite One ~ we thank You for all the blessings You have so freely given us and for showering us always with Your love. We ask You please, for us and all our ancestors, through all space, dimension, and all realms, to help us be free from guilt and shame!

For all the times we suffered and were disappointed, and for the times we caused suffering and disappointment, whether knowingly or unknowingly. Please help us all to forgive each other, be forgiven, and forgive ourselves.

We ask that you help us relieve guilt and shame for all the blows, whether physical, emotional, or spiritual, received or given. You love us unconditionally.

So help us and our ancestors be free from any ill will, mistreatment, or neglect done to us or done by us to others. Please help us all to forgive one another, and forgive ourselves.

Help us move past any and all tears we have caused and for the times we turned our backs on You. Divine spirit we ask that you give our ancestors strength at this moment to release any betrayals, lying, slander, acts of deceit, and manipulation that they may have done knowingly or unknowingly. They had pain and they had trauma that prevented them from operating in the full spectrum of love, compassion, empathy, and kindness. Help them see that.

Please help us and our lost ancestors to release any burden or guilt or shame around any and all of this. We ask Your help in uplifting them as we ask for help in releasing all the negativity they have carried for so long. Please help them all to release and forgive themselves, no matter what happened.

Ancestors, I have lit this candle so you can have the warmth and light to transform your pain into understanding, healing, and compassion. Beloved bloodline I filled this cup with water to help you transcend the grip of fury, anger, and discontentment with enduring love. May you realize fully your eternal destiny through my love, through the love of our eternal family, and through the love of the Divine Universe. Go to light my loves, be close to our family, be renewed in strength, and be reborn into newness.

[close prayer]