

✚ Shame is a thief.

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I see you there while you silently shuffle the ugly pieces of  
you behind the  
bookshelf and under the bed.  
I'm here to tell you that you are living a lie.  
For all is beautiful and right.  
There is no such thing as "ugly."  
It is you who hold Shame's hand.  
It is you who have invited him to sit with you.  
By hiding pieces of you,  
the things you find disgraceful,  
you are freely giving Shame a reason to breathe.  
I'm here to tell you that he is a thief.  
It is the ultimate lie from within.  
Shame's tribute is that you are unlovable and need to stand  
behind the curtain.  
I'm here to tell you that all of you is lovable and created for a  
greater purpose.  
When Shame whispers that you are broken. I want you to  
remember that it is  
you who is closing the door on Love.  
It is my prayer that you will hear this from me and from  
Divine Love.  
That you are more than enough,  
that you are beautiful even in what you consider dark and  
"ugly."  
Because if you hear the voice of God tell you how much He  
loves you,  
even in the most quiet of breezes, it will shatter and break  
open the heart that  
you hold closed so tightly.  
I choose to no longer watch while parts of you are in agony.  
So I'm here to throw  
open the shutters and reveal The Beautiful truth.  
I'm here to remind you that God's Love starts in the darkest  
part of our hearts  
where we hide. It's only when we open our own heart and let  
God in that we can  
emerge and truly be  
Free.  
You cannot cling onto your heart so tightly and at the same  
time expect God to  
take your hand.  
Please reach for Him.