

Soul without Shame is a precise and multifaceted manual to understand and become free of the inner critic's limiting action in our lives. The recurring scenes between Frank and Sue give a direct illustration of the main points the book makes, as do the many case studies.

He leads groups, works with individuals, and trains teachers in the Ridhwan School. He has taught workshops on the superego across the US and in Europe for the last ten years. His book, Soul without Shame, was published in by Shambhala. It is addressed to your soul. At different times the material will resonate in your body, or your heart, or in your very being. The chapters are packed with information, insights, and inquiries. It is not light reading. This is a book to work through slowly, allowing it to stimulate you, unsettle you, move you. Take it in small bites so you can absorb the tastes and textures. Go away and come back. As you read, you will find yourself responding to the ideas that are relevant to where you are in your own journey. You will draw from what is presented the nourishment you need at the moment for your own development. This means that much of what you read will pass into your mind and out again without any significant impact. However, it also means that you can come back to any part of this book in one month, six months, or a year and you will resonate with material that was not important for you the first time. I particularly recommend that as you read, you pay attention to your body and your energy. Notice how they are affected by your reading. If you become aware of having a hard time concentrating or feeling restless, stop and take a break. Perhaps something has struck home and stirred a physical or emotional response. When one part of you is strongly affected, it can prevent you from taking in any more. The focus of this book on connecting with your experience in the moment makes it ideal for learning to track yourself in this way. Making space for your responses to the process of reading will create a greater impact and also allow the material to nourish and awaken more aspects of your soul. Integrating into your life the various elements of this self-discovery process can take many years. The exercises and practices in this book are designed to expose you to different dimensions of inner experience in a gradual way. The resulting effect is cumulative—each facet of the work is reinforced by all the others.

Chapter 2 : About - Soul Without Shame

*Soul without Shame Workshop - Berkeley CA - Oct May 25, Exploring the Nature of Self-Judgment with Byron Brown
This workshop will begin to directly address the inner judge using principles of the Diamond Approach®.*

It is not interested in understanding the complexities or subtleties of why things are the way they are. The soul cannot bring forth aliveness and openness in an atmosphere of comparison and judgment. Understanding how these related processes maintain a grip on your life and imprison you in the world of the past is an important step in freeing yourself of self-judgment. Life Lessons Carol was in her thirties and had no partner to share her life with. No matter how much she believed in the value of her career as a university professor, it did not offset the deficiency she felt about her inability to be in a successful intimate relationship. When ever she was about to date someone new, she felt excited and optimistic. But as soon as the connection began, she became plagued with doubts and questions: Does he like me? How did I appear to him? Was I too interested and asking too many questions? Should I call him? Maybe I seem too boring. This meant that Carol had to act aloof and What the judge? Whatever the form, attention to your personal inner processes "how you think and feel about yourself and your life" makes you aware of forces that shape that process. The judge is one of the most powerful of these forces. If you pursue inner work, you can only go so far without coming to terms with this ever-present companion, also referred to as the superego, the inner critic, or top dog. Often, the voice of the judge appears as your own voice: If you see this, you will realize that the voice you hear is not yours. It seems to live under your skin, in your joints, behind your eyes. You watch yourself mercilessly keeping track of the pluses and minuses in your daily behavior. Sometimes, you feel watched by those around you "friends, family, or strangers" and you fear their disapproval, rejection, or indifference. Then you realize you are seeing your own judge outside in others as well as hearing it inside. You begin to recognize how little control you have over this judgment process. Whether you are the watcher or the watched, you are at the mercy of a critical, punitive attitude, for this kind of watching is inherently a manifestation of self-distrust and self-hatred. The Judge the Show The judge overrides your inherent intelligence and your direct response to life by superimposing its beliefs about what is real. It is a warped lens that distorts reality. Because of this distorted perception, you have come to distrust your intuitive contact with life. In fact, you have lost any sense of what direct contact with living means. The judge is a conscience that helps you distinguish right from wrong. It is a motivator to push and persuade you to act in your life. It is a guard that stops inappropriate feelings and behavior. It is a counselor for support in making decisions. It is a guide that provides direction as you make your way. It is an authority figure offering recognition and approval. It is a yardstick for measuring your progress. And last, it is a mirror that reflects back to you who you think you are. Each person needs help in these ways. What you were not taught while growing up was how to discover the true source of these functions in your own soul. Your true nature has the potential to meet all these needs, but only if the qualities necessary to do that are recognized as existing in you. When you were a young child, it was important that parents or responsible adults were there to fulfill these roles. As you grew up and became responsible for yourself, you had to find ways to meet these needs on your own. Unfortunately, you got little if any support in recognizing and developing your own inherent capacities. You had little choice but to internalize your parental role models in the form of the judge. You may not be happy with the way it performs these important functions, but you are familiar with your judge, and you know that it is dependable and will always be there for you. Lest we forget, the judge is not bad or evil, or even useless. Each of us will need a judge until we find a source of effortless functioning, direct knowing, and objective conscience inside ourselves. In the meantime, the judge is all most people have to get the job done. However, it is also mechanical, restrictive, inefficient, and insensitive; it does a poor job of supporting the life of the soul. Though the judge has no sense of you as a living soul, it does have much information about your life in the world: Not much slips past its watchful eye. So we begin with a definition: The judge is the force in you that constantly evaluates and assesses your worth as a human being and thus limits your capacity to be fully alive in the present moment.

ent. Awareness begins the process of disentangling your worth from the facts of your life. Positive judgment can expose the unconscious acceptance of inner devaluation. It can make you feel better, providing temporary relief from the berating of your judge. It can also reflect what you have at some time experienced to be true such as a deep insight, a moment of bliss, or an openness from meditation. All of these are important and useful at times. Simply using the insight as a new standard or belief does not accomplish this. Understanding and integrating an experience means recognizing the implications that this new awareness has on your experience of your life as you learn to live in accordance with it. Positive judgment only superimposes a new belief about yourself on top of an old one. It tries to assert something that is not an expression of what you experience as truth. It can never root out the original conviction of your own lack of worth. The only real alternative to self-judgment is knowing the truth about who you are. If you have a deep belief that you are worthless, you must discover where that belief came from and why you believe that it is true. Until you understand that, nothing fundamentally will change. Once you know deep inside you, with a direct and felt sense, that you have inherent value and are fully acceptable to yourself, then you will begin to free yourself from the need for positive judgment and approval, from others or from your own judge. The path to truly knowing who you are requires challenging the presence of the judge. You must find the courage and wisdom, the determination and clarity the compassion and desire to see what the truth is and stay with the process of supporting that truth. All these qualities are needed to make space for your own experience, regardless of whether you consider it good or bad, right or wrong, joyous or painful. The process you are setting in motion in the first few chapters of this book will bring you into more awareness of and contact with your judge, which means you will be more vulnerable to the feeling of being attacked. This is not enjoyable or comfortable. Your judge will say that it is bad and must be avoided. But if you are willing to bring the judgment experience into consciousness and be compassionate and strong in supporting your growing openness and vulnerability, you can undertake this work in a meaningful way. This inner work is what will reconnect you with your soul nature; through it, you will discover a true guide for living and understanding your life, one that can replace the judge you have grown up with. Your true guide arises spontaneously through your contact with and awareness of your own life; this guide responds to the truth of who you are and what is needed. You must confront the judge as you live your life now; otherwise, judge work will remain a good idea saved for some future time. The journey is not easy, but few others are more rewarding in expanding your sense of who you are and in allowing you to live a full and meaningful life. It What Is the Judge? Self-judgment is based on the accumulation of all the knowledge you believe you need to be successful, safe, supported, recognized, and loved in the world. Comparison is a very close cousin of self-judgment. It is useful for improving many aspects of our world. However, comparison becomes self-destructive when it becomes constant self-assessment relative to the behavior and appearance of others at the expense of aligning with the truth of your own experience. The judge overrides your inherent intelligence and your direct response to life by superimposing its beliefs about what is meaningful and real. Its standards are learned from others, and they can run counter to what you yourself want, feel, or know to be true. One of the greatest dangers of becoming aware of self-judgment and its negative effects is that that awareness will become the basis of more self-judgment. Positive judgment can expose the unconscious acceptance of inner devaluation, but it can never root out the original conviction of your own lack of worth. Judgment, comparison, and self-blame can be transformed only by coming to understand how your sense of who you are and the options open to you is determined by your past experiences and beliefs. Once you know deep inside you, with a direct and felt sense, that you have inherent value and are fully acceptable to yourself, then you will begin to free yourself from the need for positive judgment and approval, from others or from your own judge. Your true guide arises spontaneously through your contact with and awareness of your own life; this guide responds to the truth of who you are and what is needed.

DOWNLOAD PDF SOUL WITHOUT SHAME

Soul Without Shame has ratings and 19 reviews. Sam said: Helpful. I preferred Hal Stone's Embracing Your Inner Critic for two reasons: 1) Brown wor.

Chapter 4 : Byron Brown (Author of Soul Without Shame)

"[Soul Without Shame] is not only a study of the inner critic and how to deal with it, but a clear presentation of how this work can be done in a way that actually helps reveal our true and spiritual nature.

Chapter 5 : Soul Without Shame: A Guide to Liberating Yourself from the Judge Within by Byron Brown

"Soul without Shame is a rare book that blends intellectual depth, genuine originality, and practical usefulness. As Byron Brown envisions the 'inner critic,' (the superego) it is a force that most of us accept as a necessary moral compass in our lives, but which in fact attacks us relentlessly and insidiously.

Chapter 6 : Soul Without Shame | eBay

Exploring the Nature of Self-Judgment with Byron Brown, author of Soul without Shame. The judge, superego, or inner critic shapes and limits our daily life.

Chapter 7 : Summary/Reviews: Soul without shame :

Brown, a disciple of the Diamond Way Approach, a modern spiritual path based on self-understanding, encourages readers to rediscover their life spirit by silencing their inner critics in this dens.

Chapter 8 : Soul Without Shame by Byron Brown (, Paperback) | eBay

'Soul Without Shame is that rare book that blends intellectual depth, genuine originality, and practical usefulness. As Byron Brown envisions the 'inner critic,' (the superego) it is a force that most of us accept as a necessary moral compass in our lives, but which in fact attacks us relentlessly and insidiously.

Chapter 9 : Soul without Shame " Inner Critic " Superego

Would you consider the audio edition of Soul Without Shame to be better than the print version? I wouldn't consider the print version because the way the brain interprets sound is different from the way it interprets words.