



**Marcela Widrig: Shifting Shame: Healing the Wound of Not-Enoughness**



Marcela is a somatic bodyworker and founder of Fierce Embodiment. She leads an exploration of shame-- your relationship with shame, how you hold shame in your life and in your body, and how you can touch it to reconnect with the world.

**TOP EMBODIMENT TIP:** Choose to stay embodied! Go to a point of entry, a place in your body that feels alive and connected, and stay there.

**Exploration of Shame: Name it and identify your relationship with shame**

- Start to look at what your relationship with shame is, and how you are holding shame in your life.
- Begin to understand that you can touch shame through the body. Name the word 'shame' in order to change our relationship with it (humiliation, unheard, unseen, not enough). Notice recurring scenarios when you shrink or hesitate. Focus on one area of the body and soften it. Find your language for it (ie. 'unseen'), and pay more attention to how your body responds.

**Healthy Shame & Contracted Shame: Shame of the shame**

- *Healthy shame:* The potent emotions that we have in our bodies, terror, fury, rage, profound vulnerability, and shame can't all be bad, so why do we have them? These are not negatives, but rather energies in our bodies that we have contracted ourselves around them. *Healthy shame* is a *flow* of energy, and might feel like heat, vibration.
- *Contracted shame:* When shame is contracted it is held in place, and cuts us off from resources that have always been there but we have left them behind (dreams, longings, nature, other people).
- *Shame of the shame* can be the biggest block in this exploration. Choose to focus on shame, and identify what is the repetitive experience that keeps you small, resourced, disconnected from yourself. Discover that if you allow pure shame to run through the body, you will reveal your capacity for compassion, and to connect to others and the planet.

**Self-Doubt & Loneliness: Reconnecting with the lower body**

- Self-doubt and loneliness are expressions of unmoved shame and a disconnection with the lower body.
- The grandest disconnect is with pelvis, lower belly, sexual organs, digestive organs. We do not want to feel these parts of our bodies. .
- Moving beyond self-doubt and loneliness shifts shame and allows us to reconnect with our body, dreams, longings, nature, and the world around us. When you contract around the energy of self-doubt, you distance yourself from yourself. Choose to open up to the sensation to get the contracted energy back so you can find joy and delight, and trust where you are. Ultimately, you want to merge the entire experience so you are a unified body.
- Questions to ask yourself: If it weren't for shame, what would you be doing? How is shame stopping you? Start with small things and you will begin to realize these are deeply connected to inner-most longings.

**Resources**

- ❖ **Website:** [fierceembodiment.com](http://fierceembodiment.com)
- ❖ **Social:** [facebook.com/FierceEmbodiment](https://www.facebook.com/FierceEmbodiment); [@fierceembodiment](https://www.instagram.com/fierceembodiment); [soundcloud.com/marcela-widrig](https://www.soundcloud.com/marcela-widrig)  
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