

Shatter Same and SHINE!

# *Six Keys to Shatter Shame and Shine Your Light!*

*By: Maryalice Coleman*

***Life is about Thriving and not just surviving,  
no matter what one has gone through in life...***

From the book: Shatter Same and SHINE! (Maryalice Coleman)

Transformational information and guidance for women silently struggling with their issues of childhood abuse, pain, or trauma, and for those who think they are not.

When dealing with recovery from childhood abuse, there are many factors to take into consideration. You will gain more understanding as to why we respond to life the way we do when connecting the dots of these different factors. When reading *Shatter and Shame SHINE*, one will sense the tone, right away, of the positivity the information inhabits.

We are all unique and all miracles living on this planet. You may not feel that way. You may be wondering why your life is, so often, a struggle. Struggling in life creates disadvantages to the opportunities that you so desire to experience. BUT Be assured that

the essence of the real you, the true person of who you are resides within you, but is hidden, in part, by the false shame and inner pain of your past. And here is the good news ~ That can *change! YOU can change!*

You will find in the book real stories, connection, and compassion dealing with this issue as well as, loving guidance to help, and understanding that can lead to a transformation in your life.

Here are six of several key points shared in the book that helps lead to healing, thus the bright light of yours will shine for all to “see.”

1) **Awareness:** One becomes very aware and awakened to the fact that they recognize something new and unique in their consciousness. This, for you, is the awareness that you want to change your life. You recognize that you no longer want to live by default and be subject to the behaviors, thoughts and feelings and way of living, that your hurtful past has presented in your life. It has weighted you down for too long. You have become aware that now is the time to turn your life around, to “step up to the plate of life” and take charge of your life.

2) **Being Open:** When one drops their defenses to change they are ready now to see

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things differently. You are ready to be open to what it will take to learn and change your life. You are open to the many ways in which help can come to you: reading, being guided, listening to information, counseling, therapy, being coached, or being mentored. Shatter Same and SHINE!

You realize that you want a fresh start, better understanding, and to let go of the heaviness of the past that has kept you stuck for so long. You are open to discover who you really are...

**3) Taking Action:** Now you are ready to do the work. You are committed to take action. Even by reading *Shatter Shame and SHINE* you confirm to yourself that you want a better life, more confidence, more connection, a solid foundation, and learn to be the best you can be. You realize there are gifts, talents and abilities that have laid dormant within you out of shame, humiliation, fear or doubt, or the non-belief that you could use them. You doubted yourself for so long...

But now it is time to take action. Getting on that pathway of change will lead you to your core self and amazing discoveries that have been kept silent for too long. You are supported by the author of this book (me) and others around you that can cheer you on. You must make sure there are no “nay-sayers” around you or that you bring them into your circle of trust. This is when the rubber meets the road and you build your support team. For one day, you will be on the support team for others you care deeply about.

**4) Being Honest With Yourself and Others:** It is not uncommon to be in denial regarding our hurts and shortcomings they develop within us. The coping mechanisms of a child being abused is the genius response of our brain, of our core being, in order to figure out how to deal with and survive what was happening. These coping mechanisms give birth to certain beliefs, feelings, and behaviors that were protective. The difficulty of those coping mechanisms is that we bring them into adulthood (as they are embedded in the brain as neural pathways and become habit) and we believe “that is just who I am.” We may not realize it, but that is not “honestly” who you really are. Perhaps the coping mechanisms were ones of anger, rebellion, cynicism, addiction, or a critical nature. Perhaps the opposite ensued, such as becoming extremely shy, overly sensitive, self conscious, and or, codependent, or fearful nature. These negative traits are not “just who you are.”

Now that awareness and openness are employed, it is time to take a look at who you really are, what you want your life to really look like, and how you want to love and be Shatter Same and SHINE!

loved. Being honest about yourself with yourself, *without judgement*, is key to healing and changing. Taking 100% responsibility for your life, you will discover, is the most freeing thing one can do to gain access to the best life you can attain.

**5) Having Patience and Allowing the Process to Work for You:** We live in an

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age where everything is instantaneous. We can hardly wait for anything with patience and grace. Patience truly is a virtue that is well to be utilized. There are many things to learn, many things to figure out in order to put one's life on the right track. *Patience* and *practice* are two words to hold dear to your heart. As you learn, as you are made more aware to the ways in which you want to grow, just be patient with yourself as you practice the things you learn that will guide you on the right path of change. Whether you seek help via traditional methods of counseling or therapy, it is important to know there are new and more cutting edge methods to "shatter shame" in this area of life. They are the use of EFT/tapping (Emotional Freedom Technique), EMDR (Eye Movement Desensitization Reprocessing) and Energy Work (Dr. Bradley Nelson is one resource) as I mention in the book. You can look up more information on these methods. Many therapist use these techniques along with traditional methods of therapy.

What ever method(s) you employ be patient as you learn and grow. You will be surprised how far you can go, and will go, as the wonderful person that you really are and are meant to be.

**6) A Spiritual Foundation:** In life it is essential to be connected on a spiritual level. Deep inside each of us, I believe, there is a longing to be connected with the true and loving GOD of your understanding. The truth is, we are connected whether we realize it or not. The many people I have come in contact with over the years, globally as well as here in the United States, have a religious training or practice of some kind that they learned in their families while growing up. Some departed from what was traditional in their lives and turned to something much more meaningful and reaches the depths of their being. Having, knowing, sensing, a spiritual connection is deeper then a religious Shatter Same and SHINE!

knowing of content, rules, and rituals. It is knowing GOD, Divine Source, Great Creator, (or whatever name you use), deeply and knowing you are connected to the Spirit. Many who have been abused tend to blame GOD for human acts of depravity perpetrated on them. They might forgo responding to their own spiritual power, thus, not functioning on all cylinders, so to speak. I am aware of others that do not believe in any type of God at all. If you are one of those people, all I ask is that you be open to the possibility. The deeper one goes in personal growth and development usually finds themselves at the presence of their own inner being, and it is spiritual.

Much more can be shared which is why I wrote the book. Each of these components (keys) that I mentioned are six out of a few more that are elemental in learning, growing, and changing in the ways that brings true transformation.

I wish you all the best on your journey to change and transforming your life.

Thank you for taking time to read this and I trust you will benefit from the book. I would love to hear from you and answer questions you may have.