



# UNSHAMING THE SIGNS



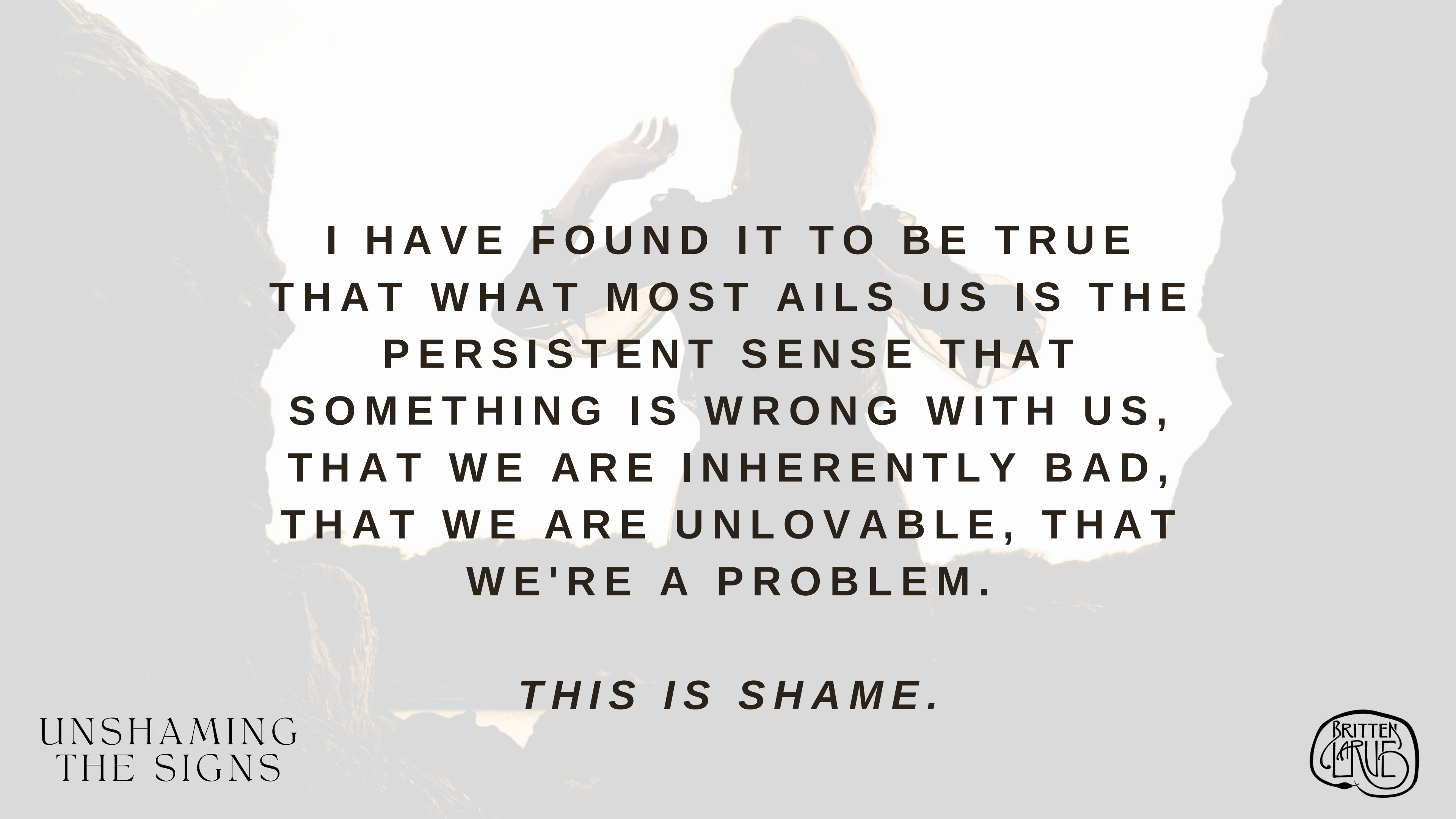


**THERE IS A GRIEF WE HAVE  
CARRIED TOO LONG.**

**IT'S THE GRIEF THAT WE "JUST  
WANT TO BE A GOOD PERSON"  
AND CAN'T SEEM TO GET "GOOD"  
ENOUGH.**

UNSHAMING  
THE SIGNS



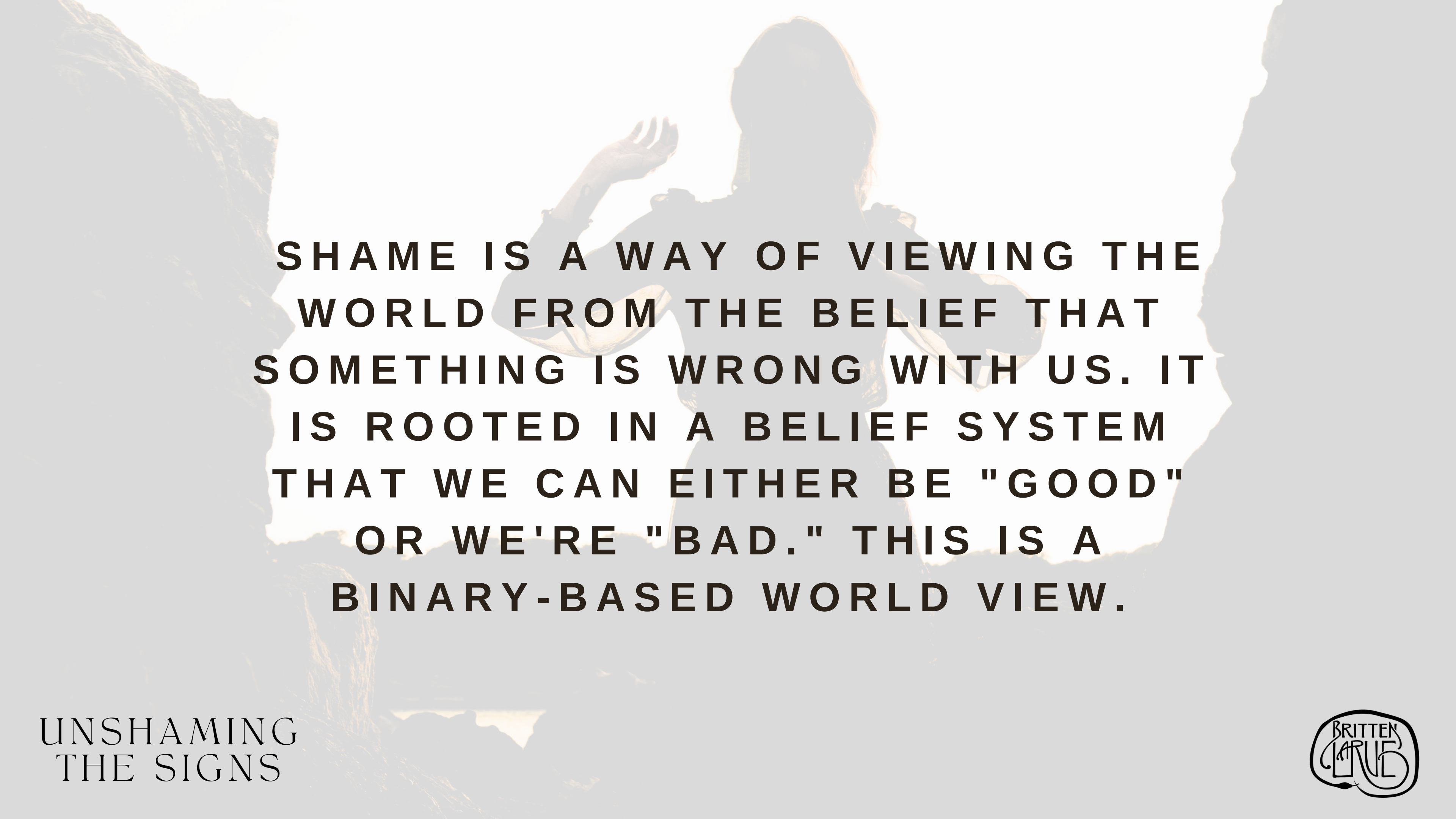


**I HAVE FOUND IT TO BE TRUE  
THAT WHAT MOST AILS US IS THE  
PERSISTENT SENSE THAT  
SOMETHING IS WRONG WITH US,  
THAT WE ARE INHERENTLY BAD,  
THAT WE ARE UNLOVABLE, THAT  
WE'RE A PROBLEM.**

***THIS IS SHAME.***

UNSHAMING  
THE SIGNS





**SHAME IS A WAY OF VIEWING THE  
WORLD FROM THE BELIEF THAT  
SOMETHING IS WRONG WITH US. IT  
IS ROOTED IN A BELIEF SYSTEM  
THAT WE CAN EITHER BE "GOOD"  
OR WE'RE "BAD." THIS IS A  
BINARY-BASED WORLD VIEW.**

UNSHAMING  
THE SIGNS

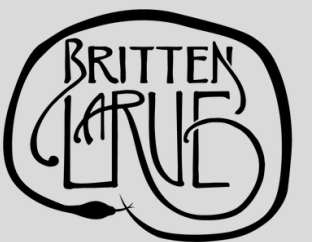


**I PROPOSE THAT WE THINK OF SHAME  
AS A LENS. LET US CALL IT THE SHAME  
LENS.**

**THE SHAME LENS RELATES TO THE  
SIGHT, PERCEPTION, & PATTERN-  
MAKING WE BRING TO ANYTHING WE SEE  
THROUGH THAT LENS.**

**THE SHAME LENS REPLICATES AN  
ORIGINAL WITNESS WHO SAW US BEING  
TOLD WE'RE BAD.**

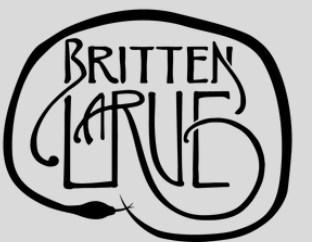
UNSHAMING  
THE SIGNS

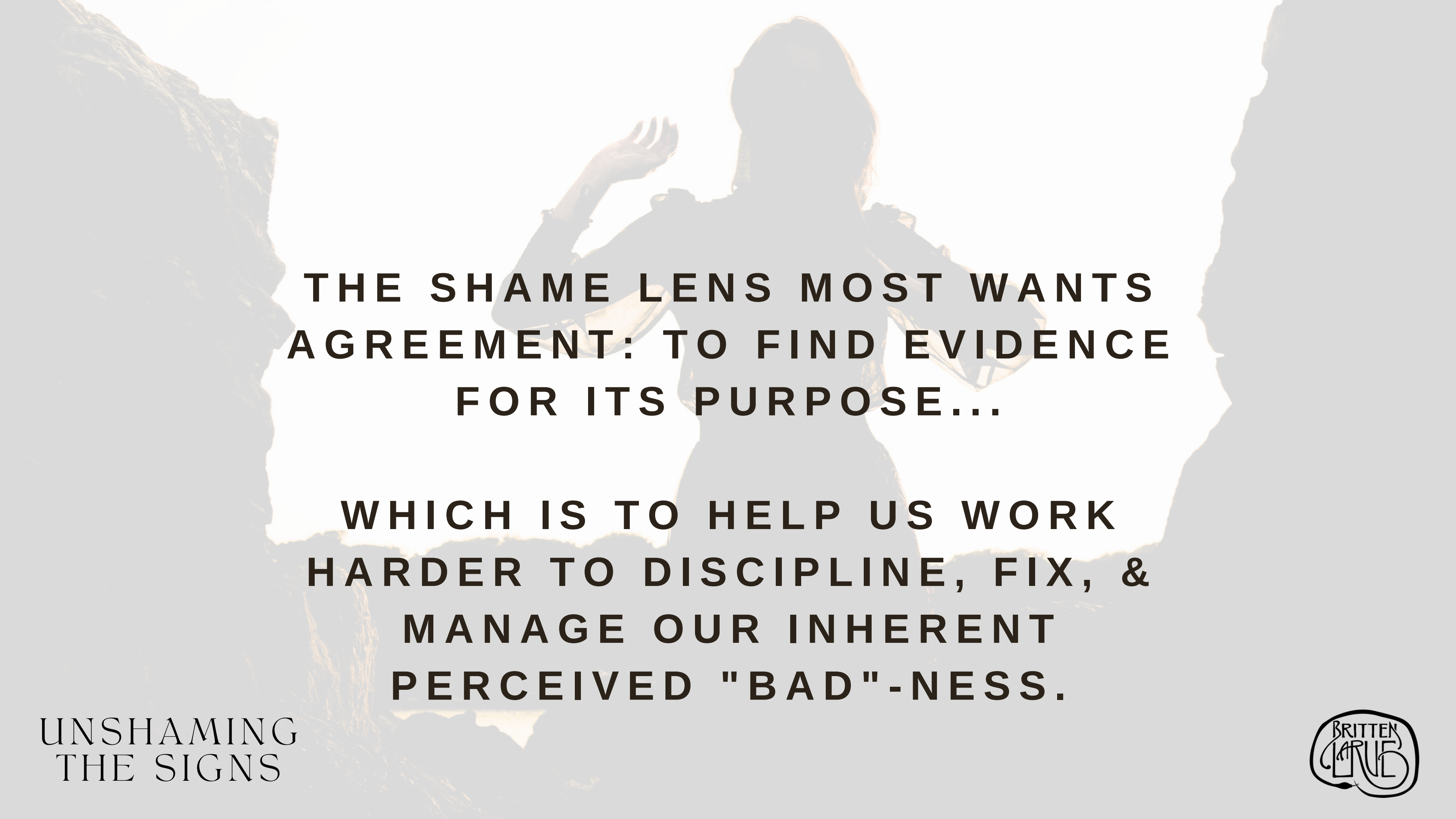


**SHAME IS NOT A FEELING. WHEN WE "FEEL SHAME," WE EXPERIENCE FAMILIAR FACTORS THAT ARE ACTIVATED BY THE SHAME LENS SUCH AS:**

- PHYSICAL SENSATIONS OF CONTRACTION**
- EMOTIONS OF SELF-DISGUST OR SELF-HATE**
- NEGATIVE, SPIRALING THOUGHTS**
- DISCONNECTION FROM SPIRIT & LARGER TRUTH OF LOVE**

UNSHAMING  
THE SIGNS

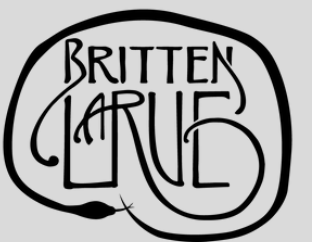




**THE SHAME LENS MOST WANTS  
AGREEMENT: TO FIND EVIDENCE  
FOR ITS PURPOSE...**

**WHICH IS TO HELP US WORK  
HARDER TO DISCIPLINE, FIX, &  
MANAGE OUR INHERENT  
PERCEIVED "BAD"-NESS.**

UNSHAMING  
THE SIGNS





**THERE ISN'T ONE SHAME LENS.**

**WE HAVE A SHAME LENS FOR EVERY  
ENCOUNTER, EVERY TYPE OF EXPERIENCE,  
THAT CONVINCED OUR YOUNGER SELVES  
WE NEEDED ONE.**

UNSHAMING  
THE SIGNS





**THE ORIGINAL INTELLIGENCE OF A SHAME LENS WAS TO HELP US MAKE SENSE OF A WORLD WITH SO MUCH INVALIDATION.**

**WE BECAME THE INVALIDATING WITNESS TO OURSELVES, RECAPITULATING THE OG SHAME EXPERIENCES.**

**EXPERIMENT WITH THE IDEA THAT YOUR SHAME LENS BELIEVES IT IS LOVING YOU IN ITS EFFORTS.**

UNSHAMING  
THE SIGNS





**THE 3 MAIN CONSEQUENCES OF  
THE SHAME LENS ARE**

**LACK OF SELF-TRUST**

**COMPULSION TO FIX SELF**

**FEAR TO ESTABLISH HEALTHY  
BOUNDARIES FOR SELF-  
PROTECTION**

UNSHAMING  
THE SIGNS



**BECAUSE THE EXPERIENTIAL ASSOCIATIONS  
OF THE SHAME LENS ARE SO  
UNCOMFORTABLE, AND BECAUSE WE  
DESPERATELY WANT TO BELIEVE WE'RE "A  
GOOD PERSON," OUR SHAME LENSES HURT  
OTHER PEOPLE IF WE:**

**ARE UNABLE TO LISTEN, TAKE  
RESPONSIBILITY, OR APOLOGIZE FOR HARM**

**AND THEN DEFEND, BLAME-SHIFT, LASH OUT,  
OR GASLIGHT FOR RELIEF.**

UNSHAMING  
THE SIGNS



**SHAME IS A PERSONAL PROBLEM WHEN IT  
PREVENTS US FROM PLEASURE, PRIDE,  
LOVE, JOY, & RELEASING GRIEF &  
TRAUMA.**

**SHAME IS AN INTERPERSONAL PROBLEM  
WHEN WE HURT OTHERS TO AVOID THE  
DISCOMFORTS & CHALLENGES OF THE  
SHAME LENS.**

**SHAME IS A COLLECTIVE PROBLEM WHEN  
WE BLAME WHOLE GROUPS OF PEOPLE  
FOR THINGS WE DON'T WANT TO LOOK AT  
IN OURSELVES.**

UNSHAMING  
THE SIGNS



**LUIS MOJICA TAUGHT ME THAT  
NO ONE CAN SHAME YOU UNLESS  
YOU AGREE WITH THEM.**

**MOST OF THE TIME, IF SOMEONE  
SAYS SOMETHING AND YOU FEEL  
SHAME, THAT IS YOU AGREEING  
WITH THEM. THEY DIDN'T "SHAME"  
YOU. YOUR SHAME LENS GOT  
ANIMATED. THAT'S WHEN IT'S  
TIME TO NOTICE THE MECHANICS  
OF YOUR PERCEPTION.**

UNSHAMING  
THE SIGNS



**THE SHAME LENS IS A  
CONSTRUCT. IT'S A FILM. IT'S A  
SCREEN OVER OUR EYES.**

**OUR YOUNGER SELF NEEDED IT  
TO FIGURE OUT HOW TO MANAGE  
OUR BADNESS AND FIND SAFETY  
IN GOODNESS.**

**THIS WAS AN INTELLIGENT  
RESPONSE.**

UNSHAMING  
THE SIGNS

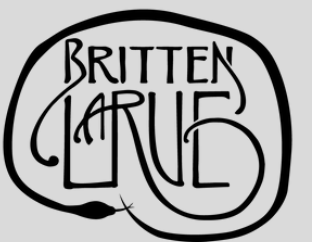


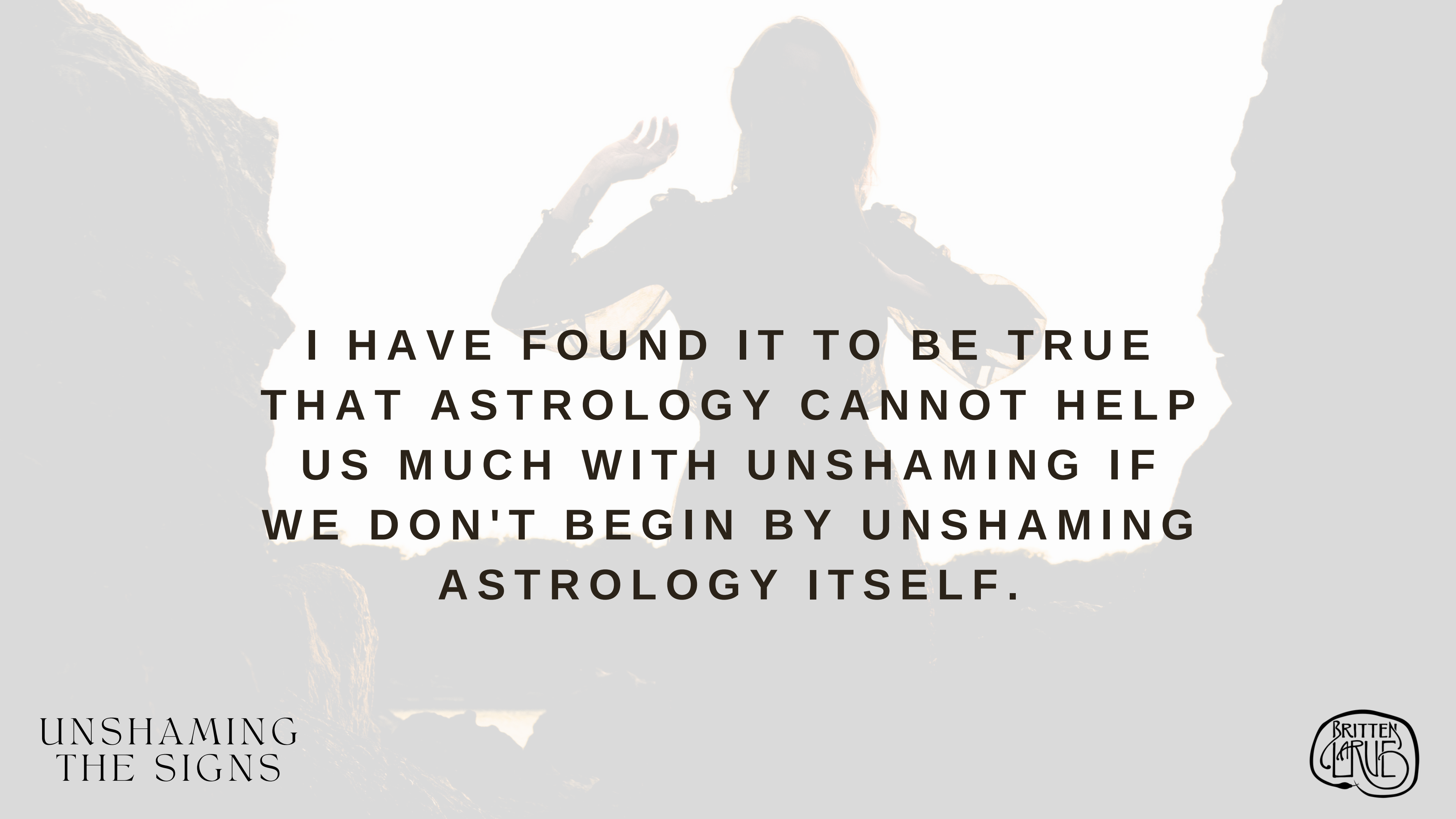


**BUT IT IS NO SUPPORTING OUR  
ADAPTIVE FUNCTIONING, AND IT  
IS TIME TO REMOVE THE SHAME  
LENS FOR EACH OF THE PARTS OF  
YOU THAT WEARS THEM.**

**THANK YOU, SHAME LENS, YOU  
ARE NO LONGER NEEDED HERE.**

UNSHAMING  
THE SIGNS



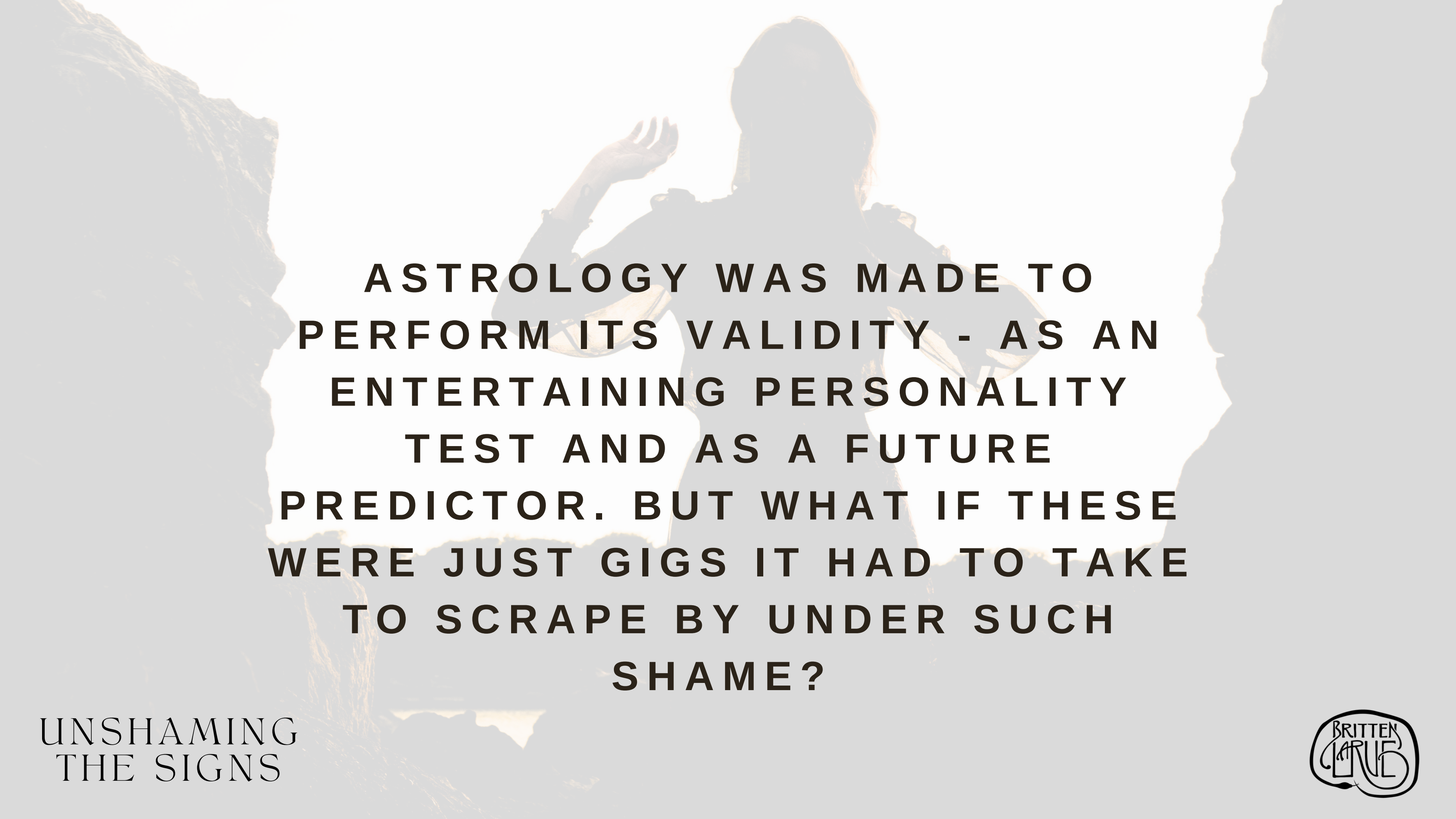


**I HAVE FOUND IT TO BE TRUE  
THAT ASTROLOGY CANNOT HELP  
US MUCH WITH UNSHAMING IF  
WE DON'T BEGIN BY UNSHAMING  
ASTROLOGY ITSELF.**

UNSHAMING  
THE SIGNS







**ASTROLOGY WAS MADE TO  
PERFORM ITS VALIDITY - AS AN  
ENTERTAINING PERSONALITY  
TEST AND AS A FUTURE  
PREDICTOR. BUT WHAT IF THESE  
WERE JUST GIGS IT HAD TO TAKE  
TO SCRAPE BY UNDER SUCH  
SHAME?**

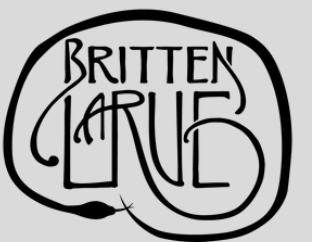
UNSHAMING  
THE SIGNS

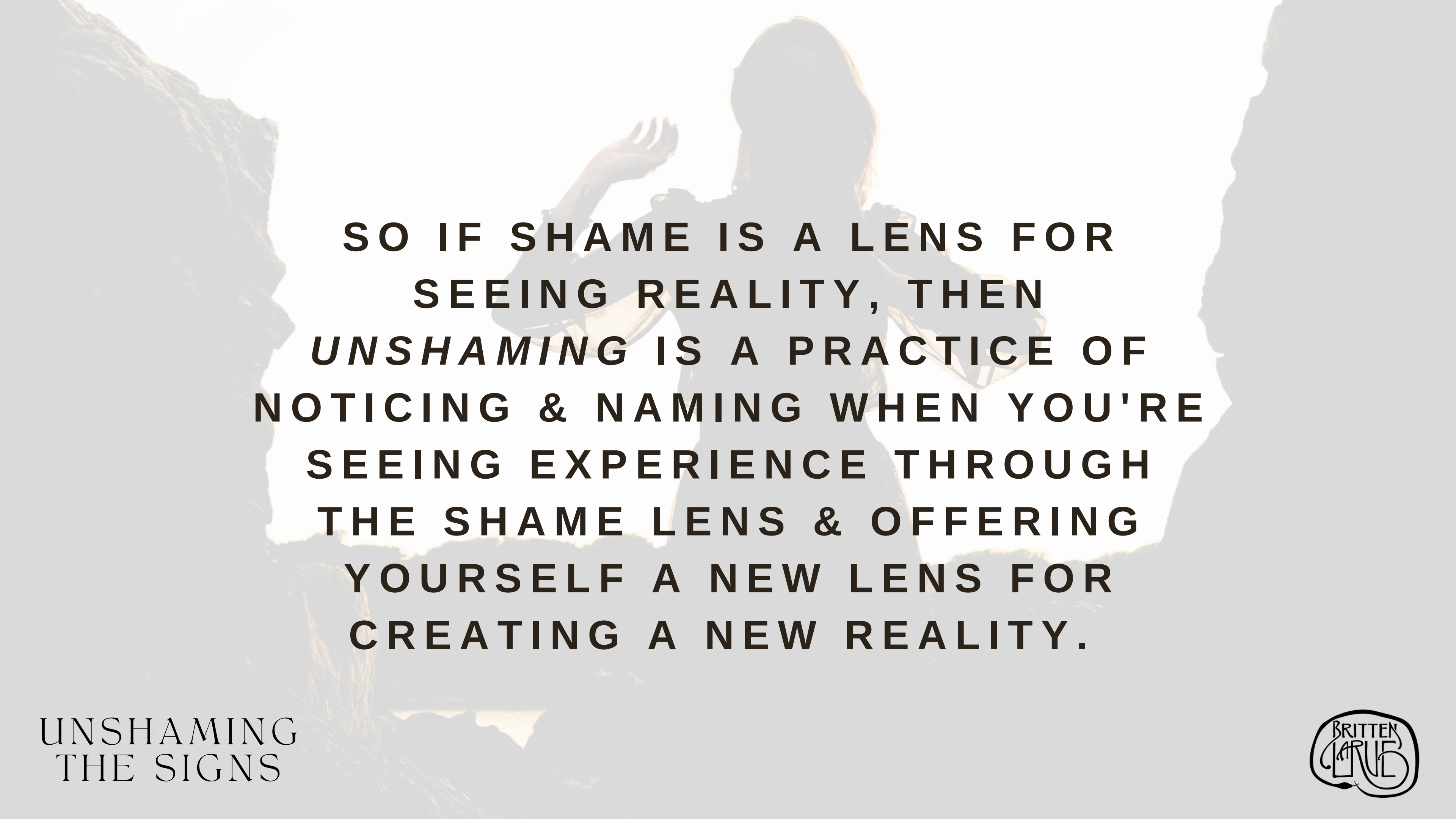


**EMERGENCE ASTROLOGY - MY  
APPROACH - CALLS IN AN  
ASTROLOGY FOR OUR TIME AND  
NEEDS, AND WHAT WE NEED IS AN  
ASTROLOGY TO HELP US HEAL  
SHAME SO THAT WE CAN LIVE IN  
OUR BODIES & SHARE THIS  
WORLD IN NEW WAYS.**

**JUST BECAUSE WE'RE THE FIRST  
TO DO IT DOESN'T MEAN THAT  
IT'S NOT OUR ASSIGNMENT.**

UNSHAMING  
THE SIGNS





**SO IF SHAME IS A LENS FOR  
SEEING REALITY, THEN  
*UNSHAMING* IS A PRACTICE OF  
NOTICING & NAMING WHEN YOU'RE  
SEEING EXPERIENCE THROUGH  
THE SHAME LENS & OFFERING  
YOURSELF A NEW LENS FOR  
CREATING A NEW REALITY.**

UNSHAMING  
THE SIGNS



**SINCE THERE ISN'T ONE BIG SHAME  
LENS, WE DON'T HEAL ALL SHAME ALL  
AT ONCE, BUT RATHER THROUGH THE  
PRACTICE OF IDENTIFYING AND  
CONNECTING WITH EACH UNIQUE PART  
OF US ACTIVATED BY SHAME AS IT  
APPEARS TO US IN REAL TIME IN OUR  
EXPERIENCE.**

**ASTROLOGY CAN HELP US WITH THIS  
PROCESS.**

UNSHAMING  
THE SIGNS





**REALITY-MAKING IS A MAGICAL  
ACT, WHICH IS ONE WAY THAT  
ASTROLOGY CAN BE SO  
SUPPORTIVE TO US.**

**MERCURY IS THE PLANET THAT  
RULES REALM-JUMPING &  
THRESHOLD-CROSSING. MERCURY  
ALSO RULES ASTROLOGY.**

UNSHAMING  
THE SIGNS



**MERCURY LOVES TO PLAY:**

***PLAY WITH THE IDEA THAT YOU HAVE A  
RIGHT TO BE A WITNESS TO THE REALITY  
INSIDE YOU***

***PLAY WITH THE IDEA THAT YOU HAVE  
AUDACITY TO LISTEN TO, TO FEEL, & TO  
BELIEVE WHAT YOU SENSE IN YOUR BODIES***

***PLAY WITH THE IDEA THAT YOU ARE THE  
AUTHORITY OVER THE LENS WITH WHICH YOU  
PERCEIVE THIS WORLD***

UNSHAMING  
THE SIGNS





**EACH OF THE SIGNS IS A  
WAY YOU DO YOU, LIKE A  
FACET OF A GEM THAT  
CATCHES LIGHT AT  
DIFFERENT TURNS,**

**AND EACH OF THOSE  
WAYS OF BEING HAS A  
SHAME LENS.**

UNSHAMING  
THE SIGNS





**WHAT HAPPENS WHEN  
YOU THINK YOU'RE ONLY  
ONE SPECIFIC SIGN IS  
THAT YOU SURRENDER  
ALL OF THE PERSONAL  
EXPLORATION, SELF-  
ACTUALIZATION, AND  
SKILLS-BUILDING THAT  
EVERY OTHER SIGN  
REPRESENTS**

**UNSHAMING  
THE SIGNS**

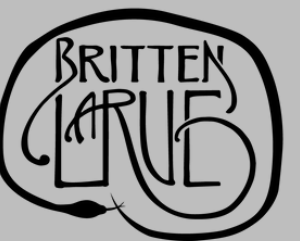




**WHAT IF AUTHENTICITY ISN'T ABOUT  
FINETUNING A SET IDENTITY, BUT  
ABOUT CULTIVATING A REPERTOIRE OF  
RESPONSES TO THE WORLD SUCH THAT  
YOU CAN TRUST YOU HAVE THE SKILL  
TO PLAY WHATEVER ROLE IS MOST  
EXCITING AND APPROPRIATE IN THE  
MOMENT?**

**WHAT IF AUTHENTICITY IS SELF-  
CREATION, MOMENT TO MOMENT? THE  
TWELVE SIGNS PROVIDE YOU THE  
CREATIVE SKILLS TO BECOME ANY  
IMAGE IN YOUR IMAGINATION.**

UNSHAMING  
THE SIGNS





**THE SIGNS ARE WAYS OF BEING, AND  
YOU ARE ALLOWED TO BE A HUMAN  
WHO IS LEARNING HOW TO REPROGRAM  
AND BREAK PATTERNS OF WHAT FEEL  
TO YOU LIKE SHAMEFUL, UNDESIRABLE,  
OR UNSKILLFUL WAYS OF BEING.**

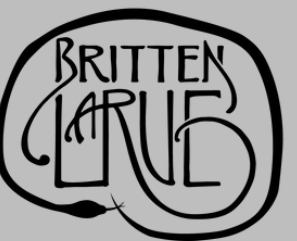
UNSHAMING  
THE SIGNS



**EACH SIGN WITHIN YOU IS  
ASSOCIATED TO MULTIPLE PARTS OF  
SELF THAT SEE THE WORLD THROUGH A  
LENS OF SHAME.**

**THERE IS NO REACHING A FANTASY  
DESTINATION WHERE YOU'VE  
UNSHAMED ALL PARTS OF YOU. IT'S A  
PROCESS AND A PRACTICE OF CALLING  
YOURSELF BACK INTO LOVE & POWER.**

UNSHAMING  
THE SIGNS



**TO UNSHAME ARIES IS TO UNSHAME PERSONAL POWER &  
YOUR RIGHT TO BE TURNED ON BY YOURSELF**

**TO UNSHAME TAURUS IS TO UNSHAME DESIRE & YOUR  
RIGHT TO BE A PERSON WHO DELIGHTS IN SLOW  
EXPERIENCE**

**TO UNSHAME GEMINI IS TO UNSHAME NON-LINEARITY &  
YOUR RIGHT TO BE A PERSON WHOSE ATTENTION MOVES  
LIKE THE BEES**

**TO UNSHAME CANCER IS TO UNSHAME SELF-CARE & YOUR  
RIGHT TO BE A PERSON WHO FEELS**

UNSHAMING  
THE SIGNS



**TO UNSHAME LEO IS TO UNSHAME TAKING UP SPACE &  
YOUR RIGHT TO BE A PERSON WHO FEELS PROUD**

**TO UNSHAME VIRGO IS TO UNSHAME SELF-DEVOTION &  
YOUR RIGHT TO BE A PERSON WHO REFINES BY LEARNING**

**TO UNSHAME LIBRA IS TO UNSHAME AESTHETIC  
EXPERIENCE & YOUR RIGHT TO BE A PERSON WHO MAKES  
ALL LIFE A WORK OF ART**

**TO UNSHAME SCORPIO IS TO UNSHAME INTENSITY & YOUR  
RIGHT TO BE A PERSON WHO PLUNGES INTO EXPERIENCE**

UNSHAMING  
THE SIGNS



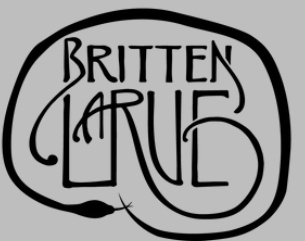
**TO UNSHAME SAG IS TO UNSHAME EXUBERANCE & YOUR  
RIGHT TO BE A PERSON WHO FEELS SPIRIT RUNNING THROUGH  
YOU**

**TO UNSHAME CAPRICORN IS TO UNSHAME COMMITMENT &  
YOUR RIGHT TO BE A PERSON WHO TURNS YOUR WHOLE BODY  
TOWARD WHAT YOU DECIDE TO GIVE YOUR AUTHORITY**

**TO UNSHAME AQUARIUS IS TO UNSHAME YOUR HYPER-UNIQUE  
FREQUENCY & YOUR RIGHT TO BE A PERSON WHO HAS A  
COSMIC ASSIGNMENT IN THIS LIFETIME**

**TO UNSHAME PISCES IS TO UNSHAME YOUR IMAGINATION &  
YOUR RIGHT TO BE A PERSON WHO FOLLOWS THE DREAM THAT  
RUNS THROUGH YOU**

UNSHAMING  
THE SIGNS



**YOUR CHART CAN HELP YOU UNDERSTAND  
YOUR MANY SHAME LENSES, BUT YOU  
DON'T NEED THE CHART FOR UNSHAMING.**

**I HAVE FOUND IT TO BE TRUE THAT IT IS  
VERY DIFFICULT TO SEE YOUR BIRTH  
CHART CLEARLY WHEN SHAME IS THE  
PRIMARY LENS FOR SELF-WITNESSING.**

**IF YOU ARE UNABLE TO SEE YOUR CHART  
WITH LOVE & WONDER, I RECOMMEND  
SEPARATING FROM IT WHILE YOU FOCUS  
ON BUILDING TRUSTING RELATIONSHIPS  
WITH THE PLANETS & SIGNS.**

UNSHAMING  
THE SIGNS





**THE PRACTICE**

**TAKE SOME DEEP BREATHS.**

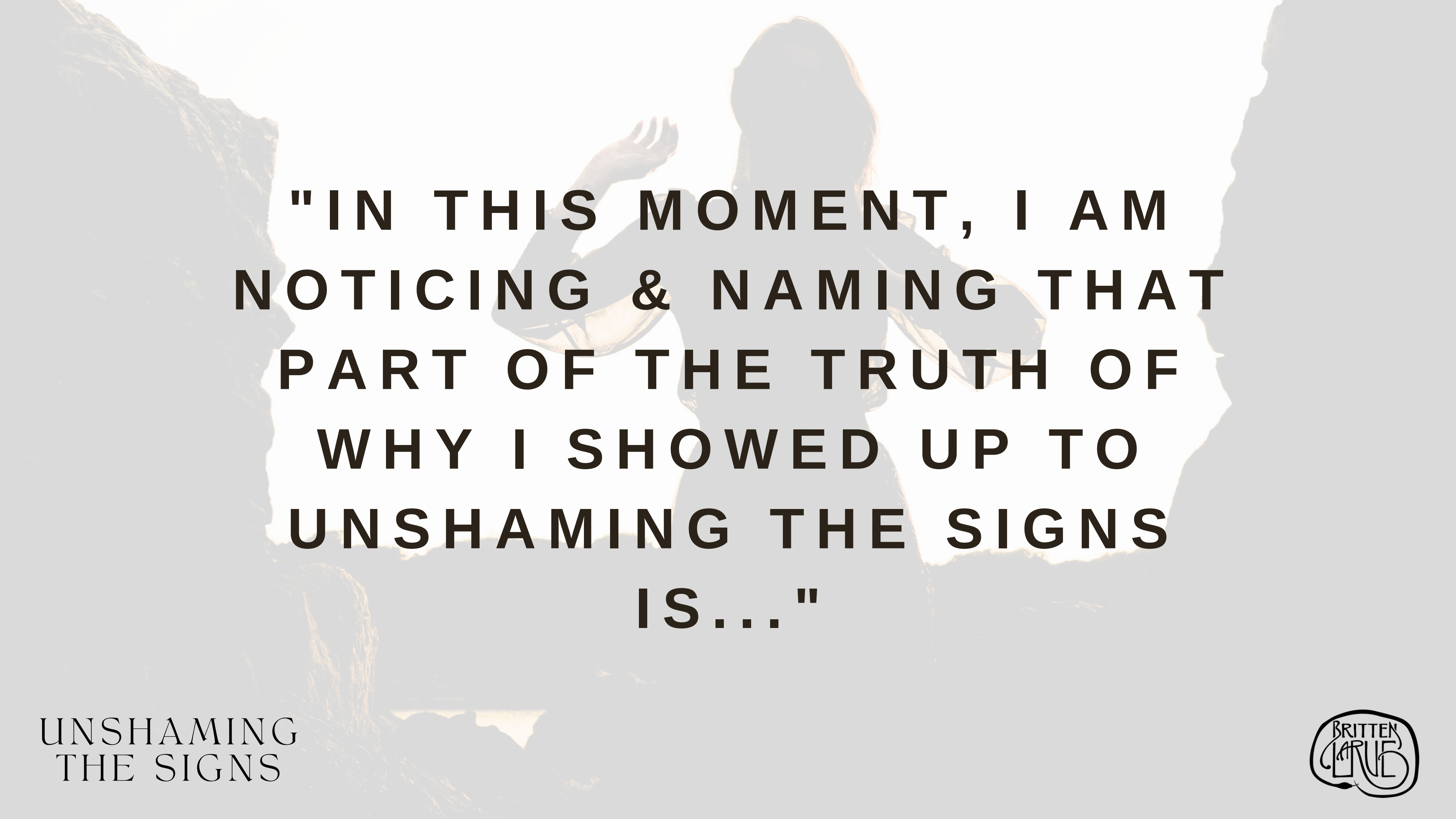
**PUT A HAND ON YOUR HEART.**

**SAY HELLO TO YOUR INTUITIVE SELF.**

**CALL IN YOUR GUIDANCE IF THAT WOULD  
FEEL SUPPORTIVE.**

**ASK YOURSELF, FROM THE DEEPEST  
RECESSES OF YOUR INNER KNOWING, TO  
COMPLETE THE FOLLOWING SENTENCE:**





**"IN THIS MOMENT, I AM  
NOTICING & NAMING THAT  
PART OF THE TRUTH OF  
WHY I SHOWED UP TO  
UNSHAMING THE SIGNS  
IS..."**

UNSHAMING  
THE SIGNS





**STAY CONNECTED WITH  
ME TO GO DEEPER:**

**BRITTENLARUE.COM**

**@BRITTENLARUE**

**MOON TO MOON PODCAST**

UNSHAMING  
THE SIGNS

