



Stainless Heart The Wisdom of Remorse

Clelia Vahni

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The guilty will find comfort and direction in this clear and compassionate book. Guilt is different from genuine remorse because it is based in fear and destroys us; true remorse is the entry into truth, and to a transformed relationship to ourselves and others. The guilty want only to avoid the pain of recognition of their acts. That's why guilt leads to shame and shame builds walls around the heart. We can shift rigid patterns of guilt and learn to trust the language of heart to build a mature conscience. Then, out of our genuine remorse, true compassion is born.

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