

**A Tiber Talks  
Vision Quest Tale  
by  
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**EPISODE  
THIRTEEN**

**TIBER TALKS  
OF SHAME**



Travis was still thinking about that great time, a couple of weeks ago at the Bronx Zoo with his girlfriend Anna. These enjoyable feelings were partially because of her and the zoo itself. As usual, though, it was also very much about the time spent with Tiber on a purely spiritual level. And for the first time, Tiber took him on a Spiritual Timeline exploration trip. They traveled to three past lives he had shared with Tiber, and they were seriously eye-opening for Travis. As usual, Tiber suspended time and physical movement, so Anna was unaware that these things were occurring while she and Travis enjoyed the zoo and its animals together.

But today, Travis was on his way to a martial arts studio to start training. He wasn't sure why he elected to do this, but after discussing it with his father and getting his permission and encouragement, he decided to give it a try. He hadn't discussed it with Tiber, primarily because it was physical and not spiritual. He didn't think he should bother Tiber with such non-spiritual, rather mundane earthly-type things.

When he walked into the studio, he saw quite a few young guys and girls that were all intent on practicing what they had been learning from the instructor, or their Sensei to be precise. It reminded him of some movies he had seen, such as *The Karate Kid*. It all looked like it would be fun.

Travis had signed up for the classes last week. He was instructed to report to the office when he arrived today, so he headed directly there. A couple of the boys glanced at him as he walked by them on his way to the office door. Again, like in some prison movies, Travis felt sized up during this passage. Perhaps it was just his imagination, but often new experiences brought about a change in his perception. He entered through the open doorway and saw his new Sensei sitting at a desk. The Sensei told Travis to take a seat at the front of his desk and said he would be with him in a second, which turned into several minutes. Travis started to fidget. The Sensei looked up from his tasks, noticed this, smiled, said nothing, and looked back down to whatever he was reading on his desk.

After fifteen minutes had passed, the Sensei looked up at Travis again and smiled, but then returned to reading something. Travis' fidgeting

turned into a more pronounced shifting around in his chair. In his mind, an hour had passed instead of fifteen minutes, and he was now in a quandary. Should he stand up and storm out of the office, or should he shout at the Sensei that he was mad as hell and wouldn't take it anymore? His butt was starting to ache from sitting in this hard chair. And his mind was spinning with the uncertainty of this situation.

Finally, Travis just cleared his voice with a strong "Ahem?" and focused his eyes on the top of the Sensei's head. The Sensei looked up and said, "Can I help you, Kohai?"

This blunt statement shocked Travis, and he was about to strike back verbally at this seemingly rude attitude on the part of this Sensei, but he suddenly considered it differently. Instead, he said, "Excuse me, Tsugawa Sensei. I see you are quite busy with your tasks. Would it be more appropriate if I return at a more considerate time?"

The Sensei stood up and held his hand out to Travis. Travis accepted it, and then the Sensei laughed. "You handled your first lesson quite well, Travis Deshi," he said. "One of the most important lessons for you to master will be that of patience. Before you decide to attack or defend yourself, you have to consider the circumstances and repercussions of your actions. You did well today. Welcome to our Dojo, Travis."

Travis thanked Tsugawa Sensei for his comments. He was led out into the training hall by Tsugawa Sensei. He showed Travis a bench along the wall on the far side of the hall. Tsugawa Sensei told him to wait there until the next lesson started.

Travis pondered what had taken place in the Sensei's office, and he could see the value of what he had learned from that experience. Patience was important, and perhaps he would suggest that topic for a future lesson from Tiber.

As he sat on the bench waiting, a man came over and sat down beside him. Travis glanced over at that person and nodded at him. He looked a little familiar but not enough for him to start a conversation. Then the guy shifted a little, and he bumped into Travis. Travis just smiled and moved a bit further away from him. Then the fellow bumped into him a bit harder, and Travis stared into his eyes. He thought that he did recognize

this guy somewhat, but again not quite well enough to speak to him. Travis shifted over again but was getting close to the edge of the bench. Then the fellow bumped into Travis once more, and when he glared at this guy, he saw it was Bruce Lee. He was astounded, and when this Bruce Lee slid over once more and harder this time, Travis ended up on the floor. The students practicing in the Dojo looked over to the bench. They laughed at the scene of Travis sprawled on the floor at the base of the empty bench.

Travis jumped up off the floor and looked directly into Bruce Lee's eyes, and then it hit him. "Thanks, the whole hell-of-a-lot Tiber. You embarrassed me in front of my new fellow students. I hope Tsugawa Sensei didn't see it happen."

"Don't worry about that, Travis. He was in his office when you embarrassed yourself, and now that you are on your feet, I have stopped the clock. No one will see or hear us while engaged in a lesson. That is if you want a lesson from the great Bruce Lee."

"You are not anywhere close to being the real Bruce Lee. But I do want a lesson from the not-so-great Professor Tiber."

"Of course, my boy, and what is your desired subject this time? I'll consider doing it despite the personal insults hurled at the finest discarnate teacher you have ever known."

Travis ignored the comment. "I think I would like to know more about shame and how to handle it. Particularly since you caused me shame by pushing me off the bench in front of the other students."

"Oh Lordy Travis! Did someone catch you doing something you shouldn't have been doing? These things happen to young men all the time, so you don't need to fret about it."

"Get your mind out of the gutter, you old coot. I didn't get caught doing anything, and I don't want to talk about what I did or didn't personally do in any case. The other day, my mother told me that I ought to be ashamed for thinking and saying something bad about a certain politician. It made me think about what shame is. And why shame is bad, if indeed it is always bad."

"OK, Travis. Let's start at the beginning. Do you know what shame is?"

Travis replied, "Well, let me start with Wikipedia's explanation. I believe they say that shame is an unpleasant self-conscious emotion typically associated with a negative evaluation of oneself. It also relates to withdrawal motivations; and feelings of distress, exposure, mistrust, powerlessness, and worthlessness."

Tiber was silent for a moment and said. "That's a depressing description, and although I would have to agree with most of it, I have to say that like almost any earthly idea, there are different aspects to it."

"How so!"

"Well, first, Travis, we have to determine why Supreme Consciousness incorporated an emotion such as shame within our consciousness in the first place. Why was it placed in every human type sentient being in our obstructed realm? Remember Travis. There are no accidents when it comes to the composition of the conscious soul. Supreme Consciousness had a good reason to incorporate shame within us."

"And why was that Tiber? I think I know, but I would like you to explain it as only you can."

"OK, here we go. Essentially, we will state for this lesson that there are two classifications of animals in this particular obstructed realm we are currently in when considering attributes such as shame. One class is the sentient classification that is assumed to have souls. We call them humans. The other are those sentient beings believed not to have souls and that includes all animal kingdoms. By the way, these statements about having souls are not true within these classifications. Still, we will have to accept them for the time being until further lessons can clarify what non-human animals are as far as souls as concerned.

"Humans are endowed with a plethora of unique urges and emotions such as love and hate, trust or suspiciousness, and numerous other senses and characteristics because of their need to experience complex

lives and to evolve spiritually. You have learned about this in previous lessons, of course.

"The non-human animals do not have as many of these subtle, refined senses. They are programmed to operate more on an instinctual level that directly guides them on their paths through life. This concept is especially apparent when a non-human animal is born. An antelope and many other ruminants are born, and within minutes, if not seconds, they can get up and run like hell. Within a very short time, they can pretty much outrun most predators and have every other instinctual sense they need to seek out food and even mate at the appropriate age. Pure instincts serve them well. Non-human animals do not need complex senses such as shame. Do you understand this so far, Travis?"

"Yep! "

"Good! At our creation, every soul is given all of the attributes they will need to deal with the complexities of experiencing life. Some of those senses will cause soul problems, and some will allow souls to thrive throughout life experiences. Often these are those same attributes that cause different ramifications. Shame is one of them. This situation is particularly true when the human animal is quite young and has no good or reliable sense of right and wrong in a particular culture or society.

"Parents and other more mature humans in authoritative positions are going to instruct a child to do or not to do certain things, but the faculty of shame is often a really good regulator for a maturing human. A simple example is dealing with nudity. A toddler has no natural prohibition about streaking around a house butt-naked, and there is certainly nothing wrong with that. It is natural. However, most but not all human cultures frown on that activity. In those societies, parents will certainly tell the toddler not to be naked when other humans are present, but that spoken demand only goes so far in curtailing that activity. Parents will usually introduce the idea into the child's mind that being nude in front of others is an awful thing to do, and doing it will cause other people to dislike them. Thus, shame became embedded into the child's behavior pattern because they instinctively want other people to like and approve of them.

"Shame, like most other sense or attributes, is a valuable tool to have in appropriate cases when a human is processing through life. But it,

like almost all of the other attributes, should be self-regulated. Here again, let's stay with the case of nudity. Most young adults will learn that streaking nude in front of others is not appropriate and shameful. But there usually comes a time, particularly for young men, when they are required to be in the company of other young men displaying their nudeness in the locker room environment. Many young men will find it difficult to overcome their embedded sense of modesty or shame in this situation, but eventually allow being nude to become a normal circumstance once again." Tiber took a break at this point.

Travis then asked a question. "What about the situation that my mother brought up about my saying I should be ashamed to be speaking negatively about someone, such as our President."

"Well! She introduced another application that involves shame but didn't suggest that you feel shame, such as the nudity issue. She most likely wanted you to understand that speaking unkindly about another person was more likely to make you look worse than it was to the person you are criticizing. If you determined that another person, including, but perhaps especially a politician, is not doing or saying something good, there are other appropriate ways to deal with that. You could attempt to correct them by taking action to offer honest criticism or by voting them out of office. You could offer editorial comments in a publication. You could also do public oratory by participating in political rallies or other situations. Such responses are honorable and generally cause like-minded people to admire and support your opinions. There is no shame in that for sure.

By lying or even speaking the truth, badmouthing reflects as badly on you as it does to those you are attacking. Therefore your mother considered she was ashamed of your actions, and I agree. By recognizing that shame and correcting it, you advance your evolutionary goals by becoming a more honorable person."

Travis thought a little about the subject and then offered. "What about a person's attitude about situations they cannot control or correct. Let's say they are ashamed of their looks or their circumstances. Perhaps they fall short in their physical attributes or find themselves in less than desirable cultural associations. Or perhaps a person may find themselves

thrown into a group of people and feel that they are inadequate or inferior to that group for any number of reasons."

"That is a different kind of a shame, Travis, and is one that is self-induced in almost every case. Every human is born with certain advantages and disadvantages as well. It is one of the challenges that everyone gets to experience. A proper attitude to adopt is to accept each of those attributes, good or bad, and do the best you can do with each of them. That is the ideal, but it is not always easy to acquire that attitude as you well know."

"For sure Tiber! But what can you do about it once you have developed the shame factor?"

"You have to figure out how to mitigate the thing that is making you ashamed. Sometimes it is a matter of taking action to correct the problem. For example, find a way to do that if it is a physical problem and can be repaired or manipulated. If you are significantly overweight, lose the excess and if you are underweight, attempt to gain some. If you are with the wrong crowd, change your alliance and if you don't want to change it, do whatever you need to do to fit in. And in those situations where there is nothing you can do to fix, repair or accommodate a situation, learn to accept it. But under no circumstances should you allow such conditions to be allowed to make you ashamed. That is not a natural or acceptable condition."

"You mentioned that there was also a good aspect to shame Tiber. What exactly is that?"

"We did touch lightly on that, Travis. The explanation is that the advent of a shameful thought is often seen or should be seen as a call to action. It is to remedy the problem behind the source of the shame. By this, I mean that a person's feeling when experiencing shame is often enough to urge them to correct or hopefully eliminate whatever is causing the distressful feeling. When they want to avoid shame, they attempt to do whatever they need to do to eliminate it."

"How do they know the way to find the remedy. How do they know that this is what they need to do."



"You are now touching on one of the single most important aspects of the human condition Travis. We were all created to evolve into better individual spiritual beings, and we need to experience all that our incarnations have to offer for us to do that. Because of that need, our consciousness has received the ability to recognize, correct, and improve upon impacts we will receive during those lifetimes. The process is not always simple, direct, or accomplished in a single incarnation. However, we will inevitably accomplish the process and reach the goal of perfection. Some souls are stubborn in that regard, and it takes a lot more incidents and incredible numbers of incarnations to resolve certain problems for them. This factor is a reality that is not obvious. And this is the reason we will all receive clues to help resolve those problems that we find ourselves saddled with. Whether or not you will pay attention and react to those clues is up to you. Many do not and have to keep receiving that guidance repeatedly before they finally catch on.

Greed, for example, is a major attraction for many souls. It takes multiple lifetimes to deal with that problem before the individual finally understands and eliminates greed from being a problem. That is the same for every other negative influence that we all face. But you can be assured that a solution is available, and a resolution will be offered and ultimately achieved. Supreme Consciousness has assured us of that, but the personal effort will be our responsibility."

"That is an astounding explanation Tiber, but like all of our lessons, it gets directly through to me somehow. It also tells me that the faster route to solving these personal problems, such as shame, is to not accept them as permanent and to forge ahead as quickly as possible to resolve them. Ignoring them is probably the worst thing we can do. Right?"

"You know it, my boy! Avoidance and procrastination are other rather bad aspects of the human condition. Non-human animals rarely, if ever, can adopt those practices. If they want something, they proceed directly to get it. It's a good habit to have."

"For sure!"

"To finish this lesson, I want to know what you have learned about shame from me, Travis."

"OK. I understand that I can acquire the condition of shame from other people, like my parents, or possibly from my interpretation of something that is affecting me physically or mentally. When that condition of shame is bothering me, I have to take steps as quickly as possible to rid myself of it before it complicates my existence. I can study the problem myself as best I can or ask others how to resolve it, but resolve it I must. Is that about it Tiber?"

"It is good enough and will set you in the right direction to allow you to clear up the problem of shame if need be. I'm going to leave you now and will lift the time/space block, and you can get back to playing with your fellow trainees. I never did enquire how things are going with your new girlfriend. Her name was Anna, I believe."

"You know perfectly well what her name is and what our current relationship is Tiber. Why do you ask?"

"I ask because I am a polite person, and that's what polite people do."

"Nonsense! You are not the least bit polite and not a person at all, but I guess I have to take you for your word. I still actually like you even if you are a pain in my butt sometimes."

"I love you too, Travis. See you soon for the next lesson and with that Tiber disappeared, and the Dojo was full of noise and people throwing each other around the floor.

Three trainees were still laughing at Travis sprawling to get up off the floor and heard him hollering at the empty bench. Travis spun around and faced them. He was silent for a moment and then said, "They sure don't make benches as wide as they used to." He then laughed along with the Black Belt students.

He had neutralized his shame.