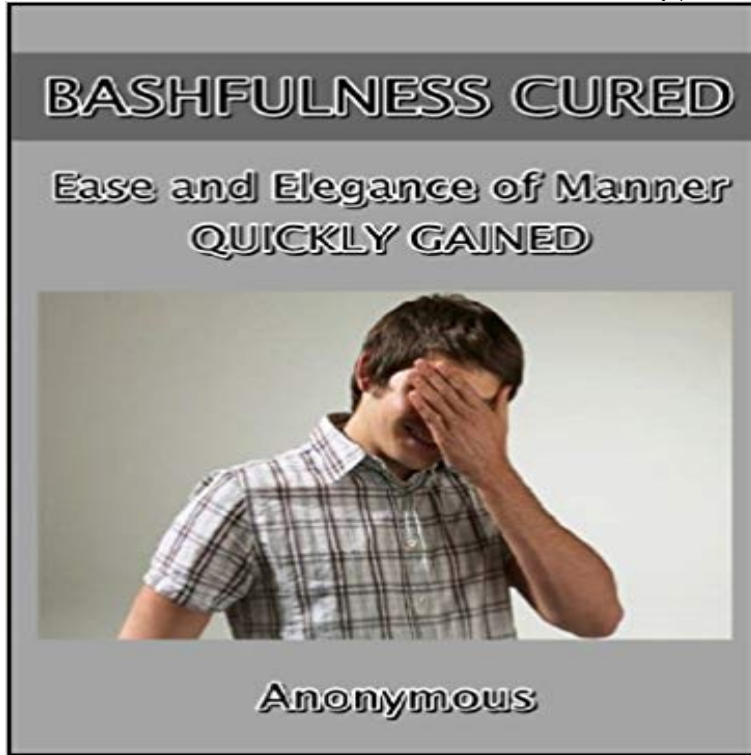


# Bashfulness Cured : Ease and Elegance of Manner Quickly Gained



No emotion is more painful than bashfulness. Without feeling guilty, its subject feels crushed. Says one, I am troubled with a painful sense of timidity and bashfulness in the presence of company on being spoken to, especially at the table; and no matter whether the person be my equal or my inferior, I blush from the cravat to the hair, and the very consciousness that I am blushing, and that my embarrassment is discovered, tends to deepen the blush and heighten the embarrassment. Now, I have a good personal appearance; I have a good education; I occupy a good position in society; I have been trusted by my friends with official position, and feel myself competent to fill it, and when I sit down to meditate I feel no cause for embarrassment or bashfulness; I can converse for hours with persons of culture and superior ability, and feel no cause of shame at the part I am enabled to act; still, if then spoken to suddenly or abruptly, this terrible diffidence comes upon me like a spell, and makes me stammer; my head seems splitting with excitement; my face turns red; my heart palpitates, and I am no longer, for the moment, myself. Now all this is very distressing. Yes, this is distressing, as very many can testify from disagreeable experience.

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