

# **THE PENANCE HANDBOOK**

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## Introduction

Welcome to the Penance Handbook, to be used in conjunction with the **Repent-All™ Full Service Workstation** or the **Repent-All™ Workstation Lite**. This handbook will walk you through the steps necessary to absolve yourself of all your sins - without the trip to your local confessional.

## Package Contents

Included with your Repent-All™ Full Service Workstation are the following items:

- A. Placemat
- B. The Redeemer
- C. Candles (5)
- D. Glass shards (2 bags)
- E. Kneeling Mat
- F. Basic first aid kit

Recommended add-ons:

- G. Wall mirror
- H. Small table

Included with your Repent-All™ Workstation Lite are the following items:

- A. Glass shards (1 bag)
- B. Basic first aid kit

## Full Service Workstation Setup

You will need approximately 3 square feet of floor space to install your workstation. Adequate vertical wall space is recommended.

1. Place a small table against a wall. Upon the table, center the Repent-All™ Placemat. If you do not have a small table, use the floor space.
2. Center the Redeemer upon the placement so that it faces left.
3. Place the Kneeling Mat in front of the table. Fill the cut outs with the bags of glass shards.
4. Install a mirror (recommended) the appropriate height on the wall so that it will reflect your face when kneeling before the table.
5. Decorate area with candles. You may light them if desired. Please note that Repent-All™ is not responsible for fire damage.
6. Keep your first aid kit in an easily accessible location.

## Full Service Workstation Instructions for Use

1. Consider your sins. If you are in a rush, take no longer than five minutes to do this. Otherwise, spend a little longer dwelling on your past misdeeds. You may want to have tissues on hand.
2. Kneel into the shard-filled cut outs of the Kneeling Mat. Take a moment to reflect.
3. Without getting up, place coin or paper money into the Redeemer. This gesture is entirely symbolic.
4. Decide how earnestly you would like to atone for your sins. Most users consider a cash transfer of \$1,000 adequate for their first act of penance. Use the Repent-All™ mobile app (available for iOS or Android) to transfer the amount that feels appropriate to you.
5. Clean up after yourself using the provided first aid.

## Workstation Lite Instructions for Use

The Repent-All™ Workstation Lite can be taken anywhere, pending your access to a mobile device and strong data or wifi connection.

1. Consider your sins. Take up to five minutes to do this, but no longer.
2. Take time to repent for your sins. Grab a handful of glass shards. Using adequate force, smear the shards back and forth across your knees. If you are wearing long pants and are unable to find a private place to disrobe, your elbows will do. \*
3. Decide how earnestly you would like to atone for your sins. Most users consider a cash transfer of \$1,000 adequate for their first act of penance. Use the Repent-All™ mobile app (available for iOS or Android) to transfer the amount that feels appropriate to you.
4. Clean up after yourself using the provided first aid kit.

\* In the event that you are in public, cannot find a private place to disrobe, and cannot hike up your pants or sleeves, we advise you to massage the glass shards into your face using small circular motions.