

Book's extract

Under the Spot Light: To Shine Your Light, no need to be famous

By Monique Chabot

We have all heard or read incredible stories of people who, following a life-altering event, became famous after using their experience to raise awareness. But for many, this is not the case. Even though their personal story may include tough times and many challenges, they still don't shine their light thinking they have nothing to offer the world.

You also have everyday people with a vision who struggle to deliver a message that they believe is worth sharing with others, even though they doubt they can deliver it. This book is also for them.

They are self-employed, entrepreneurs, employees and retirees who have felt or still feel unhappy with their lives knowing they can do more.

However, not knowing how to change their situation or where to start, they stay where they are never to realize their dreams. They often become convinced that it's not so bad after all, losing the opportunity to participate in creating a brighter world.

The Sun Child

Giving voice to your inner child to let go of suffering and gain authenticity. Recognizing the suffering of the Sun Child¹ in yourself.

On returning to Quebec, I left one cultural reality for another. Yet I have discovered the same reality, that is, the world of conscience and denial.

¹ The child born with his own light. All of us has been a Sun Child.

In 1992 I left Quebec for Costa Rica with my only baggage being the desire to find my Sun Child – that child born with its own light that was buried under prohibitions, unspoken rules, and educational indoctrination. In a word, a change was necessary.

The main purpose of this adventure was the opportunity to find the true nature of my Self. I found greater freedom, the right to self-esteem, new friendships corresponding to this change of consciousness, and I got a broader vision of what Love with a capital L could represent: meaning the Sun Child recognized by its adult version and connected with that of the other in the process of becoming the Unified Self².



However, after twenty-five years spent in Costa Rica, one element was still missing: the recognition of certain feelings experienced by the Sun Child whose light had been extinguished very early, too early, but who was struggling to want to see herself shine...

² The Unified Self is the Sun Child in consciousness recognized by its adult version and connected to ALL.

Get up and shine!

Be ready to listen, willing to learn, and be able to take action

From the dead to the human world, I moved on

With silent witnesses, I shined

From a divided inner world, I got up

With powerful advice, I shined

From the harassment of childhood, I got up

With powerful teachers, I shined

From the silence of the abuse, I got up

With a compassionate therapist, I shined

Of embarrassing feelings, I got up

With the divine light, I shined

With certainty, joy, and love, I took a stand to shine.

To my last breath, I will climb higher and higher

I will make my light shine with yours forever

From dust I could come back to encourage you to shine your light

I would like to nourish it by telling you... yes, you can shine!

Get up and shine your light!

Mocha