

SHINE

When Chasing Sacred Spaces Goes Dark

By Jamie Weil

PROLOGUE ERROR! BOOKMARK NOT DEFINED.

CHAPTER ONE: SEEING YOUR BEAUTY ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 1- ROOT YOURSELF HERE ERROR! BOOKMARK NOT DEFINED.

CHAPTER TWO: THE COVID AS TEACHER ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 2- GIFTING YOURSELF THE PRESENT ERROR! BOOKMARK NOT DEFINED.

CHAPTER THREE: THE HAMSTER WHEEL ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 3- ZIP UP ERROR! BOOKMARK NOT DEFINED.

CHAPTER FOUR: DUSTING THE BUDDHA ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 4- FINDING STILL ERROR! BOOKMARK NOT DEFINED.

CHAPTER FIVE: SYNCHRONI-CITY ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 5- BECOME A SYNCHRONICITY DETECTIVE ERROR! BOOKMARK NOT DEFINED.

CHAPTER SIX: YOU-NIQUE ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 6- KNOW THY YOU-NIQUE SELF ERROR! BOOKMARK NOT DEFINED.

CHAPTER SEVEN: IN YOUR OWN BACKYARD ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 7 - LISTEN DEEPLY TO THE VOICE BEHIND THE VOICE ERROR! BOOKMARK NOT DEFINED.

CHAPTER EIGHT: THE DOLPHINS AT TWO-STEP ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 8 - DAILY DOLPHIN ENERGY ERROR! BOOKMARK NOT DEFINED.

CHAPTER NINE: TRUST HOLES - FIND 'EM AND FILL 'EM ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 9 - EMPOWER HOUR ERROR! BOOKMARK NOT DEFINED.

CHAPTER TEN: FACE IT: YOU'RE WORTH IT ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 10 - 1,2,3 ME ERROR! BOOKMARK NOT DEFINED.

CHAPTER ELEVEN: DREAM ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 11- SHADOW WORK ERROR! BOOKMARK NOT DEFINED.

CHAPTER TWELVE: WHEN VISIONS GET SCARY ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 12 - ENERGY SWIPE ERROR! BOOKMARK NOT DEFINED.

CHAPTER THIRTEEN: MEDITATION MEDICATION ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 13 - DOWNLOAD CALM ERROR! BOOKMARK NOT DEFINED.

CHAPTER FOURTEEN: SPEAKING OF MEDICATION ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 14 - GET TO KNOW YOUR GUIDANCE TEAM ERROR! BOOKMARK NOT DEFINED.

CHAPTER FIFTEEN: THE GRUDGES WE HOLD, HOLD US ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 15 - UNCHAIN YOUR CHAINS ERROR! BOOKMARK NOT DEFINED.

CHAPTER SIXTEEN: THE GRATITUDE GAME CHANGER ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 16 - GRATITUDE BEGINS WITH YOU ERROR! BOOKMARK NOT DEFINED.

CHAPTER SEVENTEEN: IN-TUITION: INVEST IN DEEP KNOWING ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 17- SOMATIC SCAN ERROR! BOOKMARK NOT DEFINED.

CHAPTER EIGHTEEN: BE LIKE WATER ERROR! BOOKMARK NOT DEFINED.

LIGHT LIFT 18- BE THE SEA ERROR! BOOKMARK NOT DEFINED.

CHAPTER NINETEEN: PAST, PRESENT, FUTURE YOU ERROR! BOOKMARK NOT DEFINED.

LIGHT CHARGE 19- PICTURE THIS ERROR! BOOKMARK NOT DEFINED.

CHAPTER TWENTY: IT'S ALWAYS BEEN YOU ERROR! BOOKMARK NOT DEFINED.

Dedication

For Anthony, Here's your book. I'm sorry it's late.
For Ellie and Aubrie, Thank you for sharing your voice with the world. Keep shining.
For Haumea, for clearing the way for me to end my writer's strike.
For Luna, for encouraging me to try a new way.
I love you all to the depths of the sea and beyond.

Author's Note

My entire writing career I have looked toward traditional publishing as the way to go when writing a book. I've done that multiple times. In traditional publishing, as in documentary filmmaking, there is a hierarchical structure that makes for a slow-moving train. At times it can suck the Soul and Spirit out of a work. It's a space where we end up negotiating this and that, each bringing their own unique imprint and filter to that space. When it works well, it's beautiful, and the work is the best it can be. When it doesn't, it's anxiety provoking, exhausting, and slow.

Now is not the time for slow moving trains. It's not a time for hiding. It's a time for power-pivoting and doing things differently and efficiently. This book is my power pivot, and I'm choosing its path because I'm in a hurry to share things with you I know will help you. That's not something I'm willing to negotiate, and that feels exhilarating..

This past weekend, I was talking with my friend, Luna, about signing up for Tom Bird's "Write a Book in a Weekend" retreat which I've eyed for over a decade now. I explained I would be taking advantage of the 2020 Lockdown to virtually do the Sedona retreat from the comfort of my red chair, my lab Kai at my feet. It seemed ideal. Tom has a gift for empowering authors to work as channels for that Divinity that is greater than all of us and simultaneously lives within each of us. The writer becomes the hose, holding space for the flow that gushes through. When I explained the process to my

husband, he said, “If you locked me in room and forced me to count words every 15 minutes, that would be like hell.” For me, it was the heaven I have always sought in my lifetime as a writer. I will be forever grateful to Tom for opening up this writing third eye and saving me a decade of multiple drafts and loss of my voice to the other.

As my creation process was so different on this project, Luna asked me how I would publish it. I laughed. “Probably traditionally, but I’m going to ask the book how it wants to see the world.”

Luna, a filmmaker who has spent the past 15 years capturing spiritual messages from the world greats in her timely indie documentary *Time of the Sixth Sun*, said, “You’re doing this book differently. It needs to come into the world differently.”

Luna was right. This is Spirit’s book, and Spirit deserves to be fully heard in a timely matter as an offering to you. What you read now, was poured out over the course of the weekend through me but not by me. My fingers typed as I listened for what most needed to be shared right now in this moment, what would most help you to hear. I pray I was a good listener.

A very practical gift came during the second draft in the addition of “light lifts.” I have included these at the end of each chapter. Don’t skip these! This book is short by intention so you will have some time to sit. Have a journal with you as you read. Spend some time with these light lifts and get to know them. They are meant to ignite you with joy. These are daily rituals I use in my own life. You will find your own combo, but these will give you some ideas you may not have tried.

Daily rituals fill our lives. Many are unconscious. Creating a daily light ritual that fits you, your schedule and your unique vibe, is as crucial to your well-being as daily

practices such as brushing your teeth and taking a shower. Think of your daily ritual as an energetic shower. Pick and choose your favorites, add new ones you pick up along the way, and put something into place that will inspire you to do what you came to do.

Be realistic. If you only have 5 minutes, don't set up a 30-minute routine. After much remodeling, I have added to my daily ritual morning energy and grounding practices as follows: exercise (30 minutes), meditation (20 minutes), energy grounding/cleansing exercises (4 minutes), and time connecting with my husband and dog, first walking then having coffee (30 minutes.) This starts most of my days. We travel often, so the order is mixed up a bit then, but I aim to always include the first three even on the road. The idea is not to let your shadow perfectionist archetype take over, but rather to find a ritual that lifts you, that fills you with the light you need to shine. Give yourself grace as you find this balance and start where you are.

One way to keep these in the front of your mind is to put them on your device in a way you will see daily. For example, when I'm starting a new habit or adding a new practice, I will put it on my daily Google calendar, so it pops up on my phone to remind me each day. I also list my top five core values I am holding in focus in my life at the current time. These rotate, depending on where I am in my personal journey. Each day, my calendar pops up my top five and my daily ritual which will align with those values. Currently, one of those values is spiritual connection so it is essential I don't sidestep my daily meditation, even while I'm on the road or have a big project I'm excited about sinking into from dawn to dusk. That happens to me a lot because I love what I'm doing and when I stop loving it, I pivot. In that process, I try not to sabotage myself, and if I do,

I give myself grace to start again. Eventually, the new rhythm sticks. When you find something you love, share it in a way that others can shine, too. In this way, we all shine.