



Reveal  
Your Brilliance  
*(And let's LIGHT the world!)*



Select Writings  
from the SHINE Blog  
*Sora Garrett*

*"Let your big bright brilliant beam  
of Radiant Light SHINE!"*

- Karen Drucker

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## *Hello Beautiful!*



*I'm Sora Garrett, your partner in Shine.*

*I started the S-H-I-N-E blog several years ago as a way to capture some of what I was learning about the delicate balancing act of being a highly sensitive spiritual human.*

*I've learned so much through writing (and re-reading) these articles that I decided to pull my favorites into a collection to share.*

*Book 1 of the SHINE Series has articles focused on remembering ourselves as brilliant beings here to make a difference ... not by doing anything huge or world-changing, but simply by continuing to show up as more & more genuine in all that we do.*

*This e-book is an invitation to live in FULL GLOW ... to choose to believe in yourself as an awesomely bright & magnificent Presence ... and to amp up your inner Light by peeling away the layers and letting your Soul essence shine through.*

*If you're like me, there are days you need a reminder. If you need more, stop by my new website, [SoraGarrett.com](http://SoraGarrett.com), where I am housing several of my books, my new blog, and a few other creative & humanitarian projects. It's my greatest JOY to coax your big bright brilliant beam of Radiant Light to Shine!*

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For more inspiration & support on your journey to becoming the most RADIANT version of yourself, stop in for a possibility session or join a miracle mentoring circle. You'll find ideas, resources, and inspiration to keep yourself in full glow & abundant flow.

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## A Bit about Believing

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I used to think I had some huge, significant Purpose in life, and I still do ... but it looks really different now.

Before, I focused on doing something important to show that I was being useful, and NOW I feel more useful by allowing myself to simply BE who I am. When I live in connection with this natural essence, it shines forth in full-use wherever I am.

I've spent the first part of my life brightening myself, not just by integrating experiences and life learning, but also through releasing my own expectations that were weighting me down. As I simplify and become more connected to the essence that lives through me, I find it easier to SHINE, even through stormy times.

It's my greatest desire and my highest intention to live the rest of my life burning as brightly as possible.

*And I want to do that with you by my side.* When we come together to spark belief in one another and to focus on the possibility side of life, we create a huge bonfire in the lap of God. We are here to SHINE together, not alone.

So let that big, bright, brilliant beam of radiant Light shine ... right into my heart and I will absorb and reflect it back to you.

We are amazing reflections of God. It's time to amp up the Light and be a force of unimaginable Love for the world.

Thank you for being one of the Believers.

~Sor'a

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Discover your brilliance  
*... and let's Light the World*

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*"What are you going to do with your one wild and magnificent life?"  
~excerpt from Mary Oliver poem*



*(This was the very first post on the SHINE blog in May 2009. I believe it today as much as I did then.)*

The world needs our magnificence more than ever.

It may not be easy to SHINE in these days of depressing news and impending doom, but it's more important than ever to pull out all the stops and remember who we really are.

We are talented, intelligent, brilliant wo/men with an array of gifts to give and solutions to offer.

It's time to give ourselves completely to this 'one wild and magnificent life.'

If you don't know how to do this, ask yourself a few simple questions:

*What brings me joy? Where do I find sustenance? Which of my talents come most easy and naturally?*

*How might I share more of these natural gifts with the world?*

When you enter a dark room, all you need to do is flip the switch and the darkness disappears.

*What if WE are the switches bringing light to the dark areas of life?*

Perhaps if we just click the ON switch and shine our radiance in a hundred simple ways each day (rather than being dulled to sleep by the negative news), the world will become ablaze with solutions.

### **It's time for boldness of being and doing.**

Difficult times call for asleep people to wake up, and for awake people to take action.

As someone who's passionate about creativity and always looking for the silver linings, I know some of the most innovative solutions come during hardship. *So let us create!*

Take a look around you. Where can you bring a little more light to someone's day? How might you help a friend shine more brightly?

*What simple, significant things might you do with your one wild and magnificent life?*

Find something to believe in, and turn UP the light. Let yourself shine!

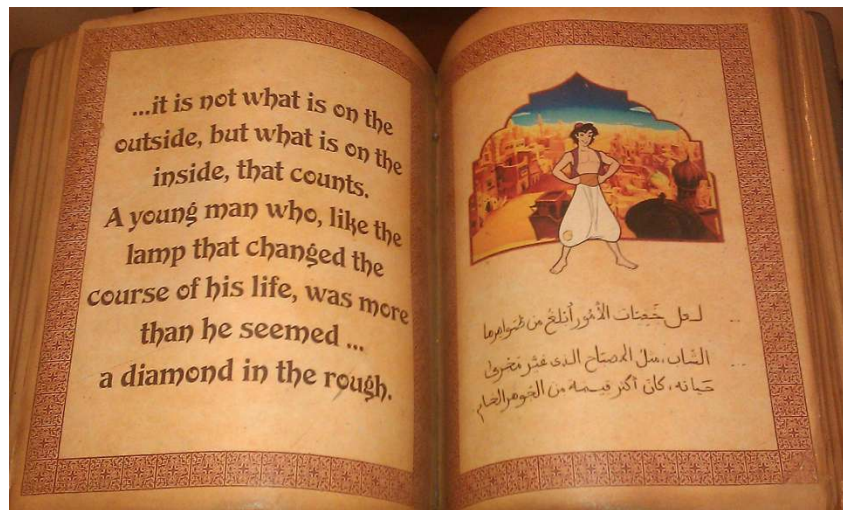
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## The Gift of Being "Real"

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*(Each year in November, I make extra time to write my gratitude. While I do my best to live gratefully all year through, this writing has become a cherished ritual at a time of year when the sacred can get lost. This was a favorite passage that came during last year's Gratitude Righting. Good to remember all year through.)*



### ***There are so many ways to be grateful.***

I've been writing about gratitude for almost 30 days now, but more importantly, gratitude has been 'righting' me this past month.

This comes as a major surprise, since I'm naturally a very thankful person. But somehow, my heart had lost its connection to being grateful, and as a result I've not been in full glow.

What I've discovered through this wonderful ritual of sharing thanks is that I am truly-deeply-enormously thankful to be 'me.'

One of my new friends wrote on her Facebook page: "*If I could be anyone in the world right now, I would be me.*"

What a totally wonderful thing to know!

Failla is fabulous at being herself, and because of this natural authenticity, people follow her like the pied piper (or the pied drummer :-). She makes my heart happy, not because she is mostly bubbling over with happiness herself, but because my heart sings whenever I see someone BEING completely who they are meant to be.

***So let me be honest:*** authenticity hasn't always come easy for me. I've spent a lot of years trying to fit in, and I know most of you have too.

I've secretly envied people who are so pure & natural with their way of being in the world.

It might seem easy for some to find their true style, but for most of us, it takes years to discover who we really are (which is often not what we were taught we were *supposed to be* by our teachers, parents, society in general).

What's complicated the art of authenticity for *me* is that I have so many seemingly conflicting parts! I'm playful & deeply serious, practical & poetic, organized & well...even more organized! :-) I'm very joyful with deep currents of sadness for the world, an introvert who thrives on connection, a dreamer who thrives on doing.

I could go on, but the point is that it's taken me over 50 years to embrace the diversity within my own style that is exactly what makes me so ... me!

When I am simply *being* this diversity, I shine like a rainbow, reflecting the Light of everyone I meet. What a relief to allow myself to play with ALL the colors rather than choosing just one!

*And now I must admit* I'm uncomfortable writing about simply 'being' when our world has people without homes, starving children, and crumbling financial structures that are changing just about everyone's sense of security.



I'm also wondering why this topic came to heart this month, during the hectic holiday season when so many of us are so caught up in the doing that we forget to simply be.

Oh. I guess that's why.

*Being, and being authentic, are two important gifts to remember at any time of year.*

I'm quite sure they are the best Gifts we can give one another.

So, if you're wondering what to give that special someone, take a moment to just BE together, then unwrap your heart and let yourself be Real.

And, like the little drummer boy's (or girl's) music, it will be the most precious gift anyone could ever receive.

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## Creating Space

### *part 1*

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*(As a highly sensitive, intuitive, introspective person, I've learned to give myself plenty of space to create, to reflect, and to stay somewhat sane. When my senses get overloaded, I am not a happy camper.*

*What I've come to know is that space is more than just a luxury for the sensitive few. We ALL need to create more space for creativity to thrive & for our Souls to blossom. When our lives become too crowded, the tender parts of us start to die. Make time. Create space.)*



I gave myself a creative time-out earlier this month when I discovered my over-active mind crowding out the joyful beingness of my heart. My intention was to clarify my purpose and renew my passion.

What I received was unexpected, and it's taken me almost a month to begin to integrate the wholeness of the experience. Because, to be perfectly honest, I love my life at the same time it has grown too small for me.

And it scares me deeply to admit this, even to myself.

For one thing, I love my gardens, and yet they have been way out of balance this summer. Wild vines are covering the miniature roses and cute little star flowers ... hearty daisies are crowding the new honeysuckle I planted this spring ... overgrown bushes everywhere are smothering the delicate flowers beneath.

Even my vegetable garden has plants competing for space, and I've ended up with a few mystery varieties of squash ... spucchini, I've decided to call them. Interesting, but not exactly what I'd intended when planting this spring.

*Could this be an outer reflection of my inner garden: too many things planted, all brilliant in their own way, each needing more space to bloom?*

I'm discovering that creating space is not just about taking time away from the routines of normal life, because to be honest, I don't really have that many routines right now.

I love the space I've created. I love knowing I can choose how to fill my days. I love knowing I am of service in many simple ways. And even though I love my experience of life (most days), I'm beginning to feel less-than completely fulfilled.

There are parts of me still trying to bloom, crowded by habits and ways of being that no longer serve me.

So, here's the part that scares me.

*What if, my whole life, I've been trying to be just another one of the flowers when what I'm really meant to be is the Radiant Sun? <gulp>*

*What if I'm meant to be way more bold & brilliant? <another gulp>*

*And, what if I like being a flower? <grin>*

My mind gets a little crazy trying to figure out what to *DO* as the radiant sun, but my heart knows the answer: *the sun simply shines*.

It shines even when nobody is looking at it. It shines even when the clouds seem to be blocking its light. And when the sun is most beautiful, most glorious, it is simply reflecting & enhancing whatever it touches.

This is what creating space is about for me. Opening my heart wider and wider, expanding my vision of how I can serve, surprising myself with the ways I begin to show up in life.

As I dive into each new space that opens inside of me, the light in my soul burns brighter & brighter. I am ready to answer the call to live more boldly & expansively than ever before.

The world is waking up and it's time for us to plant ourselves firmly as one-of-a-kind individuals and as totally-connected-significant parts of the communities in which we live.

We are most useful when we show up completely, as brilliantly as the flowers that decorate our summer gardens.

As we become planted in our very own rich soil of being, we thrive.

When we let ourselves become crowded by the goals & beliefs of others, we don't.

Perhaps it's just this simple.



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## Creating Space

### *part 2*

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*(A year later and I'm still exploring space ... this passage was written during a 30-day Passion Project with joy coach, Laura West. While it's normally a time to create, I heard a different call and was invited to put all my projects away so I could reconnect with a deeper passion.)*

I had an epiphany the other day after listening to my passion partners share about what they're creating during this 30 day Passion Project adventure. I was feeling a bit left out, since I'm choosing to *NOT* create anything new as part of my 'project' to reconnect with a deeper current of joy. I'm such a prolific creator that it felt quite odd to be on the outside of this creative process.

After the call, I playfully posted in our Facebook group that I realized I *have* been creating something ... SPACE!

It was an important realization, punctuated by my almost immediate discovery of this quote from Marjory Mejia's ['Awakening Sacred Space'](#) site:

*Along my journey as a woman, nature lover and designer, I have realized how essential it is for every woman to reclaim her space and tend to the garden of her soul, in community. When our spaces are filled with soul and flow with love, they inspire and nourish our experience of life, revealing feelings, thoughts, and actions that are in tune with who we are, today.*

*No one really teaches us to clear our spaces, to see them as allies in our process of expansion and growth, as mirrors where we can play and explore our soul's purpose. The spaces we inhabit hold energy, intention and consciousness. They have the power to express our essence and make us feel connected, grounded, and flowing. What I find again and again with my clients and myself is that our spaces get clogged and our imagination blocked.*

*When we use tools, principles, strategies and practices to dispel the obscurations that cloud our being, we get to experience ourselves radiant, spacious, and free. This is our true nature seeking expression with every breath in every space we inhabit.*

Since I'm somewhat obsessive about keeping my space organized, I totally get the freedom that comes with keeping physical space cleared.

I sometimes forget, though, how much clutter my energetic space takes on just moving through the abundant information that surrounds me every day!

*How often do we keep our spirits from flowing freely into the next expansive breath by attaching energy to what is no longer here?*

It's the attachment that causes our inner space to be cluttered, just as possessions clutter our outer spaces. Everything has energetic cords connecting us to past (memories), future (hopes & visions), and even to things we 'should' be doing or being (social media).

By clearing our inner & outer spaces, we become FREE to evolve, to open into our fullest Potential. In letting go of old structures and ways, the space around us glows and we emerge as a Bright Star of life.



*Radiance by Marjory Mejia*

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## A Butterfly Story

### *part 1*

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*(I love watching, learning from, and writing about butterflies! The next 3 passages are a weaving of reflections about allowing ourselves to transform as elegantly as these remarkable creatures.)*



*This beautiful blue landed on my hand one day.*

A caterpillar spends its life eating in preparation to go through a transformation that will completely reveal a more expansive essence.

At some point, it begins to form a cocoon, and within this protective encasement, it begins to change...to liquefy before becoming the new.

When it's time, this new form must struggle to release itself from the cocoon, and within this struggle is the true magic. The struggle is *how* the wings become strong enough to fly. If someone intervenes to 'help' the butterfly emerge too early, she cannot use those beautiful wings.

*The butterfly will die unfulfilled, a mere reflection of its true essence.*

We go through many transformations in the course of one lifetime, building layers of cocoon after feeding on various life experiences. While the caterpillar goes through a single metamorphic cycle, we may go our entire life feeding and cocooning within a pre-emergent form.

Some don't ever break free ... many never fly.

It seems like each time I emerge from one cocoon, I fly around for a while, then build another.

Sometimes I do this consciously; often it's just a result of living in a world that seems to require lots of protection. Like the butterfly, I strengthen my wings through a process of personal struggle.

But I'm beginning to realize I don't have to be like the butterfly...I can open my wings even more fully "with a little help from my friends."

Like most, I have an immense support system that I don't fully access. Our angels (both heaven & earth) are waiting to help. It's just that I often forget to ASK and end up feeling isolated, spinning another layer to this self-made cocoon.

At the moment, I'm choosing to go through a conscious cocooning.

While I'm not totally sure what will emerge, I'm getting some glimpses. I feel so very fortunate to have the space in my life to rest in what IS while I allow the fully brilliant being within to spread her wings.

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## Seeing with Miracle Eyes

### *A Butterfly Story, part 2*

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Once in awhile, there's a spontaneous awakening, near-death experience or single moment of clarity that initiates a change of perspective so profound that everything changes.

*But for most of us, transformation is more a series of small shifts of perception, an opening of doors long closed, the whisper of an angel or a nudge from a friend that simply says, 'It's time to look at this in a new way. It's time for something to change.'*

You've likely heard the story of how a caterpillar transforms into a butterfly, the new 'imaginal' cells clumping together, gradually and peacefully overtaking the old caterpillar cells until one day the butterfly emerges.

Perhaps this is how personal transformation occurs, too. The new begins to eat the old, the light devours the dark like a rising sun of awareness, until one day you are simply awake.

\* \* \* \* \*

For most of my life, I've been blessed with what I've come to know as divine grace. I'm not saying it was always easy, but for the most part I have learned my lessons gently and with minimal disruption. Life has flowed along in support and I've been mostly happy.

Except that I was also born with a highly sensitive system and a vision of a much more compassionate world, so under that happiness has been a lingering sense of sadness and discontent ... a yearning for something different, an unsettled feeling that whatever I was doing, it was not 'enough' and therefore "I" was not enough.

As a young adult, I put all my energy into creating something to show that I was *doing* enough, big projects that took much of my time and kept me living

more in the future than in the present moment. Even when my children were small, I was always giving myself to some world-changing cause.

Later, I turned my attention to *being* ... and, in hindsight, part of this focus was still about being *enough*. I felt the magnificence but wasn't sure I would ever be capable of living it. Finally, I decided to quit trying.

*For now, being awake feels more like a process of learning to show up, as fully as possible, in each present moment.*

But living mostly awake doesn't make things any easier. Life still sometimes sucks, especially when your highly sensitive system just keeps getting more sensitive and the world just keeps getting more complicated. And especially when menopause transforms your days into a roller coaster of emotions. This "midlife change" has been a significant, profound door of transformation for me. Some days, I am basking in the bliss of my emergence. Other days, I re-enter the cocoon, at times so wrapped in dark I'm not quite sure if I'll ever see the light again.

During one of these menopausal moments, I started thinking about miracles. I read that a miracle is simply a shift in perception that causes us to see differently, to look with new eyes.

*As I've begun to look through miracle eyes, my world has shifted.*

I've always considered myself a positive person, filled with gratitude for simple things. Sometimes I've felt rather naïve looking for the good in everything when the whole world seems to be falling apart. But perhaps this is how to put the world back together, seeing life as a series of tiny miracles, each moment an opportunity to transform.

*In the middle of a miracle, I can feel the transformation begin.*

It doesn't always work. Some days, the caterpillar wins and I must stay in the cocoon a little longer. But I'm learning to allow these times to nourish my transformation, remembering that a butterfly must strengthen its wings or it will die. And slowly, within the protective shell of acceptance for what is, the imaginal seeds of gratitude begin to devour whatever is keeping me closed to the magnificence.

I emerge once more, shake my wings and fly into the next moment.

*It's been said that we are the imaginal cels of God, here on earth to collectively awaken. Perhaps we do this by simply opening to the wonder. When I bring more of my awareness to seeing the miracles around me, it's difficult to stay depressed or focused on what is not going well. The miracle takes over and breathes me back to joy.*

So while I might still yearn for one of those spontaneous awakenings and keep hoping for the whole world to wake up in a single moment of enlightenment, *for now I'm putting my faith in the everyday miracles.*

I hope you'll join me.



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## Be the Transformation you wish to See

### *A Butterfly Story, part 3*

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*To live is to be slowly born.* – Antoine de Saint-Exupéry

What would it be like to be a caterpillar, to actually spin yourself into a cocoon in preparation for your next transformation?



Butterfly Dance, Daniel Franks

*Is the caterpillar aware of her next emergence as a beautiful butterfly, or does she simply do what she knows she must do?*

Perhaps the caterpillar knows in her cells that the next step is to simply let go. So she stops eating, starts spinning, and pretty soon is enclosed in darkness.

*Can you imagine consciously choosing to go there?* Me neither. But, for the caterpillar, the dark place is where true transformation happens.

At first, the old caterpillar cells try to hang on. The caterpillar's immune system actually devours the new butterfly cells (the imaginal ones) in a valiant attempt to stay the same.

So the imaginal cells begin to cluster, becoming stronger together than any of the individual cells, old or new.

Fortunately for the butterfly, these imaginal cells figure out that by being a community, a tribe of courageous new explorers, they are able to birth a totally new reality.

*Did the caterpillar envision itself as this glorious creature with wings?*

Probably not, but in some part of the Design, it was meant to be.

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Within each of us, there lives both a caterpillar and a butterfly.

Our first task is to simply emerge through the various stages of metamorphosis to find—then spread—our wings. The choice, as we grow, is whether to feed the lowly bug habits or to rise into the magnificence of our Design.

Being awake is allowing the emergence to keep happening, even when we feel like diving back into the cocoon. What's next, after we begin to awaken to the possibility that we are something more than this shell we call a body?

*Are we, in fact, the imaginal cells of God ... here to awaken a whole new earth?*

Perhaps it is time to gather in another way, as Nori Huddle shares in her beautiful poem, [The Imaginal Cell Story](#)

*Since the butterfly now "knows" that it is a butterfly,  
the little tiny imaginal cells  
no longer have to do all those things individual cells must do.  
Now they are part of a multi-celled organism—  
A FAMILY who can share the work.*

*Each new butterfly cell can take on a different job—  
There is something for everyone to do.  
And everyone is important.  
And each cell begins to do just that very thing it is most drawn to do.  
And every other cell encourages it to do just that.*



Real Play, Daniel Franks

If you knew you were one of the imaginal cells creating a world more beautiful than you could possibly imagine ... what would you claim as your part in the great emergence?

I look forward to seeing, and celebrating, the transformation with you.

Thank you for flying with me!

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## The Ultimate Service of Letting Go

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*(Another entry from the 30-day Passion Project that preceded my big decision to create a major life shift. It took me almost a year to move into the next emergence, which is blossoming into something beyond me. That's what happens when we let go of our own ideas to step more fully into the GodFlow. Life becomes even more of an adventure and we get to be surprised by what shows up as we Let Go into Flow.)*



*I woke up the other day in the grip of this Fear: I so love the process of letting go that I'm not sure I'll know when to stop. What if I forget to hold onto something and end up letting go of life itself?*

*The truth is, I'm not afraid to die. My greatest fear is not fully living while I'm still here.*

Which is exactly why I was guided to engage in the Passion Project to begin with. I had lost my passion flame and wanted to get it back.

As I was choosing from my long list of possible projects, I became overwhelmed by all the actions I could be taking. At some level, I felt passionate about ALL of them. I could see the potential and was excited to get going.

I even managed to combine THREE separate ideas into ONE project, giving the maximum opportunity for results. Then Laura shared a story of her own 3-month creative power sabbatical.

*I felt the tears start to flow and was flooded with the realization that my Passion Project would be simply to Let Go.*

So I set my intention to be project-free while I renewed and rediscovered my core passion for my life. Here are a few of the highlights from this 30 day passion trip.

### **Phase I: Wide Open Wonder**

I begin by letting go of everything that isn't bringing me joy. I playfully call this *Living in the WOW, Now*. This is easy for me to do, since my poet's heart sees the world mostly through a lens of beauty and awe.

I receive permission to move from wondering what I am 'supposed to' be *doing* with my life into the wonder of just *being* in the moment, in love with ALL life.

I release a number of 'obligations' that have been weighing on me, including a couple social media connections that feel more like should do's than want to's. I unsubscribe to a number of lists and simplify my electronic space. Every email becomes a choice and I consciously free up energy by carefully selecting what to receive.

*In this first phase, I reconnect with the deep-rooted passion ember that keeps the flame of my fire-cracker enthusiasm burning. The flow between the two is what keeps me shining most brightly.*

### **Phase II: Creating Space**

At some point, I begin to feel a little left out to *not* be creating when there is so much creative activity flowing around me. I jokingly post on Facebook that I am creating something too ... SPACE! My passion project becomes infused with JOY as I explore how much space I can create in all areas of my life.

*I step even deeper into the Letting Go.*



On the physical level, I still have lots of stuff, though I don't feel attached to much of it. I know I can always create more, so whatever I don't find useful or delightful to keep, I give away.

Clearing the mind and emotions is a constant process, especially for highly sensitive people attuned to the energy patterns of the world. I'm one, and even though I've learned how to manage my energy and stay mostly in a place of Love, fear and separation still come and go.

**Joy-Fear.** The anticipation of moving into the next adventure co-mingled with the absolute panic of having to change. The brain and emotions are not quite so ready to take that flying leap!

*My Joy-Fear kicks in toward the end of the 30 days, after I've released layers of physical and energetic clutter.*

In the process of Creating Space, my mind begins to wonder if I am going to be OK. While my soul is ready to fly into the next adventure, my mind offers evidence that it would be much better to stay put, in the comfort zone of what has worked so well.

My life IS rather awesome, after all.

*A big WOW ... renewed recognition of the absolute importance of SPACE, and how I am CREATING even when smack in the middle of letting go.*

### **Phase III: Fabulous Freedom**

I'm still deep in the Letting Go, and some days I'm not sure I even want to have a business or movement or to be in Service to a 'bigger vision' at all. Part of me would just like to go on vacation, sit on a sunny tropical beach with fruity drinks and raw food. I can feel my body yearning for that kind of nourishment, which tells me my body is still somewhat exhausted.

For the most part, this 30-day passion renewal is reminding me that this IS my life now.

*Letting go is becoming a Way of Being as I allow myself to live in the Flow of God and give up my desire or need to direct the show. (I've been calling this Living in The Miracle Flow.)*

*Letting go is about living in the moment and bringing Presence more fully through. It is about releasing expectation & need and opening to simply show up as a Gift for others.*

It's about total Trust, believing that God has a bigger plan for me than I have for myself. About releasing all my mind's expectations of how my life should look, what others might think if I become even more fluid and "unpredictable" than I already am.

It's about moving through all the layers of ego to live completely and utterly bare as a vitally radiant Light of Go(o)d.

*And, ultimately, this path is about believing that when I follow my joy and my passion, I am Serving more completely than ever. The Ultimate Service IS Letting Go ... into the God Flow.*

It feels Fabulously FREE to let go of thinking I must do anything but joyfully follow the God-pulse that keeps calling me back to this place of whole service.

At my core, I know this is the place where Passion blossoms and I forget about anything but just enjoying the Dance.

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## Begin Again

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*(After almost a year ... a time of deep letting go of a beautiful home and a cherished 'cabin in the woods' ... a time of immersing myself in the complete remodel of our new home to fill up the space of losing the others ... a time of facing a major health challenge with my husband ... and of losing heart in everything I thought I had loved ... I finally begin to write again. This is the first passage I shared. It came as a flood of Message from my Soul asking me to just...begin...again.*

One day you wake up and all the words seem to have been said, and somehow they are too small for what you want to say anyway, so you put your pen away and just stop writing.

You get caught up in the currents of life and other people's words and dreams, moving in a stream of living that is only partly your own. You laugh and cry and feel and are mostly in love with your life...this beautiful-glorious-precious life.

And even though you're acutely aware of the expansive Love that pulses through every particle of existence, and you fall to your knees in gratitude every day, the flame of desire and meaning has started to flicker.

Every other day, something catches your heart on fire, but it never seems to last. The beauty is still here, your eyes weep from it, but the pain of the world weighs heavy on your sensitive heart. A part of you is dying.

You begin to drown in the stories, the same words over and over again, recycled skeletons that once had meaning but are now just empty echoes of what is Real.

You start reading romance novels to fill up time...or perhaps to find that part of you that once felt passion for the world and your place in it.

You turn on music and allow it to move you, as you search for a way to bring your own Song to earth in this life that has somehow grown too small for you.

Your soul is calling you to write again, but you don't listen. There are too many distractions and life is full and what's the point...people aren't listening anyway.

But one day you pick up your pen and begin again. The words feel flat and repetitive, empty and enormously boring, but the pages are here to be filled so you keep writing.

After pages and pages you begin to touch the face of your fear—the fear of not living fully, not loving enough. You thought it was gone, but you find a lingering shame for a life filled with such ease and grace in a world of so much hardship and despair.

You let yourself cry...buckets of unshed tears for all the stories told and untold, for all the lives not fully lived, for all the love not freely given.

And even though you know your words can never be enough, that your life will always be just a dull reflection of this Diamond Light you feel inside, you vow to keep writing.

You're not writing a book, after all. You're writing (and righting) a life.

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*It's not easy to get the flow going again after taking (or being given) a shift of circumstances. It takes choosing to show up in a new way, and risking the vulnerability of starting again. Thank you for being here to receive a part of my flow as I keep opening, and beginning, again (and again).*

*May these words bring inspiration and courage for you to begin whatever is now yours to begin.*

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## Ending Reflections

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Dear Bright Light,

I love sharing through writing, but it's the interactive connection that keeps me shining. Whatever your way of flowing with life, I appreciate you receiving some of mine by reading these musings ... and I so enjoy the dance when you share your reflections too.

Many are experiencing major life shifts, both planned and not, and it's easy to lose faith in the world. There's certainly a lot to lose faith in. I'm choosing to believe we can make a difference by shining more brilliantly with the fully glowing GodLight that lives through each of us ... and by coming together to be the Love in Action here on earth.

We do this by first believing in ourselves as significant, and knowing we have something important to offer ... and then by being willing to risk showing both our bright flame, and our dwindling embers, to others ... and finally by coming together to fan the fires of compassion where our hearts guide us to give back (and give forward).

I know there are so many places to give, and it can be overwhelming. It's so much simpler to watch a movie or read a book ... or to dance in the simple bliss of being awake to the wonder and awe of life.

But being Awake is *also* about making choices, sometimes difficult choices, to shift earth circumstances. With our acts of compassion, we call forth the Radiant Spark of Divine that lives through each of us. We bring the whole, Holy One more alive.

Your giving is the fuel that will Reveal your full Brilliance.

I encourage you to Just Begin by finding something that captures your heart with a spark of joy, a flame of fury, or a low-burning ember of hope or despair. Motivation comes in all forms.

Give what you can, with what you have, to what is right before you.

Then stretch a little and see how much more your heart will open when you do.

Turn UP the Light ... and keep shining. *I believe in YOU!* ~Sor'a

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P.S. How about joining a stream of collaborative giving focused on celebrating and creating miracles? Come over to The Miracle Playground and become an everyday philanthropist.

You'll also be able to create funding for your own Miracle Making or nominate projects near & dear to your heart.

There's a whole buffet of resources to help you keep revealing & shining your big, bright, brilliant beam of radiant light.

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You can join The Miracle Playground for free,  
or become a Full Flame Giving Beacon and BE part of  
the flow of miracles at [TheMiraclePlayground.com](http://TheMiraclePlayground.com)

You can also contact Sora directly at 208-333-8909