

## **Book's extract**

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

***By Monique Chabot***

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### ***Acknowledgment***

We all have heard or read incredible stories where people, following a horrific event, happened to become famous after using their experience to raise awareness in people. But for many it is not the case, even though their journey might include difficult moments and many challenges, they're still not shining their light thinking that they have nothing to offer to the world.

You also have people who have struggled to carry a message to others that they believe is worth working for, even though they doubt being able to transmit it. This book is for them...

### **The Sun Child**

Giving voice to your inner child to let go of suffering and gain authenticity. Recognizing the suffering of the Sun Child<sup>1</sup> in yourself.

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

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

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<sup>1</sup> The child born with their own light.

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 Self<sup>2</sup>.

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.

Once grown up, the Sun Child with repressed feelings will often experience guilt that may manifest itself in feelings of not being enough or of being too much, or of not being able to fully exist. But it must be recognized that if you want to find the essence of the Sun Child as it was, you must accept its suffering to finally allow it to shine its light.

Even as adults, we often refuse to recognize that we have not always been loved and protected by our parents as we should have been as children. It is by recognizing this suffering that we will be able to find the freedom and the authenticity of who we really are. We will be able to express ourselves without the filter of the past and finally become enlightened and autonomous adults.

Having the right to question one's parenting and upbringing will allow the wounded Sun Child who has become an adult to no longer cling to the idealized love of her parents for fear of no longer being loved. Her suffering,

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

once identified, is not there to be judged, but to give you, as an adult, permission to recognize and express the emotions experienced by the Sun Child.

### **My child, yours and the one to come**

*I did not have children, but I was a child.*

*I was not a mother, but I learned to be a mother for that child.*

*I recognize today that her innocence was her true nature.*

*I learned to love her, I learned to recognize that she was already loving.*

*I can now love her, love you and love truly.*

*Mocha*

Few people are ready to take the journey to the bottom of their selves, where is found the being who wants only to express his love. Personal history cannot deny this essence, but it can make the child become blind to this truth. A blindness that is of the ego.

The human experience will give birth to the emotional life of the child and his indoctrination, first parental and subsequently social, and will shape what he can become, namely, an adult with healthy self-esteem or one who needs to find self-love.

We know that depression, addictions, violence and illness are direct consequences of an upbringing where the child has been neglected, i.e., when his safety and development have been compromised. Knowing how to recognize these symptoms and signs in our lives as consequences of our childhood and knowing what to do about them, as adults, is often something that escapes many of us completely.

What can we do to become a Unified Self, the best version of who we are?

What can be done so that each child can evolve in a healthy environment where his creativity will be engaged and not denied?

These are questions that many have pondered and that will be considered in the future. Some people think that ignoring their past and "starting at zero" is a possible way to be happy. Some have the certainty that they are already loving and unaffected by harmful educational conditioning. Others, who have a person in their corner believing in them, will arrive there. But this is not the case for most young people who have experienced abuse in one form or another.

Although we have the potential to reinvent ourselves at every moment and even if we are able to return to this state of love for a few moments, the denial of the suffering attached to our experiences often keeps us prisoners of our past, which will taint our present and our future.

The ego likes to remain blind when faced with suffering from the past and of the child. However, once we recognize this suffering, it will serve as a starting point that will open the path to inner healing (meaning reintegration of self-esteem). Giving voice to the suffering of the Sun Child who has become an adult will ensure the survival of love, that state of purity which is its – and our – essence.

You've probably experienced, just like me, moments when you thought, "How come I react (in this or that way), when I thought I'd fixed that?!", or "Why do I always repeat the same words or adopt the same behaviour? I thought I learned my lesson!" It is not because we live in the past, but because we always respond, unconsciously, to the suffering of past

experience. It is simply that this suffering has not yet been recognized since it's always being repressed.

In her 1991 book, *Breaking Down the Wall of Silence*, Alice Miller, a practicing psychoanalyst until 1980, urges her readers:

*"to learn to love the child that we were, to lift the repression and live the buried emotions (fear, indignation, anger); this is the path to true inner freedom. Saving our life is a form of duty that we each have towards ourselves. Rather than shutting ourselves up in depression, or, even more frequently, in self-deception and the denial of the sufferings inflicted upon us during our childhood, it is up to us to come to terms with our real needs. "*

Allowing ourselves to be angry at the wounds inflicted on us as children is more than healthy. This is an essential step for true healing to take place. It is important that this stage be experienced in an environment where we feel safe (with a social worker or psychologist or a coach or even a friend<sup>3</sup>).

Several paths will allow us to integrate the light of the Sun Child with that of the adult that we are. For my part, it is by using *Emotional Freedom Techniques*<sup>4</sup>, *The Connection Practice*<sup>5</sup>, *Ho'oponopono*<sup>6</sup>, and *A Course in*

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<sup>3</sup> Make sure you find someone, or a mental health worker, who has already done the work of recognizing their own injuries, otherwise it will be difficult, if not impossible, for this person to help you move in that direction. You have the right to obtain this information for your well-being. Remember that the inner child always feels hurt about not being listened to and directed to lovingly develop his creativity when he needed it the most. This therapist must therefore be able to welcome him where he is.

<sup>4</sup> See Gary Craig's website at [www.emofree.com](http://www.emofree.com)

<sup>5</sup> "A self-empowerment skill for meeting any challenge in life with empathy and insight." Rita Marie Johnson. See the Connection Practice's website at <https://connectionpractice.org/rasurfoundation/>

<sup>6</sup> Ho'oponopono is a technique of liberation of ancient memories, engaging the correct action of unconditional love.

*Miracles* as tools of transformation, that I am able to do it with love - this love that was so lacking to the Sun Child that I was.

We must, however, overcome the tendency to idealize our parents<sup>7</sup>. As children we did not have to learn to understand them; they were the ones who had to learn to respect us, to respect our right to be loved so that we, in turn, could learn to truly love, including our children. Even if our parents have not been loved themselves, we as adults have the responsibility to recognize the feelings of the Sun Child in us. Many of us have been parent substitutes for our parents and are still doing so without taking the time to recognize and understand their own pain.

It is when I suppress and refuse to express the feelings experienced during the traumas faced by the Sun Child in me that I, in turn, risk inducing suffering in the other. However, by consciously accepting this step, I participate in the elimination of the suffering of humanity because I have worked to transcend mine. When we rid ourselves of reproach, hostility, anger, and attachment to the way people treat us, we can heal and help others to do the same.

Even though the moment I realized that my parents did not love me as a child requires was painful, I was no longer in denial or judgment. I simply recognized my suffering as a child would have if she had been able to see it at that time. I recognized the emotions related to the lack of protective love. I gave up the attachment to the feeling of guilt connected with the need to be "a good girl" in order to be loved by her parents. I also understood they themselves could not give up their own guilt to fully love not knowing how. I

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<sup>7</sup> "The therapist must not say the parents were disturbed but well meaning, because he is then siding with the grown-ups. If the child thinks that the parents who behaved so strangely and humiliated him were well meaning, he cannot feel his pain, and he sympathizes instead with his parents." Alice Miller

thus stopped looking for a substitute for parental love where there was none, such as in people who were not loved as Sun Children, but did not recognize it yet.

This is when we can become an authentic adult with a full capacity to love, giving voice to the Child Sun to express his truth - one feeling at a time.