

Book's extract

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

By Monique Chabot

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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 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 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.

¹ The child born with his own light.

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

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, 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.

To be continued...