



Episode Transcript – 018 – Shine your light

Introduction

Welcome to Remembering to Be Me, a podcast that helps you find your own way to a place of authenticity and service of others in a world that is ever changing. I am your host, Jenn Shallvey and I invite you to join me on a journey of reflection, insight, and wisdom, as well as be challenged into growth and change. The choice is always yours. I simply hold the space, and offer an invitation and support you in the process. As you find your own way to balance the ups and downs, be rewarded with freedom, contentment, happiness, acceptance, peace of mind, and clarity. Trust yourself, discover more of the real you and share your wonderful, amazing whole self with the rest of the world. This is not always easy. So, start with this simple message to yourself, "Be me, and when I forget, remember to be me."

Main podcast

This is a message that is a bit different. I am jumping in here to do a public service announcement for your wellbeing. That's what I'm going to call it. It is slightly different because it's not on topic. It's not relevant to the letting go series that I've been working on. Yet it is so essential that we do this every day. What I want to talk about is shining your light, finding the light within you and letting that shine. And I know that already sounds woo hoo and wacky and language that may not be something you would just say at a dinner party conversation. For me, maybe it is, ask my husband. The thing is for me, that is our number one job. That is everybody's number one job.

So what do I mean by shine your light? Well, it comes into multiple layers, many, many different aspects. It's not just one perspective. It's not one way. The essence of shine your light is being you, being you with every aspect of you. But coming from a place that is inside of you, that is the word isn't love, but it is like that feeling. It is a bubbling up inside of you, of warmth and joy and love and kindness and compassion and that comes up through you into the world.

It could be as simple as a smile. It could be as simple as an exchange and a hello to a stranger. That is how simple this can be. It can also be at the other end of the spectrum, where you are with people who are in pain or suffering or a challenging part of their life and you are there to comfort them. You are the compassionate, empathetic kind hearted person, holding their space, being there for them unconditionally. That is just as important as smiling or saying hello to a stranger.

So can you see how shining your light is your work? It's everybody's job. If we are human, we have the potential to shine our light and lift up every person we encounter all the time.

Now, of course, the question will come back. I know, 'wait, what if I'm the one who needs someone to shine their light?' Well, then that's what you need. I compare that to imagine if you were, I don't know, using no think of sparklers, that's the best analogy I can think of. And it's a celebration and one person has a sparkler and it's lit and it's light and it's sparkling and yours is not. What would you do? You would hold your sparkler out and you would say, can you light my sparkler? But you've always had that sparkler in your hand it's been there, the potential, the potential for light is in there. And as soon as it's ignited, then you're lighting up the environment too. And so one person starts it.

Now this isn't about where does the first one come from? There's no discussion here about that. What I want to talk about is the sharing of the light, the igniting of each other's light, the offering of the light, the shining of your light, it's all a collaborative collective type of experience. Isn't it? It's not just by yourself. Mind you, I think you can stop right now and say, well, where's the light within me?



Episode Transcript – 018 – Shine your light

What is it that I get excited about? What is it that makes me happy, that brings a smile to my face. What is it right now that I can think of that I can put in my mind, see, feel, remember, know, that will make me feel ignited within? A very conscious exercise in your awareness that you can do mindfully. And that's a trick to ignite the light within you, but it works even better when you're with somebody else who already is doing that because it's almost like hiccups is catching, isn't it. You don't want to get rid of these hiccups. You want to keep going.

Sometimes we have to clear out the debris that is in the way of that happening. And that's another conversation. But for now this announcement, this public service announcement that I'm doing is simply to remind you to find a way to shine your light, whether it's from within on your own, back doing it yourself, or by being around somebody else who is light in your world that brings back the light in you.

What is an example you could be having a bad day. We all have them. We all are grumpy. We are human and go through that grumpy moment, that grumpy phase, whatever and we need to kick ourselves out of it. We've had enough time wallowing. It's time to move into back the state that I think is actually what we're meant to be in, which is happiness and kindness and joy and such. And to do that, you might choose to watch a funny movie or a funny TV show, or you might choose to be with a person that, you know, brings light to you and have a conversation with that person.

There may need to be more conscious effort in that. What starts all of this, what holds this in place is your desire and intention and will to shine light, to not give up on it, to not give up on it being inside of you to not give up on it, being around you, to not give up on sharing it with others and holding that. That is it.

So today with this little announcement that I've put out, this silly little announcement, I invite you and ask you to do whatever you can today to bring some light in this world on your own, through your own way, being you not trying to be like anybody else, just be you and see what happens. See who comes to you. See who's around you see whose else's light (that's very hard to say) see who else you can ignite the light within, who you can remind that it's okay to be light in this world. And again, there are going to be people and times where that is not possible. It is really challenging. How do you find a moment in that that brings light back into your day. How do you find a memory that brings light back into your day? How do you find a connection that does that?

What I'm reminding all of us and myself is the power we have within each of us to choose that path. We can choose to ignite the light within and around us. We can also choose not to. That is what is so powerful about this. So I see that potential in you. And I know I have that potential in me and I'm using this moment to activate that potential in me to share my light and I ask that you do the same in your world and have a amazing time doing so.

Closing

Thank you for listening to another episode of remembering to be me. Any information in show notes from this episode will be on my website www.jennshallvey.com That's J E N N S H A L L V E Y.com. I would love to connect with you. You can find me on Instagram at Jenn Shallvey or contact me via my website. And after listening to this episode, if you think of someone else who might benefit, please share, the more the merrier. Until next time remember to say to yourself "Be me, and when I forget, remember to be me.