

Excerpted from

The Daily Flame: 365 Love Letters from Your Inner Pilot Light

by Lissa Rankin, MD

You are about to embark upon a sort of pilgrimage with your “Inner Pilot Light.”

What is your Inner Pilot Light? Poet Mark Nepo describes it best: “Each person is born with an unencumbered spot, free of expectation and regret, free of ambition and embarrassment, free of fear and worry; an umbilical spot of grace where we were each first touched by God.”

Every life begins when a small spark of the Eternal Flame of cosmic consciousness splits off like a glowing ember of a universal bonfire. This unique spark ignites as the Organizing Intelligence that creates your organs, divides your cells, and develops you perfectly into a precious being decorated with thoughts, preferences, gifts, talents, emotions, and eccentricities. The Inner Pilot Light begins in every baby as the untainted, radiant, buoyant light of God/Goddess but often gets filmed over by trauma, conditioning, and the illusion of separation from the Eternal Flame from which this unique spark arises.

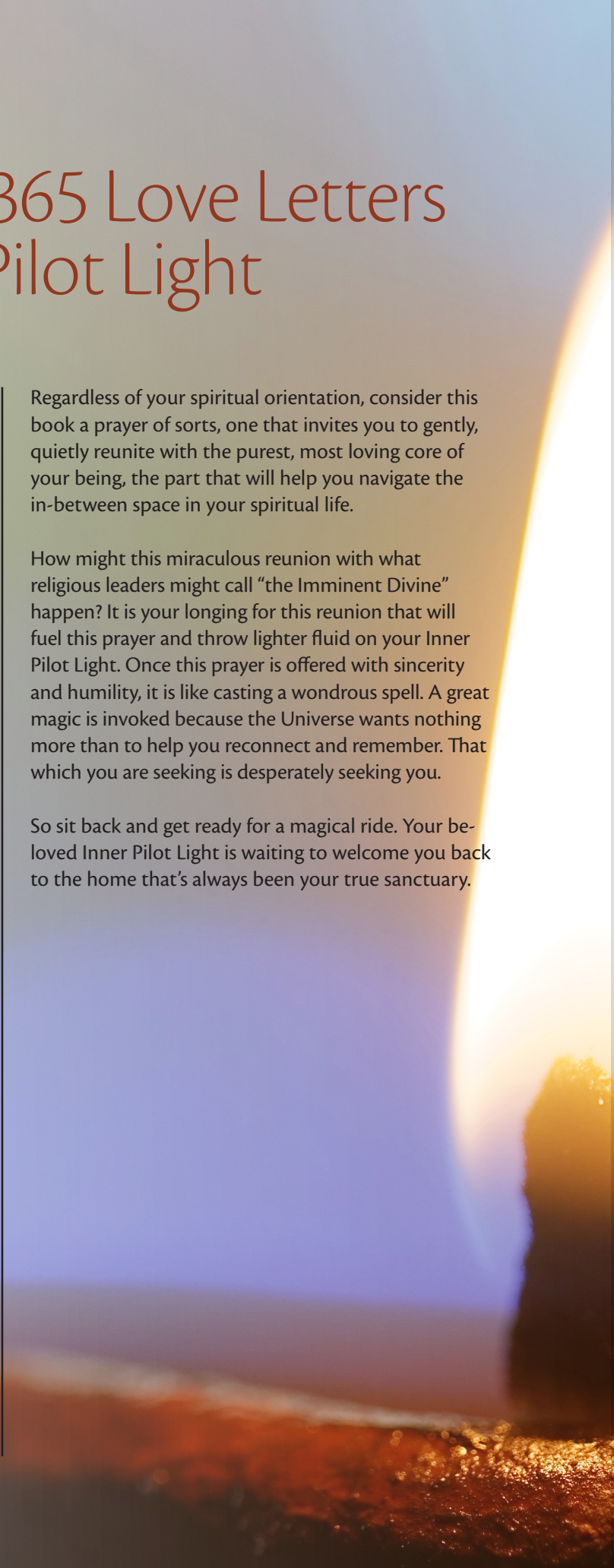
Although your Inner Pilot Light may grow dim as life’s inevitable challenges threaten to snuff out the full brilliance of this luminous fire, rest assured that your Inner Pilot Light never burns out.

Your Inner Pilot Light loves boundlessly but selectively, discriminates between what is and isn’t authentic to your true nature, and knows how to connect straight to Source. It guides the path, lights the way, navigates the journey, and asks only that you trust a mysterious process that won’t necessarily make sense to your rational mind. While making contact with your Inner Pilot Light is not quite as simplistic as rubbing a lamp and calling forth some inner genie that can magically make your life easy, you do have mystical magic within, which you can access through your sincere desire to connect with this inner Divinity.

Regardless of your spiritual orientation, consider this book a prayer of sorts, one that invites you to gently, quietly reunite with the purest, most loving core of your being, the part that will help you navigate the in-between space in your spiritual life.

How might this miraculous reunion with what religious leaders might call “the Imminent Divine” happen? It is your longing for this reunion that will fuel this prayer and throw lighter fluid on your Inner Pilot Light. Once this prayer is offered with sincerity and humility, it is like casting a wondrous spell. A great magic is invoked because the Universe wants nothing more than to help you reconnect and remember. That which you are seeking is desperately seeking you.

So sit back and get ready for a magical ride. Your beloved Inner Pilot Light is waiting to welcome you back to the home that’s always been your true sanctuary.



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Darling Spark,

Not that you need anyone's permission to follow your heart, but just in case you think you do, let this be your cosmic permission slip.

I hereby give you permission to be your truest, most radiant, most heart-full self, never feeling the need to apologize for the sacred beauty that alights you and never needing to explain why you're following the path your heart chooses.

If others have been telling you that it's not safe to shine my light, or if you've been telling yourself that it would be foolhardy to do so, let this be your wake-up call:

YOU HAVE FULL PERMISSION!

In case you've been holding back, waiting to shine my light without apology, this is your time.

Permission granted,
YOUR INNER PILOT LIGHT

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