

the
**DAILY
FLAME**

365 love letters from
your inner pilot light

Lissa Rankin, MD



sounds true
BOULDER, COLORADO

Contents

Introduction I

Love Letters from Your Inner Pilot Light 7

Taking Your Inner Pilot Light into the World 394

Inner Pilot Light Manifesto 397

Acknowledgments 399

Resources 404

About the Author 405

1

My Sweet,

Do you realize that no matter what else is going on in your life—no matter how much stress you're under, how much heartbreak you're experiencing, how much pain you feel in your body or mind, or how much your life is full of fabulousness—I am always here for you?

I'm like your heartbeat. You may not always notice me, but I'm always present, doing my job, just beating away—thump, thump, thump—waiting for you to tap in.

You can access me *anytime*. And I don't even charge overtime.

Having trouble finding me?

Close your eyes. Imagine me as a golden light in your heart, expanding to fill your chest. Now see me filling your whole torso with my light and dropping down through your body like an extension cord made of my light. Ground me into the soil. See me going through the water table and the rock, all the way into the magma at the center of Mama Earth. Now plug me in, sugarplum!

Let Mama's Earth energy come back up that cord of my light. Let me fill you to the brim until my light shoots out the top of your head and connects you to the cosmos. See me like a spotlight flashing to the stars as one giant firestick of golden light connecting you to All That Is.

Huzzah! Hoorah! Snap, crackle, pop!

Now take a few breaths. Abide in me, darling. Know that I am here.

From the Earth to the heavens,
YOUR INNER PILOT LIGHT

2

Dearest Beloved,

Remember me? I'm that sparkly, effervescent, 100 percent authentic spark within you that never gets extinguished, no matter how rough life gets. I'm that pilot light that holds the Eternal Flame of your divine radiance, even when the main burners aren't ignited fully. I'm the presence of unconditional love and acceptance inside of you, always here to help you heal that which is in need of healing.

Right now I'm here with a very important invitation. Just as an experiment, will you let me light the way for a while? Will you let me take the wheel in your life so we can journey together?

I know you're accustomed to listening to other voices inside your head, and you may not have spent much time listening to mine. You're so accustomed to listening to your adorably protective monkey mind, which is always working 24/7 just to try to keep you safe, rehashing the past and trying to control the future, grasping for what it wants and resisting what it doesn't like.

Let's see if that precious monkey mind would be willing to trust me enough to give us some space so you can experiment with how things might go if you listen to me for a bit.

Can you ask the parts inside of you that may object to you and me becoming intimate if they'd be willing to grant us just this little experiment? Let them know I'm just going to start by writing you a few love letters. No pressure. No Holy-Roller hellfire and brimstone. Just love and radical acceptance of even the parts you might judge as unlovable.

Are you up for a love that big?

Infinitely spacious,
YOUR INNER PILOT LIGHT

3

Dear One,

Think back for a minute to a time in your life when you were at your most powerful. Maybe you won the elementary school science fair with that revolutionary idea. Maybe you were a young stallion teenager bucking with passion. Maybe you were just rewarded with your first raise for a job well done. Maybe you completed that marathon. Maybe something mystical happened and you felt at one with the Universe. You were in flow and synchronicity was on your side, and everything just felt so . . . magical. You remember the time . . .

That one.

That day, you let *me* take over so I could shine my light all the way through your whole being.

Well, I'm still here, baby. Can you feel me?

Close your eyes and feel me. Let me love you up right now.

Glowing,
YOUR INNER PILOT LIGHT



4

Glorious Angel,

Oh my! You can hear me! You're listening! You may not know it, but I've been here all along, burning steadfast and true, even during that time when you thought my flame was extinguished. No matter what happens in your life, I am

always here, keeping your home fires burning. All I need is a wee bit of your attention so I can help you with a bit of housekeeping, clearing out old beliefs and patterns that no longer serve you, doing a bit of dusting around your relationships, and clearing out the cobwebs around your genius, your passion, and your creativity.

Will you make it a priority to make space for things that support your relationship with me? Invite me close. Get quiet. Meditate. Pray for help. Spend time in nature. Listen to trees. Pay attention to synchronicity. Take notes on your dreams. Notice images that float by your mind's eye.

Can't speak Inner Pilot Light yet? Imagine that everything is alive and conscious, and the whole world is taking you on a scavenger hunt to help you translate the messages I'm here to share with you.

Can you hear what I'm whispering today?

Take a moment right now and see if you can hear just this *one thing*.

A decoder's dream,
YOUR INNER PILOT LIGHT



5

Dearest Beloved,

Inside of you I hear a noisy grumbling, and I recognize that voice. Hello, you sneaky, adorable, ferocious, fearful goblin! I see you, and I love and accept you. I appreciate all you're doing to try to keep things safe. I know you're just trying to protect against change and uncertainty, maintaining the status quo at all costs.

I know you mean well, with all your nervous, scared ruminating and all your circular anxious plans. I know you want me to think you're this big, scary monster. But I see that you're really just the voice of a scared inner child who needs love and comfort. Would you consider letting me put my great arms around you as I rock you on my cosmic lap?

I'm not kicking you out, you dear little beast. You're always welcome, and nobody's going to blame or shame or judge or reject you. I'm going to listen to every single scary thing you want to tell me, because I'm so grateful that you're trying to be such a fierce protector. (Good job doing what you do, my little lovebuggy!)

I'm asking that you try trusting me just enough to free you from all the exhausting work you do trying to keep the unpredictable world safe.

How would you feel about going on a holiday for a while, maybe somewhere warm and beautiful, like the south of France? Don't worry! You won't get kicked out or replaced while you're gone. You're totally welcome here, and nobody's going to make you leave. I'm just thinking there might be a job you'd like better than the one you have.

What if I take care of keeping things safe for a while? Would you dare to let me help you out?

You would? Really?

Ah . . . I'm touched.

Awesome. Now, about that trip to France . . .

Ooh la la,
YOUR INNER PILOT LIGHT

6

Dear One,

This is going to be a full-blown love letter, so I may get mushy. (You've been forewarned.)

I love you when you open your heart, even though you're tempted to close it down. I also love you when you guard your heart and build walls to protect your vulnerability.

I love you when you take leaps of faith, and I also love you when you're too scared to leap.

I love you when you score that win, ace that challenge, attract that love, exceed expectations, and stand shining in the light of your accomplishments. I also love you when you fall on your booty, make a mistake, kick yourself, and do something others might judge as disappointing or even shame-worthy.

I love you when you forgive.

I love you when you shine.

I love you when you're all gussied up and knockout gorgeous.

I love you when you serve those who are less fortunate.

I love you when you're grateful and overflowing with reverence.

I love you when you're strong and sovereign.

I love you when you're busting a move.

I love you when you're totally in the flow of your zone of genius.

I also love you when you screw up.

I love you when you fail to deliver.

I love you when the relationship falls apart.

I love you when you're not yet ready to forgive.

I love you when the deal falls through.

I love you when you're in debt.

I love you when you have poor judgment.

I love you when you lose your way.

I love you when you break down.

I love you when you've lost hope.

You see, my precious, I love you no matter what. For reals.

Arms wide open,
YOUR INNER PILOT LIGHT



7

My Love,

I know you wonder whether I'm real. Part of you thinks I'm like a child's imaginary friend or some opiate of the masses, conjured up to protect you from the harsh reality of a dog-eat-dog world.

This doesn't hurt my feelings at all, my love. I adore your skeptical parts.

I understand that they're just trying to protect you from getting scammed by yet another charlatan, pie-in-the-sky redeemer. Once upon a time, you dared to believe in Santa Claus, and when you found out Mom and Dad were wrapping the presents, the magical child who wanted to believe in fairy tales lost faith in invisible magical beings. Or you trusted a God who left you with post-traumatic church syndrome.

Or you put all your faith in fairies and then someone broke your heart when they told you they weren't real.

No wonder you're reluctant to trust me!

When you dare to put your faith in anything whose existence you can't prove with ordinary science, you risk disillusionment. I understand that your tender, young, hurt parts don't want to have their illusions shattered again.

So let's take it slowly, sweetheart. Give me only as much trust as you feel safe offering. I'll be grateful for every little morsel you risk offering.

Satiated with crumbs,
YOUR INNER PILOT LIGHT



Dearest Beloved,

Would you like to experience more meaning in your life? Try asking yourself anthropologist Angeles Arrien's "3 Questions." Scroll backward through your day, asking yourself:

What surprised me today?

What inspired me today?

What touched my heart today?

Stop at the first thing you can remember for each question.

You can write your answers in a journal at the end of the day or use this as a dinnertime practice with friends or family.

At first, if you're just getting to know me, you might answer, "Nothing, nothing, and nothing." But over time, when you know you'll have to answer these three questions at the end of the day, you'll start looking for your answers, making notes to be sure you can remember what surprised, inspired, and touched your heart.

Mind-body medicine pioneer Rachel Naomi Remen, who teaches this 3 Questions exercise to physicians, writes this: "At first, people begin to notice things that completely passed them by as they were living through their day. Little things, then bigger and bigger things." When she taught one of her clients the 3 Questions practice, he said, "In the beginning I could only see and appreciate things six hours after they happened. It was like being under a spell. I could only really see my life when I was looking backward over my shoulder."

You may experience the same thing. But over time, as you start to experience your life through my magical eyes, the time gap will close and you will start to feel surprised, inspired, and touched in the moments when these surprising, inspiring, touching events happen.

Then something super magical starts to happen. Instead of experiencing your life retrospectively, with an awe-reducing time delay, you might actually find yourself sharing with others—in present time—when you're feeling surprised, inspired, or touched. Imagine how the harried mother in the grocery store will feel if you dare to let her know that she's the one who inspired you today, or if you tell the shop clerk he's the one who touched your heart.

Can you feel how this practice could change your life?

Ah . . . now you've got me all teary. You're the one who touched my heart today.

Not sure what surprises, inspires, and touches you? Let me help, babe.

Inspired,
YOUR INNER PILOT LIGHT

9

My Sweet,

If you ever even entertain the notion that you're damaged goods, that something is broken in you, or that you've experienced too much trauma to ever be fully, completely healed, let me reassure you.

I am the *you* who is untouched by trauma, unbreakable, and always whole, healed, and illuminated. You don't need to do anything to fix me because I cannot be broken. You don't have to go find me because I'm always as close as a breath.

Rest assured. I am the incorruptible essence in you that might get veiled over but never gets eclipsed.

Take my hand, darling. I've got you.

Pinkie swear,
YOUR INNER PILOT LIGHT



10

Dearest Darling Precious,

I know you tend to wear masks to protect yourself from being seen in your tender vulnerability. You're not trying to be phony. You're just trying to keep your vulnerable parts safe.

What you don't realize is that these guards lock you in prison and keep you from feeling as if you belong here on this planet.