



Bright Light: Spiritual Lessons from a Life in Acting

Dee Wallace

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Like you, Dee Wallace came in as a bright shiny light, and she knew from the beginning that her soul quest was to keep that light shining and share it with others. This was a challenge growing up poor in Kansas amidst all the conflicting religious and social messages of her upbringing. But she stuck to this strong intent and followed her knowingness in a meteoric rise as an actress, becoming an acting icon after only five years with the success of E.T., and then faltering and losing her way only to reclaim the power of that knowingness later in life. Bright Light works as an autobiographical tale of an actor's life and craft, and how that journey applies to everyone's spiritual journey. It is the story of Everyman: the reclaiming of Self. Each chapter of Dee Wallace's story is characterized by a concept like intention, in which the narrative becomes an allegorical exploration of its qualities. Dee Wallace has rediscovered the wisdom that we all know but forget: that true success comes from following the heart's lead, and that the mind only creates form for spirit's creative manifestation. Our consciousness is our intelligence.

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