

The background of the cover is a photograph of a sunrise over a field of white flowers. A large, leafy tree stands on the right side of the field. The sun is low on the horizon, creating a warm, golden glow. The sky is filled with soft, orange and yellow clouds. The overall mood is peaceful and hopeful.

YOUR LIGHT  
*is Rising*

Kindling  
the Courage  
of Your Soul

LISA MCCROHAN

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# PRAISE FOR YOUR LIGHT IS RISING

“In *Your Light is Rising*, Lisa McCrohan reveals her divine purpose: meeting human beings right where they are and gently offering them permission and tools to cultivate their pathway to peace. This book is a gift to its reader, and it goes beyond that; I see this as a gift to humanity. *Your Light is Rising* taps into the power of human resilience and the power of feeling seen. It is my greatest hope that the world will embrace this soul-soothing guide as a beloved companion for the most challenging moments of each day.”

— Rachel Macy Stafford, NY Times bestselling author, speaker,  
and certified special education teacher, [handsfreemama.com](http://handsfreemama.com)

“In a world of noisy should’s and judgment, *Your Light is Rising* is so very, very different. Through her poetic wisdom, Lisa McCrohan outstretches her hand, reminds us to BREATHE, and lovingly invites us to both rest, and then move, within the strength, wisdom and grace of the ‘Beloved.’ Like a beautiful park in the middle of a loud, busy concrete city, *Your Light is Rising* serves as an oasis of peace gently inviting you to sit for a while upon an empty bench – admiring the green grass and the blooming flowers, listening to the birds chirp, and feeling the breath inside you flow more slowly, freely, deeply.

Then without warning, you’re startled to hear the infectious laughter of children playing. And in that very moment, you remember who you are and who you were created to be. With one giant exhale – recharged and ready – you begin to move, to love, to create, to dance, to let your beautiful, one-of-a-kind-light

SHINE! And meanwhile, watching all of this unfold nearby is your dear friend, Lisa – her eyes smiling, her hands clapping as she joyfully cheers you forward each and every step of the way.”

—Christy Lightfoot Berning, The Joy Movement

“Your Light is Rising nurtures my belief that my dreams and passions are possible. Lisa's poetry reminds me how close the Divine Spirit really is to us, always proud, always loving, always ready to smooth the path for us. This poetic guide is like a portal to unconditional beauty and love.”

—Maria DiLorenzo, Personal Stylist, MFDStyle.com

“Lisa’s words are truly balm for the soul. With her gentle presence and support through our everyday journeys, she moves us all with her poetry. Lisa is somehow able to create a safe space and haven for all the ups and downs we may be feeling. This is the type of book to leave bedside and read it over and over.”

Tracy Brooks, Writer and Shamanic Practitioner, soulbeckons.com

“On the surface, Lisa McCrohan's latest work, *Your Light is Rising*, is filled with all of the things she is so, so good at offering us: hope and possibility, opportunities for awakening. Spend time sinking into the experience of her mission for us, and there is much more to discover. Lisa’s guidance and promptings allowed me to release grief previously inaccessible, and to shed tension that was holding me away from people I love. There is not a greater gift than this. I'm imagining a world in which we all turn to Lisa's words in the moments of pause within our days (instead of to our phones – as Lisa suggested!). What a more authentic and resonant world it would be.”

—Meghan Nathanson, Writer and Artist, meghanathanson.com

“Lisa’s poetry is balm for our tired soul’s right now. *Your Light is Rising* is filled with the life-giving fuel we need to rise up and keep living into our truths. This is my new morning inspiration to have by my side.

— Shawn Fink, Speaker and Life and Well-being Coach,  
shawnfink.com

“Such a beautiful gift! Lisa’s warm embrace toward self and others within these pages is the soothing balm our weary souls need. *Your Light Is Rising* invites us to shine a soft light into our dark corners to help us heal our tender spots with compassion and kindness.”

— Judy Bazis, Founder, Illuminate Festivals, illuminatefestivals.com

“Lisa gifts us a new way to see ourselves through the beauty and truth of poetry. Her hopeful words leave me feeling seen and inspired to reframe how I think about my day, my family’s rhythms, and my connection to myself and my community. Our world would flourish if all mothers read this book and practiced the sacred pauses from *Your Light is Rising*. Lisa invites us to step away from the distractions of our modern world and into the sacred within us. Her poems are a calling – one well worth answering. I encourage you to read this compassion-filled book as a way to pause – truly taking time for yourself & making space for love.”

— Lori Beth Auldridge, Host of The Elevating Motherhood Podcast, elevatingmotherhood.com

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# *Introduction*



## Soul Courage



There is a soul courage rising from within me  
to clear out the distractions of daily life  
and listen to my Inner Voice  
calling me to surrender the old beliefs  
that have kept me constantly questioning  
my worth, ideas, and brilliance

and trust the truth I know in my bones:

I have a light to shine,  
a wildness to embody,  
and a medicine to share.

How bold! How audacious!  
Yet, how true.

And it's time to shine,  
time to remember the wildness within,  
time to share this unapologetic, embodied pleasure  
with others –

the pleasure of slowing down to hear the whispers of your heart,  
the pleasure of moving your body in sensual, healing ways,  
and the pleasure of channeling your light to shine in this world  
that's hungry for your authentic wisdom, leadership, and art.

There is a holy desire rising from within us  
to risk letting go of the life we have  
and go on the wild adventures our souls want us to experience –  
with healthier boundaries that protect our time,  
honor our bodies, and breathe joy into our days.

This requires simple but sacred rituals in our day  
that help us to pause, call back our attention  
and place it on the altar of our hearts,

bowing to the wisdom of our bodies  
to soothe our collective weariness with  
time offline, outside, in nature, and with each other,

letting our hips shake to ancient rhythms that  
our bodies intuitively remember,

creating art that speaks our truth  
and reminds us of our belonging,

and offering our hands and hearts in service  
in ways that do not deplete us,  
but rather nourish us  
and inspire others to live with bold authenticity  
and compassion.

We have a light to shine,  
a wildness to embody, and a medicine to share.

Come, take my hand.  
Let's stand together at dawn  
with our feet firmly rooted into the earth  
and our hands on our hearts  
tending to the temple of our bodies  
as the light of hope begins to glow.

As we go into the morning,  
let's call forth the soul courage within us  
to stay true to what is sacred and  
remember our divine essence  
as we let go of what no longer serves our souls  
and say "yes" to the next right step  
in the direction of our dreams.

As the noon sun rises,  
let's redefine strength as  
dropping the armor around our hearts,  
and softening the harshness,  
allowing ourselves and others to be imperfect,  
and still radiantly shining.

As the afternoon approaches and we might be edgy and tired,  
let's love ourselves and others with tenderness and mercy,  
remembering that we belong to one another  
so that our homes may be a refuge for our dear ones,

our communities may be places of connection,  
and our world may be united, more inclusive, and kinder.

As the sun sets and the moon rises,  
let's end the day together with practices of surrender,  
letting go of our worries  
as we rest in the radiant Heart that leads us home.

There is a soul courage rising from within us  
calling us to remember that  
I – you – we matter.  
Each of us has a light to shine,  
a wildness to embody, and a medicine to share.  
And it's time for us to rise. Together.



It's time to listen to the Divine within you and honor what you hear. It's time to answer the sacred call to live, love, lead, parent, and serve as your soul guides you. It's time to kindle your inner light, embodying the wildness within your soul, and share the medicine only you have with this world.

In our fast-paced, always-on modern world that's full of noisy distractions, listening to the voice of the soul isn't easy. We can often feel frazzled, lonely, overwhelmed, and disconnected from our hearts, bodies, one another, nature, and the Divine. In working with my psychotherapy and coaching clients, we call this "soul exhaustion." We long for authentic connection. We



desire harmony to flow in our bodies, minds, and souls. We are hungry for true soul nourishment. We know – deep in our bones – that our souls have art to create, music to compose, movements to lead, and a light to shine – not only for our own personal wellbeing, but also for the world to be a kinder, more loving, and inclusive place. But how do we do that when life is so noisy, harsh, and distracting?

I wrote *Your Light is Rising* to be your poetic guide and journal to come back home to yourself through small, sacred pauses throughout your day that kindle the light of your soul to shine.

I love to and need to get up early in the morning, to pray, stretch my body in ways that honor my feminine form, write poetry, and journal my conversations with the Divine. To be honest, I often wake up anxious with my mind already running through the list of what's on the agenda for the day. Instead of trying to go “head to head” with my anxiety, I have to take that morning pause to get grounded and anchored – even for a few moments. This is how I stay sane and sense hope blossoming in my heart. In a world that will harshly push us to hurry, we can easily head off into our day without an anchor, toppled over by information, news, and other people's opinions and ideas. Our senses can get overwhelmed while our nervous systems become awash in anxiety and self-doubt. The Voice of the Beloved calling us to live with soul courage and let our light shine brightly can get drowned out.

No, I want to start my day sensing how the hand of the Divine holds me in the sea of this human experience. I

want to start my day feeling the light of my heart glowing stronger as I listen for the ways the Beloved wants me to live with soul courage, washed with waves of holy aliveness that courses through me, with Love and Compassion as my soul fuel.

I love to and need to pause throughout my day – even just for a few moments – to clear out the distractions that pull on my precious attention. In midlife now, this is how I return home to myself and sense the Divine filling me up with soul courage to say “yes” to only the opportunities that spark joy in my soul rather than those “have to’s” and “shoulds” that dim my light and that I listened to as a younger woman for too many years. It’s how I practice dropping the mainstream definitions of strength that made me push myself too harshly and redefine strength as fierce devotion to inner gentleness – toward my body, ideas, dreams, and desires. It’s how Grace opens me to compassion when I overreact, react out of fear, or get overwhelmed by the harshness of this world. It’s how the light of my soul continues to break through the walls around my heart and shine – for my flourishing and for those I serve in my work and in my life.

I love to and need to end my day with quiet time. I could easily stay at my desk long after it is necessary, trying to perfect what I’m working on. But by putting into place healthy boundaries and having an evening ritual of quiet, I can sense the Divine calling me to put the work away and rest. It’s how I can feel my light being replenished and nourished. It’s how I can let go, forgive, and surrender.

The poems in *Your Light is Rising* were inspired by such moments with the hope that when you read them, you, too, may feel yourself being nourished – body and soul.

Divided by five key times of day, *Your Light is Rising* kindles the light within you throughout your waking hours: **Dawn** calls forth hope to blossom in your body and soul; **Morning** invites you to practice courage; **Midday** gently challenges you to redefine strength; **Afternoon** asks you to plant seeds of compassion in your own heart and in your relationships; and **Evening** readies you for sleep with soothing inspirational words of peace. After each poem, you'll find a short Kindling Your Light soulful reflection or embodiment practice as well as space to journal your responses, wonderings, or insights designed to help you connect to your body, your heart, and the wisdom within you.

This book is yours! Mark it up. Make it your journal. Write in it. Put post-it notes in it. Doodle in it. Keep it on your nightstand, kitchen table, or desk. Put it in your car so you'll have it for those times you are waiting and you usually reach for your phone – in a doctor's waiting room or at your child's sports practice – or bring it with you to read on your commute to work. Doodle your insights and inspirations in it. Carry it with you on a hike or sit on your porch and soak in a poem. Tear out a page to give to a friend. Read a poem aloud at the start of a staff meeting to settle coworkers' nervous systems and spark inspiration. Share a poem with a soulful group you are a part of and do the accompanying practice together, share your responses to the question, or journal on the reflection.

## LISA MCCROHAN

There are so many ways to read *Your Light is Rising!* You may choose to read it from cover to cover, reading one poem a day during your quiet reflection time. You may give yourself a short sacred pause, and briefly turn to a poem in the section that matches the time of day to breathe, reconnect to your body and heart, kindle your light, and feel re-inspired. You might make this your journal and write or doodle your responses and reflections. Perhaps when you feel ungrounded, scattered, or distracted in your day, you will whisper a prayer, "Please guide me" and randomly open to a page for an embodied soulful energy boost. Follow your intuition and let your heart guide you.

No matter how you read or share this book, *Your Light is Rising* is my way of encouraging and accompanying you.

You matter. You are worthy of love and rest. Your dreams matter. They are worthy of sacred attention and regard. You have a light to shine, a wildness to embody, and a medicine to share. May each of these poems and practices be like a spark within you, kindling your light, calling forth the courage of your soul to risk going on the adventures your soul wants to take, and inspiring you to share your light with the world. May our magnificent light shine and may we inspire a more compassionate, unified world.

I am alongside you. Please take my hand. Now, more than ever, we need each other. We are all in this together.

*Dawn*



Hope



## Today is a New Day



Today is a new day.

I begin this day  
with my hand on my heart –

breathing in kindness,  
breathing out kindness.  
I choose to softly smile.

Relaxing my shoulders,  
I know that God accompanies me  
wherever I go.  
I am loved –  
deeply, tenderly, completely.

I let this love flow from me  
as an offering to all those  
I will greet today.

Today is a beautiful day.



Kindling Your Light Practice

Pause for a moment this morning. Feel your feet on the earth. Feel the support of what you are sitting on. Feel the integrity of your spine – the tailbone pointed down toward the earth and the crown of the head reaching up to the sky. Put your hand on your heart and feel yourself breathing in and out for a few breaths. With kindness and curiosity, what do you notice? In your body? In your heart? In your mind? You can use this space to write what you notice.