

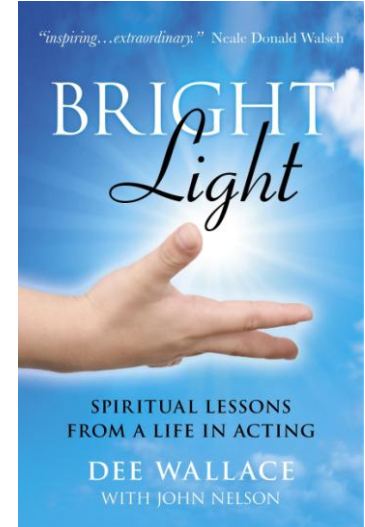
Bright Light, Spiritual Lessons from a Life in Acting **by Dee Wallace with John Nelson**

“Bright Light,” New Autobiographical Book by Respected Hollywood Actress and Healer Dee Wallace, Shares Spiritual Wisdom Learned from Her Life Experiences and Acting Career

Wallace Inspires Readers to Turn Up Their Heart-Centered Bright Light to Live a Brilliant Life

In her new book ***Bright Light***, one of Hollywood’s leading actresses and acting teachers for the past three decades has much more on her mind than teaching acting. Instead she uses her life experiences and spiritual skills learned through her acting craft to teach people how to illuminate and activate their spiritually rich and creative essence for a far more satisfying life.

Dee Wallace is a familiar face to television and film lovers. Wallace’s films range from some of the scariest to some of the funniest -- including *Cujo*, *The Howling*, *Ten*, *The Frighteners* and *Critters* – and above all, the one that defined hope and dreams for a generation – *ET: The Extraterrestrial*. She has starred in four television series and more than 400 commercials and is one of Hollywood’s most sought-after TV guest stars. Wallace has worked with some of Hollywood’s biggest names including Steven Spielberg, Peter Jackson, and Wes Craven.



In ***Bright Light***, Wallace traces her unorthodox path from actor to spiritual leader and healer, and inspires others to passionately follow their heart and creative wisdom to wherever the road takes them. ***Bright Light*** chronicles Wallace’s rise to fame and the spiritual tools she learned throughout her life and career.

The book opens, with Wallace’s upbringing in a poor, but loving, family in Kansas and the conflicting religious and social messages she faced. As a child, Wallace coped with her father’s alcoholism and suicide, and her mother’s disappointment in not fulfilling her own dreams as an actress.

Bright Light follows Wallace’s journey to Los Angeles, her quick acceptance and success in the notoriously difficult business, and her subsequent experiences on the sets of films such as *E.T.*, *Cujo*, and *The Howling*. Throughout the book, Wallace confronts unresolved issues from her past that stifle her creative inner light.

Wallace soon realizes that traditional acting methods do not work for her and through studying with the acting coach Charles Conrad, she creates a natural, intuitive state that leads to her best performances. This allows her to let go of the emotions and issues of her past and connect with her inner light.

This inner self, or ***Bright Light***, is what centers Wallace throughout her life, career experiences, the birth of her daughter and the sudden tragic loss of her beloved husband, actor Christopher Stone, who died at the age of 53.

At the end of the book, Wallace shares the healing insights that she discovered, and which helped her grow in confidence to launch her own businesses as acting coach and inspirational speaker. She explores how we can each heal ourselves, letting go of the fear and judgement that holds us back, and prevents us from living our full potential. For Dee Wallace has discovered, like her co-star E.T., that the journey home comes from following the heart’s lead.

Bright Light was written with John Nelson, author of *Starborn*, *Transformations*, *Matrix of the Gods*, and *The Magic Mirror*, the 2008 COVR winner for the best New Age book of the year.

Bright Light, is available for \$16.95 at www.iamdeewallace.com



Praise for “*Bright Light, Spiritual Lessons from a Life in Acting*”

Dee Wallace is a 'must' experience. She is a spiritual archaeologist that helps you dig at core issues. Whether it is live, in print — as in her compelling spiritual memoir **Bright Light** — or via the web, her healing words and energy will help you to excavate core truths to live a more balanced life. Many teach... but only a few can help others to transcend.--**John Edward, host of Crossing Over and co-founder of INFINITEQUEST.com**

When you know who you are, you understand that all energy is from the creative force, that there is no separation, only choices to be made. Dee Wallace is an inspiring actress and teacher who has learned how to apply this empowering energy to her art, and has written this extraordinary book for those who wish to learn from her wisdom and apply it to their lives. -- **Neale Donald Walsch, author of Conversations with God**

Dee Wallace is the real deal; irreverent, focused, and profound she will shift you in the blink of an eye. This amazing book reflects that bright light, illustrated through the words and the wisdom contained here. It will guide you to shine brighter than you ever thought possible. Read this today if you are ready to fundamentally shift into balance and joy. --**Jennifer McLean, author of The Big Book of YOU, healer and host of Healing with The Masters**

Dee Wallace puts a mirror to her heart as she shares her deeply profound insights into acting, life and spirituality. *Bright Light* is a remarkable portrait of love and awakening, with valuable lessons for every reader -- **Geoffrey Hoppe, international author and spiritual lecturer**

In this glorious book, Dee Wallace inspires us to show up in our lives as our authentic selves. Dee teaches sharing her own story of how she succeeds by being herself at all times, and she displays for us the courage it takes to live authentically no matter the cost. *Bright Light* is delightful to read and feels as though she is speaking directly to our hearts and our lives. -- **Shiela and Marcus Gillette, authors of The Soul Truth: A Guide to Inner Peace, The teaching of THEO**

Everyone is born in the Light and Light takes the form of unique gifts. Few are the Souls who use their gifts to let their Light shine. Dee Wallace—through her extraordinary journey as an actress, movie and television star—has used every experience in the creative process to deepen her awareness of LIFE. This empowering book speaks of the journey and points the way...a must read for all creative Souls -- **Harry Morgan Moses, D.D**



Dee Wallace

Actress, Healer, Spiritual Teacher

Author of Bright Light: Spiritual Lessons from a Life in Acting

Dee Wallace is a rarity in Hollywood, a young actress who *immediately* found success and is still in demand three decades later as an accomplished veteran in her craft, with such major credits as *ET: The Extraterrestrial* and *Cujo* along the way.

But she doesn't attribute her staying power to her blonde Midwestern good looks or traditional acting methods. She credits the *intuitive* style of heart-centered acting that she tapped into at the very beginning of her career and which ultimately lead the way to her becoming a highly-regarded healer and spiritual teacher, as well as an in-demand actress.

For the past decade, Wallace has blended her two careers, acting when the calls came, while simultaneously teaching the spiritual wisdom that she discerned through the perfection of her craft and her life experiences. Her new book, ***Bright Light: Spiritual Lessons from a Life in Acting*** (O Books, 2011) shares with readers the lessons she learned in her journey toward living an illuminated life.

After a Kansas childhood strained by her father's alcoholism and suicide, and watching her mother sacrifice her own dreams of performing to keep food on the table, Wallace graduated from the University of Kansas, and then headed first to New York for two years and then to Hollywood with a passion to act. No stranger to performing--having been a ballet dancer throughout her youth and student actress in college – she found that everything aligned in her favor to jumpstart her acting career. Wallace attained almost immediate success, and in pursuing her career she eschewed traditional acting schools until she connected with Charles Conrad, who encouraged his students not to memorize, but to act from their intuitive instincts. This style of acting fit Wallace perfectly and opened her up creatively.

This inner source would provide her a wellspring of ability, and lead to significant roles in *ET: The Extraterrestrial*, *Cujo*, *The Howling*, *Ten*, *The Frighteners*, *Critter* and more than 130 movie roles; several



series; 400 commercials and hundreds of television credits. She has most recently been seen on *Grey's Anatomy*; *Cold Case*; *Without a Trace*; *Ghost Whisperer*; *My Name is Earl*; *Criminal Minds*; *Saving Grace*; *Law and Order*, *Los Angeles*, and *Detroit 1-8-7*. Wallace continues to be one of Hollywood's most sought-after TV guest stars. She has worked with some of Hollywood's biggest names including Steven Spielberg, Peter Jackson, and Blake Edwards. Not even half way through 2011, she has booked a dozen movie roles. Wallace also continues to be a favorite of the talk show circuit with appearances on Oprah and The O'Reilly Factor.

In the early 1980s, Wallace actually shared the screen several times with her then husband Christopher Stone before his unfortunate, early demise from a heart attack in October, 1995. His death was a significant test of her spiritual faith and a crucible for growth.

As Wallace applied what she had learned about following her heart and living from her intuition, she felt a natural inclination to share her wisdom both as an actor and spiritual teacher. She founded a very successful acting school, which taught life lessons, as well as acting, and then she began speaking around the world. She discovered her ability to help people heal their deep wounds, release their fears and limitations, and live a more satisfying and authentic life. She continues to work with people individually and through seminars, teleseminars and speaking engagements.

As an inspirational speaker her engagements have included numerous national and international venues such as the Love and Harmony Forum in Tokyo, Japan; the Dillion Lecture Series; Unity Temple; the Kansas Film Commission; Spiritworks; Energetic Healing seminars throughout England, and her own healing and teaching seminars throughout the United States.

Wallace has weekly international radio shows on *Voice America* and *Awakening Zone* networks and holds private healing sessions at her home in LA. As an author, Wallace devoted her first book, *Conscious Creation*, to the art of self-healing and she co-authored *The Big E* with Jarrad Hewett. Wallace has also been featured in or contributed articles for many other publications including *People*, *US*, *Guideposts*, *Family*, *Awakening Zone*, *TV Guide*, *LA Times* and *the Washington Post*

Her new book ***Bright Light*** was written with John Nelson, author of *Starborn*, *Transformations*, *Matrix of the Gods*, and *The Magic Mirror*, the 2008 COVR winner for the best New Age book of the year. It is already receiving rave reviews, just as Wallace has received throughout her acting career.

For more information on Dee visit her website: www.iamdeewallace.com.

Short Introduction

Dee Wallace

Actress, Healer, Spiritual Teacher

Author of Bright Light: Spiritual Lessons from a Life in Acting

You saw her first in the *ET: The Extraterrestrial*, the movie touched all of us, and then *Cujo*, *The Howling* and more. More recently you might have seen her on television in *Grey's Anatomy*; *Cold Case*; *Without a Trace*; *Ghost Whisperer*; *My Name is Earl*; *Criminal Minds*, *Saving Grace*, *Law and Order*, *Los Angeles*.

But Dee Wallace comes to our show today, not just as one of Hollywood's most successful working actresses, but as a globally recognized spiritual teacher and healer. Through her unique style of *intuitive* acting, Dee discovered the spiritual wisdom that allows her to live an inspired and creative life that mirrors her hopes and dreams.

In her new book ***Bright Light: Spiritual Lessons from a Life in Acting***, Dee shares with us the insights she has discovered that will allow you to live a passionate, fully illuminated life...one that allows your Bright Light to shine, and one that guides you to your own wisdom. Dee now works with people around the world—through

speaking engagements, seminars and personal healing sessions--to help them uncover and heal the beliefs, limitations, wounds and other factors that dim their Bright Lights.



Questions for Dee Wallace

- 1) In ***Bright Light***, you recount some of your childhood experiences, including the suicide of your father. How did this inform your life?
- 2) You secured jobs right from the beginning when you came to Hollywood. Can you talk about some of the highlights from your acting career?
- 3) What was it that started you down this spiritual path?
- 4) What were some of the experiences and challenges that began to point the way toward your understanding?
- 5) What were some of the most important things you discovered in this growth process?
- 6) Talk about your relationship with your husband Christopher Stone and how his death impacted you?
- 7) Your acting school was an interesting hybrid of acting instruction and life instruction. How did your students respond?
- 8) How did you go from being a film and TV star to being a spiritual teacher and healer?
- 9) Tell us about ***Bright Light: Spiritual Lessons from a Life in Acting***.
- 10) Where can we see you next on the silver screen and where can we connect with you on becoming a Bright Light?



Promoting

Book

Bright Light: Spiritual Lessons from a Life in Acting by Dee Wallace with John Nelson

- Available at www.iamdeewallace.com and www.amazon.com
-

Seminars

“Loving Yourself Seminar”

“Bright Light Seminar”

- For dates, locations, more information, and registration, or to book one of these seminars for your group, go to: www.iamdeewallace.com
-

DVD

Complete one-day workshop on DVD entitled “The I Love Me Playshop”

- For more information go to: www.iamdeewallace.com/store
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Webinars on DVD

“I Am” Webinars

Based on the “I Am Principle,” this series of DVDs captured from live webinars, covers a variety of subjects including Creation, Money, Relationships, Success and Wellness. This is an ongoing live series presented once a month that is then made available on DVD.

- Available at www.iamdeewallace.com
-

One Hour Private Coaching and Healing Sessions with Dee Wallace

- To book private sessions, go to: www.iamdeewallace.com