

be the light ✨ of your own life ✨

# LADDER TO LIGHTNESS

self-development workbook

samantha jones darling

Darling



PRESS

Also by Samantha Jones Darling

BOOKS

*The Sunset on Malibu: The End You Fear May Just Be Your New Beginning*  
*I Am Ready: Let That Ish Go*

YOUTUBE CHANNEL

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For information about special discounts for bulk purchases or author interviews,  
appearances, and speaking engagements please contact:

[SamanthaJonesDarling@gmail.com](mailto:SamanthaJonesDarling@gmail.com)

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To all the warriors inside dark holes:

Don't give up.

*Here is the way out.*

Be the  
**Light**  
Of your own life

The image features a central graphic design with the text "Be the Light Of your own life". The word "Be" is in a simple, lowercase sans-serif font, positioned to the left of "the". "the" is also in a lowercase sans-serif font, positioned above "Light". "Light" is the largest word, rendered in a bold, dark blue, stylized serif font with thick strokes and a decorative, calligraphic feel. Below "Light" is the phrase "Of your own life" in a lowercase, spaced-out sans-serif font. Several teal-colored, four-pointed starburst or spark-like graphics are scattered around the word "Light", adding a decorative and vibrant touch to the design.

# BE THE LIGHT ✨ OF YOUR OWN LIFE ✨



**“He who sweats more in training,  
bleeds less in war.”**

—UNKNOWN

*I hope you learn to really love yourself from head-to-toe, inside and out.*

*I hope you finally take the time to learn what you need and how to give it to yourself.*

*I hope you learn to stop looking outside yourself for guidance and love.*

*I hope you learn that your heart holds the map and your body the answers to all things.*

*I hope you learn to self-serve, self-soothe, self-care, and self-love.*

*I hope you learn to create safety from within and I hope you learn how to be a good friend.*

*I hope you see how extraordinary of a human you are and I hope someday you see yourself as the sacred miracle you are.*

*I hope you become the person who loves you the best, the most, and the longest.*

—Samantha

## LADDER TO LIGHTNESS

DO YOU KNOW what kind of person you want to be? Do you know what kind of world you wish we had? Do you know what to do when everything everywhere is coming at you all at once and you can't catch your breath? Of course you want to know, you are a beautiful human with a soul designed for more and you can't stop thinking about the more you want! Maybe you can't describe it, but you can feel it. Or maybe you don't know what you *do want*, but you know what you're in *isn't it*. Don't worry, the answer is the same for all of us, no matter how much (we think) we know.

**You gotta learn how to find the light within.**

I have big dreams for us! I dream of a world where we all know who we are and what we need. I dream of a world where exploration is the school of life and experience is our professor of truth. I dream of a world where our kitchens are filled with unmodified foods from the earth and non-toxic cooking practices are prevalent. I daydream about us sitting at real wood tables relaxed, unhurried, surrounded by draping twinkle lights outside under the starry skies. I am thirsty for a world where we know how to navigate loss with grace and we know how to hold space for our pain. I ache for a world where friends, family, and feelings are more important than work and we embrace heart-driven lives. I hope to create a world where all children are taught to freely, wildly, and passionately feel. A world where we are all taught how to rest, how to let go with grace, how to create without shame or fear, and most importantly, how to build the lives of our dreams.

**Be the light of your own life.**

I have big dreams for you, too. I dream of the day when you complete this program and feel your best. I celebrate your future self and the confidence you radiate effortlessly. I stand in awe at the way you have devoted six months investing in a lifetime of change, and you have never felt or looked better! Your generosity overflows because you are overflowing. I clap in delight as you graduate into the next peaceful and playful chapter of your life, feeling light and free and fine as hell. I hand you the lighter, I show you the flint of your heart, and I cheer encouragements along the way. We pour all the champagne and put photographs of you on the wall of fame.

**Can you see yourself at the end? Can you taste the new world?**



## Storytelling Medicine

STORYTELLING is the oldest spiritual medicine on earth there is. Storytelling medicine has been used by cultures worldwide since the beginning of time to highlight the challenges we face and offer solutions that lead us into new worlds, often unknown. In every culture, in every land, the leaders of communities have used storytelling to educate and enlighten. A cave painting discovered in Indonesia may be the earliest evidence of storytelling, that artwork is at least 44 thousand years old. Today I sit 10,000 miles away, carrying on the same tradition of connection.

The Greeks are the first known civilization to develop writing and apply it to storytelling, known today as Greek Mythology. Community storytelling offered the security of explanation; how life and its many forms began and why things happen, as well as entertainment and enchantment. Communities are strengthened and maintained through stories that connect the past, present, and the future. Through storytellers, the history of a culture was handed down from generation to generation. Today we use the written word, movies, TV, music and even social media to entertain and inspire each other. We have all heard of the Iliad. The Aesop Fables. The Bible. Troubadours. Shakespeare. Dickens. Virginia Wolfe. Steven King. And today, you get me Samantha Darling.

In this book I offer you natural and ancient medicines of all kinds, starting with raw and real storytelling. This worldwide journey of self-discovery and healing takes you inside my mind, traveling next to me around the world, learning as I learn, feeling as I felt, healing as I healed. Each tale was carefully chosen to highlight the best and worst scenarios in life, to inspire and lovingly encourage you to become the light of your own life. I share my most intense and life-changing experiences *not to gain pity or maintain victimhood*, but to bravely share my missteps or lack of knowledge so we can learn from them. I share my experiences with transparency so we can see ourselves, our friends, our parents, even our kids, in the chaos and darkness of life's wild journey and then offer stability and light to all.

Next, I provide educational text to clarify each principle's meaning and worth to us, to clearly and simply answer the questions: *Why is this topic so important? How is it useful to me, the reader?*

The third sections are for you to step into yourselves, through experimentation, attentiveness, awareness, and devotion. Through the curated and tested experiments within, you will ascend higher as you embrace yourself in new ways, with new lenses, with an open

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heart. Each experiment was thoughtfully created and tested to lead you through your own exploration experience—for what works, for what feels right, for what matters, is unique to each of us *and the path of discovery is the loving attention we all need.*

*Ladder to Lightness* is an easy-to-follow program designed for efficiency and effectiveness. If you devote yourself to the journey of self-discovery, you only have to do it once to gain the self-knowledge needed for true alignment and abundance. This course will help you to answer life's most pressing challenges *with your voice.* It will give you the practical solutions *unique to your situation.* It will hold the space for you to *become the light of your own life.*

**Share that light generously.**

**If any of these questions have kept your soul awake at night  
or your true self is hidden, this program is for you!**

- How can I move through this heart-wrenching grief?
- How can I attract a quality partner?
- How can I get that job I have always wanted?
- How can I let go of the past?
- How can I be the person I need today?
- How can I be the person my children need?
- How can I navigate life and its challenges with more emotional stability?
- How can I learn to trust myself and my instincts?

This program provides the map for people who are striving for more! More laughter, more money, more fun, more love, more adventure! This program will help you end the generational trauma in your family. The work you will do ends the passing down of pain, of lack, of anger, of excessive mindless consumption. This program changes lives, it changes families, it changes futures, and it fills bank accounts. We can show our children their best ways to communicate to their bodies, hearts, and ultimately the world around them if we first learn ourselves!

## BE THE LIGHT OF YOUR OWN LIFE

### **The results of your efforts will be immediate.**

Each day you will uncover more lightness and joy! Right from the start you will feel more aligned and genuinely happy. After a few days, you'll experience less stress and open up to more of your life force. Not long after, you'll feel more confident in your decisions and be able to serve your relationships with more love and more connection than ever before—especially the relationship to yourself. Your life will be filled with alignment and abundance.

Our goal is to learn how to love ourselves. We all want to, but few of us know exactly how, including me at the beginning. So I went around the world solo for seven years and lived through unimaginable battles on every front to find the answer. I walked directly into the fire of transformation. I drowned in the water of deep emotions. I screamed the grief from my lungs. I fell into the earth for stillness and stability. I did it for me, I did it for you, I did it for the dreamy, happy, playful, creative, and supported children *we all should get to be*.

### **The effects of this program are a balanced and soul-driven life of pleasure and purpose with relationships that match!**

The changes will last a lifetime.

- You will get aligned with your highest purpose!
- You will become the kind of partner you desire and attract the partnerships you lust for!
- You will learn how to be the love that you seek!
- Solitude will be a sweet friend and loneliness will be rare.
- You will become your own best friend and champion of others!
- You will learn how to bring yourself to a balanced state!
- You will believe in yourself because you will know yourself!
- You will become unblocked, unlimited, and unrestrained!
- This process will align with your highest self, and the world you live in will change to meet you where you are.

LADDER TO LIGHTNESS

If you want to live fully and experience all life has to offer us,  
*YOU are who I designed this journey of self-discovery for!*

If you want to simply survive, if you want to stay in the same old  
rut, if you want things to go back to the way they used to be, *this  
course is not for you.*

# MEET YOUR TEACHER



**“If you stand for nothing, you’ll fall for everything.”**

—ALEXANDER HAMILTON

I stand for  
TRUTH  
EXPRESSION  
CONNECTION  
and LOVE.

I STAND FOR freedom of expression and wild rebellion of the soul! I am here to help build our aligned future, to hold the light so others can find themselves in the dark, and to share the medicines to ease our collective pain.

I have risen from the ashes of a toxic and abuse-filled life to dedicate myself to living a life out of the ordinary. I spend my days helping humans realize their fullest potential and leave the darkness of their past behind. A pioneer in modern solo traveling, I live a lifestyle others dream of, bravely exploring the world and tasting all of life’s unique flavors! I am a passionate, dynamic, wise, brave, and powerful healer with a voice that soothes souls. I am known for my sunshine-like energy and I leave everyone in my wake inspired for more!

Today, I travel the world exploring, restoring, and offering my healing retreats and online classes everywhere I go, blending my purpose with my passion! An expert at helping

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people release grief, I am passionate about empowering humanity through self-knowledge at my workshops and private healing retreats. Transforming my life from a too-busy business owner living in chaos to a relaxed and successful healer, guide, and storyteller, I now offer personalized mentoring featuring insightful wisdom, Human Design, astrology, and shamanic techniques.

My incredible stories of personal exploration involve a solo journey that started in 2017 around the world, to rid myself of everything that did not resonate with my soul while healing myself from the inside-out. I studied with teachers, shamans, and healers all over the world, uncovering my own Personal Legend and a life worth watching.

After a year of working on myself in the LA recovery community, I knew I needed to take the opportunity I had and create a new and purposeful life. I needed to do something completely out of the box, so I followed in the footsteps of Anthony Bourdain. A budding writer, a seasoned restaurateur with a lust for all culinary experiences, I remembered these words and I went for it.

*“Welcome to my world. As a cook, tastes and smells are my memories, and now I’m in search of new ones. So I’m leaving New York City in hopes of having a few epiphanies around the world and I’m willing to go to some lengths to do that. I’m looking for an extreme of emotions and experiences. I’ll try anything, I’ll risk everything, I’ve got nothing to lose. I write, I eat, I travel and I am hungry for more.”*

—ANTHONY BOURDAIN

I went all-in and said yes to everything.

I found a piece of my soul in every location.

I became the light of my own life.

I started off following in the footsteps of those before me but getting off the beaten path and going my own way was the medicine my soul needed! Food and exploring the flavors of the world brought me out of my comfort zone and forged connections. Learning and trying new things kept me going back for more. I went seeking love. The love of self, the love of a man, the love of the land, the love I had never had. More of it, all of it, some of it. A satisfaction that couldn’t be quenched by beer, food, shopping, or sex, I had never truly tasted the elixir I sought. The naturalistic medicines of the world were the libations that

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soothed my aching soul. The nourishment I sought was from the malnourished inner child I held.

She wanted real nourishment.

When did I find it?

When I was on my own path.

A traveler on a never-ending hero's journey, I am here to help you find yours.

An alchemist who learned her trade.

I am Samantha Darling.

### Impactful Life Experiences

- 1975 Born, Palm Beach Gardens, Florida.
- 1993 Miss Teen Florida pageant.
- 1998 Graduated from Auburn University by working three jobs at once while attending classes, holding the office of VP Finance of her sorority Tri-Delta and student government leadership positions.
- 2002 Opened her first restaurant at the young age of 27, starting with fifty-five employees.
- Samantha led her restaurant in sales, out of 200 stores, consistently in the top 5 over 15 years.
- 2008 Opened a boutique beauty salon following her passion for the art of hair and entrepreneurship.
- 2012 Opened a second restaurant, now operating her pizza and craft beer empire with over 100 employees.
- 2014 Competed in the World Championship of Pizza in Parma, Italy as a member of the U.S. Pizza Team.
- 2002-2014 Samantha was a powerhouse in raising money and awareness for breast cancer research through a series of epic events, having fun and purpose collide, raising over \$100,000 for Susan G. Komen and Vanderbilt University research programs.

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- 2015 Samantha's journey to self started with a year of treatment to stop her years of overconsumption and to address her anxiety, depression, and a lifetime of living in PTSD.
- 2017 SOLO World travel commences, first stop Thailand.
- 2017 Samantha began consulting for clients in the International Hospitality Business.
- 2018 Samantha owned and operated a fully booked boutique B&B in Bali.
- 2018 Samantha opened a yoga retreat center in Bali with an Australian client, blending local staff with international desires.
- 2012-21019 Samantha had Breast Implant Illness, a removal of implants, a reconstructive surgery, and a battle with health, since has become a professional wellness advocate.
- Samantha has published two books, one a memoir called *The Sunset on Malibu* and one a self-help guide, *Ladder to Lightness*, that her successful healing work is based on.
- In 2023, Samantha had a stint of homelessness where she lived in her truck on the streets of New Orleans. She chose to not go back to the easy money of the toxic restaurant business she was a leader in, instead choosing her dharma of healing and teaching others, integrating her event planning skills to create thoughtful retreats, which led to financial and emotional stability beyond her dreams!
- 2024 Samantha completed her eight-year solo world tour and moved to her beloved hometown where she writes, teaches, creates, and loves her grounded and light life that is completely filled with pleasure and purpose.