

the lighthouse keepers

i believe that we are here for a reason. we are here to be the highest, brightest versions of our selves. we are here to shine our light in the world. this is our birth right.

and so we must become keepers of our light... we must take care of our light along with every other component of the lighthouse that allows us to shine... indeed, every component matters!

a lighthouse has many components: the internal light, of course, and a beacon that beams the light out to the boats, also a strong foundation, a spiral staircase, a tall tower... along with the harbour that is its home and the beautiful blue sky above!

naturally, we each have strengths: components of our lighthouse that are easy to build up and maximize! other components might become a bit neglected over time, and it's important to be aware of that too. at different times on our journey different components of the lighthouse may be strong or may need some attention.

awareness is the key. we can then tap into our natural strengths in a much bigger way as well as building up each component of our lighthouse, so that we may truly shine.

the number one thing i hear from women is: *who am i to shine my light? there's nothing special about me!* the number two thing i hear is: *where do i even begin?*

and so with this booklet i would like to introduce you to each of the lighthouse keepers... the caretakers of the 7 components of the lighthouse. each of the lighthouse keepers already lives within us, each is there just waiting to be brought to life... each has something to teach us about taking care of our own lighthouse.

when we get to know these keepers we can tap into their energy and use it to shine. some of them may feel natural to us... we may already embody their energy. some of them may not... but we can still learn from them, we can act 'as if' and start taking better care of the light we are here to shine.

the lighthouse keepers are the torchbearers who light the path for all of us... they show us the way to our highest, brightest selves... and i would love for you to meet each of them.

the visionary the keeper of the light

the visionary is the lighthouse keeper of the inner light which represents clarity, vision, authenticity, purpose... being you and seeing your own light.

the visionary is...

- imaginative, intuitive, perceptive, insightful, self-aware, optimistic
- a big picture thinker; a big dreamer, with a clear vision of where she is going and why, and with big aspirations for herself and others
- great at following her passion, following her intuition, and connecting the dots along the journey
- a natural at tapping into her own superpowers, keeping her spark ignited and her tank full... she sees herself clearly, she knows who she is
- she sees the best in situations, she can see the silver lining or the reason for things happening the way they do

invoking visionary energy...

when we tap into our inner visionary we keep our own light ignited... we feel lit up from within, we see ourselves clearly, and our future clearly. this is the fuel that drives us... like moths to a flame... to keep working towards our dreams.

chakra: *third eye*. linked to the body: head, brain, eyes, ears;
activated by: light, sunlight, light therapy;

colour: indigo

raise your vibration: tap into *passion & optimism*

mantra: i see my light. i see my gifts. i see my dreams, my future.

crystals: lapis lazuli, amethyst, sodalite, sugilite

essential oils: clary sage, frankincense, Melissa

animal totems: moth (awareness), owl (intuition), tiger (vision)

listen to the voice of your: intuition

notice body signal: eye twitching, 'hat band' pressure on your forehead

watch for signs & symbols: sea glass, twinkling lights

activities:

- visioning – create a vision boards, do brainstorming, dream BIG and create a BIG vision for yourself
- reflection – look back & explore the road so far & the signposts on your journey
- learn you – do strengths tests, personality tests, archetype quizzes – see yourself clearly!
- peel back layers of your why & your purpose – what are you here to do & why?
- fill your fuel tank – make time for stuff you love and what lights you up
- make a list starting with the words "i am..." – which are the most powerful words you can say out loud, so choose wisely how you follow them!

signs that you need to activate your inner visionary...

- no mojo – no drive, no passion, no energy for going after what you say you want for yourself
- no clarity – lost sight of where you are going & why, no direction, no purpose, not able to make decisions
- no optimism – can't see the bigger picture, can't see the silver lining, visualizing the worst outcome
- dissatisfaction & doubt – not tapping into your strengths, gifts, purpose
- not giving yourself permission to be you – feel judged/criticized for your authentic self

call upon your inner visionary when...

dreaming, visualizing, goal setting/intention setting, connecting the dots, exploring your purpose/why, filling up your fuel tank, helping others with your unique strengths & superpowers

ask: does this light me up? am i tapping into my gifts?

remember: the visionary knows that clarity is not about having all the answers, it's about seeing yourself clearly... knowing who you are being, where you are going, and why.

the shadow side for the visionary...

because the visionary is such a big picture person we can sometimes find her spending a lot of time dreaming & planning & brainstorming, but not implementing... not taking action on those dreams or getting overwhelmed by the prospect of bringing the big picture to life.

the visionary can also get triggered by the illusion of separation: either the idea that someone else is better than her, or that she is better than someone else. it's important to remember that the light we see in others is the light that is in us... to see our own gifts just as we see other's gifts and to remember that we are all equally special in our own way.

while the visionary is brilliant at seeing the big picture and dreaming up the highest, brightest version of herself and her future, she must be careful to not fall into the trap of seeing that vision as a mere possibility rather than a certainty. doubt and fear in the certainty of the vision will cloud over the windows of her lighthouse, making her light seem dim.

the rock star the keeper of the beacon

the rock star is the lighthouse keeper of the beacon which represents owning your truth, being visible and raising your voice... sharing your light with the world.

the rock star is...

- a brilliant communicator; shares her own story with authenticity, vulnerability, integrity, and humility
- a genuine connector; loves to connect over shared stories, interests, and passions; a great listener of other people's stories
- comfortable in her own skin, being and sharing exactly who she is, owning her truth... saying out loud "hey world, this is me!"
- she bravely pushes out of her comfort zone and into new zones of visibility and voice when she has an important message to share
- she focuses on her "boats" – the ones that need her light, her message, her story or "song"

invoking rock star energy...

when we tap into our inner rock star we feel more comfortable sharing our light with the world... we can speak our truth, be seen and heard, and connect with those who love the light that we shine!

chakra: *throat*. linked to the body: throat, neck, jaw, teeth, vocal cords; activated by: singing, talking, writing, and the sky.

colour: blue

raise your vibration: tap into *authenticity & freedom*

mantra: i share my light. i share my message. i share my truth.

crystals: blue kyanite, blue howlite, amazonite, cryscolla

essential oils: lavender, spearmint

animal totems: peacock (expression), whale (communication), parrotfish (authenticity)

listen to the voice of your: inner mentor

notice body signal: aching throat, blocked ears

watch for signs & symbols: seashells, music lyrics

activities:

- writing, journaling, speaking... storytelling in any format – find your 'voice' or your way of self-expression to share your light!
- sing, shout, speak, chant OUT LOUD in the car, the shower, or while meditating... open your voice and let those words flow!
- listen – what do people tell you in return? what do the 'say' between the lines? what are people longing to hear?
- think about your mission, let your mission be your message and let sharing it far and wide be your passion – write a manifesto or get up on your soap box and get ranty!
- allow yourself the freedom to be who you are, to stop hiding who you are from others, to be vulnerable, to share your truth, to be seen, to say what you want
- start with the people you feel safest with and expand from there – your comfort zones are also your zones of visibility and vulnerability... keep pushing outwards.

signs that you need to activate your inner rock star...

- no one cares, no one is listening, no one sees me
- can't express self, can't be authentic self
- hold back, timid, quiet
- worry what others will think
- feel misunderstood, like you confuse people with your words/expression
- feel like your message doesn't connect, doesn't resonate, isn't clear

call upon your inner rock star when...

doing any act of self-expression, communicating, marketing, promotion, speaking up (saying what you want/think/feel/do), being seen, connecting with others

ask: does this feel authentic? am i sharing ME?

remember: the rock star doesn't need a megaphone to be seen & heard... rock star energy is about standing in authenticity on your own stage, singing out the song of your soul.

the shadow side for the rock star...

because the rock star has such a strong voice she can sometimes find herself doing all of the talking, all of the sharing, all of the story-telling and truth-telling... and not enough listening. the rock star must remember that for a story to resonate it must both connect with both the story teller and the listener.

the rock star can get triggered by her own inner critic (who would rather she stay small, quiet, and safe) and mistake that inner critic voice as real - because their voices do in fact sound the same! it's important to remember that the inner critic voice does not belong to her and does not get to drive the bus, and instead listen to the voice of her inner mentor who longs for her to keep beaming her light out to the world.

because the rock star is such a fan of sharing stories she can sometimes fall into the trap of hanging on to the old stories that no longer serve her... especially those old stories which are in fact the bullshit lies she has been telling herself for a long time, the stories that keep her in a place of shame. she must strive to rewrite those stories so that they become stories of the lessons learned and nothing else.

the architect

the keeper of the tower

the architect is the lighthouse keeper of the tower which represents alignment, integrity, and simplicity... creating the perfect vehicle to serve the light you have to shine.

the architect is...

- loving & compassionate, accepting & forgiving – both of others & of herself
- easily able to focus her energy, attention, time, and efforts on what matters most to her... building a life that aligns with and serves her work and her passions in the best possible way
- she gives freely of her gifts and strengths while graciously accepting abundance into her life in return
- she gives herself permission to declutter anything that does not serve her light, to create any boundaries that are needed, and to build what she loves, her way
- she is focused on harmony, alignment, integrity, and simplicity

invoking architect energy...

when we tap into our inner architect we are building a life, a vehicle, that serves the work we are here to do, the light we are here to shine.

chakra: *heart*. linked to the body: heart, lungs, chest, blood, circulatory system; activated by: air, wind, breeze, breath.

colour: green

raise your vibration: tap into *compassion & permission*

mantra: i love my light. i serve my light. i build what i love.

crystals: rose quartz, aventurine, chrysophase, watermelon tourmaline

essential oils: rose, geranium, bergamot, grapefruit

animal totems: spider (creation), bee (focus), snake (transformation)

listen to the voice of your: heart

notice body signal: heart pounding, heart wrenching

watch for signs & symbols: heart shapes

activities:

- assessment – what are you spending your time, energy, attention, money on? what are you surrounding yourself with? does this serve your light? does it align with what you say you want?
- billboard test – would you put it up on a billboard? would you write it all over your walls? are you absolutely in love with the idea? if not, why are you hanging on to it?
- permission – permission to receive, to make changes, to create boundaries, to do it your way, to write your own definitions, to declutter and let go of the old
- acts of self-love – forgiveness work, loving yourself up (instead of beating yourself up), self-care practice, filling your fuel tank so that you have something to give
- acts of service – focusing on helping and serving others, focusing on providing love & light to others
- heart breathing – hand on heart, breath in and out of heart space, feel heart beating

signs that you need to activate your inner architect...

- no time, overwhelm, exhaustion, burn out, no boundaries
- no focus, too many ideas, disorganized, low productivity – what you are focusing on is not getting results
- scrambling, throwing strategies at things, doing what you should do instead of what is aligned to your light
- resentful, no love for what you are doing, how you are spending your time, or your surroundings
- neediness or self-pity... poor me, no one loves me

call upon your inner architect when...

planning, scheduling, creating to do lists, decision making, boundary setting, decluttering, working on products/prices

ask: does this serve me well? does this serve my work?

remember: the architect is choosy about what she adds to her blueprints. architect energy is about building your life by design, doing it your way... and loving the life you are building.

the shadow side for the architect...

because the architect is so freely giving and generous with her gifts & talents, sometimes taking care of everyone else before herself, she can easily become depleted. she must show compassion for herself, and remember that she cannot be of service if her fuel tanks are not full. she serves, therefore she deserves to receive in return and must open herself to receiving.

the architect can be triggered by criticism, feeling that it is a rejection of who she is and what she is building, or a reflection of how well she is offering her service; it can make her feel afraid of getting hurt or untrusting of others, and it can result in filling her life with stuff only because it pleases others. she must focus on building her life, her way, regardless of what others think.

the architect must also be careful not to fall into the trap of hanging on to old stuff that no longer serves her goals or intentions. she can feel a sense of grief at letting go of the old... but a tower filled with old junk feels very wobbly indeed and has no space for embracing the new. regular decluttering and re-alignment are the key!

the warrior

the keeper of the foundation

the warrior is the lighthouse keeper of the foundation which represents building yourself up, backing yourself, and taking action... supporting the light you are here to shine.

the warrior is...

- fierce, strong, confident, empowered, brave
- a courageous action taker, willing to fail fast, learn fast, and keep going
- she does the work to keep building herself and her mindset up
- she backs herself and fights for what she believes in, for what matters most to her, for what she says she wants
- she sees the inherent worth and value in every person, including herself

invoking warrior energy...

when we tap into our inner warrior we fight for what it is we say we want for ourselves. we turn our vision into reality by taking action. we do the work to build our mindset and strengthen our foundation.

chakra: *solar plexus*. linked to the body: stomach, digestive system, vitality/energy; activated by: fire, bonfire, sunlight.

colour: yellow

raise your vibration: tap into *courage & empowerment*

mantra: i support my light. i back myself. i take action.

crystals: citrine, yellow calcite, topaz, mook jasper

essential oils: cassia, ginger, black pepper, fennel

animal totems: eagle (strength), lion (confidence), horse (motivation)

listen to the voice of your: gut instinct

notice body signal: butterflies in your stomach

watch for signs & symbols: unique stones, fire/flames

activities:

- build up evidence – successes, wins, testimonials, compliments, achievements – let these be the foundation blocks you build on
- make a list - what do you know for sure? build on that... build your belief in yourself from what you know for sure.
- believe in your own brilliance – no one can make you feel worthy but you, so create a self-worth practice around all of the ways in which you are enough just as you are
- watch less, do more – take courageous, imperfect action with the goal of failing fast, learning more, and moving onwards and upwards
- stand up for what you believe in, fight for it, forge ahead – back yourself and show the world who rises from this space
- check your body language – practice power posing or yoga poses such as warrior, mountain, boat, breath of fire

signs that you need to activate your inner warrior...

- lack of confidence, worthiness, self-value, self-belief, self-esteem
- procrastinating, sluggish, uncertain, fearing failure
- worry what others think, need approval, fearing judgement
- disappointed in self, shame for past failures or mistakes, beating self up
- dreaming & planning, but never getting anywhere, never taking action

call upon your inner warrior when...

action taking, trailblazing, leading, failure & getting back up again, fighting for & fiercely protecting what you say you want

ask: do my actions support what i say i want?

remember: the warrior isn't indestructible, she gets knocked down too, but she rises up again and again to keep fighting, and builds her foundation from her strengths

the shadow side for the warrior...

because the warrior is such a confident action-taker she can sometimes go in like a bull – ready for a fight, not ever wanting to back down, not prepared to give up. she must take time to tap into her instincts and into her light to know when is the time to act and when it's time to retreat.

the warrior can be triggered by failure. she loves to act, to take a risk, to try... but if she experiences the shame of failure or disappointment (especially disappointing herself!) it can make her hesitant to act the next time. she must reframe failures as experiences to learn and grow and focus on what will be a much better course of action next time.

the biggest trap that a warrior can fall into is allowing her sense of self to depend on others. when she believes that others are *more than or less than* she is, when she gets stuck in patterns of either feeling unworthy or acting like its 'all about me', she actually puts herself on a pedestal against others and this creates a very shaky foundation. we are all special, we are all enough, just as we are... our worthiness depends on no one but ourselves.

the free spirit

the keeper of the spiral staircase

the free spirit is the lighthouse keeper of the the spiral staircase which represents the journey we are on and exploring anything that comes up in your path... honouring your light.

the free spirit is...

- playful, fun, creative, joyful, curious, delightful
- adventurous, with the spirit of the inner child, encouraging people to have fun in life and experience joy
- in touch with her emotions, and her fears... experiencing the full depth and range of feeling and flowing with what life sends her way
- she taps into her natural sense of wonder and curiosity to explore anything that arises on her journey... willing to spiral with her stuff and rise above stuckness
- she believes the pleasure is in the journey rather than the destination, so embraces life with passion, takes each step as it comes knowing that the next will appear

invoking free spirit energy...

when we tap into our inner free spirit we remember that the spiral staircase is there for us to use on this journey... taking one little step at a time, exploring and rising above any obstacles in our path, and finding the joy in the whole experience.

chakra: *sacral*. linked to your body: belly, reproductive system, genitals; activated by: water, oceans/lakes, swimming, drinking water.

colour: orange

raise your vibration: tap into *curiosity & joy*

mantras: i honour my light. i feel... i experience... i rise above... i navigate...

crystals: sunstone, carnelian, tiger's eye, orange calcite

essential oils: wild orange, ylang ylang, tangerine, lime, cypress

animal totems: dolphin (play), butterfly (change), dragonfly (inner transformation)

listen to the voice of your: inner child

pay attention to body signal: goosebumps (a.k.a. "truth tingles")

watch for signs & symbols: compass, spirals

activities:

- spiral with your stuff – seek awareness and understanding. when stuck, ask: i wonder what i am meant to learn from this?
- look in the mirror – when you are triggered by a person or situation look at what is inside of you that needs to be healed or explored
- do what feels good – play. have fun. seek pleasure. experience the joy in the moment. tap into gratitude. the journey should be as pleasurable as the destination
- spend some time with your inner child – what does she love to do? what feels creative and fun and playful to her?
- try out some block clearing techniques – either working with practitioners or on your own. EFT/tapping, reiki healing, kinesiology/meridians, etc.
- illuminate – face your fear, allow yourself to feel whatever you feel, release your emotions, don't hold them in or ignore them or allow them to fester

signs that you need to activate your inner free spirit...

- no pleasure in the moment, no joy in the journey, feeling like it is all too hard
- blocked by frustration, comparison, negativity, criticism – something is blocking your way forwards & it's tough to move past it
- making lots of excuses, trapped in bullshit stories if why you aren't getting anywhere, feeling like a victim, laying blame elsewhere
- self-sabotage – getting sick, always an issue or drama coming up in your way – feels like one step forward two steps back
- held back by your fear

call upon your inner free spirit when...

overcoming blocks/obstacles/resistance, getting unstuck, facing fear, triggered by people/situations

ask: hmmm... i wonder what i need to learn/explore?

remember: the free spirit is not always joyful and never afraid, rather she recognizes that fear and stuckness is part of the journey and she honours that.

the shadow side for the free spirit...

because the free spirit can so easily tap into her sense of fun and ability to play, she must also cultivate an awareness of when it is time to stop, learn, work, think, listen, etc. an "it's all fun & games" attitude can come across as a lack of seriousness, and sometimes the playful approach can become a mechanism to avoid working on her stuff in order to move forwards.

a free spirit who is working to explore her own journey can often be triggered by what others are doing on their journey... experiencing feelings of jealousy, comparison, unworthiness, or the "why bothers." the free spirit must remember to take what others are doing as inspiration and remember that we are all working on our own stuff behind the scenes.

the big trap that a free spirit can fall into while spiralling with her stuff is to use it as an opportunity to make excuses, blame others, play the victim, or let herself be overcome with guilt or shame... self-awareness and self-responsibility are the key. it is also important not to stay in a place of spiralling with her stuff and never moving on... she must seek effective strategies for clearing resistance. there comes a time where she needs to get over herself, and just show up and shine.

the earth mama

the keeper of the harbour

the earth mama is the lighthouse keeper of the harbour, the home of the lighthouse, which represents belonging, grounding, safety... your ability to come back to your light.

the earth mama is...

- grounded, balanced, mindful, present in the moment
- able to find her way through the darkness and weather the storms of life
- able to create space in her life when she needs it and surrender to whatever tides flow in
- supportive, nurturing, protective, feminine
- a relationship builder, she offers support, stability, safety, and a sense of belonging and community to those she loves

invoking earth mama energy...

when we tap into our inner earth mama we are able to be right where we are, which is exactly where we are meant to be... we can face the darkness, shadows, and storms and then come back home to our light.

chakra: base. linked to the body: back, spine, legs, physical body health; activated by: earth, nature, grass, trees.

colour: red

raise your vibration: tap into *gratitude* & *contentment*

mantra: i am here. i come back to my light.

crystals: hematite, smoky quartz, onyx, obsidian, bloodstone, garnet

essential oils: cedarwood, vetiver, birch, marjoram, myrrh

animal totems: elephant (community), pig (abundance), bear (protection)

listen to the voice of your: body

pay attention to body signal: itchy feet, restless in your skin

watch for signs & symbols: anchors, leaves

activities:

- choose an anchor – something that you can hang on to that will help bring you back to your light... to what you want, where you are going, who you want to be, and why. (a word, object, song, talisman)
- practice grounding, mindfulness... be where your feet are – try standing on the grass in bare feet and noticing your surroundings with all 5 senses
- give yourself some space (whatever that looks like for you!) – time to just BE (instead of doing and thinking and figuring)
- find / connect with your community of support – make this a regular thing, make time for it *before* you need it
- make a list: create a series of "it is safe to..." statements
- make a list: list everything you are grateful for – focus on the abundance in your life, and celebrate that abundance by being openly thankful (*celebrating* abundance trains our brains to believe we are *deserving* of abundance)

signs that you need to activate your inner earth mama...

- feel alone, disconnected, isolated... anxious, unsure, insecure, unsafe... like you are on the outside looking in
- stuck in the past or overly focused on the future
- impatient, feel like it's never going to land, can't see evidence that it is landing
- give up mode – feel dejected, stuck in the darkness, overwhelmed by the onslaught of "storms"
- stuck in scarcity and lack – feel undeserving of an abundant life

call upon your inner earth mama when...

tossed around by the waves and storms, when facing shadows and darkness, when feeling lost and adrift out at sea

ask: how can i come back to my light?

remember: being a lighthouse keeper is not about being "in the light" all of the time, earth mama energy simply helps us to improve our come back rate.

the shadow side for the earth mama...

because the earth mama really does feel like a mother to all – always offering others support and helping those around her to navigate the darkness – she can have a tendency to forget that she must also allow others to support her just as much! yes, even earth mamas need a community of safety and support to rely on... she must remember that she is surrounded by an ocean of love.

the earth mama can be deeply triggered by fear – especially fear that arises when future tripping and dwelling on the past. if she doesn't feel safe, thanks to fear, she cannot actually build up any component of her lighthouse! when working on any part of our lighthouse, the very first thing we need to build is a sense of safety.

the earth mama must be careful to not be hard on herself when she finds herself lost in the darkness or overwhelmed by the storms of her life. she must remember that with darkness comes light, in fact the path back home to the light is through the darkness... and with this path our biggest storms and challenges become our greatest gifts.

the sage the keeper of the sky

the sage is the lighthouse keeper of the sky above, which represents our spirituality... our connection to something bigger than us, our connection to the source of our light.

the sage is...

- wise, knowing, spiritual, guided, connected, inspiring
- has faith and trust that the universe has her back and she is exactly where she is meant to be
- believes she is a servant of something bigger than herself and that she is guided by her soul's purpose
- a clear channel for light to flow through her
- has a strong connection to source (god, universe) and a regular spiritual practice

invoking sage energy...

when we tap into our inner sage we connect to the source of our light... we feel guided & purposeful, we have faith & trust, we find inspiration all around, we believe we are a part of something bigger than us, and we can better be a clear channel for light to work through us.

chakra: crown. linked to the body: brain, nervous system;
activated by: meditation, prayer, spiritual practice.

colour: violet

raise your vibration: tap into *inspiration* and *trust*

mantra: i know. i believe. i connect to the source of light.

crystals: selenite, moonstone, clear quartz, amethyst

essential oils: sandalwood, arborvitae, chamomile

animal totems: unicorn (miracles), crow (magic), octopus (intelligence)

listen to the voice of your: logic brain

pay attention to body signal: 'water trickle' tingles on top of head

watch for signs & symbols: feathers, stars, repeating numbers

activities:

- create a spiritual practice that feels great to you – do things that help you to feel connected to your inner soul and to source/god/universe
- mind mapping, brainstorming, brain dumping, free journaling – get all that stuff that is going on in your head, out!
- get over yourself – this is bigger than you and what you do is simply adding to a much bigger library of work... the universe's library. give yourself a reason beyond you to show up and shine.
- do something in the spirit of the energy of light: peace, love, joy, growth, inspiration – what you put into the world is what you receive
- go on a treasure hunt – look for signs, evidence, messages, people, 'books falling off the shelf'... build proof that you are being guided
- make a list: i surrender, i let go, i release my attachments

signs that you need to activate your inner sage...

- feeling unsupported by the universe, frustrated, blaming god/universe
- no faith or trust that what you are working towards will ever happen
- don't feel guided or purposeful or any deep sense of knowing/belief
- denial of spiritual connection, challenging experiences with spirituality in the past, or feel like you aren't doing spirituality right
- can't see how far you've come or connect the dots of where you've been to where you are right now

call upon your inner sage when...

creating a spiritual practice for connection, guidance, surrender, trust, faith

ask: what feels like connection to me?

remember: there are no rules here, no one right way to do this. sage energy is all about knowing that you are simply a channel for light and connecting to that belief in any way you choose.

the shadow side for the sage...

because the sage is such a deep thinker (linked to the crown chakra and the brain) she can sometimes find herself stuck in her head or lost "up in the clouds" contemplating, thinking, logic-ing... she must remember to find ways to think less, to get out of her head, and to come back down to earth.

the sage can find herself triggered by attachment because we are souls having a human experience in a human world intent on goals, plans, and results, where efforting and busy-ness is the norm. when this happens, she must let go of her attachment to outcomes... to "let go and let god"... to learn when and how to surrender this attachment.

a common trap for the sage, who is absolutely trusting of the fact that the universe has her back, is not meeting the universe half way! it can be a struggle for the sage to know how much to trust, and how much to try. she must remember that she is a co-creator with the universe, and for that to work she must take inspired, courageous action.

calling in the lighthouse keepers

each of these keepers lives in you. they are all there, they are all waiting for you to call upon them to help you shine!

you might want to come back to this booklet again and again... at different times on your journey, depending on what you are working on and what you are feeling stuck with, different keepers will naturally be stronger while others may be tucked hidden away.

and i highly recommend making this booklet, and these lighthouse keepers, your own! you might give them different names, you might already have different activities that you use to tap into their energy, you might look for different signs, symbols, songs, quotes that help you to notice their energy, you might uncover a different shadow side to each of them.

the more you make these ladies your own the more you will be able to recognize and tap into their energy to help you shine your light! you might even look for people and examples of each keeper in your own life... if oprah reminds you of the type of earth mama energy you would love to invoke, let her be your example and your inspiration!

(if you'd like to print out a plain version of this booklet to mark up with your own ideas, [click here.](#))

if you have not yet taken the lighthouse keepers quiz, [pop over to do that now.](#) it highlights what you naturally do for the people in your life... the way in which you help others to shine every single day. you can tap into your natural strengths to do more of that for yourself. and you can also learn from your weaknesses which of the lighthouse keepers you may need to call into your life.

be sure to check your inbox for the lighthouse keepers #squadgoals exercise ([or find it here!](#)) it's a great follow up to reading this booklet... a little strategy that you can try right away which will help you to take what you have read about here and apply it directly to your life, your work, or your business.

and i would love for you to share your own lighthouse keeper inspiration, ideas, and examples over in the lighthouse revolution community. [pop over and share](#) which keeper you are calling into your life right now, celebrate your own lighthouse keeper moments, and share a bit about your own lighthouse keeper journey.

i have committed to sharing more of my own lighthouse keeper's journey... the stuckness, the storms, the whole crazy spiral... so watch your inbox for regular instalments! perhaps by sharing these stories i can inspire you to keep shining.

with love, karen gunton

the lighthouse revolution is a call to action for each of us to stand tall, light up, and shine bright. the lighthouse offers a powerful framework for self-leadership... both the inspiration and the strategies to get unstuck, create transformation, ignite your purpose, and be your highest, brightest self.

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#lighthouserevolution

make like a lighthouse and shine!