

# your illuminate session

the illuminate session is a combination of:

- energetic clearing
- intuitive insight
- practical brainstorming, planning and exploration

for the session, have one clear intention in mind (a goal you are working on, an idea you want to explore, something you want to focus on, something you want to shift or transform or ignite.)

before you begin, grab your pens and some paper or a notebook, or you can print out the blank lighthouse blueprints included in this document.

during the session, we will go through each component of the lighthouse one by one to explore:

- what you need to build up in your lighthouse or add to your blueprints (plans) in order to make your intention a reality
- what to clear out of your lighthouse - any resistance, fears, worries, doubts, blocks... i call this stuff the FOG that can cloud up your windows and prevent you from shining your light... part of our job is to clear that fog away that is part of a job when we want to make our intentions happen

what i like to do is put everything that i want to build up, focus on, or ignite onto the front of your page (these are your blueprints for what you're going to build) and then anything that you're going to clear out of your lighthouse goes on the back side of the page .

this is called an illuminate session because we are shining a light on what we need to build and what we need to clear out... and when you write it down on the page you're already starting to do just that, writing is one of the most powerful parts of this session!

while you listen, jot down anything that comes up for you... it's much more important than what is coming up for me and what i'm talking about, i'm just here to prompt you, to offer you some insight, and to give you a framework to work with. so any thoughts that pop up... a memory, a story, a situation, and idea... it's worth exploring!

you may want to pause the video as you go to give yourself time to do the brainstorming and exploration. you might even want to listen to the session again... sometimes different things come up when you listen a second time.

during the session, i will offer...

- prompts and questions based on the framework of the lighthouse to help you explore and brainstorm what you need to focus on to make your intention a reality
- intuitive insight from the cards i choose for you and the music that comes up for you as i'm doing the session (i get my intuitive hits from music lyrics!

note: see the photos of the cards in your folder and find the songs on the lighthouse revolution playlist on spotify. you can even make your own playlist of songs and choose some other ones that have meaning to you as well. do have a listen to the songs i mention, you might find they have a different message for you !

if you have your own way of tapping into your intuition, do that! pull your own cards if you've got an oracle deck, use essential oils or crystals, anything you like! this is meant to help you illuminate what you need to make your intention a reality.

- energetic clearing of your lighthouse via distance reiki... the energy is sent to you as you listen/watch the recording and is switched on for anything that you put down on your page: anything you want to clear out, anything you want to ignite.

note: the illuminate energy is gentle and harmless. drink lots of water during the session and afterwards to help clear the fog out of your lighthouse. note anything that your body is trying to tell you (each chakra in our body relates to a component of the lighthouse) or other signs and messages that come your way after the session.

so that's how the session works! below is a breakdown of the 7 lighthouse components and their corresponding chakras so that you can see the framework of what were here to build up and clear out in regards to your intention. you will also find the printable black blueprints which you can use to jot down your ideas from the session.

when you are ready, simply listen to or watch the recording and do the brainstorming! if you have a question or need clarification after your session, i am happy to answer via email.

if you'd like a more in depth debrief to discuss the info from your session, or to work out your next steps, you can [book in for a debrief](#) after you've listened to your session.

to find out more about each component of the lighthouse, download the [FREE lighthouse keepers digital magazine](#).

karen

# 7 components of the lighthouse:

inner light = third eye chakra

ignite your light... be you, see your light clearly... tap into your strengths, have a clear vision... this is about clarity, purpose, and awareness.

the visionary is the keeper of the light.

beacon = throat chakra

be a beacon... share you, own your light... raise your voice, be visible, expand your comfort zone... this is about communication and connection.

the rock star is the keeper of the beacon.

tower = heart chakra

build your tower... serve you, love your light... permission to build a vehicle that serves your work... this is about alignment, integrity, and simplicity.

the architect is the keeper of the tower.

foundation = solar plexus chakra

strengthen your foundation... build you, support your light... build yourself up, back yourself... this is about mindset and taking action.

the warrior is the keeper of the foundation.

spiral staircase = sacral chakra

use your spiral staircase... your journey, honour your light... explore your resistance, get unstuck... this is about curiosity, pleasure, and play.

the free spirit is the keeper of the spiral staircase.

harbour = base chakra

find your harbour.... your home, come back to your light... embrace the darkness, hold onto your anchor... this is about your come back rate.

the earth mama is the keeper of the harbour.

sky = crown chakra

look up at the sky above... your source, connect to your light... trust in the universe, have faith... this is about your spiritual practice.

the sage is the keeper of the sky.

sky = your source, connect to your light

ignite your light = be you, see your light

be a beacon = share you, own your light

build your tower = serve you, love your light

use the spiral staircase = your journey, honour your light

strengthen your foundation = build you, support your light

find your harbour = your home, come back to your light

