

THE LIGHTHOUSE NETWORK



The purpose of the Lighthouse network, is to support, sustain, inspire and build new frameworks with communities that link throughout the sovereign land of éire and the earth realm.

We will thrive through these transitional times, coming back to our simplest, purest, most important core values and building there.

We must weave together as like minds and with our hearts, throughout the land, to collectively create the new earth our children, and future generations will inherit.



THE LIGHTHOUSE NETWORK

The Lighthouse network was started in Cork in 2021, as a way to consciously connect like minds and hearts during these transitional and transformational times and build communities. Lighthouses, bringing communities together to build the new, are now shining their light throughout the land and inspiring others. The network provides an effective and trialled framework that physically connects local like minds and hearts and links them to other similar communities nationally and globally. These communities are forming and growing all over the world. Different names are used, but they all have the same ideologies and all will merge.

The reason we have written this powerful document, is *to continue to inspire the building of linked communities all over éire and indeed the world, to continue to create and build the new and to share some of the aspects that helped us build the beautiful Lighthouse network in éire.*

- ⇒ The Lighthouse network was consciously started, with meetings and gatherings of like minds and hearts locally over the last very challenging few years. We knew we needed to link with each other locally and to connect with other like minds and hearts throughout the land, to build new frameworks and to support each other.
- ⇒ In Cork, we organised many gatherings to connect as many as possible, and at these we collected people's names, skills, professions, the area in which they lived and their contact details. These gatherings were organised by word of mouth, not advertised on line. People brought to them those they had met of similar mind and heart set. Beautiful friendships developed.
- ⇒ We then grouped together on paper, lists of people in the same areas and asked a trusted household in that area, to contact and host a gathering for all those in their locality whom we had come to meet over the years at the various gatherings and events. This created immediate local connected networks, which developed into communities and which keep growing.
- ⇒ Everyone in the Cork Lighthouse network became linked by *physically* attending gatherings, meetings, workshops or other community events and meeting people face to face. As you begin your network, ensure those you link in to it, are faces you, or others you know, have met physically. The time has come to end these nameless and faceless virtual chats and groups. It is so important to build real time connections, communities and links now.
- ⇒ The Lighthouse Network is built on real human connection. Lighthouse meetings do not happen online. We do not encourage zoom. The foundation of the network is built on trust and in-person human communication and connection.
- ⇒ There are fake documents circulating talking about memberships, fees etc. Beware of anything or anyone that suggests any of this. The Lighthouse network is about growing local communities and connecting them. It does not have a membership, it is not a club and will never require any memberships fees or any form of buying into.
- ⇒ Lighthouse Living is about coming back to a true way of living, centred around connections, community and the natural world and we do not get involved with politics.



Our Community Foundations:

These are some of the aspects that we find important to our communities and to our lives. We also find these aspects help in the creation of community as they involve us getting together to grow food, mind our children and elderly and take care of ourselves, our land and our water.

- **CHILDREN AND HOMESCHOOLING**

All of the children are all of our children. It is our role and responsibility, as elders, to protect the innocence of children, to educate them and to nourish them on every level. The schooling system, programmes children in ways that are very unhealthy and as part of future earth, we must build schooling networks which preserve the innocence of our children and their connection to nature, themselves and to source, as part of building a healthy future.

Homeschooling our children is a very important part of future earth. As a community, begin to take this responsibility for the education of your children. It is up to us as parents to start these collectives ourselves. Children thrive with mixed ages. It is the natural way that genders and ages be mixed. You will witness that the older children naturally look after the younger ones and the younger ones look up to and learn from the older ones. In our network, families come together to educate their children together, forming homeschool collectives with each hosting meet ups at their homes. As an example, we had five families join as a home school collective and educate our children together. Each family hosts one day a week and the children experience the dynamics of the different households and learn from and with each parent in that collective. Other members of community volunteer to do skill share days and workshops with the children, sharing the skills and knowledge they hold. We bring in elders to share their life stories too and hence the circle of life is complete.

It is important we encourage the children to question everything and that we recognise the individual needs and gifts of each child and nourish those, which as a homeschooling collective we can do. We can then ensure each child receives the very best possible education for their optimum development. Forest schools are developing around the land too and enrolling your children for a day a week, or in a camp with your nearest forest school is beautiful for them to develop life skills and connect with nature. Develop community forest schools in areas where you do not have them. There are growing numbers of forest school facilitators through the land and so connect with one near to you and build together.

Remember children have as much if not more, to teach us as we do them. Learn together and from each other. Our children are often our greatest teachers.

- In community, look after pregnant women as the sacred vessels for the bringing in of new life that they are. When a child is born, as community form “food fairies” for the first month, to allow the mother to recover strength from pregnancy and birth, nurture her baby and land them in gently to this realm. Each day organise that someone visits with a nourishing meal made with love. Have a



“cleaning fairy” once weekly too, if the mother would like that and offer whatever assistance to her you can offer, to ensure that the precious new baby has necessary vital attention and nourishment from their mother in their first month of life. In healthy communities, everyone is celebrated and honoured and this starts with the community celebration and honouring of each new life and of life in the womb.

- **FOOD**

We need to come back to being community sufficient with our food and be very mindful about the food we consume.

- Support your local farmers and where possible, buy directly from them as a community. Discuss with your local farmer the possibility of growing food on their land as a community. In exchange for use of the land, provide them with produce and bring life and community spirit to the farm.
- There are many groups within the network working to regenerate soils: on small and large scale farms. Let us support these as communities.
- Whenever possible, buy food produced locally and chemical free.
- Start community gardens as they are great for community building and growing your bulk crops, such as potatoes, garlic, onions, leeks, squash etc. These crops require a community effort to prepare the land and plant and then can be left for several months to grow before requiring a community effort to harvest. We can store these crops too and grow together enough to last each for the year. If you live in a town or city, find land as a community, as near to you as possible for your community garden. You can leave it for many months and so it is not necessary that it is close by.
- In cities grow food on your balcony and window sills and with vertical gardens. Sprout micro greens. If you have a front garden in the city, grow food in it and inspire you neighbours by doing so. This will help bring people into community on estates.
- Organise community seed saving. Seeds saved from plants grown naturally have all the markers and biology needed to grow into a thriving plant.
- If you are a farmer, consider growing without fertilisers and learn about the alternatives: Agroforestry, hedge conservation, regenerative agriculture, mixed species, soil biology, natural farming etc. It only takes 1 to 3 years to transition to healthier land and it is currently being done. Link with those in the network who can help you.
- Allotments are a wonderful way to grow food with community spirit.
- Grow food wherever possible in the ways that are feasible to where you live.
- Help each other build poly tunnels, raised beds and chicken coups on any land available in the community for these things.
- As a community plant fruit trees and bushes and nut trees together wherever you can.
- Learn together about wild food and have community foraging days.
- Learn fishing and hunting skills together.
- Learn about when and how to harvest seaweed for food. All seaweed around our shores in éire is edible and highly nutritious.



- Start community farmers and producers markets in each town and support those already established.
- We are in transitional times and so whilst we are learning and developing in the areas listed above and healing our soils, it is also a good idea to have food reserves in your home. We have put together a list to help with this which you'll find at the end of the document.

• **BE YOUR OWN DOCTOR**

It is important to be healthy physically, emotionally and spiritually and to take personal and community responsibility for our wellbeing.

Here are some wonderful ways in which we can give ourselves healing charge. There are so many, but these are an inspiring start....

Sun light, earthing, plant medicine, honey, food and water, meditation, etc.

SUN LIGHT

The eye is the most important neuropsychiatric, neuroendocrine, and metabolic organ in the body. The eye is a clock sending messages to the body's master clock in the brain (Suprachiasmatic Nucleus). The intensity of light during the day, or absence of it at night, determines in these messages, the timing, energy and information that tell the body where it is, what time it is and what to do at that time. Any form of glass upon the eye will distort this message, as key wavelengths are blocked: For example wearing sunglasses our eyes will communicate to our body that it is early morning or late evening with the dimmed light of the lens, and our body's response is to close to receiving sunlight in the way it should. This results in sun burn and missing the absorption of the correct balance of the rays as our body is in confusion. Try to be outdoors as much as possible, absorbing natural light, without any confusers such as sunscreen and sunglasses upon your body.

Look at flowers. They follow the sun around for the day. As the sun light emerges in the morning they open their petals to receive it, opening further as the light grows, and as the light fades, they close their petals gently with it. We are the same. We are bodies of light and our intelligent relationship with the sun is vital and not to be artificially interfered with.

Thrive in the light and restore in the dark. Honour natural rhythms. After the sun sets, keep your body in rest and restore mode and lighting as natural as possible with candlelight and fire light.

EARTHING

Walk bare foot upon the land. Consciously connect your physical body to the physical body of earth.



By grounding, we pull electrons from the Earth, into our hydrated connective tissue network. The surface of the Earth has a limitless continuous supply of Electrons. Electrons flow from an area of high concentration to an area of low concentration. We will always have less electrons than the Earth, and so anytime we connect bare skin to it, electrons will flow into us. Being electron repleted, takes down inflammation. Grounding as much as you can, is one way to ensure that you are gathering electrons for optimum health. Wear grounding shoes. When outdoors walk barefoot where possible. Swim in the ocean, lakes and rivers and paddle in the sea.

Gather as community for walks, ocean swims, forest bathing etc.

PLANT MEDICINE

For every illness there exists a cure in nature.

Plant medicine is the therapeutic use of plants and plant extracts to exert an effect on the body. A great strength is its accessibility and it can be used by anyone with the most basic equipment and resources. Medicinal plants are everywhere and we are surrounded by them. It's important to learn of the medicinal properties of the plants surrounding you and begin to weave them in to your life in simple ways to begin with, such as picking direct and making herbal teas.

As a community, organise medicine making days and learn how to dry and store herbs, make oxymels, tinctures and medicinal oils etc. Go on plant identification walks together as this is a wonderful community activity and beautiful way to connect to the land and each other. Begin to be personally involved in your own healing process and that of others. Plant medicine is a powerful tool for this.

To make a basic oxymel, place the plant leaves or flowers in organic apple cider vinegar in a sealed jar and leave in a cool dark place to infuse for a month. strain and add local honey and you have a remedy.

To make a tincture, place the plant leaves or flowers in a jar of vodka for a month and then strain and use a few drops at a time as a remedy.

To make a medicinal oil, place the plant leaves or flowers in a sealed jar of oil, such as apricot kernel oil and leave in the sunlight to infuse for a month. Strain and you have a medicinal oil.

Mother earth heals us beautifully. Where we walk bare foot upon her, she will take a vibrational read of our being and grow for us the plants that are of the frequency to restore our frequencies to optimum health. Observe the plants growing around you and research their medicinal properties. This will help give an indication of your own needs and those around you. Just as breastfeeding mothers take a vibrational read of their baby when latched on and produce milk of exactly the consistency and frequency their baby needs at each and every stage of the day and their development for optimum health, mother earth does the same for us with the medicinal plants she grows.

Hawthorn is an emotional and physical healer of the heart. The leaves and berries can be used as plant medicine. We all observed in éire, that hawthorn has never been as abundant with its flowers in our life



times as it was recently, clearly indicating to us that its time to focus on healing our hearts and that the great heart is healing.

HONEY

Honey is a powerful natural medicine. Since ancient Mesopotamia honey has been revered for its healing and medicinal properties.

Honey can last forever. It has anti-fungal and anti-bacterial properties, it is rich in vitamins, minerals, amino acids and anti oxidants, It's anti inflammatory and it helps wounds heal. It's a great healer of colds and coughs. Use local and raw honey and it will be a natural healer of hay fever and allergies to plants you may have growing near you.

The vibration of bees wings is immensely healing. "Hive healing" is taking off again, where we sit/lie exposed to the vibration of bees. Frequency is medicine.

To make 1 pound of honey, a colony of bees collect nectar from 2 million flowers and flies 55,000 miles. Do not spray any toxic sprays anywhere upon the land. Let areas of your garden re-wild. Lawns are green deserts and a wild garden is infinitely more beautiful and healthy.

Honour the bees. As communities, please ensure you re wild land with pollen rich plants and keep bees.

FOOD AND WATER

Food and water are medicine. Become very conscious of the food you eat and water you drink.

How our food is grown or raised impacts our physical, mental and emotional health as well as the health of our land. Naturally, joyfully and consciously grown foods have higher vibrations and have more nutrients than their conventionally-grown counterparts and as they don't contain pesticides, fungicides or preservatives. Food prepared with love is far more nourishing on every level. A beautiful way to gather and connect in community, is to have pot luck meals and picnics together. Each person prepares conscious food with love and 'breaking bread' together is very connecting, joyful and healing.

MEDITATION

Minding our spiritual health can be helped through meditation. Throughout éire, in our Lighthouse communities, we have begun to gather regularly in circle for heart based meditations. We have been doing this consistently at 8pm on Wednesday evenings. If you join at that time, wherever you are and with whoever you are with, or alone, we will all be connected in that conscious heart space, igniting the light of love within ourselves and all around us. If you are outside, place one hand upon your heart, and one hand upon the land, and connect from your heart, to the heart chakra land of éire and the great heart of all. Meditation in groups, is a powerful tool to help us to connect in heart space and send charge through the light web for ascension of heart and consciousness.



When people of similar frequencies come together, the output is not a simple sum of the individual work but exponential. This is known as resonance and at this point, the performance exceeds any logical limit.

- **UISCE/WATER**

Across éire, we have thousands of holy wells, which are natural springs of clear, living water, flowing freely from the land. There are over 3,000 mapped wells across the land and many more to be rediscovered. Our ancestors understood the importance of drinking pure, living water and of caring for the wells and waters.

As a community, locate your nearest wells and rediscover and map those that are calling for rediscovery. Take responsibility together for their care and clearing. Keep all the wells around you clear at all times. Drink from them. Holy wells had different healing powers and so try to rediscover what the healing properties of the wells near you are.

Divine to locate underground water on your land and dig wells where possible.

Our physical bodies are largely water just as the earth is. As a foetus we are 99 percent water, as a new born we are 90 percent water, as an adult we are 70 percent water and in old age we are about 50 percent water. In other words, throughout our lives, we physically exist largely as water! The water we drink is vital for our health and well being. Drinking pure living water helps to keep us pure and thriving.

All the waters of the earth are linked and we are all physically linked through them. Clearing the water nearest to you and drinking pure living water, we help clear, clean and heal ourselves and the whole.

Water receives, stores and transports information. Water exposed to beautiful thoughts, to words such as LOVE and to beautiful music, forms magnificent crystal structures. This is happening in our bodies and the land body. Water when exposed to negative emotions and pollution, forms chaotic structures and this is happening in our bodies and the land body. Honouring the waters of our land, keeping them clear and clean, exposing them to beautiful frequencies, helps to keep ourselves and our land healthy. Gather at the wells and waters in community with song and prayer as our ancestors did, to send loving charge through the body of all. Love and GRÁtitude (an attitude of love) form the most beautiful crystal of all in every water particle exposed to those thoughts and words, as captured and documented by Masuro Emoto.

The waters of our land are the sacred waters of the goddess Eiru. Honour them and the divine feminine in doing so.



- **THE LAND - A Spiritual and a Physical perspective**

...éire is her name. Ireland was a name given to her by a system designed to disconnect us from heart and lock us in the mind. As we leave the mind matrix and journey deeply back into our hearts, we must return to calling her by her name. She is not “anger land” as the name Ireland suggests. She is the goddess of Eiru and her name is éire. She is a land of love as she is the heart chakra of the body of earth. Each of her provinces is a chamber of the heart, with the sacred hill of Uisneach in the centre, where they all come together. What happens here, powerfully affects all of consciousness. Activating the heart, activates the whole, suppressing the heart, represses the whole. She is the green isle, as she is a pulsating green light of the heart chakra and her emblem is the harp, as the harp is the instrument of the heart and resonates it.

Native Americans say that 1 dreamer, is as powerful as 1000 Warriors and that éire is a nation (people) of dreamers. It is said that it takes 144,000 Dreamers holding the same dream, to attain a critical mass within human consciousness, that will bring about the transformation of it. Let’s keep doing this!

As a lighthouse community, we must dream in and create the new earth. To that which we give focus, we create. All of nature is a manifestation of the great dreamers divine imagination. We are all part of the intelligence of the great dreamer, we have all been given the power to create in the collective body of the great “I am”. We must create together the world we want to live in and this is the focus of the Lighthouse network.

If we look at the island of Éire, we notice it is the shape of a baby foetus, surrounded by waters, as in the womb. The new cycle of life on earth and perhaps far beyond, begins here!

The Base Chakra, or energy point where all energy rises, is Baile Féitheáin and the Lough area of Cork. Or is gold in the Irish language. The golden county of cORk is where the shift rises from. The Lough in Baile Féitheáin, is a man made swan sanctuary that sits 100 foot above sea level. The building of the Lough possibly predates the pyramids and holds more ancient sacred geometry than any pyramid known today. Before the Prime Time Meridian was changed in 1884 to Greenwich Mean Time in England (GMT), it was actually held by Baile Féitheáin in éire.

Mayo, is the hands of the baby foetus reaching out with open arms to the rest of the earth realm. This is symbolic of how both spiritually and physically, we have been offering and giving the world so much. Connacht was the spiritual home of Na Fianna, an ancient Band of Irish Warriors and also home to Cu Chulain, one of the spirits of Irish freedom. The Connacht flag bears 2 hands.

We currently have a border across the throat of the foetus, separating and dividing mind and heart. As we all integrate and rebalance our own mind and hearts, this border will dissolve, as what we see in the outer body, is a reflection of what is happening in the inner body. It is all microcosms of macrocosms.

éire is covered in sacred sites. These mark out the energy lines of the land body of the heart chakra and power nodes, where energy lines of the land body of the heart converge. They also map the movements



of the sun, moon and stars. It is important that we begin to visit and spend time at the sacred sites and as we connect deeper into our hearts and energetic bodies, we naturally feel this call. They hold huge energetic power, which activates locked stored memory within us. We in turn, by being there and connecting energetically to these sites with open hearts, activate and unlock stored memory and power within them. Alone, with others and as community, spend time at these sites in song, dance, meditation and prayer. Sit upon the land, touch the stones there, and ask questions from your heart to the living library of all consciousness.

We have been gathering at the sacred sites, as Lighthouse communities, with community picnics and then coming into circle and placing one hand upon our hearts and one upon the land and connecting in heart space to ourselves, to each other, to that site, to the land of éire as the heart chakra and to the great heart and body of all that is. We send intentions of love into that energy field. As we activate and restore these energy lines and nodes upon the earth, we activate and restore them within ourselves too.

• **THE LAND AND OUR SOILS**

éire was once covered in forests. Natural systems when left to their own, will regenerate and thrive again. As we need nature to feed and nourish us, we must work together with nature, recognising the interconnectedness of all and repair the damage done, especially in the last 150 years when fertilisers were first introduced and forests were felled. It is possible. It is being done.

Life on the land starts in the soil and life on earth is sustained by plants grown in the soil. The soil is a social biome, and everything in it, from microorganisms, minerals, metals, gases, water, etc. work in perfect harmony to nourish the plants and therein all creatures/life on the planet, including humans.

- There are more microorganisms in a gram of healthy soil than there are people living on the planet. Plants send signals (exudates) to those microorganisms to produce the thousands of nutrients they need to thrive throughout the different stages of their lives, engaging in a symbiotic relationship with the organisms in the soil.

By using chemical fertilisers we stop plants communicating with the microorganisms in the soil, and a chain of events is started with catastrophic consequences:

- Plants stop creating exudates and they stop forming relationships with organisms in the soil.
- The organisms in the soil disappear.
- The soil structure is degraded allowing for compaction, a main cause of floods and droughts.
- The nutrient content of plants is reduced.
- Over time, the need for fertilisers increases to keep the yields high.
- Our rivers and water ways are polluted with run offs from those fertilisers.
- The land becomes barren and dust bowls and desserts are formed.
- Life disappears.



Protecting the land means protecting and nourishing our soils. Life in the soils is driven by plants and the higher the diversity, the higher the functionality above and under ground. We must protect the trees and hedgerows already there and plant many more.

As we move towards a life style that really nourishes ourselves and our lands, we must support those that are custodians of the lands and help them in their mission of protecting and restoring it. The outer body is a reflection of our inner body and so repairing the microbiome of our soils repairs our own microbiome.

• LANGUAGE

It is imperative we revive our native language.

If words are made flesh, then language is a medium of manifestation: Frequency condensed to matter. It contains within it a collective consciousness of its speakers. The colonial road map identifies the destruction of native languages as a primary tactic in colonisation. To separate native people from their native tongue is to separate them from the repository of the collective experience and knowledge contained within it. In losing Irish as our primary tongue we lost the continuity of our story, we lost ancestral memory. We also lost the memory of being free men. So to the seanfhocal labhair í agus mhairfidh sí, we could add, labhair í agus mhairfidh tú. Go néirí linn!

Anyone who has been educated in éire, will have a foundation of the Irish language. Use whatever you have of *your native language* and bring it to life within yourself and within the collective. This will assist you to reconnect with the land and your heart and you will access all the stored memory within the language.

For those with no foundation in the Irish language, let us at least bring into our lives the Irish greeting as a start point.

Greeting: Dia dhuit - phonetically pronounced “diaghuit”.

Reply: Dia is Muire dhuit - phonetically pronounced “diasmuireghuit”.

This greeting invokes the protection of the divine masculine and the divine feminine and embodies a spirit of generosity. Dia directly translates as God, and so is the divine father in the context of ancestors, and Muire as Mary, and so in the context of ancestors is the divine feminine

The Irish Language pre-dates most other languages. It was the Druids who gave us our language. The word Druid means "Knowledge of the Oak" of the "Knowledge of nature". The Irish alphabet comes from the names of native trees as it was closely connected to and associated with nature, as were its people.



- **THE ARTS**

The arts pour fourth from the heart and have always been central to our culture. In Cork, throughout the last few years, we have organised many gatherings around the arts. We built together an amphitheatre on some beautiful land and there we gather with performers coming from around the land and with food to share in pot luck meals. These gatherings bring us into heart space and give us opportunity to really connect with each other. We often too have gatherings around the fire inside or outside at people's homes, with story telling, poetry and musicians sharing their magic. These gatherings are mostly for all generations and we encourage the children to listen to the stories of the elders, witness and experience the performances and share their own music and stories with us.

We often gather in barns for ceilis. As a community in Cork, we bought our own pop together dance floor and found a dance teacher who was of similar mind and heart. Dancing together is so immensely joyful and we always have a fire going and food to share at these too, so they are wonderfully social. Again, these gatherings are inclusive to all generations. We invite friends to join us who are of a different mind set, and it helps to build bridges and to bring them into the heart space with us.

- **MEITHEALS**

The Irish word Meitheal means “a collective effort for the greater good of the community”. Meitheal is an ancient Irish tradition of a group coming together for a common purpose and working together and for each other to ensure that all succeed in achieving their goal. Meitheals are a wonderful way to build community, build connections, skill share and get things done! If you have a project to do, such as clearing an area of your garden, building a polytunnel, building a cabin etc, then organice a Meitheal. Invite those in your Lighthouse to come along for a day, bring food to share and work as a team to get the job done! Many hands make LIGHT work and it's valuable to learn how to work as a team. It's beautiful for our children to witness and be involved in too and very educational for them and for us all.



ÉIRE AND MOST OF THE WORLD, WAS ONCE COVERED IN FORESTS.



The Celtic wheel of the year consists of 13 months for 13 moons, and each month is associated with a native tree. The Groves were the temples of the druids. The Ogham alphabet, based on native trees, is made up of the sounds the wind makes as it blows through each tree. It's so beautiful. In Ogham groves, the trees all nourish, support and strengthen each other. When one is weak, another will send strength through the interconnected root systems and mycelium to nourish and replenish it. They extend branches to each other in support when they are struggling to stand. There is perfect harmony and they work as an intelligent interconnected community. Trees are supposed to live in community and when they do, there is no

illness, no disease like ash die back, sudden oak death, etc and there are no pests.

Humans are designed to live in Groves too, in community. All generations together, looking after each other, especially the elderly, the children and the vulnerable. Segregating generations and living alone in "apart-ments"(meant to keep apart) is unhealthy for all. We need to return to community living and re build our human mycelium network. As part of that we must plant Ogham groves together to restore healthy connections and root systems through the land and ourselves in the interconnected body of all.

When we observe a tree, we observe ourselves. A tree has natural in and out breaths. It has periods of growth and activity and periods of rest and recuperation. There are ebbs and flows to all life. We have highs and lows, days and nights, summers and winters, out breaths and in breaths, a light side and a dark side, a masculine and a feminine, a mind and a heart, a sun and a moon, ego and love, times of action and of retraction. We have roots into the dark earth, to the waters, the sacred elements of the feminine and we have branches extending to the sun, (the fire) and to the air, the sacred elements of the masculine. The trunk is the witness space, where they all come together. It is the middle point of the



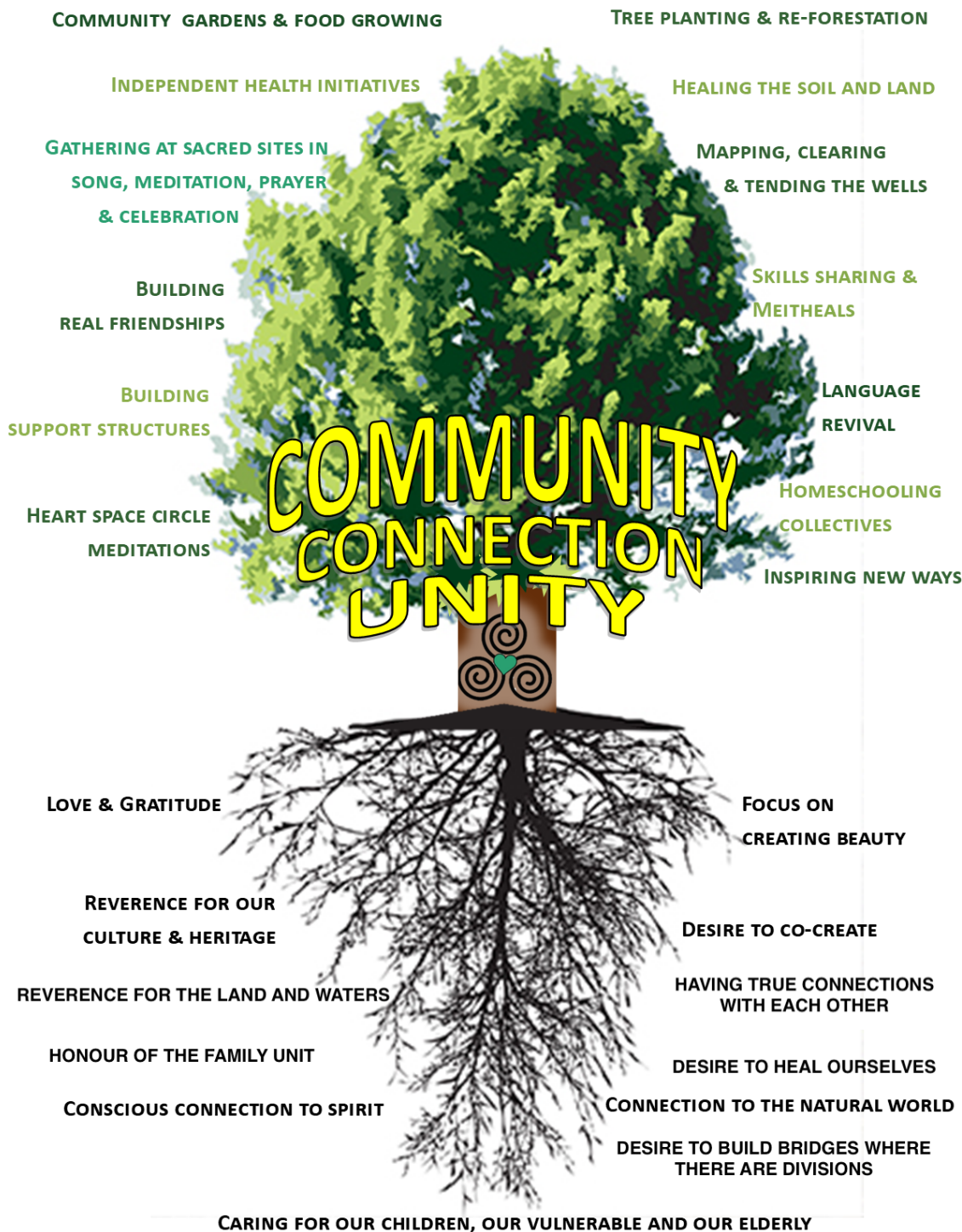
infinity loop. Polarities and dualities are essential for life, for growth and for movement. It is all one in the great body of ‘ I AM’ which always seeks to move and expand. This is divine law.

Every seed begins life in the dark, and grows towards the light. Every thing and every one is at a different stage of life and we can not skip stages. Looking at a beech nut, a beech sapling, a mighty beech tree and a decaying stump, we see all stages of life. You can not expect the beech nut to have branches growing leaves reaching out to the sun. It must first journey in to the earth, in to the dark and grow its roots there. We must honour all stages of life and of being and we can not rush through any of them or rush anyone else through them. We can not judge anyone either. All is and all are exactly as meant.

*I am One with the Heart of the Earth, with the stars and with all,
I am Fearless, I am Timeless and Eternal,
I am Divine, I am Sovereign, I am Free.*

A note on protecting our emotional and spiritual health:

This is a transitional time from a dark night to a new dawn and ultimately, it is a spiritual journey. Keeping our vibrations high and taking care of our spiritual and emotional wellbeing, is of the utmost importance in this great awakening, this moving from mind to heart. In emotionally or physically challenging times, which are very natural to experience, reach out to those in your community for support. Form support circles for members of your community you know are struggling. Practice gratitude for all that we have and all that we are creating. Gratitude hugely raises our vibrations. We need to continue to collectively dream in and create together the new reality of the new dawn, in which we will expand and thrive. We are conscious creators. Live and create in the frequency of LOVE from your heart in the interconnected heart of all and web of LIGHT.





FURTHER PRACTICALITIES TO CONSIDER:

- ⇒ Let us be aware that we will continue to be challenged emotionally and spiritually during these transitional times and the single most important thing to do is to focus and *build on the positive*. To that which we give thought and energy, we create. Our networks are strengthening, the knowledge and skill sharing in our communities is increasing and we are becoming more resilient and powerful by the day.
 - If met by anger or unreasonable behaviour, shine your light, react with kindness and compassion and do not allow yourself to be triggered. Be patient and know when to walk away.
- ⇒ Lighthouses in éire have been holding important workshops and skill share days within their local communities and also outside of those, which have included first aid, herbal medicine and nutrition, canning and food preservation, foraging, gardening and food growing, fishing, bicycle repair and maintenance, farm walks etc. as some examples. Consider organising your own gatherings to build your local networks, to share food, to share and build skills, to get to know each other and develop truly connected, powerful and equipped communities.
- ⇒ We can not be self-sufficient, it is not possible or healthy, we can be community sufficient though and this is the natural design.
- ⇒ Everyone has something to offer. Everyone is a valuable member of a community. Communities draw out and avail of everyones strengths. We must look after our elderly, vulnerable and children as communities. This is divine law and the natural way.
- ⇒ Keep cash energised and in circulation and aim to have as much diversity in your investments and ability to trade as possible. Keep as little money in the bank as is reasonable. Invest now in food, tools, medical equipment and other assets you need to get your land and home set up for these transitional times.
- ⇒ Develop a community trading system in your Lighthouse network. We think it is important to keep things de-centralized and for each community to have its own trading systems which can then link into the wider network. Bartering is encouraged in community.
- ⇒ Stock up on items to trade:
 - Alcohol, honey, medical supplies, gold and silver, fire starters (lighters, logs, etc.), food etc.
- ⇒ Consider having a community library of books, resources, music and entertainment. Make a list of relevant books each person in your Lighthouse has and share this with each other.
- ⇒ Make sure that you have an address book, good old fashioned style, with all your contacts in it, as we cannot depend on having phones. Get a paper map of your area an the country and mark on it households of like minds etc.
- ⇒ Remember that your car can essentially be a generator and heating cabin and you can use it to charge up electrical devices etc. Always fill your car with fuel and never let it go below half full.
- ⇒ Diversify and prepare your cooking options as much as you can. Electric, Stoves, pizza/bread ovens, gas and outdoor fires. Buy iron pots for cooking over fires. Build outdoor kitchens in your communities, as cooking and preparing food together will be part of the future.



- ⇒ Make a map of wells in your area as community and distribute this amongst your community. The fairy council of Ireland are great resource to locate nearest already mapped wells to you. Inform them of others you find so they can build a complete all éire well map.
- ⇒ Spend time in nature. We must come back to living in close commune with the natural world. Observing nature and connecting consciously with it, we observe ourselves and connect with ourselves, in the great interconnected body of all that is.

LIGHTHOUSE LIVING PREPAREDNESS

This is a basic summary list of items you should consider in order to be community and self sufficient.

• STOCKING UP ON FOOD

With possible food shortages and rising prices, it is important to have sufficient food in stock as we transition in community and ultimately as a whole, to better ways . The aim is that we become community sufficient and come back to growing food ourselves, building direct links with farmers and fishermen and developing healthy systems.

This is a list of the basics to have in stock which store well and which would cover healthy eating and plentiful meals for one year for an adult. This list must be supplemented by fresh food when possible. If you don't have the ability to secure 12 months of food, do what you can.

Get stocked up on the following:

- Large selection of nuts and seeds: Chia, hemp, pumpkin, sunflower, poppy and sesame seeds, pistachio nuts, brazil nuts, hazel nuts, pecans, almonds, walnuts etc.
 - Note that higher fat nuts such as walnuts have a shorter shelf life.
 - Most shelled nuts retain quality for about 4-6 months. In-shell nuts keep for around 6-9 months. In the fridge, you get about twice the shelf life...longer in the freezer - bear this in mind during times where energy consumption may be of a concern
- Large selection of dried (or freeze dried/dehydrated) fruit: figs, dates, prunes, goji berries, pineapple, apricots etc.
 - Dried fruits have a shelf life of ~6-12months, whereas freeze dried/dehydrated fruit can last much longer when stored correctly.
- Large supply of salt and black pepper: pink Himalayan rock salt or sea salt are best.
- Large selection of dried herbs: oregano, basil, bay leaf, thyme, rosemary, garlic, onion powder, Italian seasoning, Herbs de Provence etc.
- Large selection of spices: black cumin/Nigella seeds, cinnamon, cumin, ginger, coriander, star anise, nutmeg, chilli flakes, cardamom, cayenne pepper, turmeric, garam masala, paprika, etc.
 - Whole spices retain flavour longer and can be roasted and ground
- Supplies of teas, coffees and hot chocolate
 - A backup of instant coffee might be good to have on hand - the last thing you need in an emergency is coffee withdrawal!



- Baking essentials: ground almonds, desiccated coconut, flours, baking powder, baking soda, powdered or condensed milk, corn starch, yeast, vanilla extract, cocoa powder, jelly crystals.
 - Choose white over brown flour for a more stable shelf life or consider investing in a hand milling machine to mill your own grains.
 - Fats and oils: Olive oil, coconut oil, ghee, lard, peanut/almond butter, coconut milk.
 - Condiments: soya sauce, chilli sauce, tabasco, ketchup, white vinegar, apple cider vinegar, red wine vinegar.
 - Large stock of sundried tomatoes and olives.
 - Stock cubes - 36 boxes.
 - Large selection of tinned or dry beans and chickpeas - 100 tins
 - Pinto beans, black beans, butter beans, cannellini beans, kidney beans, red lentils, green lentils, puy lentils etc.
 - Consider having both dry and canned beans - dried beans can last much longer, whereas canned beans are quicker to prepare, potentially requiring less energy.
 - Pickles - 24 jars
 - Lentils - 18kg
 - Porridge - 24kg
 - Pasta or dried noodles - 38kg
 - Potatoes – ideally grow your own (24kg over a year)
 - Long grain/basmati rice- 18kg; Risotto rice - 5kg
 - Choose white over brown due to shelf life. White rice can last decades, while brown rice has a shelf life of about a year due to the germ layer.
 - Honey - 5ltr
 - Quality honey can last forever, it may just crystallise over time.
 - Large selection of curry sauces, pasta sauces etc - 100x500g jars
 - White sugar (for preserves, cordials etc.) - 20kg
 - Popcorn kernels
 - Hard Grains: buckwheat, wheat, kamut, millet, spelt, flax
 - These grains can be stored safely for 20 years in the right conditions due to hard protective shell
 - Soft grains: Quinoa, rye berries, oat groats, barley
 - These softer shell grains can be stored safely for ~8 years in the right conditions
 - Other proteins: Tinned salmon, tuna, sardines, mackerel, textured vegetable protein/soya mince, boxed tofu, dry cured meats
 - Canned/jarred vegetables and fruits (in juice)
 - Protein/granola bars and protein powder
 - Hard cheeses encased in wax (can keep for 20+ years!)
 - Meat: when vacuum packed, meat can be stored for much longer than normal in a deep freeze
 - Alcoholic spirits: good to have on hand for making tinctures, preserving, etc.
- ⇒ This list has allowed for 20 pasta meals, 5 risotto meals, 20 soup meals, 1 rice meals and 7 potato meals a month. This averages over the year obviously there will be months for example after potato harvest (which we need to grow where at all possible) when those meals will be more plentiful etc.
- ⇒ When storing things, store in protective boxes in cool, dry, rodent free storage space. Light, heat, moisture, pests and oxygen are the enemies of shelf life, so the more you can reduce these factors, the longer your food will last - remember that the BBD is not always when the food becomes inedible - you can still rely on your sense of smell and taste. Never eat food from



swollen, badly dented or bulging tins or any container that spurts liquid when opening due to risk of botulism.

- ⇒ Put food types together in boxes and label the boxes.
- ⇒ On the labels, write the BBD date (it can be helpful to write the BBD on the package directly with a permanent marker) and use food in rotation - use the “First in, First out” method.
- ⇒ Use the food closest to the BBD and replace it with recently purchased replacements of the same so that nothing goes off and you keep a years supply.
- ⇒ Try to avoid buying foods that last under a year. Look at the shelf life of foods before buying in bulk.
- ⇒ It can be good to have both dry and canned beans - dried beans can last longer, whereas canned beans are quicker to prepare, potentially requiring less energy consumption.
- ⇒ One of the easiest ways to build up your pantry is to begin buying extras of all your staples during your weekend or fortnightly shop.
- ⇒ And don't forget about your pets - stock up on dry and wet food!

As general rule of thumb per person per year, you should consider the following:

- 160-180kg of grain
- 9kg of animal protein
- 9kg of fats and oils
- 40kg of fruit and veg
- 30-40kg of beans and legumes
- 20kg of sugar
- 3kg of salt
- 53 l of water for ~2 week supply



- **GROWING YOUR OWN FOOD AND THE TOOLS YOU NEED**

Below is a list of tools you will need for general gardening and buy these now and spares, as they may be in short supply soon. Learn about soil biology and the relationships between plant and microorganisms in the soil.

- Fork
- Spade
- Gloves
- Rakes
- Wheelbarrow
- Handheld hoe
- Trowel
- Hand held fork
- Oscillating hoe or push-pull weeder
- Secateurs
- Loppers
- String
- Scissors
- Kneeling path
- Compost
- Thermometer indoor and/or outdoor
- Polytunnel
- Composting systems
- Seed trays
- Manure or compost
- Seaweed, feed or dust
- Seeds
- Diary
- Netting for soft fruit
- Climbing structures
- Pencil and rubber and labels
- If planting fruit trees and bushes: tie wraps, stakes and posts
- Bird nets

Good to have:

- Thermometer indoor and/or outdoor
- Polytunnel
- Composting systems



- **MEDICAL AND FIRST AID**

As part of being our own doctor, we have put together here a list of natural and traditional first aid essentials too. This can be supplemented with other items from the Natural care kit and the Specialised medical kit list where needed.

First-Aid Essentials

- Plasters, bandages and gauze in various sizes
- Wound closure strips/steri-strips
- Alcohol prep pads
- Isopropyl alcohol
- Scissors
- Tweezers
- Pen light/head torch
- Thermometer
- Stitch cutter blade/scalpel blade
- Finger splint
- Paracetamol
- Burn gel/cream
- Eye patches and sterile saline solution to wash eyes
- finger splint

Natural/Herbal First aid essentials.

- Bentonite clay (Wound management)
- Homeopathic Basic Kit: Arnica, Aconite, Beladonna, Apis, Hepar Sulp, Hypericum..
- Activated Charcoal
- Elderberry
- Apple cider vinegar/Probiotics
- Coconut oil
- Raw Honey
- Lavender essential oil
- Rescue remedy/rescue cream
- Netti Pot (Salt water wash)



Natural Care kit:

- Colloidal Silver
- Hydrogen Peroxide
- Basic 36 remedy Homeopathy kit (i.e. Ainsworth/Helios)
- Witch Hazel
- Zinc policonate
- Vitamin D/K2
- Vitamin C (Ester C)
- Teas (possibly foraging):
Chamomile, Comfrey, Yarrow, Senna, Plantain, Valerian, Passion flower, Slippery Elm, Marshmallow Root, meadowsweet
- Aloe Vera
- Calendula Balm
- Baking soda
- An array of essential oils:
peppermint, eucalyptus, lavender, frankincense, tea tree, lemon, oregano, thyme, clove, lemongrass, citronella
- Tissue salts: MagPhos, Silica, Natmur, Ferrphos
- N acetyl cysteine
- Fermented foods
- Medicinal mushrooms

Specialised Medical Kit – If possible, ensure there is at least one house in your local lighthouse community with the majority of the below. Each household should try and equip themselves as well as they see fit. Essential items like crutches, foot boots, and other larger items are important to have within each Lighthouse community. It is also important to know who in your community is first aid proficient and organise first aid workshops within Lighthouse communities.

- Tourniquet
- Pressure bandage
- Z-fold gauze, 11.5cm x 4m
- Chest seals / bandage (1 pair)
- Irrigation syringe, 20cc with an 18 gauge tip
- Needle & thread stored in isopropyl alcohol (2x needle/thread, 1x small container)
- Gauze dressing.
- Elastic wrap / ACE bandage
- Emergency blanket/ Aluminium blanket
- Medical gloves
- Aspirin / Disprin
- Broad spectrum antibiotics:
Doxycycline and/or Bactrim antibiotics
- Blood pressure monitor
- Knee, elbow, ankle, wrist and lumbar back braces
- Adjustable crutches
- Prescription pain medications needed

IMPORTANT: Know where your closest defibrillator is located and make sure someone in your household knows CPR.



COMMUNICATION

- Local Light House Network: Paper map of your local area with distances to different homes in your area
- VHF/CB radios/ walkie talkies. In Cork, we have a home in each town where there is a Lighthouse community, set up with CB radio.
- Bicycles: One per household minimum, considering electric/solar.

POWER, HEAT & HOME

- Generator
- Gas oven
- Camping stove
- Gas bottles
- Wood pellets
- Fire logs
- Jerry cans & petro
- Candles, Lighters, matches
- LED lights
- Head torches
- Composting toilet
- Fire extinguisher

WATER

As well as what we have mentioned already in document, the following are to be considered:

- All water sources
- Rain water collection
- Water purification tablets
- Life straws
- Generator for water pump
- Archimedes screw



SOME BOOKS AND RESOURCES

Gardening:

- Vegetables for the Irish Garden, Klaus Laitenberger; ISBN13 9780956506306
- The Polytunnel Book: Fruit and Vegetables All Year Round, Joyce Russell; ISBN13 9780711231702
- How to Grow Food in Your Polytunnel All Year Round, Mark Gatter & Andy McKee; ISBN13 9781900322720
- The Vegetable and Herb Expert, Dr D.G. Hessayon; ISBN13 9780903505758
- The Regenerative Grower's guide to Garden Amendments. Nigel Palmer. ISBN 9781603589888

Foraging, wild food ID, medicine making etc.

- The Forager Handbook, Miles Irving; ISBN13 9780091913632
- Food for Free, Richard Mabey; ISBN13 9780007247684
- Food for Free, Pocketbook, Richard Mabey; ISBN13 9780007183036
- Wild Food, Richard Phillips; ISBN13 9781447249962
- Hedgerow, John Wright; ISBN13 9781408801857
- The Foragers Calendar, John Wright; ISBN13 9781781256220
- Irelands Wild Plants, Niall MacCoitir; ISBN13 9781848892491

Preserving etc:

- Wild Fermentation, Sandor Katz; ISBN13 9781603586283
- The Complete Book of Home Preserving; ISBN13 9780778801313
- Ball Complete Book of Home Preserving, Judi Kingry & Lauren Devine; ISBN13 9780778805106

Medical/First Aid:

- The Survival Doctors Complete Handbook, James Hubbard; ISBN13 9781621453055
- First Aid Manual, DK; ISBN13 9780241241233
- The Complete First Aid Pocket Guide, John Furst; ISBN13 9781507208885
- Living Ready Pocket Manual - First Aid, James Hubbard; ISBN13 9781440333545
- The Modern Herbal Dispensatory, Thomas Easley & Steven Horne; ISBN13 9781623170790

General:

- SAS Survival Handbook, John Lofty' Wiseman; ISBN13 9780062378071
- The Encyclopedia of Country Living, Carla Emery; ISBN13 9781632172891
- Country Wisdom and Know-How; Editors of Storey; ISBN12 9780316276962