

The Captain and the Crew Chart Definitions

The Captain

Your Captain is your inner leader, a visionary who is always in command and leads all parts of yourself towards the fullest expression of your Life Purpose. Key attributes:

- **Wisdom:** Your Captain has access to all the wisdom that ever was. He or she has been there and back again and has the experience to keep you pointed and on purpose.
- **Compassion:** Your Captain loves you completely and unconditionally. No matter what happens, he or she holds you tenderly with gentleness, compassion and infinite patience.
- **Certainty and Clarity:** Your Captain believes in you completely. He or she is always grounded and can quickly see what is needed and how best to move forward.
- **Courage:** Your Captain is fearless and relentless in his pursuit of the very best for you. Your Captain's will is unshakable and his or her dedication is unwavering.

The Crew

- **The Appreciator:** This crew member is a free agent and moves easily into all domains of the Captain and Crew Map. He or she is able to appreciate everything that happens and can find value in anything. The Appreciator does not know how to judge. He or she understands that life is unfolding exactly as it should and appreciates the gift in everything.
- **The Curious One:** This Crew member has an adventurous spirit and is eager to explore ALL of life. Powerfully and deeply curious, he or she asks lots of questions with the wide eyed wonder and excitement of a three year old. This Crew member LOVES to play in experiences of all kinds and is committed to freedom of expression, freedom of spirit and freedom of soul.
- **The Listener:** This role of this Crew member is to witness and observe. With great compassion, he or she holds a container for whatever is occurring without needing to jump in and fix it. This Crew member listens deeply with every part of their being and has X ray vision, enabling him or her to look underneath the words and see what is really being expressed. He or She is masterful at being present, regardless of what energies are swirling around and is able to "be with" and include it all.
- **The One Who Forwards the Action and Deepens the Learning:** This Crew member keeps everything moving and makes sure that lessons are being learned and remembered. He or she understands that life is a paradox and relishes the tension between being and doing, dark and light. This Crew member is a masterful at balancing essence with action to bring your most resonant desires into reality with vision clarity, meaning and heart.
- **The Self Manager:** This Crew member knows when to say "no" and when to say "go." He or she is a master of attention and carries a "light saber" of attention by their side, pointing it wherever attention is needed. This Crew member is infinitely flexible and can help you recover rapidly whenever you find yourself trapped in self doubt or a negative emotion.
- **The Intuitive One:** This Crew member is able to access an inner sense of knowing and to offers insight without attachment. He or she is masterful at "knowing" from all parts of the self and values

unseen information as much as that which has been tested and proven. This Crew member is masterful at moving into mysterious and unknown waters with boldness and courage.