

[Open in app](#)

Search



UNCOVERING YOUR LIFE'S TRUE PURPOSE

# Finding Your Lighthouse

Based on a discussion between Rahul Garg and Prakhar Gupta

**Yogesh Haribhau Kulkarni (PhD)**

Published in ILLUMINATION Videos and Podcasts

5 min read · Just now



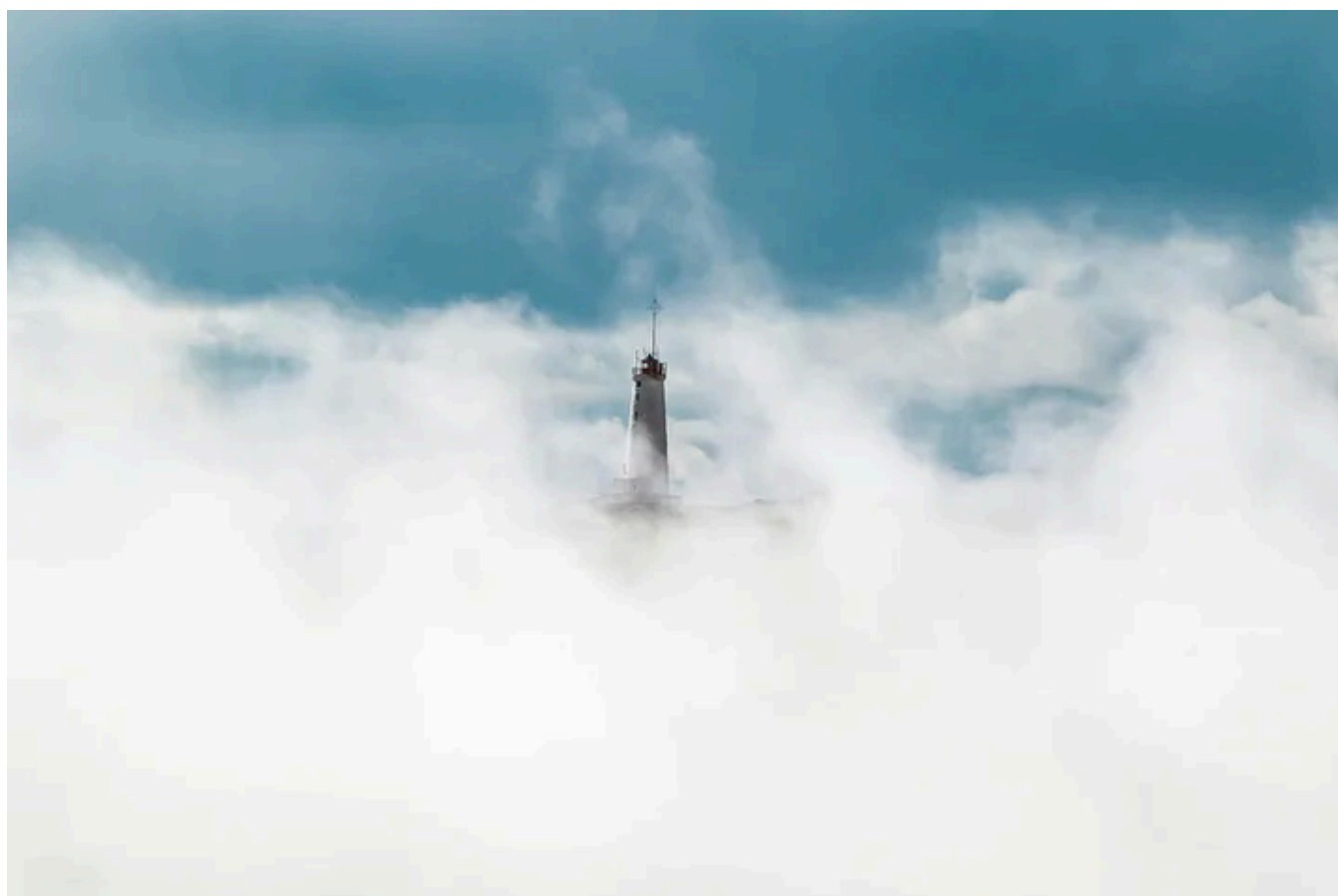
Listen



Share



More

Photo by [Jeremy Bishop](#) on [Unsplash](#)

We all experience those soul-searching moments when we find ourselves asking the quintessential question — “What is my purpose in life?” For some, the answer comes effortlessly, while others spend years trying to unravel this profound mystery.

If you find yourself in the latter group, the 'Lighthouse' methodology, as explained by Rahul Garg in discussion with Prakhar Gupta, could be the guiding light you need to discover your life's true calling.

The Lighthouse approach is a multifaceted introspective exercise designed to help you identify your core values, strengths, and the qualities that genuinely resonate with your soul. By exploring these intrinsic elements, you can uncover the path that will lead you to a life of fulfillment and purpose.

Jottings of this conversation are here. So, let's embark on this enlightening journey together. Sample answers are mine!!

### **Step 1: Unleash Your Animal Spirit**

Think of an animal you love and admire, and write down five attributes that you find most captivating about this creature. These characteristics could be physical, behavioral, or even symbolic.

*Horse: raw strength, speed, elegance, intelligence, and unwavering focus.*

### **Step 2: Envision Your Hero**

Visualize a hero — real, mythological, or imaginary — and assign a role for him/her to play in this world.

*I wish for Vivekananda to return, become a top social leader, and initiate India's revival once more, combining his serene, intelligent, and meditative demeanor with a strong, confident, action-oriented approach, infused with pride in Bharat and Hindutva, all while remaining a humble, ascetic monk, thereby revitalizing India's global influence and reputation.*

### **Step 3: Commune with Nature**

Identify something in nature that you deeply admire and revere. Imagine that you are the voice of this natural wonder, and consider what message you would convey to the world about your role in the ecosystem.

*As Himalayas, you might say, "I stand tall, guarding ancient wisdom and seers, being one among the Hindu gods, with strength protecting the land of the gods, Bharat, i.e., India."*

### **Step 4: Embrace Your Praise**

Reflect on the qualities that others — whether in your presence or behind your back — tend to praise you for. What traits do others admire in you? Identify these attributes and incorporate them into your narrative.

*Seeking wisdom, intelligence, simplicity, a helpful nature, a wonderful teaching ability, strength combined with calmness, but a less assertive and confident demeanor.*

### **Step 5: Compose Your Purpose**

Now, it's time to synthesize these elements into a profound statement that captures your life's purpose. Construct a sentence using the hero you envisioned, the role of the natural wonder you admired, your core strengths (the qualities others praise you for), and your core values (the attributes of the animal you love).

- *LP (Life's Purpose): I am [your hero's envisioned role] in order to [nature's essence message].*
- *CS (Core Strength): [List of your praise-worthy qualities].*
- *CV (Core Values): [Attributes inspired by your favorite animal].*

For example, your statement might read (may not be grammatically coherent, but still ...):

- *LP: "I am intelligent, and meditative like Vivekananda, with a strong, confident, and action-oriented approach, in order to stand tall, guarding ancient wisdom of Bharat, i.e., India."*

- **CS:** Intelligence, simplicity, a helpful nature, and a teaching ability.
- **CV:** Raw strength, speed, elegance, intelligence, and unwavering focus.

## Step 6: Reflect on Your Happiest Moments

Finally, contemplate the happiest moments in your life and examine how they align with your core values and strengths. These moments of pure joy and fulfillment are likely the manifestations of your true purpose, providing you with valuable insights into the path you should follow.

*Intellectual recognition (MENSA selection, BE topper, MS scholarship, PhD award..*

What does it indicate? Combine LP and CV and arrive at Conclusion so far:

*Achievements, time and time again, sheer intelligence which is visible to all, work which is beautiful and elegant, and not shoddy, worth a WoW!*

Remember them, scan every day against this, and see which moments brought you happiness due to them. This is what you should choose to do among the many options you may have, as it becomes very natural or innate to you. You should engage in those activities that support your emotional values as stated in the core values.

*Intelligence and beauty, visible to all, like a WoW moment, is that 3D RL Visualization, or human-like chatbots, or Automatic Agents for me? Achieving WoW automation.*

This is the Lighthouse method in your hands, guiding you towards what brings you happiness. That's the first part.

Core Strengths, if grouped, can encompass attributes such as *intelligence, helpfulness, calm and simplicity*. When you apply these qualities in your work, you'll immerse yourself in tasks without feeling burdened or fatigued, avoiding frustration.

Conversely, I cannot pursue *aggressive, unintelligent, flashy, argumentative roles, such as sales, people management, or government positions*. This constitutes the second part.

This is what you have so the manner in which you do the chosen job, is via these attributes.

In conclusion, you possess your life's purpose, core values to aid in selecting tasks, and the core strength to accomplish them, fulfilling your life's purpose. Experiment with the provided options and attributes to identify those closest to your core, or explore a range of options compatible with your career.

The Lighthouse methodology is not a one-size-fits-all solution; it's a deeply personal journey of self-discovery. By exploring your innate qualities, strengths, and the experiences that bring you genuine happiness, you can uncover the unique purpose that will guide you towards a life of meaning and contentment.

Remember, finding your life's purpose is an ongoing process, and the Lighthouse serves as a brilliant tool to illuminate your way. Embrace this introspective voyage, and let your inner light shine bright, revealing the path that was meant for you all along.

This video is part of a longer conversation between the two and its here.

Do have a look that as well, especially the 'Laws of Nature' segment.

*Click pic below or visit [LinkedIn](#) to know more about the author*



Future

Advice

Careers

Life

Purpose



Edit profile

## Written by Yogesh Haribhau Kulkarni (PhD)

1.3K Followers · Editor for ILLUMINATION Videos and Podcasts

PhD in Geometric Modeling | Google Developer Expert (Machine Learning) | Top Writer 3x (Medium) | More at <https://www.linkedin.com/in/yogeshkulkarni/>

---

More from Yogesh Haribhau Kulkarni (PhD) and ILLUMINATION Videos and Podcasts

CodeIssues4Pull requestsActionsProjectsWikiSecurityInsightsSettings

TeachingDataSciencePublic

PinUnwatch18Fork75Star144

master1 Branch0 Tags

Go to file

Add fileCode

yogeshhkAdded info in llm evaluationf064796 · 3 days ago867 Commits

LaTeX	Added info in llm evaluation	3 days ago
Notebooks	Made decks	4 days ago
Presentations	Made decks	4 days ago
References	Added llm slides	3 days ago
LICENSE	Create LICENSE	3 years ago
README.md	Reorged files into courses also	2 years ago
SECURITY.md	Create SECURITY.md	3 years ago


READMEMIT licenseSecurity

About

Course notes for Data Science related topics, prepared in LaTeX

pythonopen-sourcedata-sciencemachine-learningnatural-language-processinglatexdeep-learningcourse-materialsjupyter-notebooks

ReadmeMIT licenseSecurity policyActivity144 stars18 watching75 forks

 Yogesh Haribhau Kulkarni (PhD) in Technology Hits

Teaching Data Science

An open-source repository for teaching material, open-free to all

4 min read · Mar 4, 2024

225

yogeshhk / Sarvadnya

Type to search

CodeIssues9Pull requestsDiscussionsActionsProjectsWikiSecurityInsightsSettings

SarvadnyaPublic

PinUnwatch2Fork11Star19

master1 Branch0 Tags

Go to file

Add fileCode

yogeshhkUpdated manim docsd5b4d91 · 3 days ago238 Commits

src	Updated manim docs	3 days ago
.gitignore	Moved data and models folder at src level so that they are ...	3 weeks ago
CODE_OF_CONDUCT.md	Renamed refs and codes	7 months ago
CONTRIBUTING.md	Renamed refs and codes	7 months ago
LICENSE	Backed up files	last year
Notes.md	Split README	2 months ago
README.md	Added ref docs	2 months ago
README_AABB.md	Renamed refs and codes	7 months ago

ReadmeMIT licenseCode of conductActivity19 stars2 watching11 forks


About

This repo is a collection of various PoCs (Proof-of-Concepts) to interface custom data using LLMs.

ReadmeMIT licenseCode of conductActivity19 stars2 watching11 forks

Releases

No releases published

 Yogesh Haribhau Kulkarni (PhD) in Technology Hits

Sarvadnya


An open-source repository for All-Knowing Custom Chatbot

https://medium.com/illumination-on-youtube/finding-your-lighthouse-b8230e45316a

7/13

3 min read · Mar 4, 2024

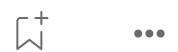


 Yogesh Haribhau Kulkarni (PhD) in Analytics Vidhya

## Tuning for Geometry

Fine-tuning Large Language Model for generating Midcurve

11 min read · 5 days ago





Input Settings

Assistant Role Name

Accountant

User Role Name

Entrepreneur

Task

Preparing and filing tax returns.

Word Limit for Task Brainstorming

100

CAMEL-Langchain-VertexAI Agent

Conversation

AI User (Entrepreneur):

Instruction: Gather all the financial records for the year. Input: None

AI Assistant (Accountant):


Solution: The accountant will gather all necessary financial records, such as receipts, invoices, and bank statements, for the year. Next request.

AI User (Entrepreneur):

Instruction: What tax forms need to be filed? Input: None

AI Assistant (Accountant):

Solution: The accountant will determine which tax forms need to be filed based on the type of business and the income that was generated. Next request.

 Yogesh Haribhau Kulkarni (PhD) in Google Developer Experts

A CAMEL ride

A Story of AI Role-Playing using CAMEL, Langchain and VertexAI

8 min read · Oct 2, 2023

 54 

- See all from Yogesh Haribhau Kulkarni (PhD)
- See all from ILLUMINATION Videos and Podcasts

Recommended from Medium



Tom Handy in DataDrivenInvestor

## This Year's Bitcoin's Halving is Better Than Past Halvings

A way you can make the most profit.

🌟 · 4 min read · Mar 12, 2024



911



6



Kurtis Pykes in Change Your Mind Change Your Life

## 9 Ways to Stand Out—Even if You Have Zero Talent

Be So Good You Can't Be Ignored

★ · 6 min read · 5 days ago


 873


 14







Lists

- 

**How to Career Plan When You've Already Started a Career**  
10 stories · 301 saves
- 

**How to Lead Well as a New Manager**  
14 stories · 508 saves
- 

**How to Boost Employee Experience With Career Conversations**  
7 stories · 130 saves
- 

**How to Find a Mentor**  
11 stories · 469 saves



 Oğuz Acar in Venture

Blue Ocean Strategy:New Markets

I like this strategy

★ · 2 min read · Mar 7, 2024

 767

 7







tion

2024/03/18 › time-restric...



may raise cardiovascular dea

to an eight-hour window each day may al  
cardiovascular disease, a new long-term



Dr. Jason Fung



## The AHA says Fasting increases cardiac risk by 91%. Are they really that stupid?

Correlation is not causation. Healthy User Bias.

✦ · 8 min read · 3 days ago



2.2K



52





Milan Janosov in Towards Data Science

## Dune—A Hidden Network

In this article, with Patrik Szigeti, we designed a data and network methodology supported by graph visuals to outline the complex social...

9 min read · 5 days ago



484



5



Din ashkenazi

## 9 beautiful design systems to learn from in 2023 for UX Designers

Fluent



· 2 min read · 3 days ago



186



See more recommendations