

# THE LIGHTHOUSE BLUEPRINT

A Practical Guide to the 6 Core Principles of Masculinity

A FREE COMPANION RESOURCE TO THE BOOK:

The Principles of Non-Toxic Masculinity: Practical Secrets from Vedic Wisdom

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## Welcome to the Field.

You are holding more than just a worksheet; you are holding a **map**.

In a world that has spent decades **deconstructing** what it means to be a man, this guide is designed to help you **reconstruct**. (Note, however, that these are universal principles, so they also apply to anyone who is taking the position of the provider and protector.)

Based on the timeless wisdom of the Vedas and practical psychological insights, these pages provide the functional tools you need to move from the vacuum of modern identity into a role of strength, service, and purpose.

## Inside this Practical Guide, you will find:

- **The 6-Step Audit:** Identify where your "Field" is leaking energy.
  - **Actionable Blueprints:** Clear steps to apply these principles in your business, your family, and your community.
  - **The Lighthouse Mindset:** Practical exercises to develop the steadiness the world is looking for.
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## Continue the Journey

This guide is the *seed*, but the full *blueprint* is waiting for you. If these principles resonate with you, I invite you to explore the deeper philosophy and case studies found in the full book and our community.

 **GET THE FULL BOOK ON AMAZON**

Dive into the deep-dive research, historical context, and the full Vedic philosophy.

<https://amzn.asia/d/05r8uG9U>

## WATCH THE VIDEO SERIES

Subscribe to our YouTube channel for weekly deep dives into each chapter and practical "Audio Manifestos."

<https://www.youtube.com/@PrinciplesNonToxicMasculinity>

## JOIN THE CONVERSATION

Follow our Facebook page to connect with other men building their "Fields" and stay updated on live Q&As.

<https://www.facebook.com/profile.php?id=61580784085225>

## ACCESS MORE TOOLS

Visit the official website for additional worksheets, articles, and resources.

<http://nontoxicmasculinity.com.au>

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*This book is a guide to earning back trust, building a field of consistent integrity, and becoming the steady foundation your family and community can truly rely on.*

*This free worksheet is designed to take these high-level concepts and ground them into your daily reality. It can do for your life what a blueprint does for a builder: it removes the guesswork, identifies the structural weak points, and gives you the exact formulas needed to stand strong and give shelter to others.*

*Use these pages not just as an exercise, but as an audit. Be honest with your current boundaries, be resourceful with your strengths, and be steady in your application. The world needs people who are willing to be a lighthouse for those in their care.*

*Go build your field!*

**— David R. Hooper**

# APPENDIX 3

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## THE PRINCIPLES AS A PRACTICAL GUIDE

**T**he real fruit of this book will come when you apply these principles to your life. Without application, the principles are just ideas, but through application, they can transform your life and relationships.

### 1. Be Independent:

*Be self-reliant and resourceful*

This principle is about developing an internal state of independence so that you can lead from a place of strength, not need.

- **Self-Reflection: The State of Your Foundation**
  - What is my true source of purpose and meaning, independent of my relationships, career or possessions?
  - In what areas of my life do I find myself seeking validation from others?
  - Do I have a clear sense of my own direction, or do I find myself waiting for others to give me a purpose?

- When a problem arises in my life, do I tend to blame outside circumstances or other people, rather than taking full responsibility?
- Do I feel a sense of emptiness or lost purpose when I'm not in a relationship or a position of authority?
- **Action Plan: Building Your Foundation**
  - **Goal:** What is one specific area of my life where I can increase my self-reliance? (e.g., "I will begin a new creative project," or "I will take responsibility for my finances.")
  - **Actionable Steps:** What are three concrete steps I can take this week to move toward that goal? (e.g., "Set aside 30 minutes each day for my creative project," or "Create a monthly budget.")
  - **Accountability:** How will I measure my progress? Who can I share my goals with to hold me accountable?

## 2. Create the Field:

### *Provide and protect*

Once you are secure and self-reliant, the next step is to create a field of protection and provision for those under your care.

- **Self-Reflection: Creating Your Field**
  - In what ways am I providing for and protecting the people in my life (financially, emotionally, physically)?
  - Do the people in my care feel secure and cared for?
  - Am I a source of solutions, or am I adding to others' problems?

- Have my words or actions ever made someone in my life feel unsafe, threatened, or bullied?
- Am I a source of peace in my home or workplace, or am I a source of chaos and anxiety?
- **Action Plan: Building the Field**
  - **Goal:** What is one area of my life where I can create a more secure field for those I care about? (e.g., “I will take a more active role in my family’s finances,” or “I will ensure my home is a place of emotional safety.”)
  - **Actionable Steps:** What are three concrete steps I can take this week to move toward that goal? (e.g., “Research and create a financial plan.”)
  - **Accountability:** How will I measure my progress? (e.g., “I will track my financial progress monthly,” or “I will ask my partner for feedback.”)

### 3. Be Steady:

#### *Maintain consistent boundaries within the field*

This principle is about the integrity of the field you have created. It’s about being a source of unwavering guidance and shelter.

- **Self-Reflection: The State of Your Boundaries**
  - Am I consistent in my plans and actions, or do my decisions change erratically with my mood?
  - Do I say one thing but do another, causing the people in my life to lose trust in my word?

- Are my boundaries clear and consistent, or are they constantly shifting, leaving people feeling confused?
- Am I a lighthouse for those in my care, or a moving target?
- **Action Plan: Becoming a Lighthouse**
  - **Goal:** What is one area where I can create more consistency in my life? (e.g. “I will be consistent in my morning routine,” or “I will consistently enforce the rules for my children.”)
  - **Actionable Steps:** What are three concrete steps I can take this week? (e.g., “Set a strict wake-up time,” or “Write down the rules and expectations so everyone knows what they are.”)
  - **Accountability:** How will I measure my progress?

#### 4. Celebrate Creativity:

*Enjoy varieties of expression*

This principle is the purpose of the entire process. You are creating the field not to control but to appreciate the creativity and expression of those under your care.

- **Self-Reflection: Enjoying the Feminine**
  - Do I try to micromanage or control the people in my life, rather than trusting them to act freely within boundaries?
  - When a person I care about has a novel idea or a different way of doing things, do I feel threatened or inspired?
  - Do I get frustrated when things don't go according to my plan?

- Am I a leader who celebrates the unique contributions of others, or do I just barely tolerate them?
- Do I genuinely enjoy the creativity and dynamism of the people in my life?
- **Action Plan: Cultivating Enjoyment**
  - **Goal:** What is one area where I can provide more freedom for others to express themselves? (e.g., “I will allow my partner to decorate a room in the house completely on their own,” or “I will delegate a project at work without micromanaging.”)
  - **Actionable Steps:** What are three concrete steps I can take this week? (e.g., “Ask for my partner’s opinion on a decision and go with it,” or “Give a coworker a project and tell them they have full creative control.”)
  - **Accountability:** How will I measure my progress?

## 5. Reciprocate:

*Respond in kind to the members of the field*

This principle is about building a dynamic and living relationship.

- **Self-Reflection: The State of Your Engagement**
  - Do I expect others just to follow my lead, or do I make a sincere effort to engage with them?
  - Do I try to force intimacy or affection?
  - Do I act out of neediness or out of a genuine desire for connection?
  - Have I ever used guilt, emotional blackmail, or financial dependency to get the affection or loyalty I desire?

- When someone leaves my project for a better opportunity, am I angry or genuinely happy for their well-being?
- **Action Plan: Cultivating Reciprocity**
  - **Goal:** What is one area where I can be a more responsive and engaged partner? (e.g., “I will show more interest in my partner’s hobbies,” or “I will actively listen to the feedback of my employees.”)
  - **Actionable Steps:** What are three concrete steps I can take this week? (e.g., “Practice reciprocating with my partner’s mood, even if I feel like doing something else,” or “Schedule a one-on-one meeting with each of my employees and practice active listening.”)
  - **Accountability:** How will I measure my progress?

## 6. Master the Duality:

*Maintain overall awareness while acting in the field*

This is the pinnacle of leadership, where you can be an active participant, while maintaining an overall vision of the project.

- **Self-Reflection: The State of Your Duality**
  - Am I a present and engaged participant in my family’s life, or am I a silent, distant provider who believes their only job is to bring home a paycheck?
  - Do I get so caught up in the day-to-day details that I lose sight of the overall mission or purpose of my family or my work?

## THE PRINCIPLES OF NON-TOXIC MASCULINITY

- Am I able to be both an emotionally present friend to my children and a guiding force in their lives, or do I only fulfill one of those roles?
- Do I have a clear sense of the overall purpose of my life and my family's mission?
- **Action Plan: Becoming a Master of Both Worlds**
  - **Goal:** What is one area where I can better embody this conscious duality? (e.g., "I will spend more quality time with my family," or "I will spend more time each day planning the long-term vision for my life.")
  - **Actionable Steps:** What are three concrete steps I can take this week? (e.g., "Schedule a specific time each day for family activities and actively engage with my kids," or "Write down my long-term goals and review them daily.")
  - **Accountability:** How will I measure my progress?