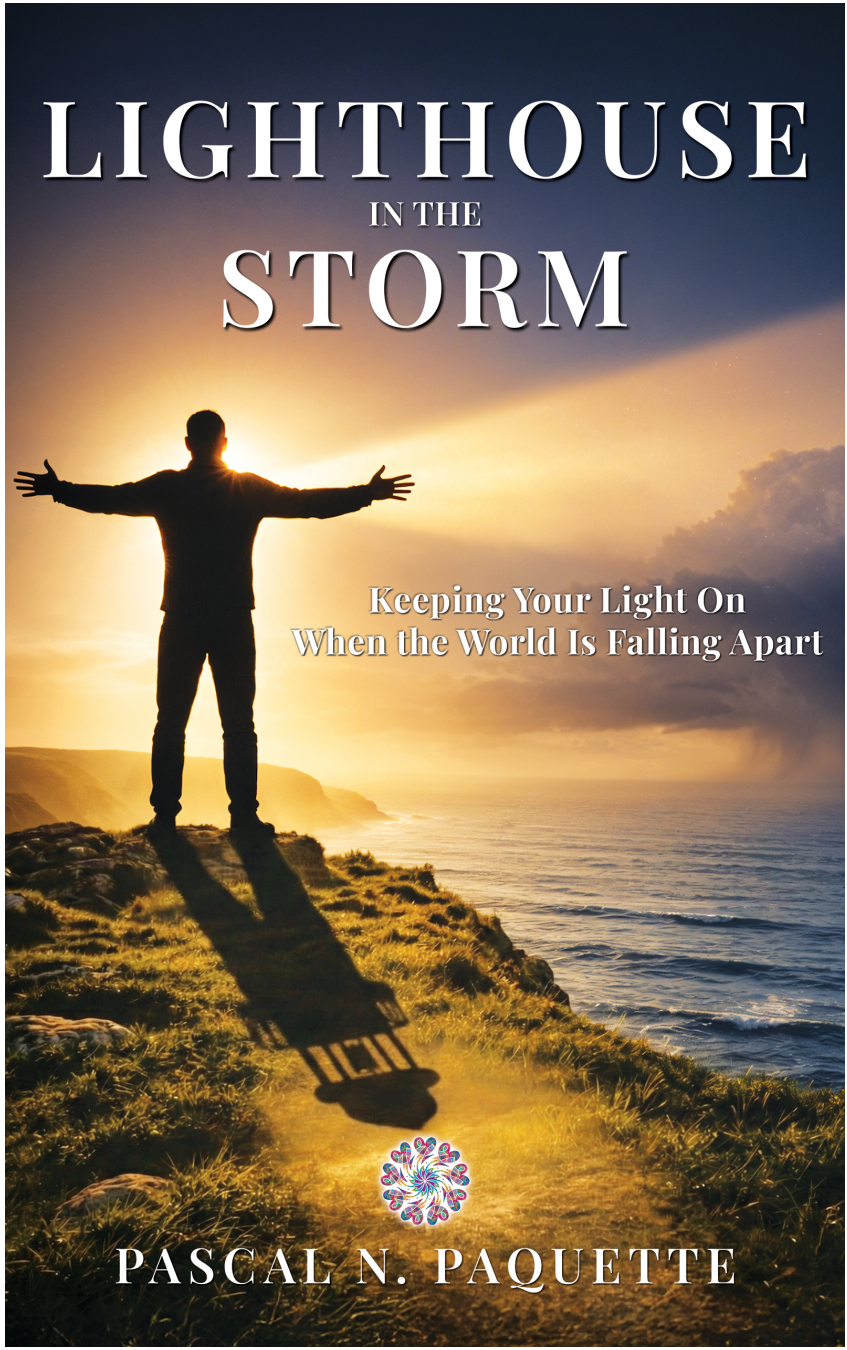

LIGHTHOUSE
IN THE
STORM
Keeping Your Light On
When the World Is Falling Apart
PASCAL N. PAQUETTE

LIGHTHOUSE IN THE STORM

Keeping Your Light On

When the World Is Falling Apart

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Parlecoeur Editions

Excerpt - Chapter 1

LIGHTHOUSE IN THE STORM

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Parlecoeur Editions

ISBN 978-2-925615-03-3 (Paperback)

ISBN 978-2-925615-06-4 (Hardcover)

ISBN 978-2-925615-04-0 (PDF)

ISBN 978-2-925615-05-7 (ePUB)

Legal deposit - Bibliothèque et Archives nationales du Québec, 2026

Legal deposit - Library and Archives Canada, 2026

First Edition: February 2026

Parlecoeur.com

To all the Lighthouses

who keep their light burning

even in the darkest nights.

You are the Lighthouses that the world needs now.

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CHAPTER 1



THE STORM THAT IS COMING

"Chaos is not the end.

It is the beginning of a profound transformation."

What's happening right now in the world is just a grain of sand.

One grain among countless others accumulating, gradually forming a dune, then a mountain. When I watch the news this early January 2026, I see these grains of sand — military operations, escalating tensions, countries in chaos. What I see above all is the recurrence. The repetition. The cycle perpetuating itself.

This book could have been written ten years ago. It could have been written a thousand years ago. The details change — the names, the countries, the technologies — yet the essence remains. Humanity has weathered storms forever. From ice ages to periods of extreme heat. From wars to pandemics. From economic collapses to natural disasters.

We've survived before. We'll survive again.

Here's what strikes me after more than thirty years accompanying people in their search for meaning: we seem to learn nothing from these storms. We go through them, yes. We overcome them. Then we forget. And we start over.

Hiroshima. Fukushima. The Holocaust — and yet anti-Semitism returns, stronger than ever in some corners of the world. Vietnam. World War I — which we believed would end all wars. Then World War II. Then all the others.

What haven't we understood?

The Cycle: Learn, Forget, Repeat

There's something profoundly troubling about our collective inability to retain these lessons. As if each generation must relearn at its own expense what the previous one already knew. As if suffering itself weren't enough to engrave its teachings into our collective memory.

I'm not offering you a catastrophic vision of the world here. I'm not one of those predicting the imminent end of everything. That would be falling into a trap as damaging as denial — the trap of paralyzing panic.

What I'm proposing is a lucid perspective. Grounded. Conscious.

Current chaos isn't an anomaly. It's a symptom. A signal. Like a smoke detector screaming in the night to wake us before fire consumes us.

Too often, instead of investigating the smoke's source, we yank out the detector's batteries. We want to go back to sleep. We find the noise irritating. We prefer comfortable ignorance to uncomfortable clarity.

Looking Without Panicking

So let's be clear from the start: this book doesn't aim to alarm you further. You're already bombarded with anxiety-inducing news, apocalyptic predictions, rhetoric alternating between total denial and absolute terror.

What I want to offer you is a third path.

Not denial — that way of telling yourself, "Everything's fine, don't dramatize" while the house burns.

Not panic — that way of telling yourself, "Everything will collapse, we're doomed" and sinking into paralysis.

Rather, peaceful clarity. Awakened consciousness. The ability to observe chaos without drowning in it. To act instead of reacting. To hold your light even — especially — when everything darkens around you.

Lighthouses exist for storms. Not despite them.

When I observe these global events, I don't just see questionable military interventions or isolated conflicts. I see a repeating pattern: thirst for power, abuse of authority, leaders unable to see beyond their immediate interests. I see people suffering while their leaders play dangerous games.

And I see something else too. I see human beings who, even amid chaos, seek peace. Families pulling together. Neighbors helping each other. Lights refusing to go out.

I'm speaking to these lights. To you who feel the call. To you who knows something must change, without always knowing what or how.

The Storm Isn't the Problem

Here's what I've learned after decades guiding people through their own inner storms: the external storm is never the real problem.

The real problem is our relationship to the storm.

How we perceive it. How we react to it. Whether we allow it to define us, consume us, transform us — or not.

A hurricane doesn't choose its victims. It passes. Some houses stand. Others collapse. The difference? Foundations. Structure. Preparation.

The same holds true for life's storms.

Two people can live through exactly the same crisis — a pandemic, a war, an economic collapse — and emerge completely transformed, yet in opposite directions. One shattered, the other strengthened. One paralyzed by fear, the other mobilized into conscious action.

What makes the difference?

Inner foundations. Grounding. The ability to stay centered when everything spins. To hold your frequency when chaos calls you to drop it.

This is precisely what I want to share with you in this book.

A Matter of Intelligence, Not Alarmism

Let me offer a simple metaphor.

Imagine you're driving a two-thousand-kilometer journey. Your gas tank starts full. Gradually, the level drops.

You have two options.

First: wait until the warning light flashes on your dashboard. Then keep driving until you run completely dry. Call a tow truck. Pay through the nose. Stress out. Waste time.

Second: notice you're down to a quarter tank. Pull over calmly. Fill up now. Continue peacefully.

Which would you choose?

The answer seems obvious, right? Yet collectively, we constantly choose the first option. We wait for catastrophe before acting. We wait until pain becomes unbearable before seeking solutions.

Why?

Because we confuse intelligence with alarmism. We think foreseeing means dramatizing. That preparing means surrendering to fear.

It's exactly the opposite.

Intelligence means having short-term, medium-term, and long-term vision. It means reading the signals — all the signals — and acting accordingly. Not from panic, but from awareness.

In Quebec during the 2020 pandemic, we desperately lacked healthcare aides in our CHSLDs — care facilities for the elderly. The shortage was massive. This situation had been known for twenty, thirty years. Everyone knew. Yet no one acted.

Then the pandemic hit. And this staffing gap became a tragedy. Elderly people died, crowded together, parched, without water, without adequate food. Human beings suffered undignified deaths because we'd chosen inaction.

After the catastrophe, the government launched a rushed three-month training program to urgently certify thousands of new aides.

Why wait?

Why must suffering always reach a breaking point before we act?

This question haunts me as I write this book.

What This Book Is Not

Let's be clear about what this book isn't.

This isn't a survivalist manual. I won't teach you to stockpile supplies or build a bunker.

This isn't a political treatise. I won't tell you which party to support or which leader to follow.

This isn't an apocalyptic prediction. I won't announce the end of the world on some specific date.

What this is, however, is a spiritual guide grounded in the practical. A path for cultivating inner peace without denying outer reality. Tools for navigating through chaos with discernment rather than reaction.

Because here's what I've learned: you can't control the waves. But you can learn to navigate.

You can't stop the storm. But you can become the Lighthouse that holds steady, that shines, that guides.

And this world, right now, desperately needs Lighthouses.

The Responsibility of Those Who See

If you've opened this book, if you've made it this far, you're likely one of those who senses things. Who perceive. Who sees that something isn't right.

You're not in complete denial like those saying, "Everything's fine, life goes on."

You're not in total collapse like those saying, "We're doomed, might as well quit."

You're somewhere between. You're searching. Questioning. Wanting to understand how to navigate these troubled times without losing your Soul, your peace, your light.

That's exactly what we'll explore together.

But know this: seeing carries responsibility. Not the responsibility to fix the world — we'll revisit that later. Rather the responsibility to keep your own light burning. To hold your frequency. To not let yourself get swept into the chaos you observe.

Because if all the Lighthouses go dark, who will guide the ships through the storm?

The Path Forward

In the pages ahead, we'll explore why humanity sleeps so deeply right now. Why we're heading toward a concrete wall at full speed without slowing down. How our perceptions deceive us and amplify our fear. How to discern what deserves our attention from what merely distracts us.

We'll explore concrete tools — meditation, grounding, discerning inner and outer voices. We'll see how to serve without sacrificing yourself. How to maintain inner peace without falling into indifference.

And above all, we'll widen our perspective. Because what's happening now is just an instant in an evolution spanning five thousand, ten thousand, fifteen thousand years. We're planting seeds whose full-grown trees we may never see. And that's okay.

For now, let's return to those initial grains of sand.

Geopolitical tensions. Climate unraveling. Economic instability. Deepening divisions. Amplifying fears.

All of this is real. I won't deny it. I won't tell you it's an illusion or that you should just "think positive" and everything will work out.

Earth as Living Being

Here's what few people understand.

Earth isn't just a pile of rocks, water, and air. It's not an inert stage where human drama plays out.

Earth is a living being.

I'm not speaking metaphorically. I'm not being poetic. I'm talking about a reality that all ancient traditions have always known, and that even some scientists are beginning to recognize.

Earth breathes. Self-regulates. Reacts. Adapts.

And feels.

Not with emotions like ours. Rather with something deeper. Planetary consciousness. An intelligence beyond our comprehension.

Think about your own body. When you have an infection, what does it do? It reacts. Fever. Inflammation. Immune response. It does what's necessary to restore balance.

Earth does the same.

Humanity — our industrial civilization — has created a massive imbalance. We've extracted, polluted, destroyed on a scale threatening the balance of life itself.

And Earth is responding.

Not from vengeance. Not as punishment. Rather through natural self-regulation.

Intensifying storms. Shifting climates. Destabilizing systems. These aren't attacks against us. They're responses from a living system seeking to restore its balance.

And we — you, me, all humans, conscious or not — we ARE part of this Earth.

We're not separate from her. We're cells in her immense body.

When you elevate your consciousness, Earth feels it. When you find peace within, you contribute to planetary peace. When you choose love over fear, you shift the global vibrational field.

This isn't vague mysticism. This is quantum physics. This is a profound interconnection.

You're not powerless facing the coming storms.

You may not be able to stop them. But you can choose to be a frequency of love, consciousness, peace amid the chaos.

And that frequency matters. More than you'll ever know.

Your Place in All This

Here's what I'll tell you: the storm is here. It's very real. But you don't have to drown in it.

You can learn to become the eye of the cyclone — that perfectly calm center amid the chaos swirling all around.

And that's the journey we're embarking on together.

END OF CHAPTER 1

Pascal N. Paquette

GOING FURTHER

You have just read the first chapter.

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