

When you follow what lights you up and lose yourself in the doing two things happen:

- 1. You turn on your inner light** (i.e. your soul and spirit is activated)
- 2. You light up the world in a way that only you can** (because what lights you up will be completely different to what lights anyone else up).

When you follow what lights you up you are in your spirit. When you are in your spirit you are in flow with the universe. When you are in flow with the universe your life is in alignment. When your life is in alignment you are living the life that you were born to live AND even better, the life that ONLY you can live. The triple bonus: When you follow what lights you up you light up the world with your presence. When you light up the world with your presence you automatically inspire others to connect with their own inner light. I.e your light is contagious.

For more on following what lights you up and answering the call of your soul, check out my book [Light Is the New Black](#).

<https://rebeccacampbell.me/instant-guidance/>