

KEY QUALITIES

- Wise
- Present
- Intuitive
- Grounded

Emotionally Attuned

PULSE KEEPER

She knows the heartbeat of her people - when to speak, when to rest, and when to rise. Attuned to rhythms others miss, she anchors movements in timing, emotion, and intuition.

What sort of activities it may involve?

- Holding circles or gatherings
- Offering emotional support
- Timing collective actions
- Reading group energy dynamics



RIGOBERTA MENCHÚ TUM (GUATEMALA)

Pulse Keeper

Rigoberta Menchú, a K'iche' Maya woman, has spent her life as a guardian of Indigenous memory, voice, and rights. In the face of brutal civil war, she chose storytelling as resistance. Her autobiography — I, Rigoberta Menchú — gave voice to the struggles of her people and the spirit of Indigenous survival. Awarded the Nobel Peace Prize, she holds the pulse of a culture threatened by colonisation and conflict, embodying resilience, spiritual depth, and the enduring power of ancestral knowledge.