

Your SolePath is your sub-conscious self, and it is the reason you behave the way that you do. Your SolePath governs your behaviour and regulates your response to everything that impacts your life.

Your SolePath is a braid of two LightPaths and one DarkPath and your DarkPath is Intellectual Expert.

Here's how it works ...



Intellectual
is the DarkPath
Category,
which is a guide to
how you interact
with the world;



Dark Expert
is the SolePath,
which harbours the
skills that cause your
energetic collapse.

Your Intellectual Expert DarkPath is entwined with two LightPaths.
Your LightPaths reveal your special, individual and completely unique gifts;
and your DarkPath is your place of personal growth.

Intellectual Category DarkPath

We are complex Beings aren't we and it is never more fully seen than in the role that your DarkPath Category plays in your life. On the one hand, there is so much about being an Intellectual that serves you – you are after all one of the world's great minds – and on the other hand there is so much about being a dark Intellectual that trips you up.

When you are experiencing your Intellectual Category from a place of collapsed energy, the overall negative attitude is Arrogance and a feeling that everyone else is an idiot. You think that you are the only one who is right and you don't mind making others feel stupid. You use your considerable intellect to tear down and criticize rather than to build up and create. Pity isn't it?

You are good with words and instead of using language to make others feel good, you often take on a condescending tone. It takes you a while to realize that saying the same thing, but in a louder more irritated voice, doesn't usually make what you are saying easier to understand. Seriously!

Yet, when you are experiencing your Intellectual Category from a place of expanded energy, you contribute to our world with your considerable intellect and your amazing ability to think things through.



path
so

dark expert
INTELLECTUAL

Expert DarkPath

The Core Energy for the dark Intellectual Expert is thinking that you can never be nor do enough; being dissatisfied with your achievements. Constantly seeking approval and thinking that you are always lacking.

Easy Tools for transforming your Intellectual Expert DarkPath:

The biggest awareness that you can have is to identify whether you are responding to people and situations from your LightPaths or your DarkPath. Thankfully, it is quite simple - ANY negative reaction, thought or emotion is coming from a place of energetic collapse, and this is your Intellectual Expert DarkPath.

1. Use your LightPath 'I Am' statements, whenever you feel bad or are thinking bad thoughts. This will help you respond to the situation from your expanded energy.
State: I Am a (Category) ~ (SolePath) from either your Joyful or Progression SolePaths, whichever one feels right for the situation.
2. **Antidote:** As a dark Intellectual Expert your unhealthy need is to feel like an expert and to act like you know it all. Your Antidote is to accept that it is okay for others to have their own expertise; you criticize only because of feelings of inadequacy; trust that together we know what we need to know.
3. On SolePath.org, take a look at the LightPath Intellectual Category and listen to the Expert DarkPath audio summary.