

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.

SolePath connects you with your gifts and greatness so that you can live with purpose and learn how to serve and make a difference in the world. Take a minute to prepare yourself metaphysically to read about who you were born to be.

*Breathe in and breathe out, place your hand and your focus on your heart.
Breathe in and breathe out, and express thankfulness for who you are, for your loving self and the life you are living. You are safe and All is Well.*

Your SolePath is a braid of two LightPaths and one DarkPath. One of your LightPaths is Compassionate Caretaker. Here's how it works ... Compassionate is the Category, which is the overall guide to how you interact with the world; Caretaker is the SolePath, which reveals your gifts and greatness.

Your Compassionate Caretaker is entwined with one other LightPath to reveal your special, individual and completely unique gifts; and your DarkPath, which is your place of personal growth.

As a Compassionate Caretaker, your Learning Style is participatory, experiential and kinesthetic. While processing this information on your SolePath remember your real life experiences; as a child, as a teenager, with your family, at work, in any other key life moments. Remember moments when you have felt emotionally connected to this Compassionate Caretaker; and when you have felt disconnected.

It will also be very helpful to not only read about your Compassionate Caretaker but also to watch the video and listen to the audio on SolePath.org.

SolePath

Located in the Crown Chakra of the World: Calgary, Alberta, Canada
Phone: 403.998.0191 Email: info@SolePath.org www.SolePath.org

Compassionate Category

Compassionates are the 'love' SolePaths. You respond to the world through your heart feeling. As a Compassionate, you can absolutely trust your heart and when you do trust your positive emotions, you can be certain of a good outcome, situation or decision.

Your heart keeps you safe because when you clearly identify whether you are feeling 'good' or 'bad' about someone or something, you don't make mistakes. You get into difficulty when you don't trust this, or allow the opinions of others to get in the way.

How does knowing that you are a Compassionate SolePath guide you?

SolePath gives a framework to your life; it is the compass for navigation and guidance and making the best decisions. SolePath is the means for navigation over the course of your lifetime. When faced with decisions about people, experiences and opportunities, your SolePath is your reliable guide to peace and joy.

The Guidance System for Compassionates is your Heart. You can really, really trust your heart. First you need to give yourself time to decide how you are feeling and then you must recognize and act on your authentic feelings. Your feelings will guide you by saying 'yes' or 'no'. Your feelings will help you in your life by guiding you to move forward; and by guiding you to stay still thereby keeping you safe.

The Key Life Experience for you as a Compassionate is learning to *Trust your Heart.* SolePath uncovers the way that your Soul intended to experience this life and as a Compassionate you are learning to trust your feelings.

Insights into your Compassionate Key life Experience. You have an inward focus and are heart centred. *Your feelings take time to develop and you really need time to be sure of how you are feeling. Beware of being rushed, because when given time your feelings are completely reliable and easy to recognize.*

SolePath

Located in the Crown Chakra of the World: Calgary, Alberta, Canada
Phone: 403.998.0191 Email: info@SolePath.org www.SolePath.org

Easy Tools for integrating your Compassionate Caretaker into your life:

1. **Place your attention and focus on your heart** when making decisions about people, experiences and opportunities. Really tune into how you are feeling before you allow the opinions of others to get in the way.
2. **The Key Communication Words for Compassionates are Feel and Love.** These are words that will help you to respond to life from your LightPaths, from your place of expanded energy. Here's how you and your loved ones can use these words to engage your LightPath instincts. Ask ...
 - What do I feel?
 - What would love do here?
 - How can I show love to myself and to others?
 - Is this how I feel or someone else's opinion?

Simply using these LightPath or expanding energy words will put you in your light and help you interact and respond to life in a positive way.

3. **Taking Care of Yourself includes a lot of Self Love** such as visits to the spa, luxury, sleeping in and a good dose of pampering. Equally important is making time to care for yourself and creating a monthly budget for self-care will help you make all of this happen. This kind of self-care can't be seen as a luxury for you as a Compassionate, it really helps you live in your expanded LightPath energy.

SolePath

Located in the Crown Chakra of the World: Calgary, Alberta, Canada
Phone: 403.998.0191 Email: info@SolePath.org www.SolePath.org

There are three Compassionate SolePaths, the Caretaker, Facilitator and Healer.

Caretaker SolePath

As a Compassionate Caretaker, you happily care for others and are sympathetic, helpful and co-operative. You love people and love to be liked. You are extremely reliable, highly co-operative and a great team player. You are trusted.

Your Core Energy as a Compassionate Caretaker is: Feeling Compassion and Loving People. This Core Energy represents those positive core values deep within you that create an expansion of your energy; that create positive, loving feelings.

Being a Compassionate Caretaker means loving humanity, loving other people and loving yourself too. It means being gentle on others and yourself and participating in the world with compassion. The interaction that brings you the most joy and peace and a feeling of being on purpose, is connecting with people in a loving way.

One of the greatest energy tools we can use in life is an “I Am ...” statement. In ancient cultures, the word for God was the same as “I Am”, that’s just how powerful it is.

State:

“I Am a Compassionate Caretaker”

and read just how amazing you really are.

I respond to the world through my heart. I can trust my feelings. When I identify whether I am feeling ‘good’ or ‘bad’, I don’t make mistakes. I get into difficulty when I don’t trust this and over think, or allow the opinions of others to get in the way.

SolePath

Located in the Crown Chakra of the World: Calgary, Alberta, Canada
Phone: 403.998.0191 Email: info@SolePath.org www.SolePath.org

Who am I?

Mine is a 'love' SolePath. I care about everyone. I am popular and this is probably because of my special gift of making others feel good about themselves. I get a lot of satisfaction from the happiness of others and seem to be able to bring out the best in them. I am sympathetic, helpful, co-operative and sometimes take on the issues of those I am interacting with. I love other people and hearing their stories. I do love to be liked and this often makes it difficult for me to see the truth about others.

My friends are very important to me and I love to have people over and make sure that they enjoy themselves. I especially enjoy it when we reminisce about good times from the past, but I need to watch myself sometimes as I can participate in and share gossip. I am sensitive to how others are feeling and good at understanding their point of view.

I am loving, supportive and unfailingly generous with my time, my talent and my energy. I do need to hear 'thank-you' from those I care for, and am sometimes resentful of being taken for granted. I need to let go of wanting this appreciation, as I feel so much happier when I remember that I am doing it because it is who I am.

I have a big ego, but often need approval from others to feel good about myself and need to work on my strong reaction to personal criticism. I do get hurt by unkindness, I don't understand it at all and it makes me feel that the world is a dangerous place.

What am I doing here?

My Joy comes from happily giving my time and energy to make sure the needs of others are met. I just seem to know what needs to be done to help even before those needing care realize it. You can always rely on me, if I say that I will do something or be somewhere, know that it will be so. I am highly co-operative and a great team player, although I do like to have some measure of control. People trust me because I am down-to-earth and consistent.

SolePath

Located in the Crown Chakra of the World: Calgary, Alberta, Canada
Phone: 403.998.0191 Email: info@SolePath.org www.SolePath.org

Here is a list of ALL of the great things that are true about you.

CARETAKER SolePath Characteristics

Compassionate	Friends are very important
Care about everyone	Highly cooperative and great team player
Popular	Sensitive to how others are feeling
Gift of making others feel good about themselves	Good at understanding others point of view
Bring out the best in others	Unfailingly generous with time, talent and energy
Sympathetic	Always reliable, down to earth
Helpful and cooperative	Loving, supportive and generous
Love people and hearing their stories	Make sure needs of others are met
Trustworthy, consistent, reliable	

More Easy Tools for integrating your Compassionate Caretaker into your life:

1. **I Am statement:** Remind yourself of who you were born to be. State: "I Am a Compassionate Caretaker".
2. **Core Energy:** Remember your gifts and greatness, which include your Core Energy as a Compassionate Caretaker: Feeling Compassion and Loving People.
3. **On SolePath.org:** Take a look at the LightPath Compassionate Caretaker summary.