

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 Facilitator. Here's how it works ... Compassionate is the Category, which is the overall guide to how you interact with the world; Facilitator is the SolePath, which reveals your gifts and greatness.

Your Compassionate Facilitator 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 Facilitator, 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 Facilitator; and when you have felt disconnected.

It will also be very helpful to not only read about your Compassionate Facilitator 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.*

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Easy Tools for integrating your Compassionate Facilitator 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.

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

Facilitator SolePath

As a Compassionate Facilitator, you are all about community. Once you have enfolded others into your community, your joy comes from being of service to them. You love your community, your family and your cultural traditions. You are loyal to a fault and are a sincere and sympathetic person. You are also responsible, reliable and hard working. To be part of a Facilitator’s community and to be loved by a Facilitator is a gift indeed!

Your Core Energy as a Compassionate Facilitator is: Desire to be of Service and Love of my Community. 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 Facilitator means creating community wherever you go and loving and being of service to this community. It means participating in the lives of your community – your family and friends – and creating meaningful relationships. The interaction that brings you the most joy and peace and a feeling of being on purpose, is connecting with the people you love.

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 Facilitator”

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.

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Who am I?

I just really, really love my community, my family and friends. My world revolves around those I care about; my joy comes from being of service to them. I am responsible, reliable and strong; I am a hard worker, personable and loyal to a fault. I have a big heart and am sincere and sympathetic.

Sometimes I have difficulty distinguishing between someone who is worth 'following' and supporting and someone who isn't worthy of my trust. My extraordinary loyalty can be taken advantage of and it is best for me to trust the instincts of those I love under these circumstances.

I love the traditions of life, both family traditions and cultural traditions, and I cherish my family, its history and its place in the community. I make it a point to get to know my community and I love chatting with the neighbours!.

As far as money goes, I need to know that I have something put away for a rainy day; it gives me peace of mind to know that the future is taken care of financially. Otherwise I can worry about money and seem a bit 'mean'.

What am I doing here?

My Joy comes from being of service to those I care about. The whole purpose of my existence revolves around my family, my friends and my co-workers. I help my loved ones accomplish their intentions and am often described as 'the wind beneath their wings'. I sometimes forget that all those I love are here to have their own experiences and I just want to do it all for them – to protect them from the harsh realities of the world. I willingly work long hours doing tasks that others may find thankless, but I can see that these tasks need to be done and I am quite happy with being the one to do it. I enjoy working alone and rather than delegate or get any help I usually like to do the work myself. I will do whatever it takes to get the task done – I'll move mountains if necessary.

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

FACILITATOR SolePath Characteristics

- | | |
|--|--|
| Compassionate | Love the traditions of life |
| Really love my community, family and friends | Cherish my family |
| World revolves around those I care about | Make a point of getting to know people |
| Joy comes from being of service | Enjoy working alone |
| Responsible, reliable and strong | Help loved ones accomplish intentions |
| Hard worker, personable and loyal | Protect and shield loved ones |
| Big heart, sincere and sympathetic | Willingly work long hours |
| Extraordinary loyalty | |

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

1. **I Am statement:** Remind yourself of who you were born to be. State: "I Am a Compassionate Facilitator".
2. **Core Energy:** Remember your gifts and greatness, which include your Core Energy as a Compassionate Facilitator: Desire to be of Service and Love of my Community.
3. **On SolePath.org:** Take a look at the LightPath Compassionate Facilitator summary.

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