

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 attention and your focus on your third eye (the space between your eyebrows). Breathe in and breathe out, and express thankfulness for who you are, for your connected 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 Spiritual Mystic. Here's how it works ... Spiritual is the Category, which is the overall guide to how you interact with the world; Mystic is the SolePath, which reveals your gifts and greatness.

Your Spiritual Mystic 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 Spiritual Mystic, your Learning Style is conceptual, abstract and uses metaphysical impressions. You are a good listener and an auditory learner. While connecting to this information about your SolePath remember your real life experiences around beliefs – religious or spiritual; remember your encounters with 'what others cannot see'; think back on what you did see and feel such as fairies, orbs, coloured shapes. Connect with the moments when you have lived this Spiritual Mystic; and when you have not.

It will also be very helpful to create a whole concept around your Spiritual Mystic by not only reading the words but also by watching the video and listening 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](mailto:info@SolePath.org) [www.SolePath.org](http://www.SolePath.org)

### Spiritual Category

**Spirituals** life experience is exploring beliefs and 'what others cannot see' from this physical perspective. To do this, Spirituals NEED to make time to nourish their spiritual connection through meditation and prayer. As a Spiritual SolePath you push the boundaries of metaphysical beliefs, much like the Intellectual SolePaths push the boundaries of logic and knowledge.

As a Spiritual, you can trust your connection. Because you are a spiritual explorer, your beliefs will change over the course of your lifetime. You enjoy the exploration of existing religious and spiritual beliefs as you create your own ideas around faith and the meaning of life.

### **How does knowing that you are a Spiritual 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 Spirituals is your Connection.** You can really, really trust your connection to what you believe in. First you need to make time to connect through prayer or meditation and then trust what you are receiving. Your connection 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 Spiritual is learning to *Trust your Connection.*** SolePath uncovers the way that your Soul intended to experience this life and as a Spiritual you are learning to explore and experience the non-physical.

**Insights into your Spiritual Key life Experience.** You have a preoccupation with what is 'more' than your physical body, with what others cannot see. You can feel confident and safe within the fact that you will never stand still spiritually, and that your beliefs will usually change over the course of your lifetime as you explore what others believe and then decide for yourself. Spiritual children are particularly aware of invisible energy such as fairies, special friends, something in the closet ...

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**Easy Tools for integrating your Spiritual Mystic into your life:**

1. **Place your attention and focus on your third eye (*the space between your eyebrows*)** when making decisions about people, experiences and opportunities. Really tune into what you are 'getting' before you allow the opinions of others to get in the way. This is also a great technique for when you need answers: before you go to sleep, visualize your connection to a higher power, ask your question, receive the answer when you waken.
  
2. **The Key Communication Words for Spirituals are Connect and Get.** 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 am I getting (from non-physical help) with regard to this situation?
  - Have I made time to connect?
  - Is this the time to connect for guidance?
  - Is this my download from my connection, or the opinion of someone else?

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 good amount of alone time** during which to focus on meditation and prayer. Activities like yoga, Tai Chi and Qi Gong assist with connection. Repetitive hypnotic activities like walking or dancing nourish your Soul. Silent retreats, escape from daily life and vision quests are an valuable part of taking care of yourself as a Spiritual SolePath.

There are three Spiritual SolePaths, Balance, Mystic and Warrior.

### Mystic SolePath

As a Spiritual Mystic, your gift to the world is your spiritual exploration, actively elevating humanities spiritual energy. You are connected to Source Energy and to your Higher Self. You have a talent for the written and spoken word and can communicate your spiritual experiences. You have a deep need for solitude and quiet private time.

**Your Core Energy as a Spiritual Mystic is: Spirituality and Connection.** This Core Energy represents those positive core values deep within you that create an expansion of your energy; that create positive, loving feelings.

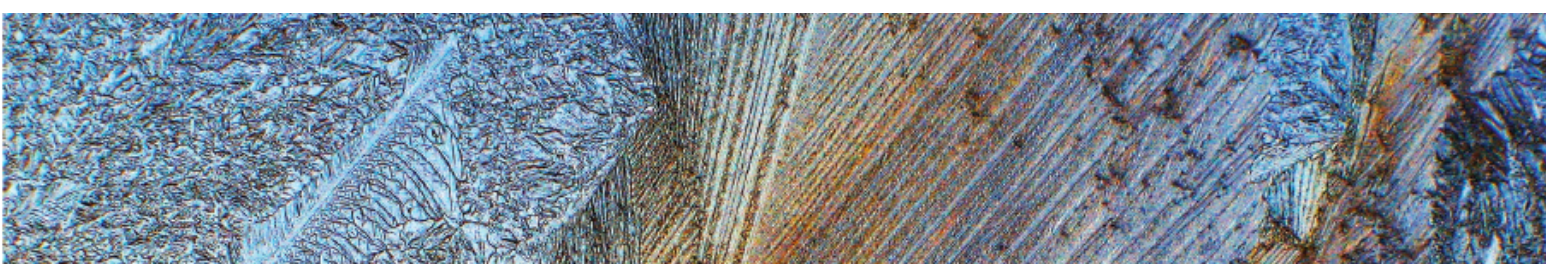
Being a Spiritual Mystic means exploring the religious and spiritual beliefs of others and then deciding what you will believe in. Being a Spiritual Mystic means making spiritual exploration acceptable to others. Being a Spiritual Mystic means sharing your findings, new understandings and mystical experiences with others. Being a Spiritual Mystic means understanding that your beliefs will change over the course of your lifetime.

**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 Spiritual Mystic"**

and read just how amazing you really are.



*I respond to the world through my connection to that 'bigger' part of me. When I am connected to what I believe in, I can trust that guidance. I get into difficulty when I don't trust my connection and over think, or allow my heart to get in the way. I NEED to make time to nourish my connection.*

### **Who am I?**

Mine is the spiritual SolePath. I am a spiritual being; I know that I am more than my physical body; I know that I made a deliberate decision to have a physical experience on Earth.

I know what I believe in. I know the answers to the questions "Who am I?" and "What am I doing here?" At my best I am willing to talk of my beliefs to others and allow them to create their own set of beliefs; at my worst I am judgmental and unwilling to accept different beliefs. I may be allowing or I may be dogmatic; I may be humble or I may be arrogant; I may be unassuming or I may act superior.

I have a real need for solitude, for quiet private time. This is my time to re-connect with Source Energy, to recharge my batteries; to strengthen myself for the task of raising the spiritual energy of the world. I sometimes have real difficulty living in the 'here and now' of the physical world.

I have strong personal charisma, which attracts others to me, but I can't tolerate superficial personal interactions (I am terrible at small talk). I am hard to get to know as I am a very private person and tend not to share my innermost thoughts or emotions, except on spiritual matters, unless with a select few trusted friends. I am highly intuitive and understand non-verbal communications.

### **What am I doing here?**

My Joy is to promote people's belief in something "bigger than themselves" and show them how to understand their connection with God and Source Energy. I understand my own connection to God and Source Energy and use this understanding to inform, inspire, stimulate and elevate humanity.

My talent for the spoken and written word allows me to communicate in a personalized way so that others understand my message.

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

**MYSTIC SolePath Characteristics**

Spiritual	Humble, unassuming
Know that I am more than my physical body	Show others how to connect with Source Energy
Know that I made a deliberate decision to be on earth	Need time to re-connect with Source Energy
Know what I believe in	Inform, inspire, elevate humanity
Know answers to life's fundamental questions	Strong personal charisma, attracts others
Raising spiritual energy of the world	Communicate in a personal way
Promote belief in 'something bigger than ourselves'	Talent for communication
Talk about beliefs	Understand own connection to Source Energy
Allowing of others' beliefs	Highly intuitive
	Promote belief in Source Energy
	Understand non-verbal communications

**More Easy Tools for integrating your Spiritual Mystic into your life:**

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