



## **9-step mentoring Program**

*All of you who have worked with me in the SolePath mentoring space, who have trusted me as your counsellor and your guide, have played a fundamental role in developing this SolePath 9-Step Program.*

*Sharing with me your experience of connecting to your own unique, personal SolePath braid has been instrumental in creating this 9-Step Program.*

*Thank you for using this program and allowing the understanding of who you are born to be, your metaphysical DNA, your SolePath, to unfold.*

*Life is good!*

Dr. Debra



## 9-step mentoring Program

### WHAT IS SOLEPATH

Before you are born you create a plan and SolePath is part of that plan. SolePath is a braid of two LightPaths and one DarkPath. Your LightPaths are expanded energy and provide the direction for knowing your life's purpose; your DarkPath is collapsed energy and provides contrast, for experiencing what you do not want. Choosing away from your DarkPath towards your LightPaths facilitates your soul evolution.

Your SolePath is imprinted on your sub-conscious. Your behaviour, your attitudes and your beliefs are all a sub-conscious response to what is going on around you and this response is governed by your SolePath imprint. SolePath is the reason you behave the way you do, it governs your behaviour and regulates your response to everything that impacts your life.

*SolePath is a teaching that is directional – giving a framework to an earth incarnation.  
SolePath provides the means for navigation over the course of a lifetime.*

Seth

Your SolePath is your metaphysical DNA.

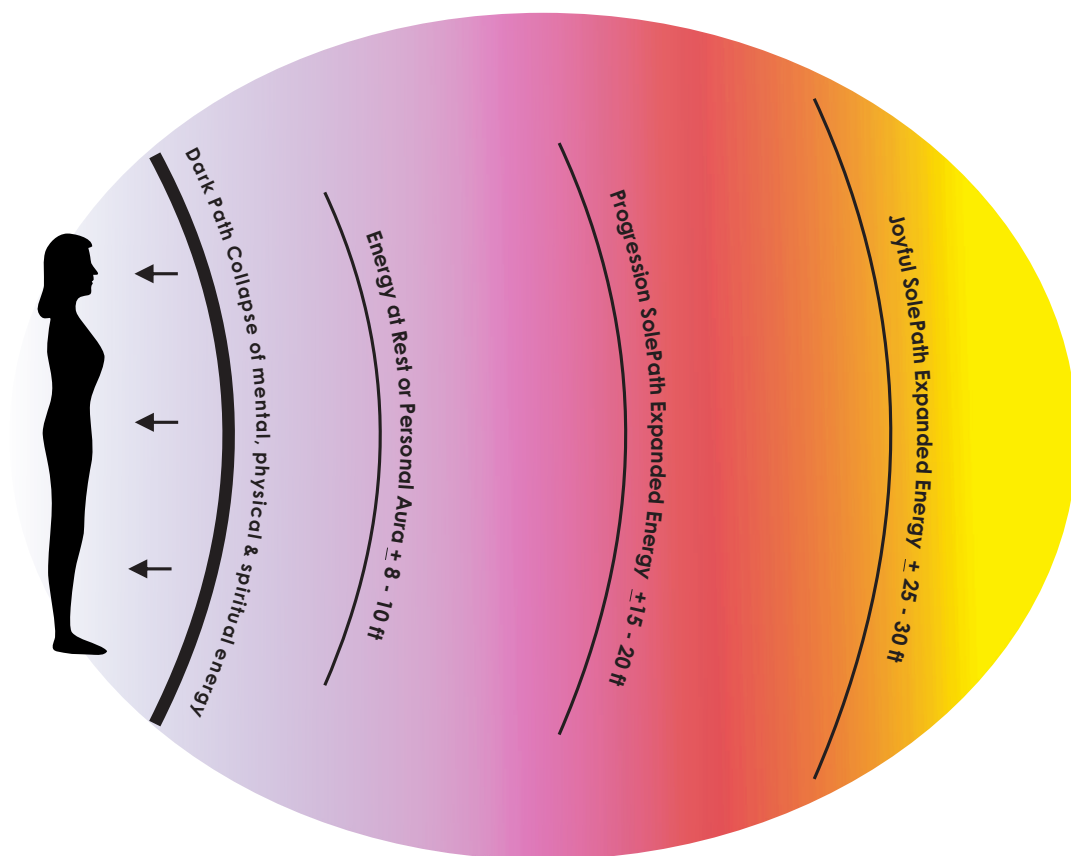




## 9-step mentoring Program

### FOCUS 1 YOUR LIGHTPATHS AND YOUR DARKPATH

#### SolePath Energy Field





## 9-step mentoring Program

### Focus 1 intention:

Awareness of your entwined SolePath and the impact of expanded and collapsed energy.

SolePath Truth:

*Your life can make a difference.  
One tree can start a forest;  
one bird announces spring;  
one candle wipes out darkness;  
one step changes everything.*

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 personal, unique, individual SolePath is a braid of two LightPaths and one DarkPath.

LightPaths are a place of expanded energy where your gifts and greatness lie. When you live your life from this place of expanded energy you find joy, health, love and happiness.


Your DarkPath is a place of collapsed energy and is your place of growth. When you live your life from this place of collapsed energy, life is a challenge.


SolePath connects you with your gifts and greatness so that you can live with purpose and learn how you can serve and make a difference in the world.

Your LightPaths reveal your gifts and greatness. Your DarkPath harbours the skills that cause your energetic collapse.



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 <b>Emotion Zones</b>	
<p><b>Expanded energy</b></p> <p><b>Active positive emotions</b></p> <p>Feeling happy, loving, joyful, cheerful, playful, bright, delighted, thankful, dynamic, eager, inspired, excited, enthusiastic, bold, spontaneous, motivated</p>	<p><b>Expanded energy</b></p> <p><b>Passive positive emotions</b></p> <p>Feeling content, safe, peaceful, satisfied, comfortable, relaxed, serene, free, certain, optimistic, confident, hopeful, calm, blessed, easy going, persevering, thorough</p>
<p><b>Collapsed energy</b></p> <p><b>Active negative emotions</b></p> <p>Feeling angry, in despair, sulky, frustrated, wronged, frightened, worried, fearful, suspicious, panicked, threatened, offended, afflicted, bully, impatient, stubborn, panic, anxious, agitated</p>	<p><b>Collapsed energy</b></p> <p><b>Passive negative emotions</b></p> <p>Feeling victimized, depressed, powerless, ashamed, disappointed, discouraged, dissatisfied, lost, nervous, timid, doubtful, wary, rejected, injured, confused, uncertain, in denial, apprehensive, withdrawn, overwhelmed</p>





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### LightPaths

Your two LightPaths are a place of expanded energy. They are who you are born to be and provide clues to your purpose, to your gifts and greatness. LightPaths are how you discover the 'thing' that you were born to do and have the life experience your soul intended. When you live your life from your LightPath expansion you find joy, health, love, happiness and meaning. You also learn how you can be of service and make a difference in the world.

In this place of expansion, your LightPaths connect you with your wisdom or higher self; you put yourself in a position to hear the whispers of your soul and receive clear inspiration from your guides, your angels, your god.

*In every moment of every day you are faced with choices; you are faced with light and dark choices and SolePath is the navigation of that. Choose well. It is fun. SolePath provides clarity around what to choose. It is true that there is expanding behaviour that encompasses all and that this will have a huge impact on your planet. It is further true that each of you needs direction for choosing. This is why the SolePath teaching was brought into reality on earth. We are wishing to speed up the energetic shift for all. For each of you to know the impact you can have on the goodness for all.*

Seth

Emotion is one of the clearest and easiest ways to understand whether you are living in your LightPaths or DarkPath. Through emotion your higher self gives you guidance for your life. Emotions are the whispers that say 'go this way' (towards your LightPaths) and 'don't go that way' (your DarkPath).

Through emotion your soul gives you guidance on people, experiences, opportunities and direction for your life. LightPaths are where you feel positive emotions, when you are in the flow and life just feels easier.



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### DarkPath

Your DarkPath is a place of collapsed energy. It is mastered energy and is believed to have been completed in past life experience. You have lived your DarkPath in a different life and bring all of the skills of this path into this lifetime. Your DarkPath therefore feels easy for you, automatic, almost your deepest sub-conscious response, but it does not have any of the excitement, joy and purpose of your LightPaths. Your DarkPath is therefore often more familiar than your LightPaths.

As it is mastered energy, there is much that your DarkPath can provide in your life – as long as it is used to support your LightPaths. For example, a charismatic DarkPath can certainly light up a room and other people's lives, as long as it is not manifesting as selfishness. A compassionate DarkPath has an extraordinary capacity for love as long as it is not enabling or manifesting as a lack of healthy boundaries. An inspirational DarkPath can really make things happen as long as they are being considerate of others and kind and gentle. An intellectual DarkPath has a formidable mind as long as it is not manifesting as arrogance. An intuitive DarkPath has incredible wisdom if only they would trust this knowing. A spiritual DarkPath has clear beliefs which really serve them except when they are imposing them on others.

The DarkPath provides the choices that facilitate your soul's evolution. You recognize that you are responding to people, experiences and life from your DarkPath and then choose your LightPaths. Negative emotion is how you recognize that you are responding from your DarkPath.

The work becomes, awareness of negative emotion, awareness that you are in your DarkPath, and then choosing positive emotion, choosing your LightPaths, choosing light behaviour.

Awareness of negative emotion ➡ choosing positive emotion ➡ resulting behaviour/outcome



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In ancient cultures, the word for god is the same as “I Am”.

Your “I Am” is ...

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Progression category and progression LightPath

And

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Joyful category and joyful LightPath

Contemplation:

How will you publish and use your “I Am” statement (Suggestions: screen shot for phone, daily email reminder, vision board, index card next to bed, wallet card.)

Next step: Focus 2: immersing yourself in your Joyful LightPath.

Preparation: Watch your joyful LightPath video, listen to the audio and read your joyful LightPath pdf. These are available on your SolePath membership account and also on the [www.SolePath.org](http://www.SolePath.org) website





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### FOCUS 2 YOUR JOYFUL LIGHTPATH

#### Focus 2 intention:

Deeper awareness of your most expanded energy, your joyful LightPath.

#### SolePath Truth:

*Jack experiences what he experiences  
and what he experiences, Jill can't experience.  
And Jack experiences that Jill can't experience what he is experiencing,  
but neither Jack nor Jill understands why.*

Your joyful LightPath "I Am" is ...

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Joyful category and joyful LightPath

Read your joyful LightPath



## **9-step mentoring Program**

### **Contemplation:**

#### **Joyful LightPath breath exercise**

1. What is the part of your body that forms the metaphysical umbilicus for your joyful LightPath?
2. When will you use your unique breath exercise to stay connected metaphysically?
3. How will you remind yourself to make it part of your life?

#### **Joyful LightPath guidance system**

1. What is your joyful LightPath guidance system? This is your reliable navigation to joy, peace, love and safety.
2. When have you trusted this guidance system? What was the outcome?
3. When have you not trusted this guidance system? What was the outcome?

#### **Joyful LightPath key life experience**

1. How are you living your key life experience?
2. What happens when you don't?



## **9-step mentoring Program**

### **Joyful LightPath key communication words and questions**

1. What are your joyful LightPath key communication words?
2. What are your joyful LightPath key communication questions?
3. Your key communication words and questions immediately place you into your expanded energy so that you can connect to your wisdom. How will you use them?

### **Taking care of yourself**

1. What is the self-care for your joyful LightPath?
2. Self-care is fundamental to your mental, physical and spiritual well-being. How will you nurture yourself in this way?

### **Joyful LightPath core energy**

1. What is the core energy for your joyful LightPath?
2. How have you experienced your core energy?
3. How could you live this way and experience this greatness?



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### Joyful LightPath tools:

The trigram of the Tao provides clues to your fundamental characteristics and is an additional layer to your understanding of who you are and your gifts and greatness. The trigram of the Tao is a basic building block of creation and depicts natural energy.

The trigram of the Tao for your category: \_\_\_\_\_

Every colour has a specific energy vibration. Darker colours have a softer energy and lighter colours vibrate at a higher level. This colour can be used in a variety of ways such as clothing, jewelry, artifacts to boost your energy and connect you with your gifts and greatness.

The colour for your category: \_\_\_\_\_

Gemstones are a gift from the earth and there is one that has a distinct energy vibration that harmonizes with the natural energy flow of your category. Gemstones can be worn as jewelry, placed in your pocket or simply displayed in your space to balance energy and connect you with your gifts and greatness.

The gemstone for your category: \_\_\_\_\_



## 9-step mentoring Program

Essential oils are gifts from plants and there is one that has a distinct energy vibration that matches your category. Use your essential oil in a diffuser; a spritzer bottle combined with filtered water; a few drops placed on porous material e.g. tissue. Essential oils promote well-being and connect you with your gifts and greatness.

The essential oil for your category: \_\_\_\_\_

Animal instinct gives you insights into your own behaviour and provides clues to understanding your own instinctual nature.

The animal instinct for your category: \_\_\_\_\_

Next step:        Focus 3: immersing yourself in your progression LightPath.

Preparation:

Watch your progression LightPath video, listen to the audio and read your progression LightPath pdf. These are available on your SolePath membership account and also on the [www.SolePath.org](http://www.SolePath.org) website



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### FOCUS 3 YOUR PROGRESSION LIGHTPATH

#### Focus 3 intention:

Deeper awareness of your progression LightPath.

#### SolePath Truth:

*Walls with windows and doors form the house  
But the energy space in between is the home.  
SolePath is your home.*

Your progression LightPath “I Am” is ...

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Progression category and progression LightPath

Read your progression LightPath



## **9-step mentoring Program**

### **Contemplation:**

#### **Progression LightPath breath exercise**

1. What is the part of your body that forms the metaphysical umbilicus for your progression LightPath?
2. When will you use your unique breath exercise to stay connected metaphysically?
3. How will you remind yourself to make it part of your life?

#### **Progression LightPath guidance system**

1. What is your progression LightPath guidance system? This is your reliable navigation to joy, peace, love and safety.
2. When have you trusted this guidance system? What was the outcome?
3. When have you not trusted this guidance system? What was the outcome?

#### **Progression LightPath key life experience**

1. How are you living your key life experience?
2. What happens when you don't?



## **9-step mentoring Program**

### **Progression LightPath key communication words and questions**

1. What are your progression LightPath key communication words?
2. What are your progression LightPath key communication questions?
3. Your key communication words and questions immediately place you into your expanded energy so that you can connect to your wisdom. How will you use them?

### **Taking care of yourself**

1. What is the self-care for your progression LightPath?
2. Self-care is fundamental to your mental, physical and spiritual well-being. How will you nurture yourself in this way?

### **Progression LightPath core energy**

1. What is the core energy for your progression LightPath?
2. How have you experienced your core energy?
3. How could you live this way and experience this greatness?





## 9-step mentoring Program

### Progression LightPath tools:

The trigram of the Tao provides clues to your fundamental characteristics and is an additional layer to your understanding of who you are and your gifts and greatness. The trigram of the Tao is a basic building block of creation and depicts natural energy.

The trigram of the Tao for your category: \_\_\_\_\_

Every colour has a specific energy vibration. Darker colours have a softer energy and lighter colours vibrate at a higher level. This colour can be used in a variety of ways such as clothing, jewelry, artifacts to boost your energy and connect you with your gifts and greatness.

The colour for your category: \_\_\_\_\_

Gemstones are a gift from the earth and there is one that has a distinct energy vibration that harmonizes with the natural energy flow of your category. Gemstones can be worn as jewelry, placed in your pocket or simply displayed in your space to balance energy and connect you with your gifts and greatness.

The gemstone for your category: \_\_\_\_\_



## 9-step mentoring Program

Essential oils are gifts from plants and there is one that has a distinct energy vibration that matches your category. Use your essential oil in a diffuser; a spritzer bottle combined with filtered water; a few drops placed on porous material e.g. tissue. Essential oils promote well-being and connect you with your gifts and greatness.

The essential oil for your category: \_\_\_\_\_

Animal instinct gives you insights into your own behaviour and provides clues to understanding your own instinctual nature.

The animal instinct for your category: \_\_\_\_\_

Next step:        Focus 4: tangling your joyful LightPath and your progression LightPath together.

Preparation: Make a list of what it is about your Joyful and Progression LightPaths that is most exciting, most surprising, easier to connect with, more difficult to connect with.



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### FOCUS 4 YOUR LIGHTPATH CHARACTERISTICS

#### Focus 4 intention:

Becoming aware of all of your greatness – your joyful LightPath and your progression LightPath.

#### SolePath Truth:

*Your SolePath is the song about you.*

Your “I Am” is ...

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Progression category and progression LightPath

And

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Joyful category and joyful LightPath



## **9-step mentoring Program**

### **Joyful and Progression LightPath characteristics:**

Read the list of characteristics on the final page of your Joyful and Progression LightPaths. Your vertical LightPaths present the information about your greatness in two ways: firstly as editorial and secondly in a list format. It is interesting to note the different understandings you have about yourself depending on the way the information is presented.

### **Contemplation:**

#### **Joyful LightPath characteristics**

1. Which of the joyful LightPath characteristics do you feel describe who you are?
2. Which are you having trouble connecting with?
3. Why is that?

#### **Progression LightPath characteristics**

1. Which of the progression LightPath characteristics do you feel describe who you are?
2. Which are you having trouble connecting with?
3. Why is that?



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### Your LightPaths:

Your joyful and progression LightPaths reveal your gifts and greatness; they are responsible for your positive emotions; they create flow and ease in your life; they are the source of your mental and physical health; and they connect you to your higher self and your wisdom.

### Your lightswitch questions are:

Joyful LightPath:

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Progression LightPath:

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### Contemplation:

How can you use your lightswitch questions to move you from your dark collapsed energy to your light expanding energy?



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### Final contemplation questions for your joyful and progression LightPaths:

- When do you live in your LightPaths? Where and with whom?
- What one thing can you do immediately to live your joyful or progression LightPaths?  
What could you add? What could you change?
- What choices have you made in your life to live in your LightPaths?
- What choices do you have?
- How have these choices brought you joy, love, peace, happiness?
- What rewards have you received when living in your LightPaths?
- How can you allow more of this in your life?
- How can you get better at living in your LightPaths?
- How will you empower yourself to live in your LightPaths?
- What talents, gifts or abilities are you not acknowledging?
- What is 'right' about you that you were not aware of?
- What is possible when you live in your LightPaths?
- How does living in your LightPaths change your reality?
- What will happen if you respond to the people in your life from your LightPaths?

Next step: Focus 5: awareness of your DarkPath category – how it collapses you and expands you. Preparation: Read your DarkPath document.



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### FOCUS 5 AWARENESS OF YOUR COMPLEX DARKPATH CATEGORY

#### Focus 5 intention:

Awareness of your complex DarkPath category.

SolePath Truth:

*Living in your DarkPath is like driving your life forward  
by looking in the rear view mirror.  
Your DarkPath keeps you looking backwards.*

Your “I Am” is ...

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Progression category and progression LightPath

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Joyful category and joyful LightPath

Your DarkPath is:

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My DarkPath category and path

#### Read your DarkPath



## 9-step mentoring Program

Contemplation of your DarkPath category:

1. What is your DarkPath category expanded energy? Under what circumstances does it show up? With whom?
2. What is your DarkPath category overall negative attitude? When does it show up? With whom?

### Tool to help reprogram your DarkPath:

Natural quartz crystal programmed with your SolePath I Am statement. Crystals are a gift from the earth and natural quartz has the capacity to hold intention.

Select a beautiful quartz crystal point and use this crystal programming meditation:

Hold your SolePath crystal, gently cupped, with both hands resting on your lap, or held near your heart. Sit with your eyes softly closed, with two feet on the ground and let your attention go to your slow, calm breathing. Take a few deep, measured breaths and notice the difference in sensation as your breath goes into and leaves your body.

Imagine that your body is the trunk of a tree. Feel its stability and its flexibility. Feel the life flowing up and down the trunk, your body.

From the bottom of your feet, feel your roots going deep into the earth. Your roots pushing through the dark, soft earth that is life giving and nourishing. Dark and safe.





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From the top of your head, feel your branches reaching up to heaven. Your branches and leaves so alive, connecting you to the Universe. Light and safe.

Your body, the trunk of your tree, the connection between heaven and earth, the connection between wisdom and life.

Let your attention go back to your SolePath crystal and imagine it standing with the point upwards in the middle of your heart. Your SolePath crystal placed gently into your heart. Your SolePath crystal will start to gently rotate, from left across the front to the right; and then from right across the back to the left. A slow gentle clockwise rotation.

Let your attention go to the edge of your personal energy field, about six feet from your body. Create a rotation of your personal energy field in the opposite direction, anti-clockwise. With your attention six feet from your body, rotate your energy field from right across the front to left; and then from left across the back to the right. A slow gentle anti-clockwise rotation.

Sitting quietly within your two rotations, notice the physical sensation that you are feeling – a gentle buzz, a quiet moving, perhaps an internal knowing. Sit quietly as you identify and recognize this physical sensation. This is the place from which you access the Field of Energy, the place from which you send your intentions out into universal energy.

State who you are: I Am

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Progression category and progression LightPath

And

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Joyful category and joyful LightPath



## 9-step mentoring Program

Sit quietly and imagine your SolePath crystal intention moving out beyond you into the universe. Slowly stop the rotation of your personal energy field and allow it to come to a gentle stop.

Slowly stop the rotation of the crystal in your heart and place your SolePath crystal energetically back into your cupped hands.

Bring your branches back into your head, expressing thanks for all of the wisdom that is flowing to you from the heavens.

Bring your roots back into your feet, expressing so much gratitude for this amazing planet that we live on and for its life giving support of all of us.

Bring your focus back to your breathing and when you are ready open your eyes and rub your hands together to bring you back to reality.

Your SolePath crystal is now programmed to hold your “I Am ...” statement, the energy of who you were born to be.

Next step:      Focus 6: DarkPath core energy, need and antidote.



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Preparation: Balance the energy in your bedroom.

*“Using the principles, tools and techniques of Zone Feng Shui allows you to create an environment where you live in harmony and balance with your surroundings, so that the energy around you works for you rather than against you. By balancing and harmonizing the flow of natural energies in your surroundings, you create beneficial effects in your life.”*

Dr. Debra Ford, In the Feng Shui Zone.

### Action #1:

The bedroom is the space that has the most profound impact on your personal energy. Create a sacred space here, one that is quiet, beautiful, calm and tranquil.

### Action #2:

De-clutter, de-clutter, de-clutter. Remove anything stored under the bed and all metal and electronic devices from the bedroom – TV, computer, gym equipment, ironing board ...

### Action #3:

Place your bed in the ‘command’ position. As far as possible from the bedroom door, with the headboard against a solid wall.

### Action #4: Tools for more peaceful sleep:



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**Rose floral water for Space Clearing:** The energy of rose assists with balance and harmony. Daily spritzing of your bed linen with rose floral water clears away the energy that has been deposited and processed overnight. Pull your bed linen back each morning, spritz the sheets and pillows lightly. Make up your bed, once the spritzing has dried.

**Incense for Space Clearing:** Incense creates a beautiful restful energy while space clearing and reaching even the furthest corners of the room. Burn pure incense daily.

**Dead Sea Salt for Energetic Clearing:** The waters of the Dead Sea produce amazing salt that is renowned for its healing properties. Place a small bowl of Dead Sea Salt under your bed to absorb the energy that is processed overnight. Replace the salt in the bowl every time you change your bed linen.

**Quartz Crystal for Energetic Clearing:** Natural Quartz Crystals have the ability to hold intention. Program your Natural Quartz Crystal with your SolePath “I Am...” statement. Place it next to your bed while you sleep, and it will hold the energy of who you were born to be.

**Zone Energy Map for Balancing Energy:** A Zone Energy Map, depicting the foundation of the Tao, the Trigrams and creative energy of our Universe can be placed under your mattress to balance energy. The Zone Energy Map is placed face up with the red Me, Myself & I Zone towards the head of the bed.



## 9-step mentoring Program

**Faceted Feng Shui Crystal for Balancing Energy:** Glass faceted crystals suspended from the ceiling or light fixture, in middle of bedroom, have the same effect on energy as a disco ball has on light. When the energy – the stuck energy or fast moving energy – hits the facets, it is moved gently around the room, creating balance.

**Himalayan Salt for Personal Energy Clearing:** Himalayan Salt has 84 essential minerals that soothe and heal you while you bathe. A handful of this nourishing pink salt, in a warm soothing bath prior to bed, will clear your energy field and provide an environment for well-being.

**Lavender Essential Oil:** Lavender is renowned for its ability to relieve tension and relax. It is perfect for bathing and 3 drops on your pillow will assist with a great night's sleep. Lavender is known for its ability to assist with insomnia and anxiety.



## 9-step mentoring Program

### FOCUS 6 AWARENESS OF YOUR DARKPATH

#### Focus 6 intention:

Awareness of your DarkPath.

#### SolePath Truth:

*Living in your DarkPath is like moving into the future looking backwards.  
Your DarkPath keeps you looking backwards.*

Your “I Am” is ...

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Progression category and progression LightPath

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Joyful category and joyful LightPath

Your DarkPath is:

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My DarkPath category and path

Re-read your DarkPath document.



## **9-step mentoring Program**

### **Contemplation for your DarkPath:**

#### **DarkPath core energy**

1. What is your DarkPath core energy?
2. Do you recognize this core energy?
3. Under what circumstances does it show up? At home? At work? In a particular relationship?
4. What are the triggers for your DarkPath core energy?

#### **DarkPath need**

1. What is your DarkPath need?
2. Do you recognize this need?
3. Under what circumstances does it show up?
4. What are the triggers for your DarkPath need?

### **Tool to help reprogram your DarkPath need:**

#### **DarkPath antidote**

1. What is your DarkPath antidote?
2. How can you integrate this antidote into your life?

Next step:      Focus 7: Reprogramming your DarkPath.



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Preparation: Balance the energy at the front door.

*"Living in a space where the energy is balanced, helps you get into the flow of your life. When the energy around you is blocked life can be a struggle. Balancing the energy just makes life easier; and it is a simple fix, working on your space and allowing your internal challenges and growth to happen easily."* Dr. Debra Ford, In the Feng Shui Zone.

Action #1:

Create a front door that is an ambassador for your home; in the same way that a hotel foyer communicates what kind of establishment it is.

Action #2:

De-clutter, de-clutter, de-clutter. Clear all clutter from the inside and outside of the front door; keep it clean and make sure it doesn't squeak.

Action #3:

Add the colour red in the area of the front door using paint, a door mat, flower pots etc.

Action #4:

Hang wind chimes or a flag at the front door to attract energy.

Action #5:

Make sure the front door is well lit and very welcoming.





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### FOCUS 7 REPROGRAMMING YOUR DARKPATH

#### Focus 7 intention:

Identifying and reprogramming the top three collapsed characteristics of your DarkPath.

#### SolePath Truth:

*Fish are the last to recognize water.  
While you are swimming in it, your DarkPath may be difficult to recognize.*

Your “I Am” is ...

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Progression category and progression LightPath

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Joyful category and joyful LightPath

Your DarkPath is:

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My DarkPath category and path



## **9-step mentoring Program**

### **Contemplation:**

#### **Your DarkPath**

1. How are you responding to the full description of your DarkPath?
2. Do you have any further insights into your collapsed energy?

#### **The characteristics of your DarkPath**

This is a list of all of the things that could trip you up and the skills that collapse you.

1. Which of these characteristics do you consider to be your top three?
2. What can you reach for in your LightPaths to assist with the reprogramming of these top three collapsing characteristics?

#### **Tools for your DarkPath:**

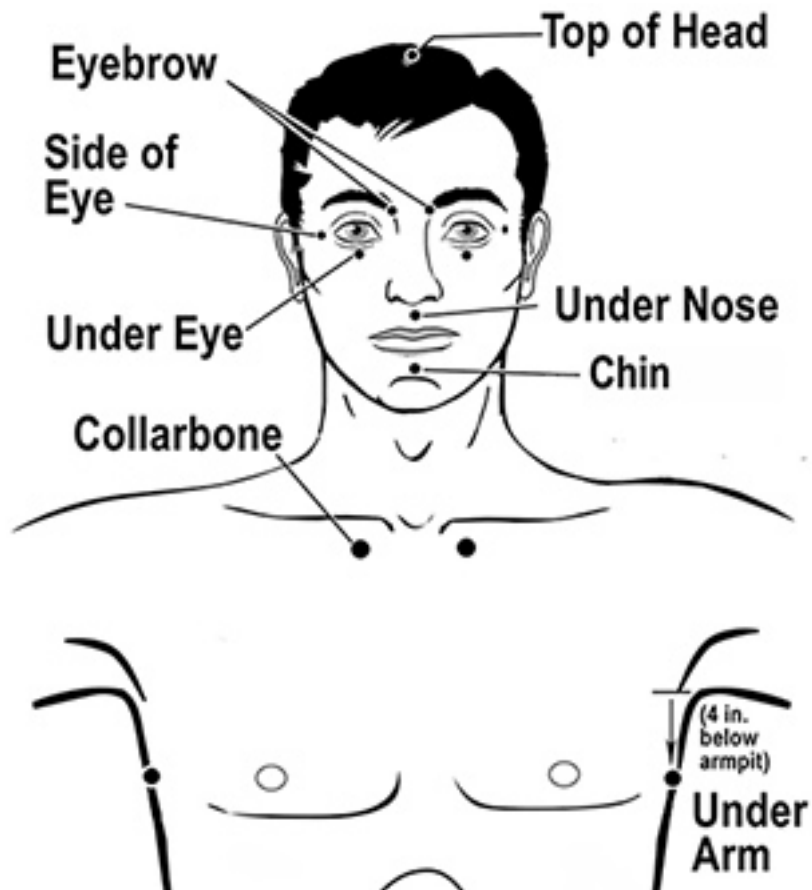
Meridian energy tapping

Re-program your DarkPath using Meridian Energy Tapping. When you are in your LightPaths your mental, physical and spiritual energy is expanded. When you are in your DarkPath your energy is collapsed. You can re-direct the energy flow in your body and release blocked energy using Meridian Energy Tapping.

Meridian Energy Tapping uses acupuncture points on the energy pathways of the body.



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## 9-step mentoring Program

### SolePath Meridian Energy Tapping Statement:

Even though my DarkPath is:

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My DarkPath category and path

"I Am"

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Progression category and progression LightPath

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Joyful category and joyful LightPath

1. Tap on the outside of the palm of your hand while saying your statement to set up the reprogramming. Repeat three times.
2. Tap on each of the acupressure points highlighted in the diagram while saying your statement. Complete each round of tapping and repeat three times.

Acupressure Points: inside eyebrow, outside eyebrow, below eye, upper lip, below lower lip, upper chest, underarm, top of head.

3. How can you integrate regular tapping into your life?



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Next step: Focus 8: Identifying your DarkPath fears, identity and sub-conscious reaction.

Preparation: Balance the energy at your stove.

*"The three most important energy areas of your space are the bedroom, front door and the stove. Getting the energy flowing in these three areas will help create a space that supports and nourishes you."*

Dr. Debra Ford, In the Feng Shui Zone.

Action #1:

Clean your stove. Energetically the stove has a profound impact on the energy of abundance and therefore must be kept clean inside and out, and underneath.

Action #2:

Make sure all of the burners on your stove are in good working order and use them equally when cooking.



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### FOCUS 8 DARKPATH FEARS, IDENTITY, SUB-CONSCIOUS REACTION

#### Focus 8 intention:

Putting into place the final piece of your DarkPath puzzle.

SolePath Truth:

*Laughter is the remedy for your DarkPath.  
Have you laughed today?*

Your "I Am" is ...

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Progression category and progression LightPath

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Joyful category and joyful LightPath

Your DarkPath is:

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My DarkPath category and path

Re-read your DarkPath



## **9-step mentoring Program**

### **Contemplation:**

#### **Your dark fears**

1. What are your dark fears?
2. Are they true about you?
3. Have they ever been true about you?
4. Why do they have to be true?

#### **Your DarkPath identity**

1. What is your DarkPath identity?
2. Why might you feel this way?
3. Could it be true? Could it simply be a place of growth, not a truth?

#### **Your DarkPath sub-conscious reaction**

1. what are the triggers for this sub-conscious reaction?
2. Why does it show up?
3. When does it show up?
4. With whom?



## 9-step mentoring Program

### Energy tools for your DarkPath:

The trigram of the Tao provides clues to your fundamental characteristics and is an additional layer to your understanding of who you are and your gifts and greatness. The trigram of the Tao is a basic building block of creation and depicts natural energy.

The trigram of the Tao for your category: \_\_\_\_\_

Every colour has a specific energy vibration. Darker colours have a softer energy and lighter colours vibrate at a higher level. This colour can be used in a variety of ways such as clothing, jewelry, artifacts to boost your energy and connect you with your gifts and greatness.

The colour for your category: \_\_\_\_\_

Gemstones are a gift from the earth and there is one that has a distinct energy vibration that harmonizes with the natural energy flow of your category. Gemstones can be worn as jewelry, placed in your pocket or simply displayed in your space to balance energy and connect you with your gifts and greatness.

The gemstone for your category: \_\_\_\_\_





## 9-step mentoring Program

Essential oils are gifts from plants and there is one that has a distinct energy vibration that matches your category. Use your essential oil in a diffuser; a spritzer bottle combined with filtered water; a few drops placed on porous material e.g. tissue. Essential oils promote well-being and connect you with your gifts and greatness.

The essential oil for your category: \_\_\_\_\_

Animal instinct gives you insights into your own behaviour and provides clues to understanding your own instinctual nature.

The animal instinct for your category: \_\_\_\_\_

### Final contemplation questions for your DarkPath:

- Are you more aware of when you are responding to people and experiences from your LightPaths or your DarkPath?
- How can you get better at recognizing your DarkPath?
- How can you get faster at choosing your LightPaths?
- From your DarkPath, what choices have you made?
- What has been the impact of these choices?
- What can you do differently?
- What is possible when you aren't living in your DarkPath?
- What DarkPath experiences can you avoid? How?
- How would not living in your DarkPath change your reality?



## **9-step mentoring Program**

Next step:

- SolePath: answers the question 'who am I born to be?'
- SoleNumbers: answers the question 'what am I born to do?'
- SoleFaces: answers the question 'why am I stuck?'
- SoleHealing: identifies energetic blocks and beliefs that are hampering mental and physical healing
- The Tao and emotional divination



## 9-step mentoring Program

### FOCUS 9 MY SOLEPATH REVIEW AND CREATING MY TOOLKIT

**Focus 9 intention:** \_Review of my personal, unique SolePath braid.

SolePath Truth:

*Who am I born to be?  
Who am I?*

My “I Am” is ...

---

Progression category and progression LightPath

---

Joyful category and joyful LightPath

My DarkPath is:

---

My DarkPath category and path



## 9-step mentoring Program

### Joyful LightPath tools:

1. Breath, attention and body focus: \_\_\_\_\_
2. Guidance system: \_\_\_\_\_
3. Key life experience \_\_\_\_\_
4. Key communication words and questions \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Nurture and taking care of self: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Core energy: \_\_\_\_\_



## 9-step mentoring Program

7. Joyful LightPath light switch question: \_\_\_\_\_

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8. Energy tools:

a. Trigram of the Tao \_\_\_\_\_

b. Colour \_\_\_\_\_

c. Gemstone \_\_\_\_\_

d. Essential oils \_\_\_\_\_

e. Animal instinct \_\_\_\_\_

### Progression LightPath tools:

1. Breath, attention and body focus: \_\_\_\_\_

2. Guidance system: \_\_\_\_\_

3. Key life experience \_\_\_\_\_



## 9-step mentoring Program

4. Key communication words and questions \_\_\_\_\_

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5. Nurture and taking care of self: \_\_\_\_\_

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6. Core energy: \_\_\_\_\_

7. Joyful LightPath light switch question: \_\_\_\_\_

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8. Energy tools:

a. Trigram of the Tao \_\_\_\_\_

b. Colour \_\_\_\_\_



## 9-step mentoring Program

- c. Gemstone \_\_\_\_\_
- d. Essential oils \_\_\_\_\_
- e. Animal instinct \_\_\_\_\_

### DarkPath tools:

1. SolePath quartz crystal: programmed with your SolePath 'I Am' statement
2. DarkPath antidote: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 9-step mentoring Program

### 3. SolePath Meridian Energy Tapping Statement:

Even though my DarkPath is:

---

My DarkPath category and path

“I Am”

---

Progression category and progression LightPath

---

Joyful category and joyful LightPath

### 4. Energy tools:

- a. Trigram of the Tao \_\_\_\_\_
- b. Colour \_\_\_\_\_
- c. Gemstone \_\_\_\_\_
- d. Essential oils \_\_\_\_\_
- e. Animal instinct \_\_\_\_\_





## **9-step mentoring Program**

### **APPENDIX**

#### **THE TAO AND SOLEPATH**

The Tao (pronounced Dow) represents the fundamental nature of the universe, the origin, the creator. The Tao, loosely translated, means your path or your life's journey. The Tao is the understanding of life, an awareness of that which cannot be fully grasped, a belief in that which cannot be fully explained - but is known by the soul.

The Tao cannot be accurately defined nor expressed in words, but it can be experienced. In Taoism, Buddhism and Confucianism, the object of spiritual practice is to become 'one with the Tao', to synchronize with the pulse of nature, to allow and experience non-resistance.

The Tao is the natural order of the universe; the Tao keeps the world balanced and flowing; the Tao is related to chi, the essential energy of 'all'.

The Tao is your being-ness, your deep knowing that you are more than your physical body and that the purpose of your life on earth is to make a difference. The Tao is accepting that you are here for only one reason - the evolution of your soul.

The Tao is the process by which the universe expresses itself and teaches that the only constant in life is change - change is about accepting movement in your life with ease, allowing for transformation, accepting your path, living in the 'now' and embracing the evolution of your soul.

The Tao shows you that your life has seasons - spring, summer, autumn and winter; that there is a constant opening and closing of energy for all of us; that this is a natural unfolding process; and that this is something to embrace - not to fear.



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Key understandings of the Tao

- Connection – between us all and also with everything
- Balance – when one part is out of balance, all parts are affected
- Flow – non-resistant to what is going on around us

The Tao teaches that the fundamental law underlying everything in the universe is utterly plain and simple; no matter how complicated life may appear. The Tao is intrinsically connected to yin yang or tai chi and to the eight original building blocks of nature (called trigrams) – heaven and earth, wind and lake, thunder and mountain, fire and water.

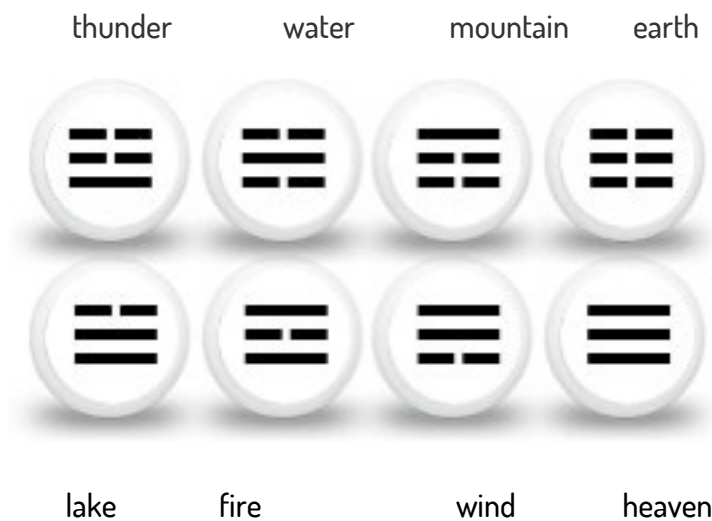
In traditional religions that originate from the middle east (Christianity, Judaism, Islam) the creation story is Adam and Eve and the garden of Eden; in the east the creation story is based on the Tao and how these building blocks of nature or trigrams interact with each other.

Your life becomes a process of accepting and working within the flow of energy between the yin yang and the eight trigrams of nature. As you accept your soul's plan for this lifetime, your soul's desire for a life experience – you also understand that this planet that we live on is a creative environment and that with your free will you are creating your life.



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The eight trigrams of the Tao together form the yin yang or tai chi:



The maps for the SolePath categories are based on the Tao and the Zone Energy Map used for mapping energy in a space. The inside row is the trigram image; the outside row is the corresponding SolePath category; the information in the rows between pertains to each particular category. Section 1 contains the map for the Tao; Section 2 contains maps for the categories, category metaphysical tools, category insights and category energy tools.



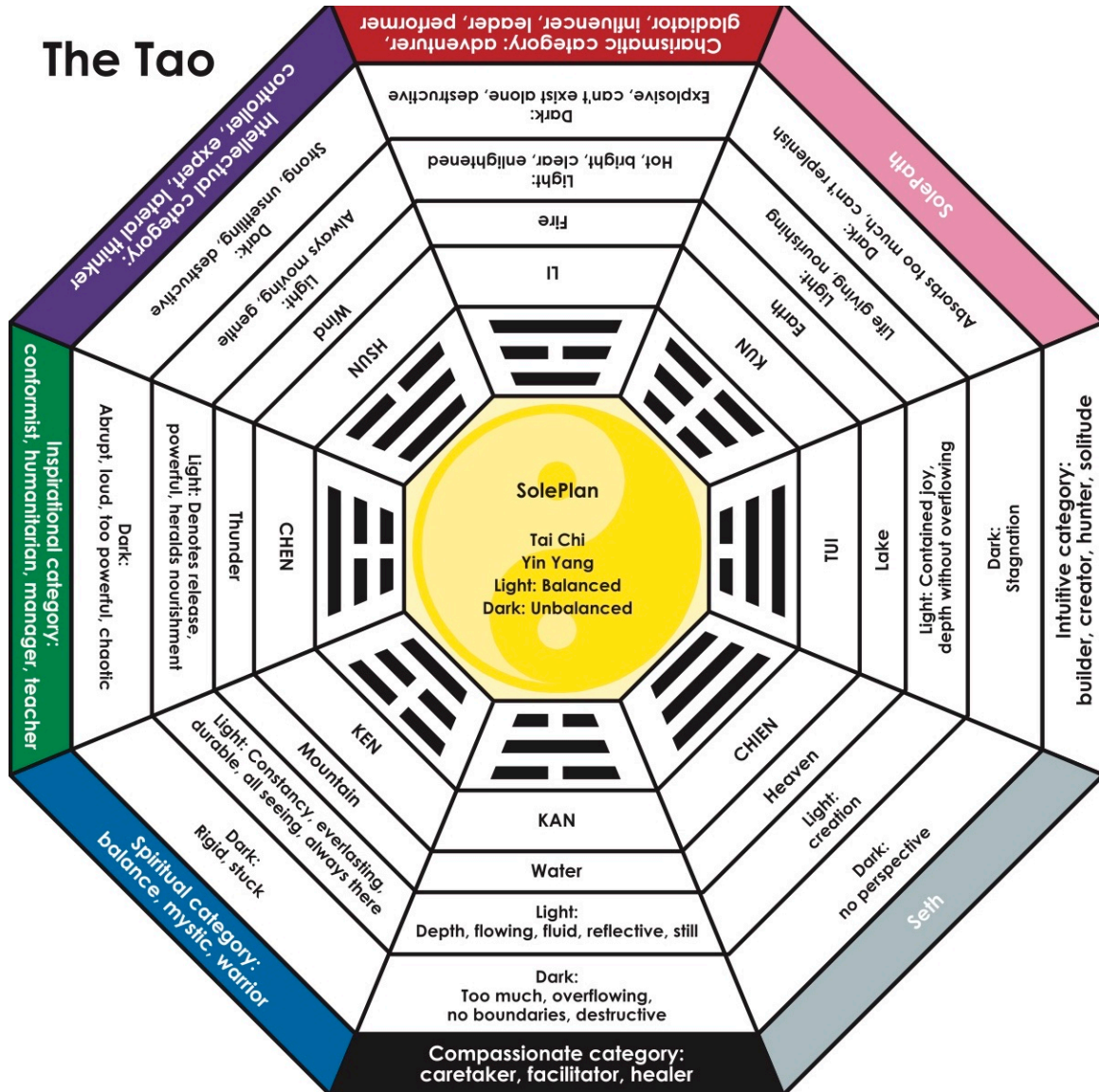
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### THE TAO

<b>Intellectual Category</b> Hsun/Wind Light: always moving, gentle Dark: strong, unsettling, destructive  Controller, Expert, Lateral Thinker	<b>Charismatic Category</b> Li/Fire Light: hot, bright, clear, enlightened Dark: explosive, can't exist alone, destructive  Adventurer, Gladiator, Influencer, Leader, Performer	<b>SolePath</b> Kun/Earth  Light: life giving, nourishing Dark: absorbs too much, can't replenish
<b>Inspirational Category</b> Chen/Thunder Light: denotes release, powerful, heralds nourishment Dark: abrupt, loud, too powerful, chaotic  Conformist, Humanitarian, Manager, Teacher	<b>SolePlan</b> Tai Chi/Yin yang  Light: balanced Dark: unbalanced	<b>Intuitive Category</b> Tui/Lake Light: contained joy, depth without overflowing Dark: stagnation  Builder, Creator, Hunter, Solitude
<b>Spiritual Category</b> Ken/Mountain Light: constancy, everlasting, durable, all seeing, always there Dark: rigid, stuck  Balance, Mystic, Warrior	<b>Compassionate Category</b> Kan/Water Light: depth, flowing, fluid, reflective, still Dark: too much, overflowing, no boundaries, destructive  Caretaker, Facilitator, Healer	<b>Seth</b> Chien/Heaven  Light: creation Dark: no perspective



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## 9-step mentoring Program

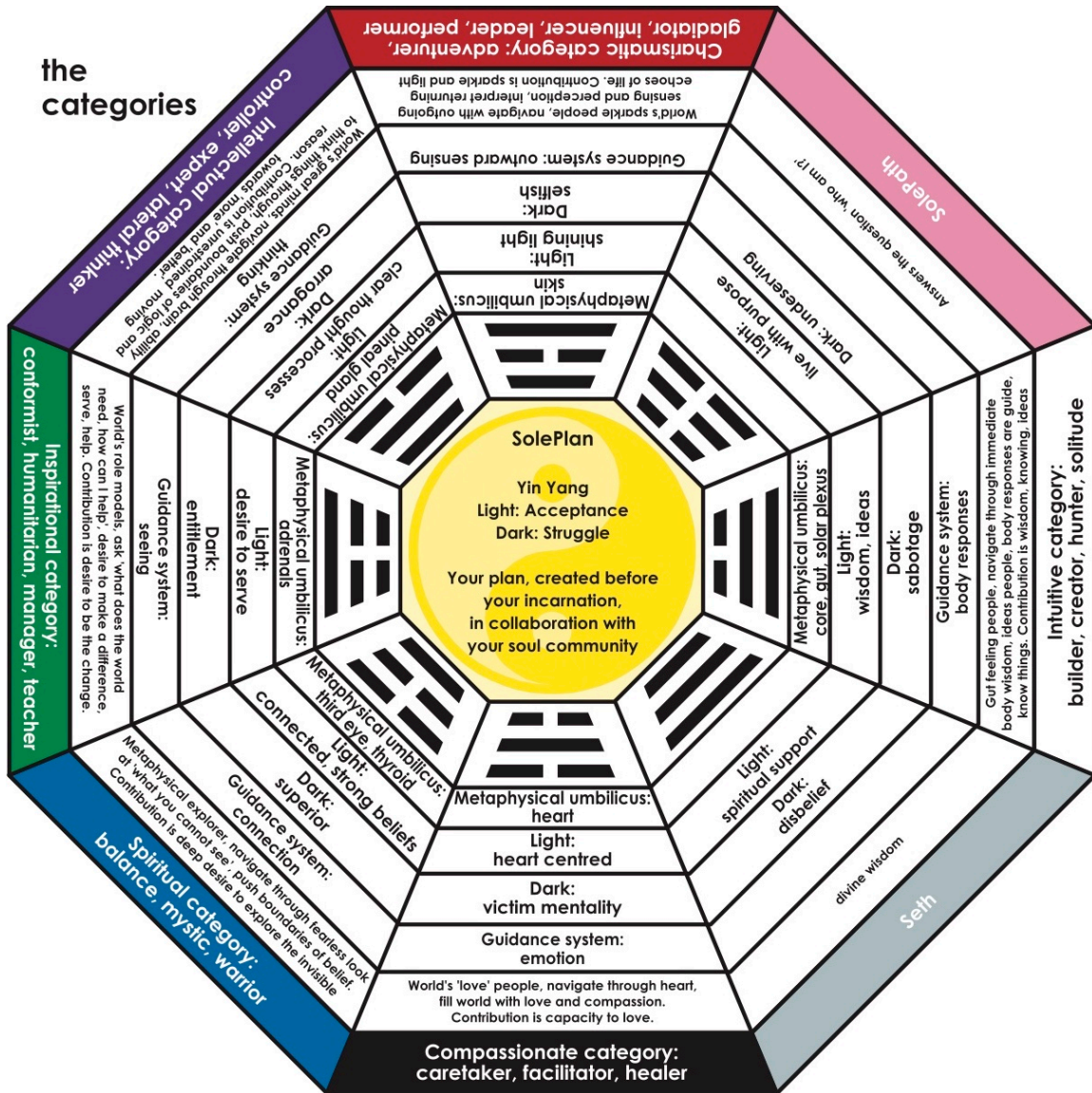
### THE CATEGORIES

<b>Intellectual Category</b>  Metaphysical umbilicus: pineal gland Light: clear thought processes Dark: arrogance Guidance system: thinking <i>World's great minds, navigate through brain, ability to think things through, push boundaries of logic and reason. Contribution is unrestrained moving towards 'more' and 'better'.</i> Controller, Expert, Lateral Thinker	<b>Charismatic Category</b>  Metaphysical umbilicus: skin Light: shining light Dark: selfish Guidance system: outward sensing <i>World's sparkle people, navigate with outgoing sensing and perception, interpret returning echoes of life. Contribution is sparkle and light.</i> Adventurer, Gladiator, Influencer, Leader, Performer	<b>SolePath</b>  Light: live with purpose Dark: undeserving  <i>Answers the question 'who am I?'</i>
<b>Inspirational Category</b>  Metaphysical umbilicus: adrenals Light: desire to serve Dark: entitlement Guidance system: seeing <i>World's role models, ask 'what does the world need, how can I help', desire to make a difference, serve, help. Contribution is desire to be the change.</i> Conformist, Humanitarian, Manager, Teacher	<b>SolePlan</b>  Light: acceptance Dark: struggle  <i>Your plan, created before your incarnation, in collaboration with your soul community</i>	<b>Intuitive Category</b>  Metaphysical umbilicus: core, gut, solar plexus Light: wisdom, ideas Dark: sabotage Guidance system: body responses <i>Gut feeling people, navigate through immediate body wisdom, ideas people, body responses are guide, know things. Contribution is wisdom, knowing, ideas.</i> Builder, Creator, Hunter, Solitude
<b>Spiritual Category</b>  Metaphysical umbilicus: third eye, thyroid Light: connected, strong beliefs Dark: superior Guidance system: connection <i>Metaphysical explorer, navigate through fearless look at 'what you cannot see', push boundaries of belief. Contribution is deep desire to explore the invisible.</i> Balance, Mystic, Warrior	<b>Compassionate Category</b>  Metaphysical umbilicus: heart Light: heart centred Dark: victim mentality Guidance system: emotion  <i>World's 'love' people, navigate through heart, fill world with love and compassion.</i> <i>Contribution is capacity to love.</i> Caretaker, Facilitator, Healer	<b>Seth</b>  Light: spiritual support Dark: disbelief  <i>Divine wisdom</i>





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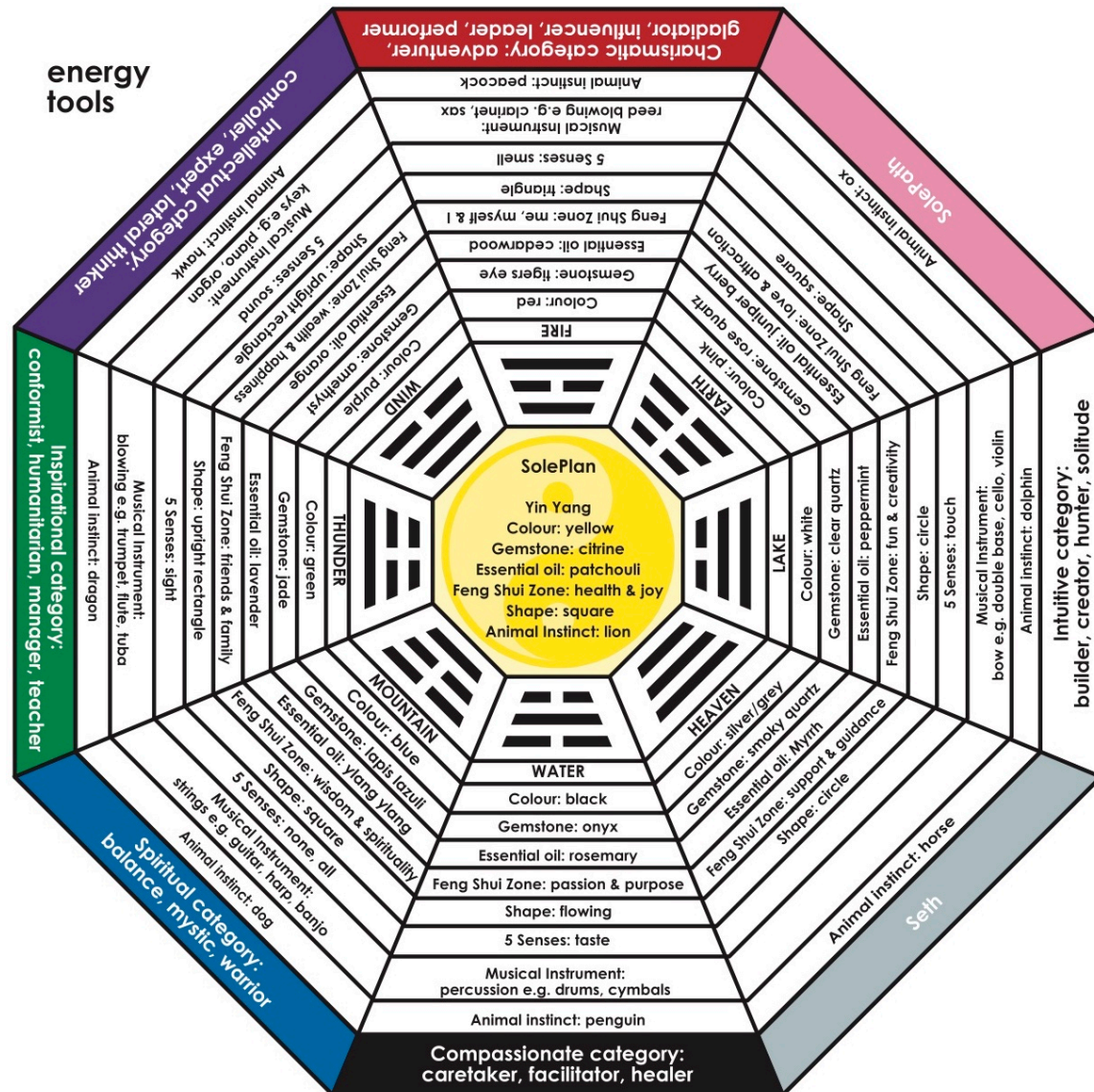
### ENERGY TOOLS

<p><b>Intellectual Category</b>  Trigram: wind  Colour: purple  Gemstone: amethyst  Essential oil: orange  Feng Shui Zone: wealth &amp; happiness  Shape: upright rectangle  5 Senses: sound  Musical Instrument: keys e.g. piano, organ  Animal instinct: Hawks are instinctive, calm, freedom loving, faithful, dependable, offer sage council and advice  Controller, Expert, Lateral Thinker</p>	<p><b>Charismatic Category</b>  Trigram: fire  Colour: red  Gemstone: tigers eye  Essential oil: cedarwood  Feng Shui Zone: me, myself &amp; I  Shape: triangle  5 Senses: smell  Musical Instrument: reed blowing e.g. clarinet, sax  Animal instinct: Peacocks are showy, flashy, have deep inner wisdom, confidence, warmth  Adventurer, Gladiator, Influencer, Leader, Performer</p>	<p><b>SolePath</b>  Trigram: earth  Colour: pink  Gemstone: rose quartz  Essential oil: juniper berry  Feng Shui Zone: love &amp; attraction  Shape: square    Animal instinct: Ox is powerful, protective, determined, resolute, values commitments, air of nobility</p>
<p><b>Inspirational Category</b>  Trigram: thunder  Colour: green  Gemstone: jade  Essential oil: lavender  Feng Shui Zone: friends &amp; family  Shape: upright rectangle  5 Senses: sight  Musical Instrument: blowing e.g. trumpet, flute, tuba  Animal instinct: Dragons are wise and skillful, commanding presence, open to new ideas, enthusiastic, vital  Conformist, Humanitarian, Manager, Teacher</p>	<p><b>SolePlan</b>  Trigram: yin yang  Colour: yellow  Gemstone: citrine  Essential oil: patchouli    Feng Shui Zone: health &amp; joy  Shape: square    Animal instinct: Lions have strong life energy, best when functioning as part of community, push self to learn more</p>	<p><b>Intuitive Category</b>  Trigram: lake  Colour: white  Gemstone: clear quartz  Essential oil: peppermint  Feng Shui Zone: fun &amp; creativity  Shape: circle  5 Senses: touch  Musical Instrument: bow e.g. double base, cello, violin  Animal instinct: Dolphins are able to listen at several different levels simultaneously, sensitive, keenly aware of others, live in the now, playful.  Builder, Creator, Hunter, Solitude</p>
<p><b>Spiritual Category</b>  Trigram: mountain  Colour: blue  Gemstone: lapis lazuli  Essential oil: ylang ylang  Feng Shui Zone: wisdom &amp; spirituality  Shape: square  5 Senses: none, all  Musical Instrument: strings e.g. guitar, harp, banjo  Animal instinct: Dogs serve humanity, live work for community, respond to needs of others, show love and appreciation    Balance, Mystic, Warrior</p>	<p><b>Compassionate Category</b>  Trigram: water  Colour: black  Gemstone: onyx  Essential oil: rosemary  Feng Shui Zone: passion &amp; purpose  Shape: flowing  5 Senses: taste  Musical Instrument: percussion e.g. drums, cymbals  Animal instinct: Penguins are caring, protective, patient, comfortable in different states of consciousness    Caretaker, Facilitator, Healer</p>	<p><b>Seth</b>  Trigram: heaven  Colour: silver/grey  Gemstone: smoky quartz  Essential oil: myrrh  Feng Shui Zone: support &amp; guidance  Shape: circle    Animal instinct: Horses place high priority on personal freedom, live in other dimensions, function in practical world, loyal once trust is earned, natural leaders, evoke confidence, love to wander and explore</p>





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### SOLEPATH INSTITUTE

What is SolePath?

*“SolePath is who you are born to be. It is your guide to a beautiful life, filled with happiness, peace, joy, love, purpose and meaning. When you know your SolePath, you can navigate the pitfalls and those things that trip you up in your life, and connect with your unique, personal, individual gifts and greatness.”* Dr. Debra

SolePath is your soul ID. At the Calgary SolePath Institute we measure your energetics and give you your best lifehack ever, your SolePath. When you know your SolePath you can be who you dreamed you'd be and who the world needs you to be.

Your SolePath helps you find your role so that you can make a difference because as Plato said “there is a place that you are to fill and no one else can fill. Something that you are to do, which no one else can do.”

Your SolePath is a braid of two LightPaths and one DarkPath. Your LightPaths are expanding energy and provide direction for knowing your life's purpose; your DarkPath is collapsed energy and provides contrast for personal growth.

Knowing your SolePath is priceless but you pay only what you feel able to give. The SolePath Institute vision is for everyone to know their SolePath and that is why all SolePath readings are by donation.

Request your SolePath at [www.SolePath.org](http://www.SolePath.org) You will be asked to upload a headshot selfie and fill out a short form with some identifying information. It can take up to 5 days to complete your SolePath reading, although we do try really hard to be quicker. You will receive your results by email and also be booked for a face-to-face debrief, either in person or by Skype.



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*"SolePath is always only about you, about you as an individual finding your way and walking your path to purpose and a beautiful life." Dr. Debra*

Websites: [www.DailyPulse.ca](http://www.DailyPulse.ca)  
[www.SolePathInstitute.org](http://www.SolePathInstitute.org)

Email: [answers@SolePath.org](mailto:answers@SolePath.org)

Mailing address: SolePath Institute,  
1329 8th Avenue SE, Inglewood  
Calgary Alberta T2G 0M8  
Canada

Helpline: 403.998.0191  
1.877.866.2086