




dark balance
SPIRITUAL


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 Spiritual Balance.

Here's how it works ...



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



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

Your Spiritual Balance 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.

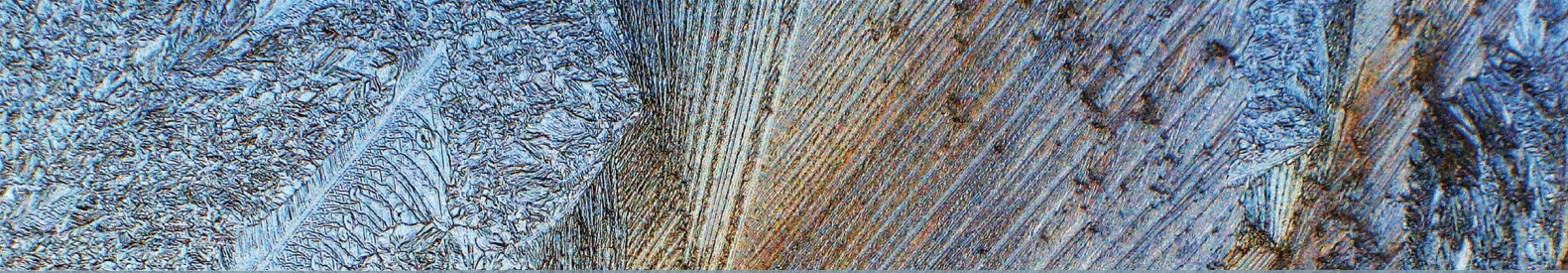
Spiritual Category DarkPath

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 a Spiritual that serves you – you are, after all, one of the people most connected to non-physical energy – and on the other hand there is so much about being a dark Spiritual that trips you up.

When you are experiencing your Spiritual Category from a place of collapsed energy, the overall negative attitude is Superiority. You are dogmatic about your own beliefs and completely unaccepting about the beliefs of others. Not only do you feel that your beliefs are the only ones that are right, you are unwilling to look at another's perspective. It doesn't matter whether your beliefs are fundamental religion or the most liberal spirituality – your way is the right way.

You are a judgmental observer, standing on the sidelines of life, not participating yet judging others as wrong. It would be great fun for you to get in the game. Really!

Yet, when you are experiencing your Spiritual Category from a place of expanded energy, you contribute to our world with your spiritual exploring, you make it okay for us to believe in something 'bigger than ourselves', you push the boundaries of belief.



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Balance DarkPath

The Core Energy for the dark Spiritual Balance is being unable to make a decision. You don't commit to anything or anyone and have no remorse for letting others down. Trying to get a decision out of a dark Balance is like trying to grab a handful of water.

Easy Tools for transforming your Spiritual Balance 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 Spiritual Balance 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 Spiritual Balance your unhealthy need is only do what suits you, to constantly feel that you deserve a break. Your Antidote is to make and keep a promise; to start small; to consider the impact of your unreliability on others.
3. On SolePath.org, take a look at the LightPath Spiritual Category and listen to the Balance DarkPath audio summary.