

SolePath


dark caretaker

COMPASSIONATE


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 Compassionate Caretaker.

Here's how it works ...


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




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

Your Compassionate Caretaker 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.

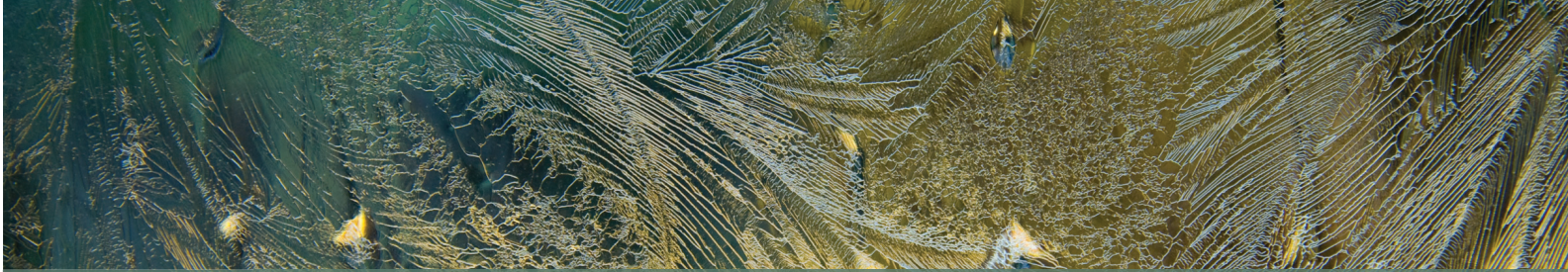
Compassionate Category DarkPath

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 Compassionate that serves you – you are after all one of the world's most loving people, with a big heart – and on the other hand there is so much about being a dark Compassionate that trips you up.

When you are experiencing your Compassionate Category from a place of collapsed energy, the overall negative attitude is a Victim Mentality. You give and give to others and then feel taken advantage of; you do not set boundaries and then complain of being taken for granted. People really don't know how to interact with you or where they stand with you.

You are not the best judge of character and often make mistakes with people, either of the heart, or in business dealings. Because of this, you are fearful that something will always go wrong and this fear is generally what causes things to go wrong.

Yet, when you are experiencing your Compassionate Category from a place of expanded energy, your love and your big heart just makes us feel wonderful.



dark caretaker

COMPASSIONATE

Caretaker DarkPath

The Core Energy for the dark Compassionate Caretaker is being a victim. Overreacting to perceived personal criticism and feeling that you never receive enough thanks.

Easy Tools for transforming your Compassionate Caretaker 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 Compassionate Caretaker 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 Compassionate Caretaker your unhealthy need is to feel 'put upon', a victim, that you are being taken advantage of. Your Antidote is to seek objectivity, to say no in an appropriate way, under appropriate circumstances. To learn to love yourself and others, not simply to serve. Choose to feel protected.
3. On SolePath.org, take a look at the LightPath Compassionate Category and listen to the Caretaker DarkPath audio summary.