



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 Intuitive Solitude.

Here's how it works ...



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



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

Your Intuitive Solitude 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.

Intuitive 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 an Intuitive that serves you – you are after all one of those who can recognize and understand your body and gut reaction to the world – and on the other hand there is so much about being a dark Intuitive that trips you up.

When you are experiencing your Intuitive Category from a place of collapsed energy, the overall negative attitude is Sabotage. You simply won't trust your own wisdom and your gut and you allow the opinions of others to get in the way. You think that you don't know anything, that everyone else knows better than you and that you always make the wrong decisions. Weird isn't it that you would not listen to your most reliable guide – yourself?

You really do know what is best for you, yet sometimes it seems that you deliberately go out to sabotage your success – wherever it may be, in relationships, at work, anywhere in your life. Stop it!

Yet, when you are experiencing your Intuitive Category from a place of expanded energy, your guidance is so certain, so reliable and so accurate.

Solitude DarkPath

The Core Energy for the dark Intuitive Solitude is being introverted, antisocial and emotionally unavailable. Sometimes holding grudges for years.

Easy Tools for transforming your Intuitive Solitude 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 Intuitive Solitude 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 Intuitive Solitude your unhealthy need is to be isolated and cut off from all except a chosen few. Your Antidote is to find ways to participate in authentic interaction with those outside of your chosen few.
3. On SolePath.org, take a look at the LightPath Intuitive Category and listen to the Solitude DarkPath audio summary.