

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 hand and your focus on your heart.  
Breathe in and breathe out, and express thankfulness for who you are, for your loving 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 Compassionate Healer. Here's how it works ... Compassionate is the Category, which is the overall guide to how you interact with the world; Healer is the SolePath, which reveals your gifts and greatness.

Your Compassionate Healer 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 Compassionate Healer, your Learning Style is participatory, experiential and kinesthetic. While processing this information on your SolePath remember your real life experiences; as a child, as a teenager, with your family, at work, in any other key life moments. Remember moments when you have felt emotionally connected to this Compassionate Healer; and when you have felt disconnected.

It will also be very helpful to not only read about your Compassionate Healer but also to watch the video and listen 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)

### Compassionate Category

**Compassionates** are the 'love' SolePaths. You respond to the world through your heart feeling. As a Compassionate, you can absolutely trust your heart and when you do trust your positive emotions, you can be certain of a good outcome, situation or decision.

Your heart keeps you safe because when you clearly identify whether you are feeling 'good' or 'bad' about someone or something, you don't make mistakes. You get into difficulty when you don't trust this, or allow the opinions of others to get in the way.

### **How does knowing that you are a Compassionate 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 Compassionates is your Heart.** You can really, really trust your heart. First you need to give yourself time to decide how you are feeling and then you must recognize and act on your authentic feelings. Your feelings will guide you by saying 'yes' or 'no'. Your feelings 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 Compassionate is learning to *Trust your Heart.*** SolePath uncovers the way that your Soul intended to experience this life and as a Compassionate you are learning to trust your feelings.

**Insights into your Compassionate Key life Experience.** You have an inward focus and are heart centred. *Your feelings take time to develop and you really need time to be sure of how you are feeling. Beware of being rushed, because when given time your feelings are completely reliable and easy to recognize.*

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Easy Tools for integrating your Compassionate Healer into your life:

1. **Place your attention and focus on your heart** when making decisions about people, experiences and opportunities. Really tune into how you are feeling before you allow the opinions of others to get in the way.
2. **The Key Communication Words for Compassionates are Feel and Love.** 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 do I feel?
  - What would love do here?
  - How can I show love to myself and to others?
  - Is this how I feel or someone else's opinion?

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 lot of Self Love** such as visits to the spa, luxury, sleeping in and a good dose of pampering. Equally important is making time to care for yourself and creating a monthly budget for self-care will help you make all of this happen. This kind of self-care can't be seen as a luxury for you as a Compassionate, it really helps you live in your expanded LightPath energy.

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There are three Compassionate SolePaths, the Caretaker, Facilitator and Healer.

### Healer SolePath

As a Compassionate Healer, you care about all living things and have a deep desire to help alleviate pain and suffering and bring wholeness and health to the world. You know how to 'fix' what is broken in our world; once you have decided what it is that you would like to heal – you know how to take the steps to do this. You have a very clear sense of right and wrong, you follow your heart not your head and are willing to make sacrifices for what you believe in.

**Your Core Energy as a Compassionate Healer is: Healing People, Animals or the Planet and Fixing what is Wrong.** 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 Compassionate Healer means choosing what it is that you would like to heal and then taking action towards that. What you 'fix' will be aligned with your personal beliefs and it could involve people, animals or our planet. The interaction that brings you the most joy and peace and a feeling of being on purpose, is connecting with all living things in a loving way.

**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 Compassionate Healer"**

and read just how amazing you really are.

*I respond to the world through my heart. I can trust my feelings. When I identify whether I am feeling 'good' or 'bad', I don't make mistakes. I get into difficulty when I don't trust this and over think, or allow the opinions of others to get in the way.*

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### Who am I?

I am a person who cares deeply about all living things and wants to bring wholeness and health to the world. I have a clear sense of right and wrong and see the world as a positive and wonderful place. My deep commitment to the positive and good is boundless.

I 'fix' what is broken. This can be hard for me at times, as it requires me to notice what is wrong with the world, so that I can get involved in repairing it. It is best (for my sanity!) that I don't get involved in the news media, or others stories about catastrophe.

I am patient and welcome new ideas, but am impatient with routine. I work well alone and I work well with people; I follow my heart not my head when making decisions. I am very unsettled by disharmony in my own life and put a great deal of effort into having things run smoothly.

I admit that sometimes I 'heal' what doesn't need to be healed and need to respect boundaries. This interfering only comes from a real desire to heal – even when self-healing is the appropriate course of action.

### What am I doing here?

My Joy comes from helping to alleviate pain and suffering and bring wholeness and health to all living things.

I am driven by a strong desire to contribute to the welfare of all living things. I make a conscious and deep commitment to the 'good' of the world and am willing to make sacrifices for what I believe in.

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

**HEALER SolePath Characteristics**

Compassionate	Patient
Care deeply about ALL living things	'Fix' what is broken
Strong desire to contribute to welfare of ALL	Open to new ideas
Want to bring health to world	Help alleviate pain and suffering
Follow heart, not head	Work well alone and with others
See world as positive and wonderful place	Bring wholeness and health to all
Deep commitment to 'good'	Conscious and deep commitment to good
Positive person	

**More Easy Tools for integrating your Compassionate Healer into your life:**

1. **I Am statement:** Remind yourself of who you were born to be. State: "I Am a Compassionate Healer".
2. **Core Energy:** Remember your gifts and greatness, which include your Core Energy as a Compassionate Healer: Healing People, Animals or our Planet and Fixing what is Wrong.
3. **On SolePath.org:** Take a look at the LightPath Compassionate Healer summary.