



INSPIRATIONAL

humanitarian

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 hands and your focus on your adrenal glands, which sit on top of your kidneys (middle of your back on either side of your spine). Straighten your spine, then breathe in and breathe out, and express thankfulness for who you are, for your inspiring 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 Inspirational Humanitarian. Here's how it works ... Inspirational is the Category, which is the overall guide to how you interact with the world; Humanitarian is the SolePath, which reveals your gifts and greatness.

Your Inspirational Humanitarian 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 an Inspirational Humanitarian, you are a visual learner who likes to see that you have accomplished something worthwhile. Your most effective learning comes when you apply what you have learned in practical situations, rather than simply the theory. While practically applying this information about your SolePath into your life, remember your real life experiences. Remember those key moments when you have been connected to this Inspirational Humanitarian; and when you have felt disconnected.

It will also be very helpful to not only read about your Inspirational Humanitarian but also to watch the video and listen to the audio on SolePath.org

**SolePath**

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### Inspirational Category

**Inspirational**s are the world's role models. You respond to the world by wanting to fill a perceived need. As an Inspirational, you ask, "What does the world need and how can I provide it?" and "What do you need, and how can I help?"

You have an innate sense of responsibility to yourself, to others and to community, and look at what is needed by both individuals and the group at large. Inspirational SolePaths have the same role as the bones of the body; you provide the structure, the skeleton, the framework for society.

This does not mean that your own needs are lost in your desire to serve, but rather that through your personal learning and experience you feel great empathy with the needs of others and then take action. You inspire us by the way you live your own life and have a great capacity for getting things done to help others.

### **How does knowing that you are an Inspirational 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 Inspirational**s is your ability to See. You can really, really trust your outward seeing. First you identify the need and then you see what needs to be done, you see how you can participate, you see what action must be taken. This Seeing fulfills your desire to serve, to get busy and to make a difference in the world.

**The Key Life Experience for you as an Inspirational** is learning to *Trust your Seeing*. SolePath uncovers the way that your Soul intended to experience this life and as an Inspirational you are learning to trust your sight.

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**Insights into your Inspirational Key life Experience.** You have an outward focus and are learning to be relied upon and to have others look up to you. You are learning to trust your seeing of what needs to be done, and then taking the proper action. You have a clear moral compass and a great sense of right and wrong.

**Easy Tools for integrating your Inspirational Humanitarian into your life:**

1. **Place your attention and focus on your adrenals (middle of your back on either side of your spine) and straighten your spine** when making decisions about people, experiences and opportunities. Really tune into what you are seeing before you allow the opinions of others to get in the way.
  
2. **The Key Communication Words for Inspirationals are See and Look.** 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 see?
  - What would I do if I could see the whole picture?
  - What would change if I looked up?
  - What would happen if I looked ahead?
  - Is this how I see 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 Escape** from people and expectations. It is essential for Inspirationalists to sometimes get away from their responsibilities. This kind of escape can't be seen as a luxury for you as an Inspirationalist, it really helps you live in your expanded LightPath energy. Finding ways to have fun can be a challenge for you as one of the world's responsible role models, but it is vital to your self-care. Go ahead, have some fun, you are safe.

There are four Inspirational SolePaths, the Conformist, Humanitarian, Manager and Teacher.

### Humanitarian SolePath

As an Inspirational Humanitarian the greatest gift that you share with us is your desire to work for the greater good of all. You work tirelessly for the collective good, righting wrongs. You have a great depth of talent and courage and are a team player when working for a cause that meets your personal beliefs. You have a strong sense of duty and responsibility.

**Your Core Energy as an Inspirational Humanitarian is: Fulfilling my Duty and Taking Action.** This Core Energy represents those positive core values deep within you that create an expansion of your energy; that create a positive outcome.

Being an Inspirational Humanitarian means finding a cause and then putting a great deal of effort and time into making a difference. You are an active doer who needs to be getting things done, not sitting around talking about what needs to be done.

**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 an Inspirational Humanitarian"**

and read just how amazing you really are.

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*I respond to the world through my perception of what I think is needed by the group at large. What do you need and how can I help? Inspirational SolePaths have a deep sense of responsibility to the community and are role models for others.*

### **Who am I?**

I am called to leave the world a better place! I am an activist. I see the rights of humanity as a whole, as more important than the rights of the individual and work tirelessly for the collective good. I understand that it is my activity that gives me joy, not my success at righting wrongs; I understand that positive change comes slowly but surely.

I confess to being a complicated character, I have an unusual range and depth of talents and am happy to contribute whatever I can to a cause that I believe in. Once I am committed to a cause I feel great empathy with those who are suffering. I have great courage and when I get emotional, I find it difficult to adopt a measured approach (you may see me in handcuffs until I cool down!).

I am very aware of how others are feeling, but usually bottle up my own feelings. As I immerse myself deeper and deeper in a cause, I sometimes neglect my personal life and those I love. I need to learn to say 'no' to avoid burnout and being taken for granted.

My strong sense of duty and responsibility makes me intolerant of others who I feel are not giving as much as I am to the cause. Perhaps if I loved myself as much as my cause, I would be happier?

### **What am I doing here?**

My Joy comes from taking action to right the wrongs for the collective good. I am combating injustice; I am fighting inequality; I am championing the oppressed; I am defending those groups who can't stand up for themselves.

I have a strong memory for things that are important to the cause. This makes me a great defender of justice as I work tirelessly to create my very clear vision of the way things should be.

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

### HUMANITARIAN SolePath Characteristics

Inspirational	Have great courage
Called to leave the world a better place	Fight inequality
Combat injustice	Aware of how others are feeling
Clear vision of the way things should be	Defend those who can't defend themselves
Needs to be active	Champion the oppressed
Strong memory	Strong sense of duty and responsibility
Unusual range and depth of talents	Work tirelessly for collective good
Happily contribute to a cause I believe in	Take action to right wrongs for collective good
Feel great empathy with those who are suffering	

### More Easy Tools for integrating your Inspirational Humanitarian into your life:

1. **I Am statement:** Remind yourself of who you were born to be. State: "I Am an Inspirational Humanitarian".
2. **Core Energy:** Remember your gifts and greatness, which include your Core Energy as an Inspirational Humanitarian: Fulfilling my Duty and Taking Action.
3. **On SolePath.org:** Take a look at the LightPath Inspirational Humanitarian summary.

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