

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 solar plexus. Breathe in and breathe out, and express thankfulness for who you are, for your intuitive 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 Intuitive Builder. Here's how it works ... Intuitive is the Category, which is the overall guide to how you interact with the world; Builder is the SolePath, which reveals your gifts and greatness.

Your Intuitive Builder 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 Intuitive Builder, your Learning Style is experiential, hands-on and kinesthetic. While processing this information on your SolePath, talk about it with those who knew you as a younger person, those who you work with and those you play with. Remember moments when you have known that you were connected to this Intuitive Builder; and when you have felt disconnected.

It will also be very helpful to not only read about your Intuitive Builder 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
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Intuitive Category

Intuitives are the 'gut' reaction SolePaths. You respond to the world through your body. As an Intuitive, it is important to identify your body's responses; to know whether a particular sensation means go or stop.

Your body keeps you safe with its immediate reaction to people, situations and experiences. Sometimes it is a feeling in the pit of your stomach, it may be tingling or goose bumps. When you clearly identify whether the physical sensation you are feeling is '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 an Intuitive 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 Intuitives is your Body. You can really, really trust your body's immediate reaction. First identify whether your body sensation is a 'yes' or 'no' reaction, and then trust that knowing. Your body reacts immediately and your first response is always the right one.

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

Insights into your Intuitive Key life Experience. Your body wisdom is instantaneous. You know the answer immediately. This immediate body reaction is your access to the Field of Knowledge where all wisdom exists. Your key life experience is learning to trust this immediate knowing, and feeling confident that your first response, your physical response, is always the correct response.

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Easy Tools for integrating your Intuitive Builder into your life:

1. **Place your attention and focus on your solar plexus** when making decisions about people, experiences and opportunities. Really tune into your immediate knowing before you allow the opinions of others to get in the way. This is also a great technique for when you need answers: breathe in, place your hand on your solar plexus, ask your question, breathe out and receive the answer.

2. **The Key Communication Word for Intuitives is Know.** This word helps you to respond to life from your LightPaths, from your place of expanded energy. Here's how you and your loved ones can use this word to engage your LightPath instincts. Ask ...
 - What do I know?
 - If I knew the answer to this, what would it be?
 - What was my first reaction, I know that I can trust that?
 - Is this my knowing or someone else's opinion?

Simply using this LightPath or expanding energy word will put you in your light and help you interact and respond to life in a positive way.

3. **Taking Care of Yourself includes Specialized Help** and it is important to gather the right Practitioners around you to manage your finely tuned guidance system. It is essential for all of us to take care of our bodies with the correct diet, enough sleep and appropriate exercise – but it is vital for Intuitives. Realize that your body is like a Formula One racing car (versus a regular highway vehicle) and understand that it needs special fuel, frequent maintenance and highly trained specialists to help take care of it. And just like the racing car your body demands, craves and needs vigorous exercise. Your gut is sensitive, and a special diet will help, but most importantly when you are experiencing gut discomfort it is probably because you are not paying attention to your intuitive body reactions.

There are four Intuitive SolePaths, the Builder, Creator, Hunter and Solitude.

Builder SolePath

As an Intuitive Builder, you are a practical ideas person. You have an extraordinary ability to see the possibilities, to know the end result and how everything fits together. You form things into something better, you organize and connect. You make things happen. You are a tireless ideas person who is also emotional.

Your Core Energy as an Intuitive Builder is: Seeing Possibilities and Creating Abundance. This Core Energy represents those positive core values deep within you that create an expansion of your energy; that create positive knowing.

Being an Intuitive Builder means finding ways to manifest your ideas and networking and connecting people for shared opportunities. It means understanding that you are an emotional yet loving person who is always on the look out for the next building block; the next piece of your puzzle. Your greatest fulfillment in seeing your ideas become reality is sharing the abundance of wealth and happiness with others.

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 Intuitive Builder”

and read just how amazing you really are.

I respond to the world through my gut feeling. I can trust my physical (visceral) sensation in the pit of my gut. When I follow my gut feeling, I don’t make mistakes. I get into difficulty when I don’t trust this and over think, or allow my heart to get in the way. My gut will let me know if I am not trusting my intuition by manifesting ‘gut’ illness e.g. food allergies, ulcers, constipation, hemorrhoids etc.

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Who am I?

I put the pieces together to create something amazing. I see possibilities; I see how everything fits together to create a great end result; I see the quality of raw material and know where it can be used best; I am an ideas person who sees everyone and everything as part of the cosmic whole.

I am a creative ideas person and I trust my own intuition and instincts above all else. I am a participant in life and fun to be around. I am a gentle, warm person who really cares about others. I will do anything to avoid hurting others – both people and animals. Although I am gentle with others, I seem to be very hard on myself and expect excellence at all times.

I am very intuitive – I know things and am not really sure why or how I know them. I feel a bit of a conflict between my intuition (my knowing) and my need for order and structure in my life. I really like my life to be organized and have routine.

I am a deep, complex person who experiences very high and very low emotions. I am sensitive to conflict and problems, both at home and at work. They make me feel very agitated and if I don't have anyone to talk to, this stress can lead to recurring health problems.

What am I doing here?

My Joy comes from gathering the right parts together and creating the whole; I organize and connect. I make things happen by being a tireless worker and I can fit the role of coach or team player as needed. I am able to see problems clearly and easily and I feel fulfilled when I discover the best way to get things done.

A builder should always take a short pause to enjoy their creations, but needs to remember that their joy is in the building, not in the caretaking. New exciting projects await!

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

BUILDER SolePath Characteristics

Intuitive	Fulfilled by finding the best way to get things done
Put the pieces together to create something amazing	Very intuitive and 'know' things
See possibilities; See how everything fits together	Able to see problems clearly and easily
See quality and uses of raw materials	Joy in the building
Creative ideas person	Coach or team player as needed
Trust own intuition and instincts	Discover the best way to get things done
Participant in life	Make things happen
Fun to be around	Tireless worker
Gentle, warm person	Organize and connect
Avoid hurting people and animals	

More Easy Tools for integrating your Intuitive Builder into your life:

1. **I Am statement:** Remind yourself of who you were born to be. State: "I Am an Intuitive Builder".
2. **Core Energy:** Remember your gifts and greatness, which include your Core Energy as an Intuitive Builder: Seeing Possibilities and Creating Abundance.
3. **On SolePath.org:** Take a look at the LightPath Intuitive Builder summary.