

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 Solitude. Here's how it works ... Intuitive is the Category, which is the overall guide to how you interact with the world; Solitude is the SolePath, which reveals your gifts and greatness.

Your Intuitive Solitude 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 Solitude, 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 Solitude; and when you have felt disconnected.

It will also be very helpful to not only read about your Intuitive Solitude 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)



### 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 Solitude 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.

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

### Solitude SolePath

As an Intuitive Solitude, you have a great imagination and require quiet to manifest your ideas. You are very comfortable and content when you are alone and able to be yourself. You may be a little unconventional and even a little eccentric, you certainly are independent and introspective and are very self motivated.

### **Your Core Energy as an Intuitive Solitude is: Imagination, Quietness and Contentment.**

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 Solitude means that much like Beatrix Potter, you love to retreat into quiet so that you can express and manifest your imagination; and then return to peaceful and loving interactions with others. Your greatest fulfillment is manifesting your imagination.

**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 Solitude"**

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?

Some may call me a loner. I am most comfortable when I am alone. I am self-sufficient, independent, unconventional and perhaps a little eccentric. I don't care about being popular, I feel good about myself just as I am.

I need time alone to connect with my imagination and to some this may seem anti-social. I don't really understand the emotional needs of others and can suffer withdrawal if I don't find time to be by myself.

I must admit that I find most social interactions to be draining and am really unable to bear small talk. I suppose this makes me introverted, but I am not unfriendly. I have a few carefully chosen intimate friends whom I feel confident around and am even quite talkative with.

I sometimes just withdraw from the world. There is nothing wrong with me at these times, I simply need space to rejuvenate and re-connect with my imagination.

### What am I doing here?

My Joy comes from accessing my extraordinary imagination, which is a quiet contributor to society. The only way I can access my imagination is to be alone.

I am self-motivated and introspective. I use my alone time to explore, with my imagination, ideas and thoughts that I am happy to share with others in my own way.

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

### SOLITUDE SolePath Characteristics

Intuitive	Extraordinary imagination
Most comfortable alone	Happy to share ideas and thoughts with others
Self-sufficient	Quiet contributor to society
Independent	Introspective
Feel good about myself	Self motivated
Few carefully chosen close friends	Need time to rejuvenate & re-connect with imagination

### More Easy Tools for integrating your Intuitive Solitude into your life:

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

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