



balance
SPIRITUAL

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 attention and your focus on your third eye (the space between your eyebrows). Breathe in and breathe out, and express thankfulness for who you are, for your connected 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 Spiritual Balance. Here's how it works ... Spiritual is the Category, which is the overall guide to how you interact with the world; Balance is the SolePath, which reveals your gifts and greatness.

Your Spiritual Balance 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 Spiritual Balance, your Learning Style is conceptual, abstract and uses metaphysical impressions. You are a good listener and an auditory learner. While connecting to this information about your SolePath remember your real life experiences around beliefs – religious or spiritual; remember your encounters with 'what others cannot see'; think back on what you did see and feel such as fairies, orbs, coloured shapes. Connect with the moments when you have lived this Spiritual Balance; and when you have not.

It will also be very helpful to create a whole concept around your Spiritual Balance by not only reading the words but also by watching the video and listening 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 www.SolePath.org



Spiritual Category

Spirituals life experience is exploring beliefs and 'what others cannot see' from this physical perspective. To do this, Spirituals NEED to make time to nourish their spiritual connection through meditation and prayer. As a Spiritual SolePath you push the boundaries of metaphysical beliefs, much like the Intellectual SolePaths push the boundaries of logic and knowledge.

As a Spiritual, you can trust your connection. Because you are a spiritual explorer, your beliefs will change over the course of your lifetime. You enjoy the exploration of existing religious and spiritual beliefs as you create your own ideas around faith and the meaning of life.

How does knowing that you are a Spiritual 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 Spirituals is your Connection. You can really, really trust your connection to what you believe in. First you need to make time to connect through prayer or meditation and then trust what you are receiving. Your connection 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 Spiritual is learning to *Trust your Connection*. SolePath uncovers the way that your Soul intended to experience this life and as a Spiritual you are learning to explore and experience the non-physical.

Insights into your Spiritual Key life Experience. You have a preoccupation with what is 'more' than your physical body, with what others cannot see. You can feel confident and safe within the fact that you will never stand still spiritually, and that your beliefs will usually change over the course of your lifetime as you explore what others believe and then decide for yourself. Spiritual children are particularly aware of invisible energy such as fairies, special friends, something in the closet ...

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Easy Tools for integrating your Spiritual Balance into your life:

1. **Place your attention and focus on your third eye (*the space between your eyebrows*)** when making decisions about people, experiences and opportunities. Really tune into what you are 'getting' before you allow the opinions of others to get in the way. This is also a great technique for when you need answers: before you go to sleep, visualize your connection to a higher power, ask your question, receive the answer when you waken.
2. **The Key Communication Words for Spirituals are Connect and Get.** 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 am I getting (from non-physical help) with regard to this situation?
 - Have I made time to connect?
 - Is this the time to connect for guidance?
 - Is this my download from my connection, or the opinion of someone else?

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 good amount of alone time** during which to focus on meditation and prayer. Activities like yoga, Tai Chi and Qi Gong assist with connection. Repetitive hypnotic activities like walking or dancing nourish your Soul. Silent retreats, escape from daily life and vision quests are an valuable part of taking care of yourself as a Spiritual SolePath.

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There are three Spiritual SolePaths, Balance, Mystic and Warrior.

Balance SolePath

As a Spiritual Balance, your gift to the world is showing us how to go with the flow. Your ability to create balance in your own life inspires us to find balance too. You are dependable, stable and love harmony. You have a genuine love of people and are warm, friendly, kind-hearted and generous.

Your Core Energy as a Spiritual Balance is: Going with the Flow and Living with Grace.
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 Spiritual Balance means flowing downstream and not resisting the flow of life. You love harmony and positive environments and know how to create those for yourself and for others. You understand that life can be simple when distractions are eliminated and we are all flowing downstream.

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 Spiritual Balance"

and read just how amazing you really are.

I respond to the world through my connection to that 'bigger' part of me. When I am connected to what I believe in, I can trust that guidance. I get into difficulty when I don't trust my connection and over think, or allow my heart to get in the way. I NEED to make time to nourish my connection.

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Who am I?

I am happiest when I am going with the flow. I am dependable, stable and have great poise. When others look at me, they say "She/he has real class" and I am very proud of that. My greatest gift is that I am able to 'go with the flow' and this makes me confident, content and satisfied with life.

For my peace of mind, I need things to run smoothly both at home and at work. I sometimes go overboard in trying to avoid conflict and forget that you can't always please both sides. I sometimes have difficulty coping when there is too much change in my life. I am a deliberate thinker and change can make me feel stressed and it usually has a physical impact on my body. When I feel stressed I withdraw into myself and need to remember to reach out to others who can help.

I have excellent people skills and a genuine love of other people. I am described me as warm, friendly, kind-hearted and generous. I love beautiful things around me and really appreciate beauty in nature.

I mostly live in the here and now and as I go with the flow, I enjoy everything that I do – my relationships, my home, my job and my community. I feel that it is important to be a 'model citizen', I don't usually rock the boat and like to honour traditions and the law. I have my own clear set of standards and beliefs, but accept the differences of others. I don't make a fuss or invent problems.

What am I doing here?

My Joy comes from going with the flow. As I find balance and equilibrium in my own life, this has a positive influence on others around me. I love harmony and can usually see both sides of an issue as I easily understand another's perspective and feelings. This helps me to easily and competently settle misunderstandings and restore calm. I like to bring others together and gather them around me and am especially fond of children and animals. I am also a great team player and am non-judgmental and relaxed, but do expect others to live honourable lives.

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

BALANCE SolePath Characteristics

Spiritual	Warm, friendly, kind-hearted, generous
Happiest going with the flow	Genuine love of people
Dependable and stable	Love beautiful things
Have great poise	Appreciate beauty in nature
Confident, content, satisfied	Live in the here and now
Need things to run smoothly	Enjoy everything I do
Great team player	Model citizen, don't rock the boat
Especially fond of children and animals	Honour traditions and law
Easily understand another's perspective and feelings	Own clear set of standards and beliefs
Love harmony, bring others together	Accept differences of others, non-judgmental
Excellent people skills	My balance has positive influence on others

More Easy Tools for integrating your Spiritual Balance into your life:

1. **I Am statement:** Remind yourself of who you were born to be. State: "I Am a Spiritual Balance".
2. **Core Energy:** Remember your gifts and greatness, which include your Core Energy as a Spiritual Balance: Going with the Flow and Living with Grace.
3. **On SolePath.org:** Take a look at the LightPath Spiritual Balance summary.

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