

Postscript ~ Living your SolePath

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“I can only be who I am, so what’s the point of playing games any further?
This life is all about purpose; not fear. Worth, not predisposition.”

- Janice Brown

Congratulations! Your world changes in the most magical of ways when you open the library of you, your SolePath. Now what are you going to do with this beautiful knowledge and how do you begin to make sense of everything that’s just been plopped into your lap?

Step back and expand. Step in and move forward. You’ve got all the power in the universe balled up inside of you. Move this new knowledge around a bit. Shake it off. Step in a new direction from time to time. You’re going to expand in this simple act of discovery about You. Be patient, take your time, do your study, ask for help, receive guidance, and remember that walking the path to purpose and a beautiful life looks different for you and me.

The true beauty and value of knowing your unique SolePath braid is that it is like laying a specially designed roadmap and compass as an overlay of your life. If you are looking at all the directions you could possibly go or move at any given moment on any given day, you can know that your SolePath is the reliable guide to your next best step. The most powerful tool to offer you direction to experience fulfillment and purpose. It’s a fast-forward of sorts, for your benefit and for your delight.

Your LightPaths provide the direction for your life’s purpose. Your DarkPath uncovers your life’s lessons. You could imagine that there is some hint of you in every SolePath description, but your uniqueness, your brilliance, the vital essence of who you are, is all found in your own personal, unique SolePath.

Understandings and Take-a-Ways

Let's look at some fundamental understandings about your day-to-day experiences.

Understanding No 1: Emotional awareness.

Anytime you are feeling good, experiencing positive emotion, thought or belief, you are in expanding energy, your LightPaths.

Anytime you experience negative emotion, thought or belief, you are in collapsing energy, your DarkPath. At this point, you may become consciously aware that there is a choice you can make to feel better. To choose towards expansion or to remain collapsed is also a choice.

These are simple statements but not necessarily easy in fulfillment. So, it's important to stay gentle with yourself.

Take-a-way No. 1: You can pivot.

You can pivot towards a better feeling, a different experience. This is simple awareness of understanding emotion, behaviour or thought. Generally, any experience that brings the experience of relief is always an improvement. You don't need to be experiencing joy, elation or exuberance. Relief is enough. Relief is powerful.

Understanding No. 2: Knowing your SolePath.

Knowing your SolePath helps you fine-tune your experience. Your Category and SolePath understandings let you know your most powerful trigger and your most powerful tools to reach for expansion. There are different tools for every SolePath.

Take-a-way No. 2: The Tools are Specific to You.

There is a way through every experience and event in your life that is powerfully supported through the understanding of your LightPaths. All the tools in SolePath are specific to you and you, alone. Over time you'll begin to see how your SolePath braid entwines and really supports your life.

Understanding No. 3: This is not a crash course.

SolePath is your Spirituality Personality Profile. It is with you your entire life. Take time to play and explore and be curious because you are perfect and who you are is exactly who you need to be.

Take-a-way No. 3: Help is available.

Come back to read your SolePath information from time to time, because your understanding will expand as you continue to move through your life on a daily basis.

What do you say to yourself when you collapse and go dark? Be gentle with yourself. You are going to be learning, navigating and understanding these fine points of your own behavioural process and personal needs for your whole life.

You could become the observer of your emotions, rather than diving into the muck. How about trying one of these statements when you find yourself getting heavy:

- *Wow, isn't that curious?*
- *Interesting!*
- *Not today, today I'm choosing another direction.*
- *Oh, there you are. Time to pivot...*

And if you'd like help with your SolePath understanding, we have some incredible people to guide you, ask the right questions and teach.

Understanding No. 4: Your only goal, is feeling better.

Feeling better means you have made a positive energetic shift towards your LightPaths and an expanding point of view. Really, you can only deeply know the difference by feel. You get faster at recognizing this. Still, you will find that you keep tripping over the same things and now that you see it and know what it is, it can sometimes be an opportunity to be hard on yourself. You may ask yourself questions like: Am I failing at life if I still have bad days? Stub my toe? Think that guy is a crappy driver? Want to swear at someone under my breath (or out loud)?

Take-a-way No. 4: Remember your LightPath Tools.

Knowing your SolePath doesn't stop challenging times from being part of your life experience. It gives you a sure and steady foothold to move forward in a way that will help you experience moments of joy and purpose more deeply on a regular basis. It gives you the tools you need for every experience. If you are struggling, the sure way to finding success and a higher level of fulfillment is always, always, always answered in the understanding of your LightPaths and your DarkPath.

The Categories

Let's look at the overall shape of the SolePath information first. This will organize the material and give you a place to hang the different understandings about the six categories.

A few distinctions. A category is an overarching experience common to all people within that category. You might hear "SolePath-ers," saying "He's an Intellectual, or she's a Compassionate." Does that mean that's the only way they are? Or that if you aren't one of those categories, you can't experience intellect or compassion? No. It means that the people with these categories, use their intellect and compassion in the way they experience life, in the way that they navigate toward their purpose.

Everyone can be compassionate and experience compassion. However, if it is your category, you are Compassionate (capital C). It is an aspect of your metaphysical DNA, not only experienced by you as a virtue or an emotion.

Your SolePath Braid

Remember, there are three SolePaths in a SolePath braid. So, the number of categories you can have is variable. You can have one or two or three categories. We call these doubles, triples and many's.

If all three SolePath strands have a common category, we call that a triple. For example, a triple Spiritual is a person who has both LightPaths and their DarkPath in the Spiritual category. If a person has two paths within a common category, they are called a double. For example, I am a double Intellectual with a path in the light and a path in the dark. A double could also have two LightPaths in the same category. And finally, there are the many's, the many's have a different category for each path. Dr. Debra for example, has three categories: Inspirational, Spiritual and Compassionate.

Many's (3 different Categories)

Those with many categories have a broad spectrum of experience. It means that each path of their SolePath braid has a different category. Their experience is spacious and open. It is a broad spectrum.

The SolePaths in a broad spectrum of categories are the souls who wish to progress through the joy and evolution of the soul at will. In terms of categories, it is a very graceful path of experience. It is unwinding into the being of an experience with a wholehearted desire to know and understand from many different levels and platforms.

In many ways, this braid is a path of comfort and ease, there is more allowance of what may be. There is also an undercurrent of ‘oh, isn’t that interesting’ in the life of these souls. These souls are the change makers on a level because there is no discomfort in the exploration of a different level of consciousness. There is an aspect of the self in these souls that is open to the larger more explorative view of the world. They are the ones who wonder ‘what may be’ and ‘isn’t it so’?

They are at peace and comfortable with change. Change is a requirement of living, and the perspectives of many paths and categories bring allowance and permission, forgiveness, and distancing. These people can distract themselves from the very thing that is being focused upon through another path. This allows an aspect of the self to carry forward in high regard while the other aspects are off doing something else, not interfering in the makings of the day.

This is a highly tuned creative quality that brings to the table so many delightful aspects that all the world seems an enchanting exploration. This is not a fracturing of the psyche, this is an emboldening of the psyche, a reinforcement of the process through the combination of different threads that bind tight instead of weakening; many twines make a strong thread. Many twines can take force and exertion from many directions. There are innate self-preservation skills in all paths and when one falls, another is there to back you up. This is the case with those people who have many category paths.

Doubles: A Light and a Dark

There are two kinds of doubles: doubles in the light with both LightPaths having a common category or doubles with one path in the light and one path in the dark.

Double metaphysical DNA with a path in the light and the dark, brings fullness of experience to the opportunity for growth. Different paths in the same category in the dark and the light hold tremendous opportunities for the growth and evolution of the soul. The evolution of the soul is most active when there are multiple opportunities to make a choice toward the light. There is a reasoning and a rationale that can only be explained in terms of those who can experience this fully. There is the decided desire to just let things be and not bother, while at the same time the inquisitive desire to know, ‘What if?’. What if I tried instead of gave up? What if I turned a new leaf? What if I took a chance that I haven’t taken before?

It is the ultimate pro and con scenario. There is the probing and deep questioning of all that occurs from all aspects and there is the surrender to the light for it is a more compelling draw, while there is an acute awareness of the dark. The dark and the light provide a unique perspective regarding the experience of deep knowing and understanding.

At some level there is a forgiveness of the dark because it doesn't know how to see any other way; on the flip side, there is a welcoming of the light. The light always shines brightly upon the shadow of the dark and this experience emboldens the light in both aspects of the particular category. This is really powerful stuff.

The shining of a light on the dark is easier to do when you are a double and have a category both in the light and the dark, than it is for an opposing natural view of another category. When you can see both the dark and the light of a category you hold a clear vision that is in the wholeness of an experience.

It is the nature of all things to see themselves in a complete form, and to view the light and dark of the self in unison is the truly remarkable aspect of the SolePath of those who are sharing a category path in the dark and the light. It is a well-rounded full-scope view.

Doubles in the Light

Doubles in the light, have an expression of being that is tremendously purposeful. There is a sense of obligation to become who you are and let that be the guiding force of your life. There can't really be another way. The only way forward is through the path of your light and your light always prevails. It means you will feel purposefully aligned each and every time you are in your light.

So, this is the unique blessing of being a double in the light, that you will always feel a profound certainty in your ability to step forward with confidence and wisdom. There is no competition in your field of view vying for your attention. Your purpose is aligned with your wisdom and that's all there is to it.

Triples

These are determined souls with a clear mandate for evolution in a particular aspect of their beingness and soul growth. There are many who come as triples for the speed and resonant success they can know in a particular category, it is a fast track of sorts. A complete understanding of the self in terms of a very specific set of parameters. It's a bit like doing a Master's or a Ph.D. in a certain aspect of consciousness.

- **Triple Charismatics** – are soloists, whose lives are complicated by the need for support from others.
- **Triple Compassionates** – are completely led by their heart, have deep emotional frontiers.
- **Triple Inspirationalists** – are completely bound to a life of active duty and service.
- **Triple Intellectuals** – complete their cycle of worth through inquiry, questioning, research and study.
- **Triple Intuitives** – are going to be demonstrative, vital and purposeful. They need space to be who they are.
- **Triple Spirituals** – recognize the world that exists within their own spectrum of belief.

Triples are highly focused on their course of action and potential outcomes. There is the opportunity to know the self deeply, the same way you can feel your family in the room. There is a familiarity that comes with the triple SolePath category that can only be known through the complete immersion of self in a worldview.

There is an identifying process that exists for the soul that becomes innate to the understanding of the being, through the expression of the self with one particular category. A conviction and clarity that is quite precise. A knowing and an understanding at a different level of perspective and to a degree, one-sidedness.

There is an evolution of the soul in a particular aspect and nature that can become quite overwhelming for the lessons, come and they come, and they come. There is no break from a thought process or a way of being. There is in a sense, 'only this'. There is a way to know the self that assures the soul that it will have mastery at a faster rate than any other way.

The LightPaths

Purposeful action for the different SolePaths

Let's take a look at purposeful actions for the LightPaths in the different categories. These become extremely powerful tools when you are in alignment with the truth of who you are.

Charismatics

Charismatic Adventurer

As a Charismatic Adventurer, your drive to purpose is a deep inner determination to combine light with hope. You are willing to move forward, are unafraid of work and have complicated feelings.

Your core energy is loving the new and being at the cutting edge; you live a beautiful life by worshipping the wonder of it all.

Charismatic Gladiator

As a Charismatic Gladiator, your deep drive to purpose is an inner drive to succeed in every task and undertaking. There is no place where you are not willing to go, to attend to the needs of the one you are in service to.

Your core energy is winning, excellence and raising the bar; you live a beautiful life by completing the task at hand and moving forward every single time.

Charismatic Influencer

As a Charismatic Influencer, your deep drive to purpose is moving the world forward through an uncertain time. You can always see what needs to be done and how to get there, you move with purpose, and you are restored.

Your core energy is encouraging, collaborating and influencing for the greater good; you live a beautiful life by contributing to the light through a powerful force field of energy called your way.

Charismatic Leader

As a Charismatic Leader, your deep drive to purpose is to come forward so others may see the way.

Your core energy is leading others, sparkle and charisma, you live a beautiful life by being in congruence with your high worth. You will always lead toward the light.

Charismatic Performer

As a Charismatic Performer, your deep drive to purpose is to be the light for all the world to see.

Your core energy is performing and entertaining; you live a beautiful life by showing others how to live with flare.

Compassionates

Compassionate Caretaker

As a Compassionate Caretaker, your deep drive to purpose is moving through the world in a pleasing way that aligns with the truth of your inner caring nature. As you align with this, your purpose reveals itself to you in simple and transformative ways.

Your core energy is feeling compassion and loving people; you live a beautiful life by being in loving expansion.

Compassionate Facilitator

As a Compassionate Facilitator, your deep drive to purpose is being the one who holds the family in high regard. The one who carries a torch for all those you love and care for. You contribute great wealth and knowledge to all who are in your sphere.

Your core energy is a desire to be of service and love of your community, you live a beautiful life by being in rhythm with the needs of those around you and perceptively allowing what needs to be.

Compassionate Healer

As a Compassionate Healer, your deep drive to purpose is coming to an agreement with a way of being that allows you to be in service and contribution through your own heart.

Your core energy as a Compassionate Healer is healing people, animals or the planet; fixing what is wrong. You live a beautiful life by being in rhythm with the seasons and knowing what is in need of your healing ways.

Inspirational

Inspirational Conformist

As an Inspirational Conformist, your deep drive to purpose is seeing the order that you are to follow to create the most powerful life force possible.

Your core energy is valuing tradition and cultivating order; you live a beautiful life by being at ease with who you are.

Inspirational Humanitarian

As an Inspirational Humanitarian, your deep drive to purpose is setting forth on your mission, fulfillment of an outer purpose. You are not dissuaded by complications and always contribute your worth to those in need.

Your core energy is fulfilling your duty and taking action; you live a beautiful life by being in service to the light you see within the whole.

Inspirational Manager

As an Inspirational Manager, your deep drive to purpose is to see the tasks before you that others can't see need to be done.

Your core energy is implementation and accomplishment; you live a beautiful life by being the one who knows what to do.

Inspirational Teacher

As an Inspirational Teacher, your deep drive to purpose is authenticating what has been understood and collaborating with others in fulfillment.

Your core energy is being an inspiring and talented communicator; you live a beautiful life by being in alliance with some of the highest-level understandings of consciousness that exist.

Intellectuals

Intellectual Controller

As an Intellectual Controller, your deep drive to purpose is to see the world in a new way, to show who you are through your reliable means and to acquiesce to new thoughts.

Your core energy is establishing structure and the vision to see the future, you live a beautiful life by being who you are without compromise.

Intellectual Expert

As an Intellectual Expert, your deep drive to purpose is a contribution to all understandings, to point the way in a new direction of comprehension.

Your core energy is a desire to acquire knowledge and specialize in one or two fields, you live a beautiful life by remembering who you are in the grand scheme of things.

Intellectual Lateral Thinker

As an Intellectual Lateral Thinker, your deep drive to purpose is reconfiguring the data in the mind field, you must see your purpose to see your worth and once that is done, you see everything as it should be.

Your core energy is innovative thinking and original ideas; you live a beautiful life by coming to an agreement with yourself that there can be another way, a better way.

Intuitives

Intuitive Builder

As an Intuitive Builder, your drive to purpose is to concentrate on the need of the moment and see the rich resources of potential that will come to be in alignment with your purposeful goal.

Your core energy is seeing possibilities and creating abundance; you live a beautiful life and create your world by aligning the building blocks.

Intuitive Creator

As an Intuitive Creator, your deep drive to purpose is compelling the beauty of the universal sphere to the forefront of all that you see.

Your core energy is creating beauty and manifesting ideas, you live a beautiful life by being the catalyst and also the witness to that which is beautiful.

Intuitive Hunter

As an Intuitive Hunter your deep drive to purpose is always going to be coming to know the truth of who you are. You can only see the truth of who you are when you are in service to the light, and seek many opportunities to know yourself through the opportunities the world provides.

Your core energy is seeking truth and answers and being generous; you live a beautiful life by being who you are.

Intuitive Solitude

As an Intuitive Solitude, your deep drive to purpose is seeing what must be done in the most wonderful and enchanting way possible. You need time, you need space, and you need the support of loved ones.

Your core energy is imagination, quietness, and contentment; you live a beautiful life by being in sync with your softness and with who you are.

Spirituals

Spiritual Balance

As a Spiritual Balance, your drive to purpose is purposeful ease. You know no haste, you complete the cycle of worth, and you are always hopeful and always present. You are responsible to self and keep the home fires burning.

Your core energy is going with the flow and living with grace; in humbleness and with your beingness, you live a beautiful life.

Spiritual Mystic

As a Spiritual Mystic, your deep drive to purpose is to connect with divine light and be an expression of your one true nature.

Your core energy is spirituality and connection; you live a beautiful life by being in service to divine light.

Spiritual Warrior

As a Spiritual Warrior, your deep drive to purpose is the fulfillment of an inner purpose, you have a relentless sense of duty and responsibility to your cause.

Your core energy is psychic ability, integrity and dedication; you live a beautiful life by fulfilling your deepest need, reunion with your one true need.

The DarkPath

What about Purposeful Action and your DarkPath?

The purposeful action of a DarkPath can be understood as a step forward. A way to anchor into a new experience without abiding in energetic collapse. Here are some examples of the DarkPath intentions as they relate to their higher energetic, their higher selves. These mechanisms are vital, understand them as a powerful choice point. You will find that feelings of doubt, which you may experience from time to time, simply wash away under the right circumstances and these choice points are the secret to being in the highest accord.

Dark Charismatics

The **dark Charismatic Adventurer** needs to walk through life in anticipation of the next move.

The **dark Charismatic Gladiator** needs to hold the torch high and light the way for others.

The **dark Charismatic Influencer** needs to contemplate the importance of their work.

The **dark Charismatic Leader** needs to go where others are afraid to lead.

The **dark Charismatic Performer** needs to tell the story of their life to a crowd.

Dark Compassionates

The **dark Compassionate Caretaker** needs to be a friend.

The **dark Compassionate Facilitator** needs to go where they are called to go without an expectation that they are following orders.

The **dark Compassionate Healer** must oblige their need by taking a rhythm break from their perpetual motion towards serving others.

Dark Inspirational

The **dark Inspirational Conformist** needs a new set of rules to order.

The **dark Inspirational Humanitarian** needs to let go of world events and focus on the family.

The **dark Inspirational Manager** needs to focus on managing their life.

The **dark Inspirational Teacher** needs to communicate the next step.

Dark Intellectuals

The **dark Intellectual Controller** needs a reason to feel in service to their visionary purpose.

The **dark Intellectual Expert** needs to complete the cycle of worth.

The **dark Intellectual Lateral Thinker** needs to change their mind.

Dark Intuitives

The **dark Intuitive Builder** needs to find an inventive rhythm.

The **dark Intuitive Creator** needs to find peace.

The **dark Intuitive Hunter** needs to go out of their way for someone else.

The **dark Intuitive Solitude** needs to bring magic into their life.

Dark Spirituals

The **dark Spiritual Balance** needs to align with purpose.

The **dark Spiritual Mystic** needs to come to a new understanding of self.

The **dark Spiritual Warrior** needs to let go of small expectations.

Experiencing your Life

When days are hard—remember this:

Do you know you do not go through one moment of your day without being fully in expression of your SolePath? You can thank your deepest self for your most powerful yearning and your questionable tastes. These are the simple preferences of your SolePath, either your LightPaths or your DarkPath.

The times you thought you were at your worst, were the very times that help you grow into being who you are. The real work of SolePath is knowing who you are.

'Who will you be in every set of circumstances?', is the question SolePath is asking of you. You can be victorious if only you know how to respond through your LightPaths. You can be triumphant instead of a narrow-minded so-and-so, if you know how to flip the switch of your DarkPath. That is what we are showing you; how to use the map of your SolePath and never get stuck or lost in that same old place again.

Does that mean that you're never going to feel stuck or lost again, maybe even frequently? No. Understand that it is so familiar, you know it so well, that it's comfortable and even inviting. As you allow who you are to unfold in a different set of circumstances, you are given new opportunities to know the brightest and best version of yourself.

Know yourself, know who you are and in that simple discovery you will light the way forward every single time. You can. You will. You may.

What does your life look like?

Look at this information frankly and with a sense of earnestness about yourself and your life experience. If your life has become small around you, know that you are safe to explore in new ways. Try laughter, and maybe enjoy the sense of freedom that breathing a little bit easier gives you. Ease the weight of the experiences of your life, let the light shine in. We are complex beings and once you see how complex you really are, you'll lighten up a lot.

You have every tool you'll ever need; all the clues are in your SolePath. Maybe you didn't understand the process you were participating in, but once you see it, you'll know it. And that is the path to purpose and a beautiful life every single time. EVERY. SINGLE. TIME.

So, let's move forward even one iota more today and one iota tomorrow and before you know it, you'll be inching your way forward into a whole new experience of life. And that's what we want you to do with this book. Look at how you are living and know that it can be freer. Fresher. Brighter. More purposeful.

And then you'll see that you are quite possibly and quite realistically the most incredible and interesting person you have ever known.

And that's going to set you up for some hard times with some old ways, but you can be gentle about that too. You're starting to see the many different directions you can move forward in and that just feels like relief. And you know you can only do one thing at a time, so why not make it a fresh new experience for yourself? You deserve that. You desire that. So, tune in. And turn on to yourself.

There's no time like the present...no time at all. Just save your worries for another day and check this book out instead; what's the antidote for you and only you, when you're feeling stuck? You can pivot or you can spin. What's it going to be? Light or dark, or maybe you're having a zebra sort of day, just move it along a single notch and you'll find improvement. That's all you need to do. Discern a micromillimeter of a change in perception and you're on your way.

It's worth knowing who you are, more than any other piece of information on earth. And this you'll find to be true, no matter what. It's a certainty. It is a truth beyond reason and that's a pretty fine thing. You are perfect already, and maybe finally, through your SolePath you'll really see why.

~ We are Complete.

With love for you and all that you are,

Janice