



# SOLEPATH

## Your Spiritual Personality Profile

### **What is SolePath?**

There is a part you are to play that no one else can play;  
a life you are to live that no one else can live.

Find your way if you are feeling lost or stuck. Walk away from stress and anxiety. Leave behind your doubts and fears. Release the struggle and relieve your exhaustion by flowing downstream.

SolePath provides the ultimate in self-awareness, it connects you to your gifts and greatness as you walk your path to purpose and a happy, beautiful life.

Everyone is born with a SolePath. 'Sole' because it is solely about you. 'Path' because it guides you on your life's journey. It is your unique, individual Spiritual Personality Profile.

"SolePath is who you are born to be. It is your guide to a beautiful life, filled with happiness, peace, joy, love, purpose and meaning. When you know your SolePath, you can navigate the pitfalls; those things that trip you up in your life and connect with your unique, personal, individual gifts and greatness."

*~ SolePath the path to purpose and a beautiful life, Dr. Debra Ford Msc.D, p 22*

## **What is a Spiritual Personality Profile?**

Personality is often described as the automatic pilot that affects your inner world and your outer world. It governs both your thoughts and emotions and determines the choices that impact your life's direction. Personality determines the predictable patterns that drive the way you live your life.

Knowing your SolePath is a shortcut to finding yourself and discovering your purpose. SolePath drives your passion and is the authentic representative of your spirit. It shows you your soul's intention for your lifetime, and how you planned to experience your life.

Metaphysically, when you know your SolePath, you connect your inner and outer worlds, your physical world with the intangible world. This triggers an experience of living the Tao or living the will of God.

“Your SolePath is imprinted on your subconscious. Your behaviour and your beliefs are all a sub-conscious response to what is going on around you and this response to life is governed by your SolePath imprint. SolePath is the reason you behave the way that you do; it governs your behaviour and regulates your response to everything that impacts your life.”

*~ SolePath the path to purpose and a beautiful life, Dr. Debra Ford Msc.D, p 23*

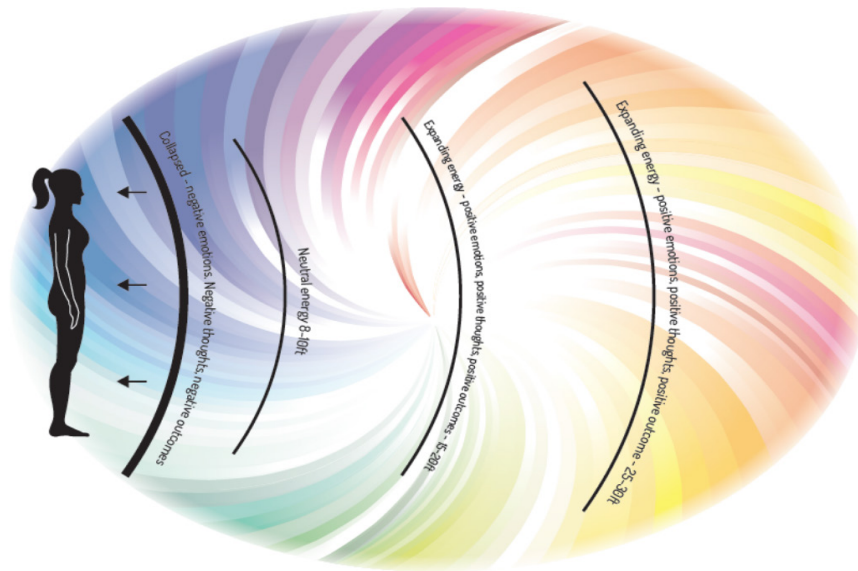
SolePath provides support and guidance, helping you find purpose, create positive change in your life, be a better parent, enjoy happier relationships, acquire the best career and more.

## **What is your SolePath braid?**

Your SolePath is a braid of two LightPaths and one DarkPath. The LightPaths are expanding energy and the DarkPath is collapsing energy.

You have two LightPaths, a Progression LightPath and a Joyful LightPath. In energetic measuring, your Joyful LightPath is the most expanding, but both keep you in a good place with positive and happy emotions.

## SolePath Energy Field



The energy of your DarkPath is collapsing, which causes negative and unhappy emotions. In fact, every positive emotion is an indication that you are experiencing your LightPaths; every negative emotion indicates that you are engaging in the situation from your DarkPath. The key to a happy life is recognizing your DarkPath and then choosing your LightPaths.

“Knowing your LightPaths and your DarkPath provides you with the path to purpose... In every moment, with every new experience, interacting with others, you have a choice of how you will respond. Will you choose to live your LightPaths or your DarkPath and what are the consequences of that choice?”

~ *SolePath the path to purpose and a beautiful life, excerpts p. 32*

## How do we determine your SolePath?

Everything is energy.

At the SolePath Institute, we measure your energetic vibration and give you your best life hack ever, your SolePath.

Your SolePath is assessed using copper dowsing rods to measure your energetic vibration. Your photograph, date of birth and full name are used as energetic anchors for the measurement. Once completed, your SolePath is filed and stored in the SolePath Institute Library of Records. This is the only official record of SolePaths.

Discover your SolePath at [www.solepathinstitute.org](http://www.solepathinstitute.org).

## Paths and Categories

“There are 22 SolePaths, divided into 6 categories. Both your LightPaths and your DarkPath each belong to a category and these categories are the group classifications, which are the overall guides to how you interact with the world.”

*~ SolePath the path to purpose and a beautiful life, Dr. Debra Ford Msc.D, p 45*

Each of the 22 SolePaths manifests as a light, expanding behaviour or as a dark, collapsing behaviour.

The 6 SolePath categories are: **Charismatic, Compassionate, Inspirational, Intellectual, Intuitive** and **Spiritual**. Paths within a category share energy and characteristics that are common to the category, and then have further distinguishing characteristics that make each path unique.

## What is a LightPath?

“LightPaths are a place of expanding energy and when you live your life from this place of expanding energy you find joy, health, love, happiness and meaning. Your LightPaths connect you with your gifts and greatness so that you can live with purpose and learn how you can serve to make a difference in the world.”

*~ SolePath the path to purpose and a beautiful life, Dr. Debra Ford Msc.D, p 23*

There are three words that define your LightPaths, and these are **gifts**, **greatness**, and **purpose**. LightPath gifts are those things that you give to the world, your contribution to your family and your community. LightPath greatness is your inner confidence and self-worth. And all of the secrets to your life's purpose are found in your LightPaths.

When you live in your LightPaths, you are connected to your wisdom, putting yourself in a position to live a beautiful life filled with happiness and purpose.

LightPaths are where you feel positive emotions, when you are in the flow, flowing downstream, and life just feels easier. Your LightPaths are the source of health—your mental, physical, and spiritual health.

When you know your SolePath, you can be who you dreamed you'd be and who the world needs you to be.

## What is a DarkPath?

“Your DarkPath is a place of collapsing energy and harbours the skills that cause your energetic collapse. When you live your life from this place of collapsing energy, life is a challenge.”

*~ SolePath the path to purpose and a beautiful life, Dr. Debra Ford Msc.D, p 23*

Psychologically, your DarkPath could be described as your ego, which sets you apart from other human beings. Your ego is your individuality, and it is both light and dark. It could just as easily be the centre of your negative self-centredness, as it could be your centre of positive humanity. Your DarkPath is your core innate ego. Because it is such an intrinsic part of you, you may not always recognize it as detrimental, but it leads to negative consequences.

Metaphysically, your DarkPath is understood to be a mastered skill from a previous lifetime. It is something you have experienced before, you have completed the lessons, and now you bring this skill into this lifetime. Your DarkPath is something you are very familiar with that has a 'been there, done that' energy about it, and often feels unfulfilling and frustrating. Your DarkPath provides a familiar foundation in your life, but it contains none of the excitement and purpose of your LightPaths. LightPaths may seem less familiar but are certainly more breathtaking.

Your DarkPath is where you feel stuck, and life is difficult as if you are struggling upstream. Your DarkPath is the primary cause of your mental and physical disease and spiritual disconnection.

## The Tao of SolePath – Walking your Path

The Tao, loosely translated, means your path or life’s journey and is experienced by all.

*The key understandings of the Tao are:*

- **Connection** – between us all and also with everything
- **Balance** – when one part is out of balance, all parts are affected
- **Flow** – non-resistance to what is going on around you

“The Tao is accepting that you are here on Earth for the evolution of your soul and that this is accomplished through experiencing negative collapsing energy (your DarkPath) and then choosing positive expanding energy (your LightPaths).”

*~ Daily Pulse the rhythm of the Tao, Dr. Debra Ford Msc.D, p 14*

SolePath is always only about you as an individual finding your way and walking your path to purpose and a happy, beautiful life. SolePath is your navigation on your life’s journey. LightPaths are what you are moving towards, and DarkPath is what you are moving away from.

LightPaths sometimes take you out of your comfort zone, yet both your Progression and Joyful LightPath are ultimately so joyful, fulfilling, and exciting.

Your DarkPath facilitates your personal growth, soul expansion and evolution. From your DarkPath, you experience struggle, anxiety, pain, sadness, and sorrow in life. And this is how you grow—through experiencing the negative energetic collapse of your DarkPath and then choosing the positive energetic expansion of your LightPaths.

Knowing your SolePath defines what it is you are stepping away from and the direction you are reaching for. The key to a happy life is recognizing your DarkPath and then choosing your LightPaths.

Just like your ego, there is both a shadow or dark side of your DarkPath, as well as a light side. You are just as likely to connect with the LightPath characteristics of the path. DarkPaths are a continuum, and as you learn about your DarkPath some parts you might recognize and assess as foundational in your life, some as ‘not too bad’ but still requiring work, and others you might view as wacko, cuckoo, even sociopathic tendencies.

The DarkPath description gives you the full picture, but you won’t necessarily be this person. Be aware of those things that occur regularly that you need to work on, and focus on these. DarkPath awareness is a powerful tool, and this is where the magical growth in life occurs.

