

# Soul Discovery Reading

*Effective Tools for Self-Understanding*



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## SOUL — Your Deepest Inner Nature, The True You

Your SOUL is the deepest, innermost part of you — your magnificent essence. This is an eternal, persistent aspect of you that moves from lifetime to lifetime, gathering knowledge and experience in order to evolve.

Your SOUL has certain qualities that act as a master plan for who you are and how you see the world. These persistent soul qualities flow with you into every lifetime and act as the foundation for your identity.

### Universal Archetypal Soul Role

Before you were born, you chose the role you wished to assume — your blueprint for who you are — which includes your strengths, weaknesses, and how you show up in the world.

Your Soul Role persists across all your lifetimes. It is who you are at your deepest level.

Not only does your Soul Role define who you are and how you show up in the world, but it also impacts how other people see you and treat you. It gives you your primary personality characteristics and acts as your main filter through which you view the world.

There are seven Soul Roles: King, Priest, Sage, Scholar, Warrior, Artisan, and Server.

Each Soul Role serves the world in a unique way, contributing to the world from its perspective. Every Soul Role has a particular archetypal quality and brings with it a set of attributes and/or abilities.

You have a Primary Soul Role and a Secondary Soul Role. Both influence you. Your Primary Soul Role is who you are on a soul level without any of the

**ROLE and gender.** Although some Soul Roles gravitate toward a particular gender, people of any gender may be any Soul Role. All souls choose lifetimes of different genders in order to experience the fullness of life.

### Soul Role: Priest/Priestess

the inspirers of the world

The mission of the Priest is to make the world a better place. They inspire us to be better and are always concerned with the greater good. The Priest has a higher calling, a quest to manifest greatness for the world, and enthusiastically challenges us to seek fulfillment in our lives.

Priests are natural healers and skillfully channel universal life force energy. They are highly empathic and take on the world's pain as their own, which can become a huge burden of responsibility if not managed well.

Priests live for truth and to help others on a large scale. They intuitively know what needs to be corrected in the world and will not rest until it is complete.

The Priest's enthusiasm can be off-putting if they don't know when to stop offering helpful advice or information — not everyone wants or needs fixing. Priests can come across as preachy instead of inspiring. They have a strong sense of morality, which can be seen by some as righteousness.

Common occupations for Priests:

Politician, activist, documentary filmmaker, healer/doctor

As a Priest, you are highly concerned with the state of the planet and of its individuals. You maintain awareness of humanity's aggregate quality of life, and this disturbs you greatly. You do not believe you nor anyone possesses significant enough power with which to create the changes you know deep in your soul are necessary to save us. This haunts your dreams and informs your daily actions, even though you are unaware of its influence on you. When you interact with others, especially those whom you do not know well, your words and body language telegraph your desire that people become aware of the state of the planet and begin to do things to change it.

Your ability to tap into Source energy and the collective consciousness of both humanity and Gaia are relatively strong, although you have not yet chosen to learn to harness and manage it. Because of this, it often overwhelms you. The periods you experience of long, drawn-out sobbing and general listlessness/tiredness are indicative of the burden this ability presently presents for you. You receive more energy than you currently are able to process and deal with. You would do well to learn energy techniques from a master, as well as ways to channel this energy into words and actions that you could share with others.

Your Priest energy makes you stand out in a crowd, although you mostly would prefer to blend in. As a Priest, you have a vested interest in improving humanity, and that makes you shine more brightly than many.

## Secondary Soul Role: Warrior

the protectors of the world

Warriors are the protectors of the world. The world no longer needs Warriors as fighters so the Warrior must channel energy in a way other than fighting. They are naturally competitive and tend to be accomplishment-oriented.

Warriors are skilled at assembling groups and communities. In the old days this skill was used to gather people to serve a King. Nowadays the Warrior uses this skill in occupations such as in business or law enforcement.

Warriors love to serve a King and often will relocate near one, unknowingly, just sensing that they are needed in that new place. They serve and protect the idea that humans must connect within community and to the earth, and as such make powerful stewards of nature.

Warriors are focused and purposeful. Others often experience them as hard. They are fierce protectors, the quintessential Mama Bear. They tend to be no-nonsense individuals, focusing on the task at hand.

Common occupations for Warriors:

law enforcement, business, athletics, military, sales, pilot, lawyer, zookeeper

Your Warrior-ness is the energy that most people see/feel/notice when they first meet you. It has become your outer protective shell, in a way. Your comfort zone. It is what others largely expect and what you project.

Warrior energy, for you, is a combination of fierce loyalty, nurturing, and defending your family and others whom you view as needing your protection. If you could, you would make the entire world your family — except for those who don't deserve it, in your view, as you are also fierce about your expectations for others. You work well in teams with others, to a point. Because of your other Soul & Personality Traits that point you to competent leadership, you are often rightly critical of poor leadership and poorly-connected group teams. However, the IDEA of teamwork delights you. In practice, not so much.

Most other people respond well and easily to your Warrior nature. You project it efficiently and strongly. Today's Western culture responds well to Warrior energy, so your projection of it is well met. It also contributes well to the overall "Warriorization" of today's Western culture. It is as if

you speak the same language everyone else does, which makes things go understandably more efficiently and comfortably. However, because there is this heavy emphasis on Warrior energy, other people do not often see your other sides.

Be aware that Warrior energy is not inherently forceful, strident, or harsh. These are cultural stereotypes. Your brand of Warrior is softness over steel.

## **Soul Perspective**

As a soul, you evolve through five distinct stages, or Perspectives, as you travel through your lifetimes. Each Perspective has a particular set of values and specific learning experiences, and each Perspective may take many lifetimes to complete.

No one Perspective is “better” than another — each is a necessary part of the soul’s evolution and each contributes to the world in a different way.

NOTE: At this moment, few souls in the Surviving Perspective are incarnating. Most of us lived our lifetimes in that Perspective thousands, if not millions of years ago. The average overall world Perspective is moving into Relating from Competing (similar to the astrological concept of moving into the Aquarian Age from the Piscean).

## **Soul Perspective Levels**

Within each of the Perspective stages are seven Levels. Each Level requires at least one lifetime to complete, usually several. There are 35 steps (Levels) to evolving as a soul, but because each Perspective Level typically requires multiple lifetimes to navigate, the evolving soul usually requires hundreds of lifetimes to complete the entire journey start to finish.

In earlier Levels of each Perspective, the soul is generally occupied with getting to know the landscape of the new Perspective. In these Levels, the soul makes many choices that are learning opportunities from which to grow and evolve. Many of these choices involve karmic agreements that afford later interactions for further growth and learning.

In later Levels of each Perspective, the soul has matured in its evolution and is generally occupied with clearing away remaining growth opportunities and karmic obligations so as to become ready to move on to the next Perspective.

## **Your Soul Perspective & Level: Relating, Level Seven**

Values — co-existence with others

Learning experiences — relationships, self-awareness, interdependence, intimacy, empathy

Souls in the Relating Perspective focus on relationships and self-knowledge. Souls in this stage develop relating skills, examine their inner world, and explore ways to relate with others. This stage can be quite intense as souls become more self-aware and awake to their emotional world. They experience life as dramatic, emotional, empathetic, and intimate.

As Relating Level Seven, you have the advantage of lifetimes of experience as a Relating soul. This makes you exceedingly sensitive to the pains, trials, and tribulations of others, sometimes so sensitive that you almost cannot bear the burden you carry of others' pain. Because of this, you are generally highly aware of the impact you have upon other people, sometimes to your detriment (we shall get to that later — it is a symptom of Martyrdom). You know instinctively how your actions affect the hearts and lives of others. You often know what other people are feeling before they know it themselves. This is how finely tuned your sensitivity is. You may think of this as one of your Superpowers.

Your outlook on the world is colored through the lens of your sensitivity to others' pain. You know, better than most, that the majority of people in the world go through life feeling unhappy, in despair, wanting more, and often afraid. Because you know this, you feel enormously frustrated. You KNOW how things are yet you also know how very little is being done to shift things for the better. You know that children go to bed hungry and that people die without ever having tasted a ripe peach let alone having lived a life of fulfillment and joy. This bothers you greatly. You are but one person, you think, a lowly ant trawling up a gigantic steep mountain, and you cannot wave a magic wand and make the world become as you know it should be.

Because of the effects of your other Soul & Personality Traits, people generally see you as a small fish in a small pond. They do not see the grandeur that dwells within your soul, and they do not know the extent of your enormous fountain of wisdom. Oh yes! You are surely wise beyond your years, beyond your earthly experience, and beyond the scope of what many can imagine. Your many grand cycles upon this planet afford you of great knowledge and experience that has travelled with you even to now. You can learn to access this knowledge should you choose to. The first step is to accept its presence within you. But ask yourself this — did you not already know, even as from your childhood, that there was so much “more” to the world than anyone was letting on about? And is that not now the source of your thirst to seek knowledge of the unseen, the unknown, and the unspoken?

As Relating Level Seven, you are also engaged in “tying up loose ends”, or seeing to the completion of various tasks, interactions, and loose karmic ties before you “move on” to Old Soul

territory. This lifetime has not been particularly intense for you in that regard, but you have some tasks and loose karmic ties yet to be completely worked through. Relating Level Seven often requires multiple lifetimes to traverse, and you are no exception. Your most recent lifetime was exceedingly intense in this regard. You wished to have a relatively restful lifetime this go around, yet because of your drive to evolve you chose Soul & Personality Traits and several events and relationship connections in this lifetime that are helping you work through some of your loose ends.

As a side note, we wish for you to recognize the gold in being a Relating Soul. You have a unique perspective on life and the world that no one else can share. You care for others far beyond your means to act. Your heart is enormous, and your soul is wise.

## **YOUR PERSONALITY — The Layers That Make You “You”**

You choose the elements of your Personality before you are born from an array of possible filters and perceptions. These determine how you look at the world and how other people see you.

The elements of your Personality are what make you unique. Although many people may share one or more of your Personality traits, no one else will have the exact combination of Soul traits, Personality traits, and life experiences that make you You.

## **GOAL**

Your Goal is your life theme, your primary motivation for all that you do. It is your driving force and shapes the general arc of your life. Understandably, your Goal has a big influence on your life and who you are.

Because your Goal is the thing you most want to learn or understand in your lifetime, it can also be your biggest challenge.

There are seven Goals: Re-evaluation, Discrimination, Submission, Flow, Acceptance, Dominance, and Growth. Each Goal provides a different life experience and contributes to the world in a different way.

### **Your Goal: Growth**

In Growth, you seek to ever expand, to discover new things about life and yourself, and to enjoy new experiences and relationships. Your life may appear to be a whirlwind of activity as you flit from new and shiny thing to new and shiny thing.

If Growth is your Goal, you like to be busy. You like to learn new things and go to new places. You are always seeking new experiences, new relationships, and new ways of looking at the world. Nothing remains stagnant for you, and you seem to constantly attract change. You may even crave it.

In Growth, you seek to comprehend your new experiences, not just experience them. However, you must balance understanding with the constant flow of new experiences you've attracted.

Sometimes people in Growth feel overwhelmed by their nonstop onslaught of new information, resulting in confusion and a sense of imbalance. This feels intense until resolved. The trick is to slow down, take a break, and focus on one thing at a time for awhile until the overwhelm stops.

Your goal of Growth affords you many situations from which to learn. You already know that you have learned much in this lifetime and have been confronted with many growth opportunities. A lifetime of Growth need not be fraught with difficulty, but it certainly is often a busy one. Yours is no exception. If you were looking for a lifetime of “rest”, this is not it.

However, your zest and thirst for learning is well quenched in this lifetime, and you are taking full advantage of the opportunities for growth that you have been given.

Others see you as a bit of a butterfly, flitting about from one thing to another. This need not concern you, as you are actually acting similarly to a butterfly, gathering delicious nectar from many colorful flowers. Instead of nectar and flowers you have knowledge/wisdom and situations/interactions. You take something delicious from nearly every interaction you encounter.

## **MODE**

Your Mode is your way of doing life, the way you approach life. It is how you operate in the world and the way you interact with life.

Mode is essentially how you run your energy — your way of being.

There are seven Modes: Reserve, Caution, Perseverance, Observation, Power, Discrimination, and Passion. Each feels very different from the others, and each has its particular gift as well as challenge

## **Your Mode: Caution**

In Caution Mode, you tend to dip your feet in life gradually. You explore possibilities before committing to a choice. You are careful and often wary. You are deliberate and precise.

You are careful about expressing your opinions — you want to be precise and fair, so you give much conscious thought before expressing yourself. Others can interpret this dynamic as you lacking in authority.

You may find yourself using so much energy to explore all the possibilities that you don't end up actually choosing, causing you to stagnate or even become too paralyzed to act. This can create a feedback loop where all of life is lived only in its possibilities, causing one to retreat from life. The way out of this dynamic is to simply choose something — anything — to break free.

An example of Caution Mode in its highest form is a painter of masterpieces who deliberately and carefully explores the painting's possibilities before putting brush to canvas, so the perfect choices are made that result in an amazing work of art.

Because you explore so much and experience much of your life in advance of actually living it, your life can be an emotional and expressive experience. You are sensitive and have a strong connection to Self.

This energy serves to slow you down so that you do not miss any delicious opportunities for growth. It actually works in harmony with your other Soul & Personality Traits, allowing you the luxury of knowing for sure whether you wish to jump into a situation or not. Some people, especially those steeped in Impatience, do not see the wisdom of waiting until one is certain something feels right. You use this energy well, allowing it to help inform you before you take action. You have many lifetimes in Caution Mode, which in this lifetime allows you to harness its power rather than being its servant.

## **ATTITUDE**

Your Attitude is your perception of life, your way of viewing life. It is the stance from which you interpret life. Upon meeting you, this is what others will notice first, as it is one of the most easily-observed layers of your personality.

Your Attitude is the way you frame your experience and place it in a context. You must frame your experiences somehow — otherwise they are random and have no meaning. The way you frame your experiences affects how you experience them.

There are seven Attitudes: Stoic, Skeptic, Cynic, Pragmatist, Idealist, Spiritualist, and Realist. Each gives a different perspective and has its particular challenge.

## **Your Attitude: Skeptic**

If Skeptic is your Attitude, you investigate and question. You are a fact-checker. You look at the world in a thoughtful way, scrutinizing what you see to try to make intellectual sense of it.

Skeptics are fantastic investigators. Scientists and journalists often have the Skeptic Attitude, which is ideal for them because they question and expose the preconceptions of the world. Skepticism is the basis for the vast majority of scientific discoveries, a valuable contribution.

Some Skeptics become mired in suspicion, where they never complete the fact-checking process and become stuck in never-ending doubt. If you are unwilling to accept facts as they are and prefer other facts, you are manifesting the challenge of the Skeptic. The way through this to open your mind, let go of any preconceived notions, and attempt to see things for as they are without digging further.

You have a need to verify for yourself in order to find true knowledge. Sometimes this doubt shows up as an unwillingness to accept anyone else's argument. Positive doubt leads to investigation, an innate curiosity about the world that is the foundation of inner knowledge, whereas the Skeptic in a state of challenge trusts nothing and cannot build a foundation of knowledge.

This energy helps you see all sides of a situation or topic, and works in harmony with Caution Mode. A Skeptic wishes to truly understand all ramifications of a potential action or situation before acting. A Skeptic also wishes to know all sides of an argument. This last does pose some difficulty for some people around you, especially those who prefer to leap before they look.

However, your Skeptic energy allows you to fully understand a situation, concept, or potential action, far beyond a cursory or superficial glimpse. This energy works well also with your Scholar and Sage energy, allowing you to fully understand a concept before you communicate it to others.

## **CENTER**

Your Center is your seat of consciousness, your go-to mode of response. It is the way you filter sensory input. Your immediate reactions to input come from your Center. Centers are like tiny internal computers in which the things we experience are filtered, processed, and then delivered to our consciousness.

There are seven Centers in all.

We primarily utilize only three of them: Emotional, Intellectual, and Moving. These Centers translate into our understanding of “heart, mind and body”. One of these will be your primary Center and one will be your secondary Center. You may also use the third major Center on rare occasions.

Each of the three primary Centers has a corresponding “higher” Center, that we access only rarely when in transformational, higher states of consciousness — peak states activated through music, art, or sex.

The seventh Center is the Instinctive Center, that we use at almost all times. It runs in the background and supports the other Centers by keeping your body alive and storing a record of your experiences.

## **Your Primary Center: Moving**

### **Your Secondary Center: Emotional**

The Moving Center houses action. It is a seat of doing.

If you are Moving Centered, you use your body to move, make plans, and create change in the world. This is a dynamic Center. Your primary response to input is to take immediate action, sometimes without thought. Your body just “knows” what to do and reacts quickly.

Your superpower is the ability to respond immediately in an emergency, while others may be caught up in feeling or thinking.

The Emotional Center houses your emotions. It is a seat of feeling — energetic sensitivity and perception.

If you are Emotionally Centered, you process life through your emotions. You may or may not be aware of your emotions when you feel them, but your life experiences are filtered through your emotional state.

Your superpower is the ability to feel the emotions of a room or another person. You instinctively know when people around you feel sad, or angry, or fearful. You feel their emotions yourself, within your body,

Emotional part of Moving Center manifests as your pattern of feeling something before you take action upon it. You are Moving centered, which means your body is a wonderful vessel for your actions. You enjoy movement, and your body requires movement in order to feel at home in the world. When you are unable to move, your energy becomes stagnant and you feel ill at ease in the world. One way you communicate with the Universe is through movement. It matters little how you move — you can choose many methods but feel most comfortable living in a way that expresses your emotional energies: free or ecstatic dance, spontaneous fun movements, dramatic

gestures, etc are ways that feel good to you and your essence. You especially love to express yourself emotionally through your movements.

Emotional part of your center means you can get stuck in your emotional body unless you express your emotions through movement or action. You sometimes freeze and cannot take action when emotions are particularly intense or sudden. This is why regular emotional expression through movement helps you remain emotionally open and available to take action when action is required.

## **DRAGONS**

Your Dragon represents your life's primary challenge and stumbling block. It is a block to an accurate perception of yourself and others, and it is a block to connection with others and to your innermost self.

Imagine an actual dragon, coiled around your neck, constantly whispering lies to you. Your Dragon is the source of your fears and illusions. It distorts your experience of the world. It is a stimulus for your unconscious responses and emotional patterns.

Dragons are each built around a basic fear. However, it is not the fear that births your Dragon — rather, it arises from the belief you must protect yourself from that fear. Your Dragon is, in essence, the fear of fear. It is the belief that you cannot survive if you surrender, and experience the fear and what underlies it.

In childhood, we have experiences which feel unsafe or that seem to convey that the universe is an unsafe, unloving, hostile environment. Your Dragon arises as a protection mechanism, often learned from others by watching how they protect themselves. Its existence has nothing to do with fault, original sin, spiritual advancement, or many other judgements about it. As children, we are bare to the world, requiring aid and absorbing many layers of information about the world, relationships, and our identity. Having a Dragon is a natural consequence of growing up.

Like actual dragons, your Dragon is a source of great power! Your Dragon is actually one of your primary sources of evolution. If there were no blocks in perception then you would rarely be surprised, always be connected to yourself, and thus rarely make mistakes that in fact help you towards making a deeper connection to your Self. Your Dragon is not your enemy.

Every Dragon is based on the perception of separation. Our basic human fear is that we are separate. When we are cast from the tribe, we die, so the ancient terror of being separate from others echoes in our daily experience.

You likely have more than one Dragon. Most of us actually have two or three. Having more Dragons does not mean you have failed in any way. It simply means that on a soul level, you are ready to take on increased challenges.

Your Dragon is not something to get rid of, resist, or eradicate. The more you understand and accept your Dragon, the less hold it has over you and the more you are able to make conscious choices instead of reacting from fear or patterned behavior. When you accept, tame, and befriend your Dragon it no longer runs your life. You harness its enormous power. You become free to express your inner magnificence.

## **Your Dragons: Arrogance, Martyrdom, Self-Destruction**

### **Arrogance**

The Dragon of Arrogance is built upon the fear of vulnerability. To protect yourself, you build a wall around you.

Your wall projects an image that you want others to see. Inside the wall, all you feel is emptiness since you cannot get past your wall to experience yourself with another person. The wall is false but you spend considerable energy maintaining it. You know deep down that the image you project is false but you live in constant terror of being found out, of being found a fraud.

In Arrogance, the very thought of being vulnerable and true to yourself is terrifying. You cannot imagine being accepted for who you are, because all you feel is the emptiness inside your wall.

There are two types of Arrogance: external and internal. If your Dragon is external Arrogance, you use your wall as a projector to project an image of someone who is larger than life, bigger than you actually are. You strut around noisily reminding everyone of how great you are. With internal Arrogance, you use your wall as an invisibility cloak. It keeps everyone out and you safely inside, but because you feel invisible to yourself you also assume no one else can see you. This is the source of true shyness.

Both types of Arrogance result in disconnection from Self and from others. Both types of Arrogance result in the inner pain of not being seen for who you truly are.

The Dragon of Arrogance emerges in childhood when a family is competitive and the child develops unreasonably high self expectations. The child cannot compete with the power dynamic set up within the family but attempts to excel anyway. Because this is a hopeless endeavor, the child erects walls to either project a better-than-you image or a cloak of invisibility, and the Dragon of Arrogance is birthed.

The way to tame your Dragon of Arrogance is to accept yourself for who you are. This involves looking deeply at yourself and work through the judgements you may have about yourself. This requires a great deal of courage on your part. But everyone has strengths and weaknesses. Everyone has fears. The more willing you are to look at yourself realistically, the faster your wall crumbles and the gold beneath it shines through for everyone to see.

This energy manifests as your reluctance to put yourself in the spotlight. You prefer that others be front and center, not you. This is largely because you feel uncomfortable with the prospect of rejection. Being in the spotlight has in the past resulted in what you perceived as rejection, and this is naturally painful to you. Because of that, you sometimes come across as a “know-it-all”, even though that is far from the truth. People do not understand your motivations, and you have been unable to fully comprehend this dynamic so as to explain it, even to yourself. It is interesting that you have been labeled by others as the very thing you attempt to avoid by shying away from the spotlight. In truth, you have much wisdom to share, and for the most part, people will be eager to hear it.

## **Martyrdom**

The Dragon of Martyrdom is built upon the fear of worthlessness. It causes active self-denial. If you have Martyrdom, you stay “small” as a habitual self defense.

Martyrdom is an intentional denial of an experience — a sacrifice. The payoff from sacrificing your wants is perceived to be larger than that which you give up. The payoff validates your desire to safely remain “small”. The payoff is a continued feeling of safety. If you sacrifice your wants and stay “small”, you can never be hurt.

With Martyrdom, you inevitably feel violated. You believe you must suffer — because that is who you think you are. You identify with suffering and sacrifice.

Today’s modern culture rewards sacrifice of many kinds. If you have the Dragon of Martyrdom, you’re in good company and you are well rewarded by society. However, the more you suffer in Martyrdom, the farther away you get from your true self.

With the Dragon of Martyrdom, you’ll have difficulty saying what you want. You speak quietly. Your body posture looks like you’re always in retreat. You avoid eye contact. Other people may not notice when you’re in the room because you don’t take up energetic space. You often feel like a victim. You know you’re a doormat and you resent it, but you don’t know another way to be.

To tame your Dragon of Martyrdom, you need to allow yourself to be vulnerable. That means coming forward as you are, saying what you want, and allowing your desires to be rejected at times. If you're mired in the illusion that you must sacrifice to be loved, this process can be painful. However, the healing process speeds up remarkably with any sort of "oneness" experience, which can be achieved many ways, including: meditation, yoga, breath-work, tantra yoga, "group high" experiences, and the like.

This energy works in harmony with the energy of Arrogance as it is manifested in you. You tend to step back and sacrifice your desires so as to serve others. You do this with the noblest of intentions, but in actuality you refrain from radiating your inner gold while you allow others to step forth in your light. You take some pleasure from your sacrifice, believing it to be of the utmost service to those whom you love. However, in doing so you deprive them of the fullness of your being. This is not an easy dynamic to change, as patterns of this energy run deep throughout your ancestry. In time, though, you will become more confident in the inner light you radiate and will be able to allow it to shine forth, knowing that you deserve the things you give to others as much as they do, if not more so.

## **Self-Destruction**

The Dragon of Self Destruction is an addictive protection from Self, which manifests as a fear of loss of control. If you have Self Destruction, you will compulsively seek control in a reactionary, self-destructive manner wherever your fear is focused: your body, the space around you, your emotions, or your relationships.

With Self Destruction, there is an aspect of Self which you think you cannot bear to touch, look at, or think about. Your life is based on avoiding that part of you and doing whatever you can to avoid feeling it or allowing anyone else to feel it. This is what becomes self-destructive behavior. Anything you can do to escape touching on that "horrible" aspect of yourself will serve — addictions to substances, work, exercise, food, relationships, sex, anything that takes you away from feeling that "awful" part of yourself.

To tame your Dragon of Self Destruction, you must realize there is ultimately no force in the universe that can separate you from You. Self Destruction separates you from yourself, but that is an illusion. When you surrender to the truth of who you are, you heal Self Destruction.

While taming Self Destruction, some people desire to discover the original trauma so as to let it go. However, the original source is often not always a huge ordeal. Self Destruction arises not from a traumatic event but from constantly defending yourself from feeling You. It then becomes impossible to ever know exactly what created this Dragon.

This energy manifests as a compulsion to put yourself last and to care for others rather than yourself. Certainly you respond to the collective energy that defines western motherhood: mothers are supposed to sacrifice for their children; mothers are supposed to put themselves last; mothers are supposed to devote their lives to their children at the expense of themselves. Because of this cultural energetic onslaught, you have taken on this energy as your own. This is a common energy in today's world, more common than you might think. Fully 60% of people now incarnate use this energy in some capacity. In you the effects are relatively minimal.

## **UNIVERSAL HUMAN NEEDS**

Universal Human Needs are unconscious motivators that spur us to act in certain ways so as to have them met. They inspire us to evolve spiritually and seek out the experiences that support our inner growth. Your primary Needs (your Top Three) affect every aspect of your life. They underlie everything you do, but there is a good chance you are unaware of their influence.

When your Needs are met, life flows pretty well and you will feel generally in harmony with your life. When your Needs are fully met, it can instill a feeling of inner peace that cannot be obtained any other way.

When your Needs are unmet, you will live in a darker world of discontentment and unfulfillment. It feels as if something is missing that you cannot quite put your finger on, a hunger that cannot ever be satisfied, yet you know there is a big hole that needs filling. You will unconsciously make life choices so as to have a greater chance to get your Needs met.

Sometimes, having your Needs unmet is helpful. The stress of having your Needs unmet actually helps you make choices that you would not otherwise make, resulting in great personal growth.

There are nine Universal Human Needs: Security, Adventure, Freedom, Exchange, Power, Expansion, Acceptance, Community, and Expression. We each experience all of them to varying degrees, but primarily focus on only about three of them at a time. Your Top Three Needs can shift somewhat over the course of your lifetime as your life goes through various stages

## **Your Top Three Needs: Security, Adventure, Communion**

### **Security**

If Security is one of your Needs, you like for things to remain the same. Change stirs things up for you and creates little eddies of discomfort. You make life choices based on your desires for balance and trust that everything will be okay.

You excel at knowing how to be stable and grounded. To your extreme, you'd make a great survivalist because you pay attention to the things that help us stay safe and comfortable. You prefer a secure job, a comfortable home, and stable family life. If you travel it's likely in tour groups of likeminded folk, not backpacking alone through India.

When Security flows well for you, you exude trust in life and the knowing that everything will be okay. You give others confidence that their lives, too, are safe. You provide a safe haven where others can rest.

When Security is unmet for you, you exude fear and indecision. You worry about little things, because your big things are unmet, and you radiate a basic distrust in life that can affect others.

## **Adventure**

If Adventure is one of your Needs, you are sensation-seeking, optimistic, and confident. You radiate a zest for life and you get a kick out of taking risks. You make life choices based on how alive they make you feel.

You excel at feeling out new discoveries, finding new ways to experience things, and enlivening almost any situation. To your extreme, you'd make a sensational "extreme sports" competitor, although you participate in activities not to win but for the joy of their enlivening aspects. You thrive on change — you prefer a rotating cast of friends and acquaintances, constant new challenges in your work, and you likely prefer many lovers rather than one lifelong partner (unless you find a mate who shares your Need for Adventure).

When Adventure flows well for you, you breathe in action and excitement. You radiate an effervescent joie de vivre that is intoxicatingly powerful to others. You help other people feel more alive by your very presence.

When Adventure is unmet for you, life slows down interminably. You may become overweight and depressed. You may feel anger and resentment and don't know why. You radiate a basic sense of heavy dissatisfaction that others cannot help but feel as well.

## **Communion**

If Communion is one of your Needs, you are highly social and act as the center of a great wheel of many others, radiating ever outward into the gladness of all humanity. You love being with people and you derive energy and pleasure from being among tribe, family, and community. You are wonderful with children, and you don't hesitate to open your home to almost anyone at the drop of a hat.

You excel at bringing people together, not only at playing the host but at encouraging a new and higher level of participation among the groups with which you engage. In your extreme, you may put off other obligations and needs in order just to be with people. You thrive on being the center of any gathering, being the quintessential “people person”, and your magnetism draws people to you.

When Communion flows well for you, you flow from one gathering to the next like a bee pollinating flowers. You are often at the center of things, or busy arranging new groups and gatherings. You may also be found collecting signatures for a petition, running for public office, or campaigning for a cause that interests you.

When Communion is unmet for you, you can become needy, clingy, or dependent. You may attach yourself to others indiscriminately, resulting in lack of fulfillment and even rejection.

## **The Four Pillars — Support For Your Life Task**

Your Four Pillars are the activities that allow you to achieve your Life Task. Each Pillar represents an essential element in your life — Rest, Play, Study, and Work. When balanced, your Pillars energize and orient you for fulfillment of your Life Task.

When you feel fatigued, stressed, or overburdened, it is a good sign that your Pillars are out of balance and require attention. Devote time to the Pillar that calls to you the most, and you will soon feel rejuvenated. Try to spend time in each of your Pillars regularly to remain balanced and energized.

You choose your Four Pillars before you are born. They are always set up in service of the Life Task, and all four of the pillars need to be recharged and attuned as needed to bring full weight to your Task. Because your Life Task is a general outline and not one specific line item you can cross off a list, your Pillars are accordingly vague. They need to be flexible in a way that supports multiple paths to accomplishing your Life Task.

Generalized Pillar requirements for each Role:

- Sages and Artisans require large amounts of True Play
- Priests and Servers require large amounts of True Rest
- Warriors and Kings require large amounts of True Work
- Scholars require large amounts of True Study

## **True Rest — the thing that makes you go ahhhh**

True Rest is an action, activity, or thought pattern that easily puts you into a natural state of rest. In today’s world, actual rest is nearly impossible and we cannot escape a certain amount of persistent, pervasive tension and contraction. This tension is what leads to soul growth. However, we also require

rest: a break in the constant tension that allows our emotional, intellectual, and physical process to reset. Even a few minutes spent in True Rest can help provide immediate relief from stress.

Your True Rest temporarily halts contraction and reverts our internal processes to their natural state, which is expanded, open, relaxed, and perfectly peaceful. You may already instinctively know the nature of your True Rest — things you were drawn to do in childhood when time stretched into infinity.

All True Rests:

- give you the feeling of being outside yourself
- may be practiced any time, almost anywhere
- arouse a sense of remembering something from long ago that you have always known

### **Your True Rest:**

Watching children playing, especially outdoors in sunny weather.

## **True Play — the thing that makes you go wheeeee!**

True Play is an action, activity, or thought pattern that ignites your joy. It lights up the child within you, and makes you feel instantly lighter, younger, and more energized. Your True Play comes from the spark of pure joy that always lives inside you, and when you are in True Play time seems to stop. The moment reaches into forever.

True Play helps you become more grounded. We need play in order to balance all the attention we have toward work. Your True Play is what you will know instantly as "fun" and is a vital aspect of enjoying life and achieving balance.

If you are expressive/creative: your True Play will spark your creativity

If you are a doer: your True Play will have you spring into action

If you are an inspirer: your True Play will inspire you

If you are a thinker: your True Play will lighten your mind

### **Your True Play:**

Manipulating objects, such as small cubes or balls, to create meaningful patterns.

## **True Study — the thing that makes you go hmmm**

True Study is an action, activity, or thought pattern that is naturally of interest for you. It is a subject or matter that you gravitate towards naturally, and you it may not even may not even be aware that it is a

form of study for you because of how natural it is for you to put your attention to it. It's simply something you are interested in knowing more about.

True Study helps you focus and prepares you to do your True Work. It is very absorbing and enjoyable, and you feel more energized after engaging in it.

### **Your True Study:**

The art of receiving specific information from off-world entities or energy beings.

## **True Work — the thing that makes you go WOW**

True Work is an action, activity, or thought pattern that makes you feel alive. It is a thing you feel driven to do and that feels connected to your reason for being. We tend to associate "work" with the thing that makes money for us or where we spend our daytime activities, but your True Work will not likely not resemble what you consider as "work" at all.

Your True Work may be personal to you or may be something that is of a more expansive, global nature. Regardless, it connects directly to your sense of being connected to something greater than yourself.

### **Your True Work:**

Helping others feel truly needed and meaningful in the world.

## **LIFE TASK**

Life Task is a major lesson you want to complete in your lifetime, and becomes a focus for your life. Everyone has at least one Life Task, sometimes several at once.

Your Life Task may be related to your career, but more likely is not. Your Life Task may be about handling an emotional or philosophical issue that you haven't yet addressed in another lifetime. It may be about learning something that your soul thinks is important that you learn for your growth and evolution.

Although the effects of your Life Task may impact other people, your Life Task is primarily for YOU — for your soul to learn from. Its purpose is to impact you and how you experience life. It is a "fun" thing for your soul to explore.

If you do not complete your Life Task in your lifetime, you may feel a vague sadness or sense of missing out on something. Most people do explore their Life Tasks, at least to some extent. You will know your Life Task is calling to you when you are drawn to exploring the same lessons over and over again.

Examples of Life Tasks:

- making the ordinary extraordinary
- drawing attention to details
- seeing all sides of a situation
- allowing the moment to pass by
- taking energetic risks
- seeing through what confuses others
- helping others find their place of comfort
- magnifying the situation
- bringing things to a close

### **Your Life Task:**

You act as a conduit, a conductor of souls. Concisely put, your Life Task is this: *to help others fully manifest their destiny in the world.*

You do this in multiple ways:

- by emitting an energy that helps instill confidence in people
- by transmitting (channeling) words that show people their worth in the world
- by being a model for others, showing them what it looks like to claim one's life meaning

The effect you have on others around you is more powerful than you have previously realized or admitted. In order to fully manifest your Life Task, you must first know what it is and accept its power and beauty. Once you have done that, you will find that life flows more easily and beautifully, and that you magnetize certain people to you in order to practice your newfound realization about what it you do do and why you are here in this body at this time.

Be not afraid of the power you wield. You have experienced enough in this lifetime that has given you the necessary foundation to fully manifest your chosen Life Task.

## **YOUR PHYSICAL SELF + ENERGY**

### **BODY TYPES**

Body Type is a set of physical and psychological traits that arise from planetary influences on your body's construction. Body Types do not remain consistent from lifetime to lifetime, and are often loosely connected to astrological influences based on the positions of the planets at the time you are conceived.

There are seven primary Body Types: Lunar, Venusian, Mercurial, Saturnian, Martial, Jovial, and Solar. Most people have a combination of two or three of them.

## **Body Types: Venusian/Saturnine/Martial 45/30/25**

### **Venusian (45 %)**

Named for the planet Venus. If you have the Venusian Body Type, you have a beautiful, handsome body. You have clear skin, thick hair, and attractive features. Your body is well proportioned, soft and voluptuous. You have large, dark eyes. You may be a good cook and a passionate lover. You are kind, gentle, loyal, sensitive, sensual, loving, easy-going, empathetic, and pleasure-seeking.

### **Saturnian (30%)**

Named for the planet Saturn. If you have the Saturnine Body Type, you have large bones and are tall and thin with large hands and feet. Your face is long and your head is chiseled and angular, with projecting cheekbones, prominent nose, square jaw, and large teeth. You have a serious but gentle demeanor with natural leadership qualities. You may think and move slowly, and have great endurance. You are steadfast, intelligent, rugged, kind, just, tactful, humble, trustworthy, and paternal.

### **Martial (25%)**

Named for the planet Mars. If you have the Martial Body Type, you are small, fierce, athletic, muscular, sinewy, hard, lean, dense and tough. You're a great leader in a crisis. Your body is built for action. It thrives on exercise and hard work. It can withstand a lot of pain and abuse. You may have red hair and freckled skin. Your face is rugged, with small eyes, nose and lips. You are direct, honest, decisive, vigorous, energetic, and passionate. You may be highly sexual.

## **FREQUENCY**

Frequency determines whether you process information quickly or slowly. It is your soul's vibrational rate, a symbolic measurement of how you process energy and input. Frequency is measured as a number between 1 and 100. This number is arbitrary and only serves as a basis of comparison and understanding of others.

Frequency is something you can feel in another person. Have you ever noticed another person seeming much slower or faster than you? Differences of more than 20 points cause an energetic dissonance that you can actually feel. You will feel you don't "get" the other person and they do not "get" you. Even worse, you may feel uncomfortably pulled into their Frequency. A high Frequency person will feel suddenly sluggish and sleepy when spending time with someone with a very low Frequency, and a low Frequency person will feel unnaturally jittery and uncomfortable when spending time with someone with

a very high Frequency. This dissonance can be repelling. The good news, though, is we naturally gravitate toward people who harmonize with our Frequency.

The majority of people have a Frequency toward the middle of the scale. Frequencies fall along a bell curve — 2/3 of people's Frequencies fall in the middle third of the scale.

## **Your Frequency is 67**

### **Low Frequency**

If you have a low Frequency — 35 or below — you will seem mellow, relaxed, and chill. If your energy is contracted or blocked, you'll come across as sluggish and ponderous. You process new information (emotions, thoughts, and actions) slowly and thoroughly. You are less impulsive, more pondering, and more thorough than people with a high frequency. You don't have to be told things twice because you thoroughly digest it the first time.

### **High Frequency**

If you have a high Frequency — 65 or above — you'll give off energy sparks and seem high strung. You're a whirlwind of energy. Your life is active and you generally bounce from one thing to another. You rarely go deeply into things, but instead you touch on many things. Breadth vs depth. You do not have more energy than people with lower Frequencies, but you express your energy with more rapid fluctuations and movements than they do. You skim across the ocean on a hovercraft whereas a lower Frequency person swims underwater. There is no "better" — only a different way of processing information.

### **Mid-range Frequency**

If you have a mid-range Frequency, you are comfortable for the vast majority of people to be around. You are able to process information at a steady rate; neither too fast nor too slow, and you go deeply enough to retain what you learn. You have the best of both worlds of high and low Frequency, and the fact that you have a mid-range Frequency easily attracts others to you.

### **Generalizations about Frequency:**

- Priests and Artisans generally have high Frequencies.
- Warriors and Kings generally choose low Frequencies.
- Scholars, Servers, and Sages general choose mid-range Frequencies

## **FOCUSED/CREATIVE ENERGY RATIO**

Focused/Creative Energy Ratio reflects the amount of masculine vs feminine energy in your soul makeup. Everything in the universe that has a consciousness is made of both masculine and feminine energy. This

has nothing to do with gender or sexuality, but reflects a universal concept of Focused vs Creative energy.

Masculine energy is more focused in nature, while feminine energy is more creative. This does not mean that a highly Focused soul cannot be Creative or that a highly Creative soul cannot be Focused, but means that every soul expresses a particular balance of masculine and feminine energy. Both Creative and Focused energies are extremely powerful when fully manifested. Both energies are necessary and valuable, and neither is "better" than the other.

Focused/Creative Energy is expressed as a ratio, with each energy expressed as a percentage from 1-100. Most people's ratios are fairly evenly balanced, with a percentage of each energy falling between 40-60%.

## **Your Energy Ratio is Midrange: 43% Focused & 57% Creative**

### Mid-range Ratios

If you have a mid-range ratio, both energies are easily accessible to you. You can access both your machine and feminine energies, so you can easily be either more focused or more creative when you wish to. Your energy is comfortable to most people, and they will find it easy to interact with you.

### Extreme Ratios

If you have an extreme ratio such as 90% of one energy, the other energy will be less accessible to you. You will find it challenging to bring that other energy forward. You may seem intense and polarizing. You will likely be attracted to others who have the opposite ratio, as together you will feel more balanced and complete than when alone.

### Focused (Masculine) Energy

Focused energy is outward-thrusting, penetrative, structured, goal-directed, linear, productive. This is a DOING energy. Focused energy structures the environment. It corresponds with linear, left-brained thinking.

Focused energy is like a laser, creating change with precision. It follows a direct road, from point A to point B.

When you access your Focused energy, you will naturally focus on task accomplishment, details, and direct action. It is the energy you access when you must complete a task or when you need to be more in your body. It helps you be as powerful as a tank, directly accomplishing a task with precision and without distraction.

### Creative (Feminine) Energy

Creative energy is diffused, inward-drawing, creative, process-oriented, fluid, and unstructured. Creative energy conditions the environment. This is a BEING energy. It corresponds with circular, right-brained thinking.

Creative energy leads you to focus on atmosphere, the bigger picture, and creating a space where things can blossom.

When you access your Creative energy you can multitask and see the forest from the trees. It helps you be productive in a variety of areas at the same time. Creative energy allows you to radiate in all directions at once.

## REINCARNATION

Reincarnation is the process of undergoing life in physical form again and again so as to experience life in all its myriad possibilities in order to evolve and grow in its understanding and awareness as a being of Love.

Souls evolve by experiencing life in different ways, by making important choices based on situations faced, and then from learning from the consequences of those choices. One lifetime is not enough for a soul to experience the full spectrum of life's circumstances and choices. An evolving soul will typically reincarnate many times (100+) before learning all that is needed to evolve.

## SOUL FAMILIES & CONNECTIONS

You are part of several soul families! Like a set of Russian nesting dolls, your soul families range in size from seven souls to several thousand souls, each nested within the next largest size family. Your soul families each give you a special quality that influences your personality.

### Soul Family

Each of us humans is part of a group of about a thousand souls that emerged into being at the same moment we did, called a Soul Family.

Your Soul Family members are your spiritual family — when you meet someone from your Soul Family, you will likely feel a strong feeling of recognition, as if you knew them before you ever met.

Your Soul Family has a specific energetic characteristic that influences your personality. All your Soul Family members will have the same personality characteristic, which adds to the feeling of recognition and “family” when you meet.

There are hundreds of thousands of Soul Families. Each Soul Family is comprised of souls from one or two predominant Roles. Your Entity gives you the qualities of its combination of Roles.

Soul Families are identified with a number from 1-7 that generally corresponds to the seven Soul Roles (there are many of each number). Your Soul Family influences how you relate, in general, to the world. How exactly this manifests depends on its makeup of Soul Roles and collective desires of your Soul Family's members.

In general, Soul Family numbers correspond to the following:

- 1: Server Influence — supports your ability to instinctively see and fill others' needs
- 2: Artisan Influence — supports your ability to improve and redesign things to work better
- 3: Warrior Influence — supports your ability to be productive and in action
- 4: Scholar Influence — supports your ability to observe and learn from things around you
- 5: Sage Influence — supports your ability to communicate fun and adventure
- 6: Priest Influence — gives you unusual sensitivity to ethics, justice, corporate politics and integration of many different views
- 7: King Influence — supports your ability to master whatever you encounter

But, apart from this, your particular Soul Family is unique. It influences you in a way that no other Soul Family, no matter how similar in energetic makeup, could do.

**Your Soul Family is a 6.**

## **Inner Soul Circle**

This is a group of seven souls, the smallest soul family grouping and your closest spiritual siblings. There are roughly 150 Cadences in each Entity.

Like your Soul Family, your Inner Soul Circle has a particular quality to it that influences you.

Your Inner Soul Circle influences how you relate to others: how you express yourself in relationships, as it determines how you think of yourself.

**Your Inner Soul Circle: Scholar**

Your Scholar energy is largely responsible for your unquenchable curiosity about many aspects of the world and how they work and interrelate with one another. You do not hoard great quantities

of books (although you do love books) or collections of rocks (although you do love rocks). That is a stereotypical Scholar. Scholar manifests for you as an innate wonder, a regard for all life as sacred and magical, and as the knowledge that we humans only know so much and it is an endeavor we should all embark upon to attempt to know more of what there is to know.

## **Outer Soul Circle**

An Outer Soul Circle is composed of seven Inner Soul Circles. There are roughly 20 Outer Soul Circles in each Soul Family.

Like your Soul Family and your Inner Soul Circle, your Outer Soul Circle has a particular quality to it that influences you.

Your Outer Soul Circle influences how you relate to the world: how you do your life's work, as it determines the way you think others think of you.

### **Your Outer Soul Circle: Artisan**

This energy affects you more than you might think. At heart, you are an artist! Or perhaps it is your soul...

Your Artisan energy shows up in the way you interact with spaces. You emanate a certain atmosphere that translates into the spaces you occupy. Perhaps you remember people telling you that places “don't feel the same” without you there. Your atmosphere-creation is palpable, and on an essence level you delight in its creation. You know instinctively when a space feels “right”, and you also know how to make to feel more aligned with the intention of the space itself.

## **Soul Orbit**

A Soul Orbit is a grouping of seven Soul Families, or about 7000 souls. Among Soul Orbit mates there is also a feeling of connection and recognition, although much less so than with souls of your own Soul Family. After all, this is a family of 7000, so meeting an Soul Orbit mate would feel like meeting your 3rd cousin twice removed — you know you are family, but you don't really feel the connection.

Your Soul Orbit has a particular quality to it that influences you.

Your Soul Orbit influences the way you connect with your greater community (acquaintances).

Soul Orbits are identified as a number from 1-12 that corresponds to the following:

- 1 = Love (initiators, inspirers, pioneers)
- 2 = Knowledge (questioners, insight givers, facilitators)
- 3 = Compassion (nurturers, integrators, peacemakers)
- 4 = Mentor (guides, counselors, role models)
- 5 = Beauty (artists, highlights the best of things)
- 6 = Child (innocent, distracting, requires care)
- 7 = Humor (funny, brings laughter, pleasure givers)
- 8 = Discipline (responsible, focused, decision clarifiers)
- 9 = Anchor (security, acceptance, grounding)
- 10 = Healer (bringing balance, healing)
- 11 = Enlightenment (teachers, 'light' bringers, providing structures for perceiving reality)
- 12 = Muse (highest values, abstract concepts, bringers of aspiration)

## **Your Soul Orbit is a 4**

### **Twin Soul**

Your Twin Soul is like the other side of your coin, the yin to your yang, your mirror image. Twin Soul relationships are very intense — as a mirror to one another, you reflect one another's flaws and emotional issues.

Because Twin Soul relationships are so intense, it is rare to meet. You are in almost constant psychic communication, however, even though you may be unaware of it. You may feel the presence of your Twin Soul, such as having an imaginary childhood friend or the sense of a constant guardian or helper, someone who understands and accepts you on every level.

Your planetary experience is very similar to that of your Twin Soul as you go through lifetimes. It is similar to having a physical twin that you've never met and that is raised separately from you — you end up living similar lives and making similar choices. This is because even though you're not in proximity, you still mirror one another's lives.

Though you mirror one another, you and your Twin Soul differ in many ways. Generally, you have different Roles and will have different Personality traits. Your Twin Soul's Role influences your personality, and you will display a certain amount of its traits.

### **Your Twin Soul: Sage**

(see below under Soul Task Team for explanation of what a Sage generally is like)

Your Sage Twin Soul is a female, age 50's, living in eastern Australia. You have tentative soul-level plans to meet within ten years. You would do this likely at a spiritual gathering or retreat, and you would know her by the deep Knowing one has when they meet someone of special soul significance. You have experienced similar meetings in the past, not of your Twin Soul, of course, but of souls who have agreed to perform certain functions in your growth path.

Because your Twin is incarnate, there is less energetic influence upon you than perhaps if she was not, however you do take on certain Sage-like qualities. Specifically, you can become entranced with the way words tumble gracefully from your being — you live to communicate and you are a gifted communicator. That is perhaps stereotypical Sage, but your interest in communication lies primarily in connection with others, not as one who talks simply for the sake of hearing their own voice. On the contrary, you eschew using words when there is no need, and you bask in lengthy silences as well.

There is communication between you and your Twin Soul. She is able to send you messages and you are able to receive them. These messages primarily have to do with aspects of spirituality, the way life and the universe work, and general encouragement. It takes just as much skill to receive such messages as it does to send them. You have performed the reverse service for your Twin Soul in other lifetimes.

You and your Twin Soul mostly work together when both are incarnate, in fact you often plan lifetimes together so as to be both incarnate simultaneously so as to experience a similar timespan on Earth. You also support one another in your growth and “compare notes” between lifetimes.

## **Soul Task Team**

Your Soul Task Team is someone (or multiple someones) with whom you do soul-level tasks. Everyone has at least one Soul Task Team member, and many people have two or even three. Your Soul Task Team will feel familiar to you, but in a compatible, productive way.

Meeting, working with, and even being in intimate relationships with members of your Soul Task Team is common. It is a good way to have a “soul friend” close by as well as to be more productive on your shared task. However, it is not uncommon for one member of a Soul Task Team team to be in a physical body while everyone else is not — the incarnated soul “takes point” and does the heavy lifting that can only be done in physical space, but everyone on the team contributes.

Recurring figures in your dreams are often your Soul Task Team member(s). Many Soul Task Team members who do not meet communicate with one another through shared dreams.

Your shared Task generally involves an impact to large groups, humanity in general, the Earth, and humanity's evolution.

Examples of Tasks:

- create meaningful relationships in small groups
- craft exposes to support coming changes to the ways communities are governed
- create new ways to form communities
- act as a conduit for astral energies that wish to communicate with humans
- welcome "old soul" children to the physical plane
- explore telepathy as a new form of communication
- host conversations about humanity's future
- support evolution in the animal kingdom
- support connection to sentient species from other galaxies
- help create harmonic balance among non-human kingdoms

### **Soul Task Team: Sage, Artisan, Priest**

Sage = male, age 60's, living in southeast Asia. No plans to meet.

Artisan = discarnate

Priest = discarnate

The energies of each of your Soul Task Team members serve to deepen the energies you already possess through your chosen Soul & Personality Traits.

Together, your task is to help people understand the intricacies of how energy affects animals, especially companion animals such as dogs and cats. You do this primarily by the love you personally feel for animals all over the world and of every kind. Through that love you communicate to others that their emotions (e-motion = energy in motion) and actions affect animals. You do not actually "do" anything other than simply love, but this love is a powerful thing. After all, Love is the most powerful force in the Universe, and when you tap into it you access incredible and unending power. Exuding that power through your simple act of feeling love for something teaches others how they affect animals.

## **SAGE**

the entertainers of the world

Sages are the entertainers, the clowns, the people who shine light on a dark situation and help people see the light in it. They bring their gifts of storytelling and theatrics to every encounter, adding cheer and levity. This is the gift they bring to the world.

Sages are excellent communicators, excelling at oration and speech-giving. They prefer large audiences but will perform just as well for an audience of one. As long as someone is listening, the Sage is happy, but they are happiest when they are in the public eye.

Sages sometimes lose themselves in their theatrical persona and forget who they truly are. They can feel such a strong need to impress everyone that they become untrue to themselves and walk around wearing a mask instead.

Common occupations for Sages:

actor, entertainer, singer, comedian, TV/radio host, clown, emcee, dancer, public relations

## **ARTISAN**

the creators of the world

Artisans are here to create and build. They are master creators, seeking to transform raw materials into works of art or ingeniously useful items that enhance everyday life. Artisans are also masters at creating "atmosphere" or mood, adding to it through their tangible creations.

Some Artisans operate in the masculine, and seek to make the world more efficient and useful. These Artisans tend to choose lifetimes as builders, architects, and engineers.

Other Artisans operate in the feminine, and seek to make the world a more beautiful place. These Artisans choose lifetimes as artists, writers, and poets.

Artisans prefer to work alone, immersing themselves in the process of creation. Because of this, Artisans are often seen as being remote and aloof. But they serve the world best by focusing on the task at hand so as to share their creation with the world.

Common occupations for Artisans:

masculine energy: engineer, architect, mechanic, landscaper, construction, interior design

feminine energy: writer, painter, sculptor, jeweler, fashion designer, photographer, poet

## **Grand Cycle: 14**

Your soul has completed 14 Grand Cycles of reincarnation through the 35 different Levels of Perspective, spanning hundreds of thousands of years in physical plane existence on multiple planets. Most of Earth's human inhabitants have completed at least one Grand Cycle.

Low number of completed Grand Cycles: 0-4

Average number of completed Grand Cycles: 5-9

High number of completed Grand Cycles: 10+

## **# Lifetimes: 352 (this Grand Cycle)**

Your soul has completed 351 lifetimes in your current Grand Cycle. Almost all of Earth's human inhabitants have completed several lifetimes. Because it requires AT LEAST 35 lifetimes (and almost always many more than 35) to complete a Grand Cycle of all five Soul Perspectives, and because most Souls choose to live multiple lifetimes in each Soul Perspective Level, by the time a Soul reaches the Relating or Teaching Perspective, that Soul will have lived on average well over 100 lifetimes in many different locations and living situations. A higher number of completed lifetimes isn't better or worse than a lower number of completed lifetimes. If you have a high number of completed lifetimes, it may simply mean that you preferred to live many lifetimes to gather many different types of human experiences.

Low number of completed lifetimes: 0-40

Average number of completed lifetimes: 41-150

High number of completed lifetimes: 150+

