

Forward

Written by Rev. Janice Brown, Spiritual Warrior and Intellectual Lateral Thinker.

“Who am I?” It’s one of the fundamental questions of life, and it is THE question that SolePath answers. Wow! Really? That’s a pretty bold statement. Yes, it is. And do you know what else it is? It’s a truth.

Truth is a feeling, and it rings with a crystal-clear strike. And you’re going to have moments like that reading this book. It is chockfull of ‘A-Ha’s!’ and ‘Oh Man’s!’ and ‘Why didn’t I know this sooner’s?’ Well, the good news is you know now and that is a delight. Seriously, it’s the most fun and captivating thing you can do.

You can finally understand that it is perfectly ok to be who you are. And so, if you’re a truth seeker (Hunter) or a daydreamer (Solitude) or a person who builds their castle in the sky (Creator) or a person that builds their castle in the sand (Builder), that’s the perfect you that you can ONLY be. That only you can be. And that is a gift for all of us. So, thank you for being you.

When I was first introduced to SolePath, I thought it was a ‘nice to know, not a need to know’. Boy, have I changed my tune! At some point, I just became captivated. I was captivated by the thought that there could be a certain way of being in the world. The world’s highest purpose is to know yourself and that is the gift of SolePath.

Knowing who you are is the most profound information you may ever come across in your life and it is for these reasons that I have committed myself wholeheartedly to the undertakings of SolePath; for myself and for those I come to know and for those I love so deeply in my life. For me, because I know my SolePath, I understand that only part of me needs a reason, my Lateral Thinker. My Intellectual Lateral Thinker looks to understand the reasons and all the solutions that the SolePath information brings, it’s fascinating. But oh, my Warrior! My Warrior she carries SolePath inside her heart because she must. SolePath is my ‘cause’ and so, I am joyfully compelled in this work through every moment and experience of my day.

Knowing yourself is truly the most captivating, empowering work you will ever come to do, and so I encourage you wholeheartedly to step forward and never look back. Not even for a moment. The inner workings of your mind and the landscape of your heart’s desire lies straight ahead and that’s all you really need to know when you start on this fantastic journey forward into the depths and reaches of understanding yourself in a way you never even imagined possible.

So, what are you supposed to do with all this information and insight that you are holding in your hand now? I recommend you simply enjoy and explore the path. Eventually, over time you’ll want to do something about knowing yourself.

And once you do that, your life will never be the same again. Why? Knowing yourself will right the ship that has been struggling with sailing forward.

You are exploring a new way to purpose in your life. It's quite a remarkable thing to see yourself in action and that is a wondrous experience. Feeling on purpose is the lightest feeling that exists, so lighten your load and shake off some due diligence for the simple joy of exploring. It just might catch you off guard how joyful you can be.

Where to begin...

Here are some understandings that are helpful. Exploring your SolePath is an unfolding and for some, it may take time and some people will have an almost instantaneous understanding of who they are. This is neither right nor wrong, it's just your way. So be lighthearted about it. Be interested. Be curious. For me, there are some insights about my SolePath that have taken me years to understand and even see in my life and I'm still discovering new depths and meaning to mine all the time

You're listening to your LightPath anytime you feel rhythm and joy in your life.

Your LightPaths are going to feel different than the other paths, you're going to feel on purpose and alive, simply because awakening to a new sense of purpose is one of the most profound and dynamic experiences you can have. For me, I often experience my LightPaths as a feeling of deep satisfaction, not a boisterous overjoy. A pleasant steadfastness.

Your DarkPath can feel a bit cringy, and here's a secret, sometimes it feels comfortable. Not comfortable like I'm cozied up next to the fire with a blankie and a good book. But comfortable, as in, I've seen this before, its familiar and I know what to expect, so even if I don't *feel good*, I know how to be in this feeling.

You need your DarkPath. It's a place you grow from, but you don't need to live there in low-level feelings. You're not here to live a 'meh' kind of life.

You can use your DarkPath as a pivot point. Don't belabour it, just use it as an awareness to reposition. For me, it's a relief to have these understandings. So, when I see those little (or big) behaviours or ways of being pop up in my life and experiences, I understand why I behave the way I do. I can observe it with a '*you, sneaky little rascal mindset*' instead of picking up a big hammer and laying into my self-worth. It has set me free. Free to put down the hammer of negative self-talk and really embrace me and who I am in a brand new way.

Why does it matter?

You matter. You matter more than you've ever realized and once you truly understand this you will find a freedom in your life that emboldens every move you make. You just know what to do next.

This is your exploration, so stop what you are doing and simply look where you are going. Been there done that? Try something new. Not sure what to do? Browse a section of your SolePath material that you find interesting and then ask yourself the following questions:

- What would I do if I knew I could do better?
- What would I do if I knew I could not fail?
- And what would I do if I could bring a friend with me along the way?

These are top-level choices and once you figure that out, you're going to really want to dig in and know who you are without question. It's always easier when you have a friend to share the delights and the sorrows with, so why not take a friend on the greatest journey known to mankind, the exploration of the human self.

This is Joy!

You've got this and we've got you! Dive in and find your way back to who you are in the most joyful experience you've ever come to know, your SolePath.

"Who am I?" you ask. Well, you are about to find out. It's true you know... You can. You will. And you may.

And hey... Thank you for being you. We need You.

Joyfully yours,

Janice

Rev. Janice is an avid writer and explorer of life, who teaches people understandings of metaphysical concepts and mastery of self through the SolePath Institute. She is a SolePath certified master mentor and the Dean of Academics of the Academy of Inner Wisdom, the Education Division of the SolePath Institute.

Janice is a Spiritual Warrior and Intellectual Lateral Thinker, Dark Intellectual Controller