



For You!

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SAMPLE SOUL PLAN PREPARED FOR RICHARD

All energies have both positive and negative aspects. In general, an energy type in a challenge position is focusing on the negative aspects, challenging us to overcome these in our quest to reach our goals and fulfill our Soul Plan.

We can utilize both the positive aspects of this challenge energy, as well as the talents we have, do to so. We must remember, however, that the energies in our talents and goals also have negative aspects, and that these could, unknowingly, be our focus thus resulting in a lack of support for us in attempting to overcome our challenges.

In this Soul Plan we have Challenges, Talents, and Goals in both the Worldly and Spiritual realms of our existence.

Note that the Soul Plan provides the broad overview and that there would be a number of ways in which it can be successfully executed. In other words, the details of its execution are left up to us. For this you need to look inside, to find what resonates with you, to learn what you would really like to do.

SUMMARY

Richard has a highly dominant energy in his plan occupying 50% of the soul plan. As this energy is highly spiritual it will provide a challenge for Richard to 'fit in' to the worldly aspects of life.

In the worldly aspect he has chosen to be disempowered, and to undergo the challenge of reclaiming his power in a balanced way. In this respect Richard will encounter people and situations which will place him in a position of being disempowered until he comes to realize that he too has power and begins to assert himself. In this respect he has chosen the same energy as his talent, bringing in the ability to listen, to resolve conflict, and to assist others in service.

What Richard needs to see is that these talents are to be used by him to also resolve conflict within his own arena, to also be serviced (to receive), and that he too has power and needs to be assertive when necessary.

Once a balance of personal power is achieved this energy can be utilized very effectively to have a positive catalytic effect on others and to assist them in their journeys. In this respect Richard has chosen a worldly goal to see what rings true for him, and to see projects through to completion.

He is able to do this in almost any career, providing a wide opportunity to deal effectively with a wide remit of people and be exposed to many worldly aspects to assist in his overall goal of learning and expanding knowledge such as to share it with others.

In the spiritual realm Richard has challenged himself to complete some aspect of spirituality, possibly the understanding of unity, i.e. that all is one. It will require not only the high spiritual energy in his spiritual talent, but also the need to deeply connect with the spiritual and learn to trust his intuition and inner wisdom. Doubting himself and what he inherently knows will inhibit the overcoming of this challenge.

Again, as in his worldly challenge, Richard's goal is to overcome suppression, in this respect, of the spiritual realm in the physical world, and to bring inspired teaching to others, deeply blending the spiritual with the physical.

In essence the worldly and spiritual goals of Richard are aligned with seeking the truth, expanding knowledge, and bringing this knowledge to others.

Both goals are wonderfully aligned with his soul plan to expand love and knowledge, to share it with others while bringing in a deep spiritual significance to it. It is also about experiencing life as a child – seeing it with the joy, innocence and wonder of discovery and using this to spark a realization in others to melt and remove barriers preventing them from simply letting go and being – of taking every moment as a gift.

Note that the Soul Plan is predominantly duplicated energies and this may signal the presence of insecurity. It may also indicate a very set life path where your expression feels hemmed in by fixed borders.

DETAIL

WORLDLY CHALLENGE

This challenge is usually about feeling or being disempowered in some way, of experiencing yourself as weak or blocked, with a fear of being vulnerable and having a difficulty claiming your power, usually from an abuse or some form of disempowerment when young, perhaps from a domineering personality.

The danger is present that in reclaiming your power you do so in an unbalanced manner and then misuse it to manipulate and control others.

To assist in overcoming this challenge you need to reclaim your power in a balanced manner, not allowing yourself to be disempowered by someone else, nor using your power to mistreat or abuse others.

To aid you in this you will often attract a powerful person with whom you will practice 'self-learning' in the field of developing your balanced claim to your power – this can be at work and / or someone in a relationship.

Trust yourself and do not subjugate yourself to others to determine your future. This does not mean that requesting assistance and advice is not a good thing, but rather that you beware becoming unable to function without someone else's input. This energy is associated with the left kidney and you need to develop the wisdom to realize whether you are filtering your own truth, or always filtering the truth of others.

This energy is powerful, cannot be controlled by personality, and will fail you if attempts are made to misuse it. Beware doing too much and keep the body in shape as this energy is physically demanding. Learn to trust your inner wisdom.

Approaching this energy in a distorted form can lead to self-destructive behavior which could negatively impact your life.

Positive aspects of this energy can allow you to take a wise overview of life events. It can accelerate growth and allow learning in yourself and others.

Taking a balanced approach to power allows you to embody this energy, to develop a stable and strong self-belief, often feeling as if you are 'protected' in some way.

WORLDLY TALENTS

This energy is the same as the Challenge and as such is perfectly placed to assist in overcoming the Challenge. How it is used, however, will determine its effectiveness in this aspect.

This energy is about peacemaking, power, and protection. It has the quality of hearing which assists with the peacemaking aspect and allows you to undertake work in conflict resolution, amongst others.

This energy allows you to be well-organized, stable, with a strong self-belief in your abilities, able to do anything that appeals to you. In relationships this energy can make you peace-loving, stable, and secure, and able to diffuse disruptive situations.

This energy is best suited to fulfilling its full potential in a service role in society. It allows you to act with certainty, while demonstrating forbearance, tolerance, and resolve. It is catalytic, bringing about change in others through association with you. It strengthens the other energies and enhances your abilities. It is necessary to transmute any anger into strength and loving kindness, which naturally aids any service role undertaken.

The strong connection to the spiritual realm associated with this energy can allow you to be an excellent channel and/or healer. The quality of hearing could make you clairaudient. This strong connection to the spiritual realm will often give a strong sense of being protected in some way, of someone looking after you.

A danger associated with this talent is the use of its power to manipulate and control others. You need to learn to trust your intuition to fully realize its power. You need to take care of your body as this energy is demanding.

WORLDLY GOAL

You have a goal to be highly creative and to focus on what you want to achieve. You wish to see what rings true for you, and then to focus on that truth. This energy is excellent for the arts, and very well suited to business.

Associated with the right kidney, you are able to filter out the inappropriate and to discern the truth. Applying this creativity to communication allows you to communicate effectively with a very wide remit of people.

This energy is so flexible and adaptable you are able to use it in any career, and so strong you have little choice but to follow through on a desire to expand your ideas and creative ventures. It provides confidence in your ability to deliver, to see a project through.

If balanced in the energy it allows you to be resourceful, adaptable, and kind – a great homemaker and very family oriented.

The negative aspect of this energy can be a tendency to pursue too many things, to scatter your energy. Care must be taken of your kidneys for they assist you in your discernment – it would be wise to avoid over-stressing them.

Use of a life coach could assist in maintaining focus. Beware going into “sulking/isolation” when not able to fully express yourself.

SPIRITUAL CHALLENGE

This could indicate a goal to be complete in some aspect of spirituality. This energy is a high vibration and contains the “all”.

Without a strong earthy world talent, which is the case here, you will find the physical world hard to live in; struggling with it's out of balance approach to life.

The challenge is to activate your spiritual connection, to trust it, and to use it in direct service to allow it to flourish. Once committed this will enable you to manifest the role, providing great potential within the spiritual arena, stability, and the ability to connect with the soul. This is the most spiritual of the energies.

This challenge is associated with the left hand – the aspect of giving and receiving. You need to interact with the environment in this manner, and overcome the feeling of not being good enough which prevents you from receiving.

Also represented is the unity aspect– of being one with all. The challenge will be to accept this and not fear the “loss of identity” which may arise from this. It is related to service and the crown chakra so work is required to open the chakra and connect to the spiritual realm.

Positive application will bring great potential in healing and/or teaching, sharing of your wisdom. As you develop you will come to be seen as a reliable authority.

Overcoming this challenge will also require you to be humble and selfless, to activate the connection to spirit. Be careful of being overly critical of self and/or others and situations.

You need to practice your spiritual aspects regularly to “stay in” and beware of creating obstacles/distractions preventing you from pursuing this path.

Not working well within this energy can result in blocked energy with a number of symptoms, including chronic fatigue. Do not fear the sense of losing your identity during glimpses of the unity and spiritual experiences.

Embodying this energy results in compassion, understanding, and healing in relationships.

SPIRITUAL TALENTS

You have a talent for peacemaking, using the aspect of hearing in any role requiring conflict resolution.

You are able to see beyond events, seeing the potential wisdom inherent in even adverse situations. Embodying this energy and approaching power in a balanced manner will allow you to be strong, stable, and secure in yourself, bringing modesty and humbleness as you have nothing to prove.

This talent can allow you to deal with certainty in situations, while showing forbearance, tolerance, patience, and an unshakeable resolve. It will allow you to transmute anger into strength and loving kindness.

Connection through the crown chakra and working in service can allow you to be an excellent channel or healer, with the hearing aspect often allowing a person in this talent to be clairaudient. You have the potential for being a catalyst in others' lives, of creating shifts within them.

Although you may not necessarily work within the healing or spiritual realms, you do have a strong connection to the creative life force and can bring through whatever is needed, particularly when serving others. Connecting to this energy provides great potential for achieving whatever is important to you, and most will have a strong sense of feeling 'protected'.

To fully access this energy you must have a balanced approach to power, neither being disempowered nor abusing power. You must trust your intuition, and preferably be of service. There is a need to look after your physical body as this energy can be demanding

SPIRITUAL GOAL

Your spiritual goal is aligned with overcoming suppression, of learning to be assertive. At its highest level it is about bringing inspired teaching into the world.

This high level teaching would come from soul level in an almost channeled sense and could potentially involve aspects such as unity and peace, blending the deeper aspect of the physical and spiritual through the expression of thought, speech, and action.

There is often a pioneering quality about this. There is a goal to be at peace with being "both of and yet not of this world'.

SOUL PLAN

Your Soul Plan is about love and knowledge, with the quality of coition (sexuality). It represents expansion – a great drive to absorb and expand love and knowledge and then share and teach it with a deep spiritual significance.

This will result in enormous growth throughout your lifetime, a drive to blend your conscious awareness with the deeper soul truth.

There is the desire to accumulate love and knowledge and really connect to the soul. It invites others to step in, to share from the accumulated labyrinth of knowledge, bringing a teaching energy to the fore.

It requires the ability and drive to access the deep and profound knowledge that lies within. It requires the return to the child-like wonder, innocence, and joy of discovery, sparking the same realization in others and melting the minds and barriers put up to prevent them from simply letting go and being – to see that every moment is a gift.

DOMINANT ENERGY

There is a dominant energy in your profile of energies signifying it has a very strong influence in your soul plan. It occupies your worldly challenge and talents, and your spiritual talents. Being in both talent sets it accentuates your abilities to use this talent effectively.

This energy can strengthen other energies and as such if used correctly as a service energy it will enhance the other energies and provide you with an innate, strong, but humble belief in your own abilities.

The quality of hearing will allow you to listen in both the worldly and spiritual aspects, bringing in a strong power for peacemaking and conflict resolution.

Being in both the worldly and spiritual aspects will allow you to connect the two, to be both part of and not part of this world, and to bring the deeper spiritual aspect into the world.

The transforming nature of this energy, enhanced in this plan, will be catalytic on others and assist them through their challenges. It makes for good channellers and healers, giving the person the capacity too for clairaudience.