

## Soul's Pathway Self-Discovery Worksheet

*"In your originality is your immortality, for nothing that is original can perish. It is an essential part of the cosmic scheme."* Olivia Robertson

Soul's Pathway is a tool to help you recognize your soul – your essence, the spark of energy and originality that is unique to you.

The soul is the energy and individuality of the person. It contains the qualities that allow the person to carry out their mission in life: what the person brings to share with the community to create a better world.

There is an innocent, childlike quality to the soul, and yet all wisdom and self-empowerment is contained within it. Your soul is who you were before you were pressured by others to be someone you aren't.

The Soul's Pathway Worksheet is for anyone at any stage of life. It guides you to take the next step of unfolding your True Self.

**Worksheet** - questions to help you identify your Soul, and how it is expressed in and supported by community. The Worksheet is free and is available on LFAE's website

**Soul's Pathway Sessions** – we offer sessions with a Soul's Pathway counselor who is a member of LFAE, to discuss what you discovered about your Soul's Pathway through doing the Worksheet, and to guide you to the next steps of your Soul's development. The session can be done in-person or by phone or Zoom.

### **Before we get started with the Worksheet...The Life Force Arts Method**

Here are some thoughts about what Soul and Spirit mean, from the Life Force Arts Method, a powerful psychological and spiritual tool for building positive relationships from one's inner world to the outer world. The Life Force Arts Method (LFAM) is based on the principle that nurturing the unique gifts of each individual creates a healthy, well-functioning community. It is a model of health rather than pathology, based on principles drawn from both ancient and modern sources. LFAM guides participants from personal healing through spiritual wellness and finally to live an empowered and contributive life. Through knowing and practicing the principles of LFAM, both individuals and communities can be healed and empowered. [Click here for an article on the Life Force Arts Method.](#)

Life Force Arts Ensemble is a company of visual, literary and performing artists who commune with soul and spirit to create transformation through the arts. The Soul's Pathway Consultation is to help you identify what your Transformational Goal is right now, such as healing, personal or professional development, and how the arts can help you achieve that goal.

## **False Self, Soul & Spirit**

**False Self** is a surface and limited sense of self. It is a false, superficial personality which is based on living according to other people's expectations. A clue to whether a person is operating from a place of ego is if they focus a lot on "should". "Should" is an Ego word: "I should have done that," "They should have done this," "She shouldn't act like that." "Should" statements are about judging from an external perspective, rather than asking the Soul what is true for the person.

**Spirit** is the Great Cosmic "Soup" of all energy that encompasses all that is. It is the universal place where matter transforms into energy and vice versa, where everything can change form

**Soul** is in between Ego and Spirit. Soul is

1. your personal energy field
2. your gifts: the talents you bring to the world; the characteristics that are core to who you are
3. your mission: what you came to this lifetime to accomplish

In this Worksheet we do not work so much with exploring the personal energy field, but primarily with identifying your gifts and mission. Knowing your gifts and your mission is the key to discovering your Soul's Pathway

### **What is living from Soul like?**

*Joseph Campbell: "Follow your bliss."*

*Mihaly Csikszentmihalyi, author of Flow: The Psychology of Optimal Experience, described flow as "being completely involved in an activity for its own sake. The ego falls away. Time flies. Every action, movement, and thought follows inevitably from the previous one, like playing jazz. Your whole being is involved, and you're using your skills to the utmost."*<sup>L</sup>

*Gabrielle Roth, author of Maps to Ecstasy, says, "Our soul, our true self, is the most mysterious, essential, and magical dimension of our being. In fact, it is not a separate reality, as traditional Western thought views it, but the cohesive force that unites our body, heart, and mind. It is not a ghost trapped somehow in the physical machinery of our body but the very essence of our being...Each soul is unique, and we are called upon to break out of the minimum security prison of conformity and mediocrity to experience our soul's true magic and power...The soul is an artist. Its nature is to create..."*

- Knowing what creates that blissful feeling of flow for you, where you feel truly alive, helps you find your soul
  - Following your soul gives you more energy, instead of draining your energy •
- Being in a community that fully supports the flowering of your soul helps you find and fulfill your gifts and your mission

## Soul's Pathway Self-Discovery Worksheet

### Identifying your soul

1. What did you like to do when you were a child?
2. What makes your heart sing?
3. What do you feel you can do for hours on end and never get tired?
4. What are you passionate about?
5. What is the one thing, in one word, that your life is about?
6. What are your strengths and/or gifts?
7. What things are you **not** interested in doing or being? What are you perfectly content with allowing other people to do; things that you do **not** have the gifts and mission to do?
8. How do **you** define your Soul's Pathway? Do you define it as a religion or spiritual practice?
9. What is your background of spiritual practice (in childhood or as an adult). Does that spiritual practice support your Soul's Pathway?
10. What is your education in spiritual matters? Have you studied with teachers, are you self-taught?
11. What spiritual communities do you belong to, or have you belonged to in the past?
12. What spiritual experiences have you had?
13. Do you work with energy (Reiki, chi gung, etc.)
14. Who or what inspired you to become who and/or what you are?

### Where are you at?

1. What are your goals at the current time? Are they aligned with your Soul's Pathway? Do you want to make your Soul's Pathway your goal (or not)?
2. Are you living your Soul's Pathway at the present time? Are you living out your dreams, goals and aspirations?
3. Can you visualize your goals? Can you "see" your Soul's Pathway? Where are you on that "Pathway"? Do you know how to find the pathway or steps to realize your dreams?
4. Are you close to living your Soul's Pathway, or is it a dream for the future, only in your mind right now? Are you in the process of manifesting a way to live your Soul's Pathway?
5. Do you surround yourself with like-minded people who have the same goals you do?

## **Blocks to your Soul's Pathway**

1. What are blocks you may be experiencing to following your Soul's Pathway?
2. Do other people's opinions about your pathway affect you or stop you from following your Soul's Pathway?
3. If so, is that the block that keeps you from your Soul's Pathway?
4. How can you follow your Soul's Pathway while still respecting other people (family, friends, co-workers) such as their religious beliefs or how you were raised?
5. Are you consciously following your Soul's Pathway? Are you allowing other people's opinions to affect you? Does this happen part of the time? Some of the time? All of the time?
6. Do you follow your Soul's Pathway in all aspects of your life?
7. Are you blocking or sabotaging yourself in some way?
8. What is the fear that causes you to sabotage yourself? Is it a fear of failure? A fear of success? Are you afraid that your life will change and you will have to take responsibility for the things you feel or do? Is it easier to live a mundane life and never try for your dreams and goals?

## **What is the next step of development?**

1. If you have multiple gifts, can you focus on one gift at a time?
2. Are you in a growing phase, or a fallow phase?
3. What obstacle is in your life to stop you from the next phase?
4. Do you feel like you can grow in what you are doing, or are you stagnant?
5. Are you in a community of people who support your Soul's Pathway? Are you appreciated for who you are and what you do?

## **How LFAE might help you with your Soul's Pathway**

What are your expectations of LFAE? Part of our mission is to guide people in their needs of developing their Soul's Pathway.

1. What kind of events, classes, etc. you would like to see LFAE offer?
2. How could you use LFAE as your springboard for the continued growth of your Soul and mission in life?
3. How might you incorporate yourself into LFAE?
4. Are you a visual, literary or performing artist? Are you a presenter, such as an artist, teacher or healer who is or hopes to give presentations LFAE?
5. What is it that attracts you to Life Force Arts Ensemble? Is it to find guidance on your Soul's Pathway? To learn spiritual practices? To find a community that understands the spiritual experiences you have been having? Is it a place that you can network with other artists or presenters?
6. Are you interested in working with others to create artistic endeavors, such as exhibits, rituals, performances etc.?

## Questions Based on the Life Force Arts Method

Which of these meanings of “spiritual” do you feel most comfortable with as the basis of **your** Soul’s Pathway?

1. Human Spirit
2. Universal Energy
3. Mystical & Religious Experience

For example, is your Soul’s Pathway to encourage others on a human level, with everyday situations? Is it to work with energy? Is worshipping a deity the basis of your practice?

Which of the following Fields do you participate in the most? Are you a professional in any of these Fields? Do you feel you need help with any of these?

1. Art
2. Learning
3. Healing
4. Community Building

Which of the following Archetypes do you feel most aligned with?

1. Artist/Visionary
2. Witness
3. Warrior
4. Companion
5. Healer
6. Phoenix
7. Sovereign
8. Tribe
9. Teacher

Which perceptual mode do you feel the most comfortable expressing yourself in? Which one do you have a “gift” for?

1. Auditory (hearing)
2. Visual (seeing)
3. Kinesthetic (movement)

What is your learning style –which is the best way for you to learn something?

1. Seeing
2. Doing
3. Hearing

Which type of art do you like best?

1. Performing Art (Music, Dance, Theater, Performance)
2. Visual Art
3. Literary Art