

The Purpose and Meaning of your Life in terms of your Soul Contracts

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PersonalEmpowerment.co

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Welcome

I welcome you to this free book- *The Purpose and Meaning of your Life in terms of Your Soul Contracts*.

During the past six months as I have been writing this book, mainly over weekends, my life has been in emotional highs and lows, both at home and at work. I was unearthing and confronting issues, long dormant, and, at times, I felt like a laboratory rat!

As stated throughout this book, I write these books for my own education and learning; to leave a legacy for my sons, and for you, the Internet Reader, who has found themselves at the doorway of this free book.

There is a limited amount of printed matter that I could research on this topic and this challenged me to produce something, hopefully, of both purpose and meaning for you, the Reader.

Most people are unaware, or, if aware, are skeptical about the unproven concept of soul contracts made in Spirit between Soul Mates within a Soul Group. I relished the challenge of providing information, knowledge and, hopefully, some wisdom, about unearthing one's soul contracts and the purpose and meaning that they have for our lives now.

I was not alone in this endeavour. I had the assistance of Channels, my own channeling, my Unseen Spiritual Friends, and my concept of my Soul, my Higher Self and my Higher Power working in harmony, peace and Love co- creating my life and this book with me.

All I can hope for is that you approach this topic with an open mind and look at the information provided, and then decide if it qualifies as knowledge, and maybe even, wisdom for you.

If you decide to accept the challenge of using this book to assist you in unearthing the purpose and meaning of your life in terms of your soul contracts, that's all I can ask for.

It certainly worked for me, and I hope and trust it will work for you too.

With blessings
In Light and in Love

Neville Berkowitz

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The Purpose and Meaning of your Life in terms of your Soul Contracts

Introduction

Life is not made unbearable by circumstance, but only by lack of meaning and purpose - Viktor Frankel.

I humbly propose that the usual terminology of 'meaning and purpose of one's life' is incorrectly phrased. I believe it should be the purpose, and then the meaning, of one's life.

As I spelt out in my free book *How to Live in the Now* found on personalempowerment.co, the purpose of one's life is different from the meaning of one's life.

Your purpose is what you have come here to do to fix one or more holes in your soul, as is reiterated throughout this book. This is a Soul Contract/s you have made with certain members of your Soul Group while you were all in Spirit.

The meaning is what you attach ideologically to pursuing, and, hopefully, in achieving this purpose.

If you are unfamiliar with the concept of soul contracts, or even have an awareness but don't subscribe to the reality of soul contracts, please bear with me, and, for now, give me the benefit of your doubt. Doubt is the handmaiden of truth.

Let me use the concept of self denial as an example here. Many religions have a form of self denial as part of their practice and traditions. For example, Ramadan for the Muslims; Yom Kippur, or the Day of Atonement, for Jews; Lent for various Christian based religions, and so on.

Usually self denial is seen as a mental strength of avoiding food or drink or other pleasures for a specified time period, to show that we are mentally stronger than our physical desires. This understanding is that we are denying our self what we usually desire, and in doing so, we are honouring our Higher Power.

While this is a positive step in becoming more aware of the Deity in your life, I believe that true self denial is not physical, but spiritual.

The self is another term for one's ego. The ego self is controlled by one's mind and reflected through one's thoughts, words and bodily actions. To deny one's self, or deny one's ego, is to deny the role played by one's ego in thoughts, words and actions. By self denial I mean ego denial.

If you deny your ego then all that is left is your Soul, the part of God within you. Through denying your ego you become Soul/Love/ God /Oneness/Godlike.

Now the acronym definition of EGO as Edging God Out makes more sense to me.

For most people, abstaining from physical issues in the period of self denial is the purpose and meaning of such religious processes of self denial.

I humbly submit that from a spiritual perspective, self denial is ego denial, and the purpose is to rid oneself of one's ego thoughts, words and actions. The meaning for doing so is to become more Godlike and feel the Presence of Unconditional Love, Joy and Bliss.

So, if the purpose of your life, in terms of your soul contracts, is to fix one or more holes in your soul, such as abuse, or victimhood, or irresponsibility, or , or , or ... , then the meaning it has for you could be to become healed of this affliction, and to work on yourself and become an example to others who also require such healing. This too will bring you Unconditional Love, Joy and Bliss from the Source of such blessings.

The purpose and meaning of one's life via soul contracts for all of us who live in the day-to-day ego- driven world requires a more detailed analysis involving:

- (1) self analysis,
- (2) soul contract identifying markers,
- (3) identifying archetypical behaviour,
- (4) the counter balancers required to repair the holes in one's soul.

This is the focus of this book.

Spiritually enlightened people know that everyone has the same purpose and meaning. The purpose is to give and receive Love abundantly, because Love is who You are at your essence. The meaning is to squash your ego, and be more Godlike in your thoughts, words and actions, by being more understanding, loving, kind, considerate, respectful, and so on, both to yourself and to others in your space.

The 14th Dalai Lama says, "*Kindness is my religion*", and see how he is revered globally for having this purpose, and the meaning of Unconditional Love, Joy and Bliss he attaches by thinking, speaking and acting on this purpose.

We are like the myriad of flowers on the earth, all having one purpose, to reproduce the plant from which the flower stems. The flowers look different, smell different, and even, taste different, in the case of edible flowers. The meaning of the life of a flower to us humans is likely to be beauty. The meaning to insects who spread the pollen of the flower is instinctual survival of the flower and life for insects. I obviously don't know what the meaning is for the flower!

From a spiritual perspective, the purpose of our life is to rid ourselves of our self serving ego, and all that remains is our Love based Soul. Our meaning is to see the Oneness in everyone and everything.

In the Hindu greeting, Namaste, we recognise the God within ourselves, and in others we are greeting. The Muslim greeting of As-salamu alaykum, means peace be upon you, as does the Hebrew greeting, Shalom Aleichem. Well, I believe that such Peace is what we will find when we discover Oneness in ourselves and in others.

It is for these reasons that I believe, spiritually speaking, we all have the same soul contract purpose and meaning in our lives, as stated above, that of becoming abundantly loving to ourselves, and to others. However, we live in a world where ego reigns supreme,

and love based Soul is a nice idea, but is seldom found by most people intent on instant gratification in their ego-based lives.

As stated above, the purpose and meaning of one's life via soul contracts for those who live in the day-to-day ego- driven world requires a more detailed analysis involving self analysis, soul contract identifying markers as well as identifying archetypical behaviour and the counter balancers required to repair the holes in one's soul. This is the focus of this book from now on.

For those who are still giving me the benefit of their doubt about the existence of soul contracts, it's time to hold onto your hats!

Most of my twenty plus free books written so far, and found on both personalempowerment.co and guidespeak.com are intent on moving the reader from their ego-self and to remember and recognise their love-based Soul, and hopefully to act accordingly.

I now introduce you to this latest book, *The Purpose and Meaning of your Life in terms of your Soul Contracts*.

The search for purpose and meaning of your life

The two most important days of your life are the day you were born and the day you find out why- Mark Twain

When we lose our way it's because we have lost our why.

Usually, when we get to into our forties and fifties, we begin to look at our lives with a different perspective when compared to our go-go twenties, and our career and family -building thirties. Turning 40 years old seems to be more meaningful than most other birthdays up until that point.

People then tend to ask, "what is life all about?" Am I supposed to work with my nose to the grindstone; come home exhausted; do house-related work; watch TV, fall asleep, and then do it all again tomorrow?

The people I usually communicate with in this regard are those questioning the purpose and meaning of their lives. This usually occurs as their career paths level off, or they lose their jobs, or they begin new careers, or those whose children leave home; or when relationships change; or when someone close to them passes on; and so on. Substantial change is often the catalyst that provokes these thoughts and questioning.

Often these people sense an emptiness at the core of their being, and some may even feel redundant, which emotional feelings lead to self-pity, remorsefulness, and could lead to anxiety and depression.

For those people whose lives are ego-based towards achievement and materialism, the need to develop themselves further, and acquire more material possessions, usually begins to lessen as they reach their half-century, and they realise that they are not going to live forever. Their perspective begins to adjust as they look back at what they have

achieved and accomplished. Then they project forward at an even more massive pile of materialism and more shiny objects of achievement, and sometimes they wonder what this life is all about.

Their perspective of the purpose and meaning of their life changes when it dawns on these ego-based achievers that the hearse taking their coffin to their grave does not have a tow hitch for a U Haul trailer!

In addition to those ego-based achievers, some of us see ourselves as hamsters on a wheel running fast, and not getting anywhere. The routines of our life and the drudgery of repetitive tasks seem to wear us down. We tend to live from thrill to thrill, and even those thrills don't appear to be as exciting as they once were.

CHANGE- Clearing, Healing And New Gifts Emerging.

We may begin to realise that we have been focused on looking outwards to find the answers to the purpose and meaning of our life. Usually, we haven't got a clue about what we are doing here, and why we are here in the first place? Our ego either tells us how extraordinary and unusual our life is, or it tells us the reverse, and we feel worse about ourselves.

Our mind's ego-based thoughts keep us either full of hope or full of fear, and we cannot stop these whirring thoughts which sometimes interchange continually. These ego-based thoughts keep our mind in the past, or the future, and do not allow us to enter the present moment of Now.

In my free book, *How to Live in the Now*, found on personalempowerment.co, I call this present moment of Now, God's Space, the only space/place where God can be found. This is where soul-based Love is found.

The Now is the only space you can enter to find the true purpose and meaning of your life because this is a soul-based discovery and not an ego-based one.

Going within to find the purpose and meaning of your life

The only journey is the one within
-Rainer Maria Rilke

When you enter this Now moment, your search for the purpose and meaning of your life no longer becomes an ego-based outward search but becomes a love-based soul approach to begin the search within.

The search within is where your soul, which is a part of God, resides. Your soul is a splinter part of your Higher Self, or your Spiritual Energy, which resides in Spirit. It is part of the Oneness some people call God, Jesus, Father, Allah, Brahma, Yazad, Akai Murat, Adonai, Jehova, Shiva, Buddha etc.

When you awaken, or become conscious, of the fact that you are not a body and a mind, as you probably saw yourself in your twenties, thirties and forties, you then realise that you are an eternal soul who is having an experience in a chosen body and mind this time around on the earth plane of existence.

We live countless lives on the earth plane of existence, as well as on other planes of existence. We mainly live in Spirit, and who We really are is a Vibrational Spiritual Energy, reflected at present as our eternal Soul within a body, now known as you, on the earth plane of existence.

In the search for purpose and meaning of your life, the starting point should always be at who You really are. The You, being your Higher Self/Spiritual Energy, which is part of Oneness/God/Universe/Infinite Intelligence, and other labels we may prefer to use. Your soul is only a splinter part of that Higher Self /Spiritual Energy, and your soul resides within your current body and mind. This body and mind are who you are.

The You is your authentic Self, and the gap between You and you is the authentic gap that needs closing while you are on the earth plane of existence.

The six soul markers I have highlighted below identify this authentic gap that you are being called upon to resolve this time around, as you.

Closing this authentic gap from you to You, for you to be more Godlike in your thoughts, words and actions, is the purpose and meaning of your life, in terms of your soul contracts.

My viewpoint about truth

***I belong to no religion
My religion is Love
Every heart is my Temple
- Rumi***

As I stated at the outset of my free ebook, *GAIN—God And I Now—* found on my website personalempowerment.co, I do not have a religion, but rather, I have a personal relationship with God. I call it my spirituality. This spirituality has emerged from the religion I was born into. However, as I have evolved spiritually I have found the wisdom and love bound up in many other religions, and other spiritual viewpoints, and have chosen to incorporate those into my evolving spirituality.

My personal relationship is experiential, and it grows daily. I do not need a sanctified, particular building to pray in; special clothes, or other material issues to wear, to pray and thereby be acceptable to God; food I can and can't eat; times to pray; people I can and can't associate with, and so on. I have no traditions, rituals, rules and regulations. I merely have a connection to the God of my evolving belief, and I see, and feel, the results continually of that belief system. I believe such feelings to be the language of my soul.

This is my evolving experiential choice, and I would never attempt to convince people that I have the truth and that their truth is wrong. When we leave the earth plane and return to Spirit, we will discover the real truth, and come to understand that we had a truth but not the whole truth.

TRUTH- To Reach Unto The Heavens.

What is your soul?

The soul of man is immortal and imperishable
- Plato

What is relevant here is that our soul is a part of our Higher Self, our Spiritual Energy and that this Spiritual Energy is a part of Oneness or the God of hundreds of names in various belief systems. Whatever the label used to denote such Oneness, we are all a part of It and have been since the beginning of creation.

We are Light Beings, created when the entity I am calling God, created Universes, including the earth plane of existence.

This earth plane of existence is a place where we can experience the sensuality of our five senses. In this place, we encounter the co-existence of opposites, the duality of contrasts. When we experience both extremes of an issue, such as joy and sorrow, we expand our experiential knowledge and add that expansion to our soul's growth, and, in turn, to God's experiential knowledge, too. In this place, we can grow spiritually through the practical application and solutions we find to the challenges in our current life. We agreed to confront and resolve these challenges when we were in Spirit. These decisions formed the basis of our soul contracts, more of which is discussed below.

Unseen Spiritual Entities often say that it takes courage to return to the earth plane of existence because we experience emotional, psychological and physical highs and lows, as the duality of the co-existence of opposites is part of our journey here.

In Spirit, we learn our lessons in a theoretical way, as there is no duality in Spirit, only Oneness and unconditional Love and Light. The earth plane of existence is the leading edge of thought, as described by the Non- Physical Spiritual Energy known as Abraham. (For more on this amazing Spiritual Energy visit abraham-hicks.com.)

The growth of our eternal souls is accelerated in the practical battleground, or school, we know as earth. We come here to overcome what I am calling the "holes in our souls". Selected unresolved issues from past/parallel lives, (hereafter referred to as past lives for easier understanding), that we have returned to the earth plane of existence to be challenged by, and to overcome.

These selected challenges are the basis of our soul contracts made in Spirit among our Soul Group, comprising our Soul Mates, who, in turn, also have their own soul contracts. to deal with on the earth plane of existence. The interweaving of our soul contracts among our Soul Mates for this journey to the earth plane of existence is very intricately arranged

as we all seek to repair the holes in our respective souls, and require each others' help to do so.

Ok my readers who doubt the existence of soul contracts are you still reading this? Next we deal with what is a soul contract.

What is a soul contract?

Important encounters are planned by the souls long before the bodies see each other

-Paulo Coelho

As I understand the spiritual journey, we have a soul contract, and we have free will. Each of our soul contracts is based on an eternal plan of achieving perfection, which perfection is God. In our eternal soul's growth journey, we aspire to become Godlike.

Through our free will choices, when we do not act in such a soul-based manner, and perhaps our actions are the reverse of such desired behaviour, we create "holes in our souls" in our past and current lives on earth.

Where God is not acknowledged, feared or loved, anything becomes permissible and holes in our souls are created. These holes need to be repaired, and the only place to do so, via our remedial actions, is on the earth plane of existence. This restorative process becomes part of our soul contract made in Spirit, where we set challenges for ourself to confront and overcome on the earth plane of existence.

We called all these challenges we have encountered, are encountering and will encounter to ourselves to repair the holes in our soul!

Therefore, we need to go within to find what these holes in our soul are. After that, through the remedial actions of confronting and overcoming our agreed to challenges, we will uncover what the real purpose and meaning of our life are, in terms of our soul contracts.

This uncovering process implies that we knew in Spirit what the purpose and meaning mission is of our life on earth. Through using the six soul contract markers I have identified below we can now remember our mission by identifying these holes in our souls, and the remedial actions required in meeting these pre-arranged challenges we set for ourselves in Spirit.

The process we went through in Spirit in determining our soul contracts was a very intricate "game plan". We, together with members of our Soul Group, created various scenarios to enable and allow each of us to play out our predetermined soul contract roles. Through this process, we can all attempt to repair the holes in our souls, and all grow towards the perfection we call God.

While in Spirit we were consciously aware of what we had to do in terms of our "game plan". When we arrived on the earth plane, as a soul inhabiting a baby, our conscious spiri-

tual memories were wiped clean. We had no conscious memory of what our soul contract mission is here on earth.

To get a clearer understanding of this phenomenon, we can draw a parallel to interviewing and casting actors, actresses, director and producers for a play or a movie. When these actors, actresses, director and producers arrive for the performance, we wipe their conscious memory clean in terms of what the play or movie is about. The actors and actresses are standing on the stage in their costumes, and the audience is waiting to see what the play or movie is about.

However, somehow, and I don't profess to know how, but I guess through our subconscious eternal soul memory, and promptings from our "Soul Friends", our Guides, Angels and the like, we begin to have glimpses of memory recall of what we are supposed to be doing here.

When I look at my life, I can see what I call "nexus points," where I have met up with the members of my Soul Group, and, somehow, we recognise each other from another time and space. It's more a feeling than a knowing, but it registers somewhere in our subconscious eternal soul memory. These meetings are usually unnoticed and without any fanfare. Quite often, they appear to be what is called coincidences. However, I do not believe there are coincidences in God's world. In my view, such coincidences are God's way of remaining anonymous and ensuring the connections are made.

We all have Spirit Guides and other "Soul Friends" to watch over us, and, although they will never interfere with our free will choices, I believe that they sometimes "nudge" us onto the correct paths in terms of our Soul Contracts.

As I understand it to be, we are members of a Soul Group, and, as such, we are what is usually termed, Soul Mates. We accompany each other through numerous lifetimes on the earth plane of existence, and, we exchange the roles of spouses, children, parents, grandparents, cousins, friends, work colleagues, and the like, during these numerous visits to the earth plane.

In various channellings, I have been involved with, and in the research I have done into the Spiritual World, the Spiritual Entities always thank us for having the courage to come into the physical world and to play out the assigned roles we have agreed to play.

To open the door to what is ahead of us in this book I will use the example of a Soul Mate who chooses to become a pariah in society as an adulterer or murderer or rapist, or, or, or They agreed to play this soul contract role knowing that they will be shunned by society, and even possibly locked away in prison, or killed, for their so-called crimes. This action takes tremendous courage to agree to play those soul contract roles so that someone else's hole in their soul can be repaired.

I am also told that those souls who come to the earth plane, and who are known as mentally impaired, or severely physically deformed, have chosen these soul contract roles to play as they are not likely to return to the earth plane again. They would have perfected their soul's growth, enabling them to go to Higher Realms of Existence in future/parallel lives as an eternal soul.

So, as you can see, this book is going to shatter some so-called truths that we believe to be “real truths”. Through my research, channelling, learning, and experiential knowing, I have come to realise that what we perceive to be our truth about someone or something, is often the complete opposite when seen from their soul contracts made in Spirit.

Those members of our society who are strugglers in life, through a myriad of ways where they battle to keep their head above the rising tide, they have chosen to overcome these difficulties/challenges to fix the holes in their souls.

In many cases, mere survival against many odds is the way they accomplish these soul contract lessons of soul growth. They are often looked down upon by other more so-called successful members of society. Still, their courage to seek out these major obstacles of poverty, poor health, physical or mental impairment, and a myriad of other issues, is to be admired and not pitied. When I come across these people, I tell others that they have chosen this harsh existence as their soul contract, and they need to be admired for their courage and bravery. Most people look at me as if I am not normal!

I have decided not to spend too much time on explaining the structure of the Spirit World as I understand it to be, and there are numerous books readily available which go into detail on this issue for those who are interested.

In the last few years, there have been several books written by prominent medical people who experienced Near-Death Experiences (NDE's) and who were scientists, and, in numerous cases, agnostics. Their awakening through their NDE's of the Spirit World has been very illuminating, and their books have become New York Times Best Sellers. For example, please refer to the books by Dr Eben Alexander on his NDE, and Dr Brian Weiss, on past life regressions.

I want to focus on the understanding of soul contracts in that we each come to the earth plane to fix one or more holes in our soul, and/or to act as a collaborator in assisting someone else in fixing a hole in their soul. In many cases, there are numerous holes in our souls requiring fixing which form the basis of our soul contracts, and, achieving an understanding of that, signals the true purpose and meaning of our lives.

In some instances, our soul contract role is not solely for our soul's growth purposes, but specifically, to assist someone else deal with a hole in their soul issue. For example, a child that is born and then, for some reason, departs the earth plane soon after birth could have made a soul contract with its Soul Mates in its Soul Group, who was the baby's parent or parents in this lifetime. The contract could be to allow and enable the parent/s to deal with loss, or rejection, as part of their soul's journey of growth.

At this early juncture, it is essential to state that the roles of baby, sibling, parent, grandparent, or any other age differentials, apply only to the earth plane of existence. All souls are usually equal in most respects, as they are all equal parts of God. These intergenerational roles are often swapped around among members of a Soul Group, in various incarnations, on the earth plane of existence.

So we begin our journey together in identifying the holes in our souls that we agreed to repair when we were in Spirit.

At the outset please allow me to explain that I write these books for me to get a better understanding of the topic involved thereby enabling me to enhance and advanced my spiritual, and daily application, journey. I also write these books for my sons to have a legacy to turn to when I am no longer around on the earth plane. Selected friends ask for printed copies of these books and I also publish them for free as e-books on my two spiritual websites personalempowerment.co and guidespeak.com

It is never my intention to be prescriptive and tell you what to do and what to believe in. I want to be a “nudger,” gently nudging you from time to time in a direction you may find beneficial. This is your journey and I will not rob you of any experiences your soul contracts require of you. You have free will and the causal consequences of your thoughts, words and actions are of your making.

Let me conclude this section with a story about a man who one night lost the keys to his car. He searched high and low in his house with no success. Eventually he went into the road and was looking under the bright light of the street pole outside his house. His wife asked him, “were you outside with your car keys?” To which he responded, “no, but the light is better here!”

Identifying the holes in our souls that need repairing

The wound is the place where the Light enters you- Rumi

How do we know when there is a hole in our soul that needs repairing? This is, of course, the million-dollar question. We arrive on the earth plane with amnesia of what we contracted to do. Our life’s journey is to overcome the challenges we set ourselves in Spirit. However, we don’t remember what those challenges are!

A way forward is to be authentically objective about our life’s journey and to look for recurring, or repetitive issues that come up in our life as challenges. There are numerous and varied themes that occur. Usually, those themes that resonate with fear-based emotional pain and a feeling of potential, or actual, loss are notable markers we should investigate further. What we fear in life is a marker, as are blockages in our life. Another marker is what is called a mirror person or event that resonates anger within us. Challenges and hardships resonate as markers of our soul contracts too. An additional marker is where your ego overprotects you when you are threatened in some form or other. A further marker to be aware of is where you have negative thoughts about yourself.

Resistance to what is occurring in our life prevents us from achieving acceptance of “what is”. What we resist, persists, is a well known spiritual saying and is reinforced throughout this book. Resistance is an overarching theme across all six soul contract markers and when our ego defends itself through such resistance our alarm bells should start ringing loudly that a soul contract marker has been identified.

Let’s fully understand who we are. We are Love, at our essence. When we were born, we felt the Unconditional Love of one, or both, our parents and they felt the Unconditional Love that we were at our essence, having just come from the Source of Unconditional

Love in Spirit. We spend the rest of our life looking to receive that Unconditional Love from others. If we are fortunate, we find it in our self-love. Mostly, however, we attempt to find it from others. Again and again we remain disappointed, and sometimes bitterly so, as we feel rejected time and again, and, at best, receive conditional love. Usually we find some form of camaraderie with others, and we consider this to be a form of friendship which we cling to, while all the time we are hoping for unconditional love.

If only we knew that such unconditional love we seek is the result of our vulnerability and surrender, but our self protective ego will have none of that!

In the USA today, 68% of households own a pet, some 85 million homes where 60.2% own at least one dog, and 47.1% where a cat owns the humans! Dogs usually provide unconditional love, loyalty and companionship, and cats, well cats do whatever they want to do, and sometimes offer companionship and unconditional love to their humans.

The feeling of the lack of unconditional human love is at the root cause of every malady of human behaviour. If only we opened ourselves up in vulnerability and surrender and allowed and trusted someone to know what we are really thinking, instead of hiding behind the mask of bravado of being tough and uncaring. Regrettably, in our ego driven world such vulnerability and surrender is perceived to be weakness and the likelihood of being taken advantage of by those you trusted. Only those with soul-based love can be so vulnerable and trusting of another.

You came onto the earth plane in a pristine condition, and any negative thoughts you have about yourself were usually given to you by another person. Being told by a parent that you are not good enough, or being dealt with unfairly by someone you looked up to when you were young, or being bullied, or, or, or, would have left emotional scars on your psyche that made you think less of yourself. If these words and actions were repetitive enough, and you were impressionable, then this damaging process may have created a poor self-image and self-doubt. Negative thoughts flow from such emotional scars.

Many children who were deprived of love while growing up, as adults feel that they are not lovable, and do not deserve to be loved. They live a life absent of the giving and receiving of love, and, inherently think that is the way their life is meant to be lived.

I have a friend who has been married and divorced numerous times, and she never felt love growing up as her father was an unemotional military man and her mother devoted herself to her husband's needs. The children, of which my friend is one, were pushed into the background, devoid of love and attention. I have known my friend for many years and never seen her affectionate to her various spouses, children or grandchildren.

I have dealt with some of these child-rearing issues in my free e-book- *Unfolding Your Child - a spiritual approach to parenting* - found on personalempowerment.co.

These markers of our soul contract highlighted above, shape our lives, fashion our personalities, create our characters and dominate our relationships with ourselves and with others in our lives. These markers identify the holes in our souls that need repairing, and they need to be identified by rigorous, authentic self-examination, and devoid of ego-based self-protection.

Rigorous, authentic self-examination

Knowing yourself is the beginning of all wisdom

- Aristotle

As stated earlier, I write these books primarily for me to learn. I give printed copies to my sons and a few close friends who are also keen to learn. I also make these books available as free e-books on my two websites, personalempowerment.co and guidespeak.com and invite the world also to learn. I do so in utter humility and don't believe I have any answers unavailable for anyone else to find too.

My 67 year old personal life, and 50 year old business life, has been based on a philosophy I have called "sharing of knowledge". This sharing of knowledge is a two-way street. I learn, and then I teach others. Others teach me, and then I learn and after that share what I have learnt with others. And so the cycle turns and turns.

Today is a Sunday, and I had time alone to conduct a rigorous self-examination as part of leaving no stone unturned in identifying my soul contract markers and, more importantly, the root causes affecting my life.

I don't mind admitting that it wasn't a pleasant morning as I dug and dug in a microscopic way to unearth my life's passage, and the underlying motivations for me doing the things I have done, some of which I really messed up big time! Of course, there are numerous issues that I am proud of the way I handled them. However, what I discovered in this unearthing process is that if you chose to ignore a soul contract marker that needs attention then the next time that marker appears, under another guise, it is more difficult to overcome. Best to nip these markers of our soul contracts in the bud as soon as possible and put them to bed once and for all.

Such a journey of authentic self micro examination requires that you leave your self-protective ego outside, and you look for what happened in your life, to date, and, most importantly, why it happened. The "why" will identify significant clues as to your soul contract markers.

For example, what happened in your life is that you got married, or lived with one or more people in long term relationships, or perhaps had a child without being married. (40% of births in the USA are to unmarried mothers). Your choice of spouse, or long term partner, or father/mother of your child, if you were/are unmarried, this choice was made by you. Why did you make this choice? For the 33% of previously married people who obtained a divorced, and those unhappily married people, this is a question they ask themselves over and over again!

You need to be totally self-honest and ask yourself why you agreed to marry/live with/ have a child with/ this person. Was it their strength; their weakness; their being extroverts; their being introverts; their intelligence; their stupidity; their wealth; their poverty; their health; their sickness; their income potential; their being unemployed; their good looks; their ugliness; their independence; their dependence on you, their sense of humour; their seriousness; etc.

For those in unhappy marriages, why have you and/or they changed from the happy people who tied the knot together, in some form or other?

For those 33 % of previously married people whose marriage ended in the divorce court, why did this once beautiful relationship come crashing down in tatters and acrimony.

I am using this very sensitive example to illustrate that if you've allowed your ego full rein, then you would answer how you were entirely in the right, and the other person was in the wrong. With your ego outside the door and total self authenticity answering the question, hopefully, you will see that "it takes two to tango", and that no one person is wholly innocent, and the other party entirely guilty.

Once you get past that ego-based protective barrier, then you can open your mind to the "why" being a soul contract marker. In Spirit, you both agreed to meet on earth and to get together on a permanent basis, perhaps to live happily ever after together, or, perhaps for one to do something to the other, which was intended in terms of your soul contract. The aftermath of that action requires you both to go down unplanned for roads to either stay bitter and antagonistic, or to find a new path of self-discovery, or to resolve the conflict amicably or, or or...

What you chose in Spirit, in terms of your soul contract, was to repair a hole in your soul in this lifetime by facing the unresolved issue brought about by you, and/or your partner/Soul Mate, and dealing with the unresolved issue to bring closure. In this way, your soul grows and becomes more fitting to progress on its eternal journey towards the perfection we call God/Oneness/Universe, or whatever label resonates with you best.

OK, my doubting reader, are soul contracts starting to make any more sense to you?

Soul contract markers

Signposts are our intuition asking inner wisdom to be set free
- Kami Guildner

If your toilet became blocked, you would find a way to unblock it so you could use it again, or you call a plumber, or maintenance person, to unblock the clogged pipe. The same blockages that occur in your life need similar attention. It's these blockages, and their repetitive patterns, that are clear markers of soul contract issues that need your attention.

There are people in our life who push all our buttons. Whatever they say or do seems to irritate us way beyond what would be considered a rational reaction, or response, to their words or actions. At a spiritual level, we call these people mirrors to our self. These people represent something of our past or something that remains within us, that we don't want to face. These are soul contract markers too.

Fears are definitive soul markers in one's life. What we fear is the doorway to resolving our soul contracts. Overcoming the fear is always the desired option, but understanding the root cause of the fear, and coming to terms with that, is first prize.

Virtually every fear is groundless. However, because we have been feeding this fear throughout our life, it has grown to overshadow us. The only reason the fear exists is that we feel the lack of ability to confront it and to deal with the outcome of such exposure to its perceived loss in our life. Most times, that loss will not ensue, but the fear that it might is holding us back and blocking our life and our soul's growth journey.

There is an old Jewish joke of a man who could not sleep at night, and he was tossing and turning in his marital bed all night. Eventually, his long-suffering wife asked him what the problem was. He told her he owed his neighbour a lot of money and could not pay him. His wife put on her dressing gown and went next door and rang the neighbour's doorbell at 3 a.m. When the man came to the door to see what the urgency was at 3 a.m., the wife said to him, "My Hymie can't pay you the money he owes you". With that, she turned around and went back into her home and the marital bed. Her husband asked her what she had said, and after she told him, she said, "now let's go to sleep and let him worry instead of you!"

There are times when you must hit rock bottom in your life and realise that what you have been doing has caused you to fail. At this juncture, not only are you feeling emotionally depressed, and a feeling of hopelessness engulfs you, but you also must find a way to pull yourself out of the morass you have landed in. If you become self-honest and explore what you have been avoiding confronting and correcting, then a step in the right direction of such a confrontation should kick start your recovery. Once you have faced the fear that you have been avoiding, the recovery process gets some wind beneath its sails.

Other soul contract issues we will explore include challenges and hardships we suffer often.

The reward for dealing with our soul contract issues is knowing and feeling the unconditional Love of our Soul, and the bliss found connecting from our Soul to our Higher Self. This Higher Self is the major part of our soul, which remains in Spirit, and is connected to what we call God/Oneness/Creator/ Universe, or any other label for this Omnipotent Higher Power.

By dealing effectively with our soul contract issues, we allow and enable our soul, our Higher Self and our Higher Power to align in harmony, peace and Love, and to know the bliss that results through such a connection.

I have written a free book, *Becoming Blissful*, found on personalempowerment.co which will assist you in reaching this utopian state.

FAITH- Forwarding All Issues To Heaven

An interesting thought before we begin in earnest

***Even the people who betray you are part of the plan
- Anonymous***

While writing this book, I was talking to a friend of mine who is a Reiki Master, Yoga Teacher and belongs to the Greek Orthodox Church. When I was talking to her about soul

contracts, she reminded me that if Judas Iscariot did not betray Jesus to receive his 30 pieces of silver, then Jesus's trial and crucifixion may not have occurred, and Christianity may not have been born. She saw it as a soul contract between Jesus and Judas. Some food for thought?

If I show you mine, will you show me yours?

In the beginning, people think vulnerability will make you weak, but it does the opposite, it shows you're strong enough to care
- Victoria Pratt

I am going to be very vulnerable and expose you to some of my soul contracts. I am fortunate to have had channellings and have also sought out a better understanding of my soul contracts. I have also undertaken rigorous, authentic, self-examinations using the six soul markers, which I explain to you below, to unearth these soul contracts. After that, I have a better understanding and knowledge of the purpose and meaning of my life, in terms of these soul contracts.

I feel that if I am vulnerable, and I show you some of my soul contract issues, this may encourage you to follow suit and be vulnerable to yourself, devoid of your ego's protective stance. Hopefully, you can begin to unearth your soul contract markers too. A clearer understanding will result in better awareness of the purpose and meaning of your life, in terms of your soul contracts.

I am going to disclose some of my soul contracts under four headings:

1. Abusive relationships
2. Desertion energy
3. Love as an antidote to war and fear
4. The building of homes and the economy

1. Abusive relationships

In my life, the notable markers of my emotional pain, and a feeling of potential and actual loss occur by my being too trusting of others, and being abused by certain people I have trusted. I have incorrectly assumed that everyone is as authentic and trustworthy as I am. I have always looked for the good in people and believed that I could assist them, if they want me too, and help bring out the best version of themselves that they can be.

My self proclaimed mission is to assist them with their personal empowerment as this website is aptly named! I have looked for the part of them that is their soul, their part of God within, and believe that working with them, at a soul level, they can become who they truly are- Godlike.

This personal empowerment process has worked, I would guesstimate, well over 95% of the time, but I have attracted some people who have not only kicked me in the teeth but done far worse.

I have come to believe that these people are my Soul Mates who contracted with me, in terms of our soul contracts, to help me fix the holes in my soul, for the eternal growth of my soul to become more Godlike than I have been, and knowing pure, unconditional Love and Light.

In these specific cases, my trust in them has been a big mistake! Emotionally and financially, a colossal mistake! But I created the scenarios that enabled and allowed this abuse to occur. I failed to hold the other parties accountable and responsible for our relationship, during our time together. I did not pay enough attention to what they were doing and took my eye off the ball. I allowed the abuse to be sparked, and to grow, through my lack of attention to our relationship. I also did not have boundaries in place, that would have checked their responsibilities and accountabilities to me, and mine to them. I let myself down!

I also let myself down by not paying correct attention to what I was doing, sometimes believing that my dreams and goals were achievable. I did not question myself hard enough, as I would have if someone consulted with me, and I cross-examined them, their motives, experience, and proven abilities to ensure success. In some business ventures, in my naivety, and inexperience in these new technologies, and trusting the wrong people, I was guilty of treating hope as a strategy!

The hole in my soul that I must fix is learning to face up to my responsibilities of calling myself, and other people, to account timeously, instead of believing that me, or they, will come right, and are merely temporarily misguided. I have had to learn to say “this is not acceptable to me”. And to take immediate remedial action to act on this non-acceptance of my, or their, behaviour.

I have allowed my spiritual understanding of the “Bigger Picture” to excuse me, or them, based on what I believe to be our soul contracts. However, the soul contracts do not absolve me from not being responsible, and, for not holding me, or the other party, accountable, in terms of acceptable behaviour on earth, by stating much earlier on that this action is not acceptable to me.

My father, who I chose at the level of Spirit, and, in terms of our soul contract to be my father, agreed to be an abusive bully to his three children. I was the youngest sibling, and to reduce the continual punishments we received, I chose to be with my father at all possible times, subconsciously hoping this would lessen the punishments. I attempted to protect my other siblings by reasoning with my father and calming him down when his irrational anger would have him reaching for his belt to give us yet another hiding. My negotiations skills were learnt at an early age, based on self-survival!

My self-esteem and self-worth were damaged by such parenting abuse, and, after that, I chose to side with the bullies in my life, rather than confront them. I exuded the energy vibrations that I was available to be abused by being too trusting, and like energy found that resonance vibrational level, and attracted those abusers to me. This was a repetitive pattern of abuse of misguided trust and has taken me most of my life to reach a place of confronting the bully and stopping such abuse.

At its root cause, due to damaged self-esteem and self-worth, I wanted everyone to like me, and, if you have a “why” you can put up with any “what”. I didn’t want to confront the bullies, and possibly lose their friendship. How misguided is that!!

My wife, now ex-wife, and I have a very intertwined and unusual soul contract. We have been soul mates in numerous lives before. A Spiritual Teacher and Channel, in this lifetime, told us of some of these past lives together.

In one past life, I was an Archbishop in the Church, and she was the Nun appointed to look after me. I was an arrogant, self-opinionated, ego-based bully and made her life an absolute misery, as she was trapped in terms of the structure of Church politics of that time. She was eventually offered a choice to leave her duties with me, and to go into Cloisters, where she would live with other Nuns, but remain in silence. She chose that life, so I must have been impossible to be with!

Our marriage, in this current lifetime, was not pleasant for either of us and, eventually, my wife stepped outside our marital life and broke the fidelity of our marriage vows.

I was shattered to hear what was going on behind my back, over numerous years. Two days after the initial shock, I restored my spiritual balance and gave her my forgiveness. Judgmentally believing, at that time, that I was not complicit in her behaviour.

Four days later, I sat with a Channel I trusted, and I was told that because I offered this forgiveness so readily, I would now be given the ability to channel, and to begin a healing process that lasted an intensive nine months. Over the next nine months, my wife and I spent most late evenings, and into the early hours of the morning, in the company of various Spiritual Guides, and other Energies, who spoke through my voice box, advising and guiding us in a healing process of note.

At the end of these nine months, I was advised by these Guides that the marriage had to be broken up as we both had different journeys to go on outside of the marriage. The following eight months were not easy to navigate as my then-wife unwillingly exited the home, and the practicalities of the divorce had to be attended to. Said this way, it sounds quite pleasant, but, believe me, the practical world still had to be addressed with all the attentive emotions, while the spiritual world is far more peaceful!

My overall concern, throughout these difficult times, was always for our young sons, and to limit any damage they had to endure.

When my wife left our home, I thanked her, in writing, for playing her role in terms of our soul contract. I stated that I admired her courage in agreeing to play her part of our soul contract, as we agreed to in Spirit. At an earth plane level of existence, this fell on deaf ears for several years as she began her journey towards freedom and self-sufficiency. Obviously, we went through all the emotions common to such a marital breakup and divorce, and it was a very traumatic and emotional time in our lives.

My soul contract journey through this process consisted of numerous parts, including shattering my over-inflated ego and teaching me to move from ego to soul, from fear to unconditional Love and Light. I also had to deal with my desertion energy, which I detail below, and hopefully, bring that to closure in this lifetime too. Also, I had to learn that when abuse rose up, I had to say, “this is not acceptable to me”, and take the necessary remedial ac-

tion timeously. This applies both to me, if I am abusive, as I was in previous lifetimes as an Archbishop, and as a soldier, and also to others who abuse me.

Unfortunately, I didn't learn this lesson entirely and, in a subsequent business venture, I did not do this. I was taken advantage of by a fraudulent employee, losing a substantial sum of money.

My ex-wife's journey, based on our intertwined soul contract, was to learn to be independent and self-sufficient, escaping from feeling trapped in the marriage, as she was before in the previous life role of a Nun described above. Today, she is a highly successful senior lecturer at various colleges and universities where she is contracted to lecture. Today, we have a good friendship and mutual support system, as well as a clear understanding of our souls' journeys in this lifetime.

In retrospect, I believe that had I acted like most other husbands in that situation and filed for an immediate divorce, filled with anger and contempt, we would never have been exposed to the spiritual growth and understanding of our soul contracts. I probably would have gone headlong into another relationship and experienced a repetition of some form of abuse, while remaining ego-based. Equally importantly, my sons would have likely been exposed to the vitriolic behaviour of two damaged parents, emotionally scarring them for life, and affecting their view of their future marital relationships. Fortunately, my sons witnessed my spiritual approach to the marriage dissolution and the spiritual way I dealt with my wife, and with them, during this challenging, emotionally charged process. My constant message to them was - "give your mother love". Today, they have a good relationship with their mother.

It was possibly the most emotionally challenging period of my life, but having conscious awareness of our soul contract made the journey easier to bear.

As stated earlier, today, we have a wonderful friendship and care about each other's well-being. Our sons have benefitted from knowing about our soul contracts and the way we have resolved our relationship and our lives. We are now a happy family, albeit each living in our separate homes but regularly having meals and other times together, whenever possible.

So, back to my soul contract. I am responsible for subconsciously allowing the abuses I have suffered in my life to be sparked, and to grow through allowance and acceptance, instead of standing my ground earlier on, and confronting the fear of rejection and potential damage I could suffer. By doing nothing in the past, in terms of such confrontation, the rejection and damage I did suffer, in the long run, was far worse than any temporary rejection and damage suffered by confrontation upfront.

As stated initially in Jeremiah 5:21, and adapted to a more modern setting, "*There are none so blind as those that will not see*". In the past I chose such blindness because I was not a confrontational person in this life. I was a peacemaker, a negotiator to reduce tension levels. This has now changed, and I am not afraid of being known as "no more Mr Nice Guy!" I am usually easy going, but now I have empowered myself to stand up and confront unacceptable issues straight away. The funny thing is, I am now garnering respect for doing that — respect from others, and self-respect.

In terms of my soul contracts, I chose a father, wife, certain business colleagues, and certain friends, all as Soul Mates from our Soul Group, who agreed to abuse me in some way to teach me to say, “this is not acceptable to me”, and to take the remedial action. I now have boundaries, accountability and personal responsibility to identify potential abuse and to stop it in its tracks. This is something I am conscious about now, and no longer only subconscious about, as in the past.

The abolishment of my over-inflated ego-based self and the emergence of my soul-based Love, internally and externally, is probably the most important lesson I have learnt in terms of my soul contracts being played out in this lifetime.

I have learnt so much through this evolutionary ego to soul process and been able to relay these teachings in over 20 books I have written so far, and posted as free books on my two websites, personalempowerment.co and guidespeak.com. I believe that the channelling is now automatic and a vital part of my life. I feel that these books have been written through me, rather than from me.

Another valuable benefit as a soul contract lesson was for me to understand that forgiveness doesn't mean to accept what they did; it means what happened doesn't control my emotions anymore.

For those who can find it within themselves to grant forgiveness to another, they must realise that they initially chose, in terms of their soul contract, to suffer the pain they had to experience, in whatever form that pain took. After that, they could reach a place where the granting of forgiveness, and the ultimate growth of their eternal soul, could occur.

I have recently learnt from Archangel Uriel, via a channelled book *The Soul's Journey and how it affects your Life* by Judith Farley and the Four Archangels, that the authentic term for forgiveness is “*Advancement Awareness*”.

From a soul contract perspective, seeing the need to reach a place of forgiveness is not the correct way to behave. I now understand that the other party/s have allowed me to “advance with better awareness and understanding” in my life. With this mindset, there is no emotional attachment, and both parties are free to move on with their soul's journeys in terms of their soul contracts.

Once again, this illustrates that what is understood in the Spirit World is usually the opposite of what we conventionally understand and perceive to be the truth on the earth's plane of existence.

Although I have focused on Soul Mates who have taught me tough lessons to learn in terms of our soul contracts together, there is a lengthy list of “best friends” who are also Soul Mates, who have come to my aid, supported me and carried me through difficult times too. These are also invaluable soul contracts where I needed their help and assistance, and, in terms of their soul contracts, they needed to give, and for me to receive from them. Receiving is as necessary as giving, in terms of soul contracts, and life too.

Thanks to all those Soul Mates from my Soul Group who have performed their soul contracts to date, and enabled me to reach this place of transparency, authenticity, conscious awareness, and remedial action, to confront that which is no longer acceptable to me.

Fortunately, the other 95% of people I have encountered have allowed and enabled me to be the best person I can be, in terms of our ongoing relationships. They have given me confidence and belief in humanity's inherent goodness, as all are parts of God, at their soul level.

2. Desertion energy

I also have desertion energy from past lives when I left my families to go and fight endless wars. In a channelling, I was told who I was as a Warlord in a previous life. This "Energy" stated that what my soul was accomplishing in my current life was balancing out the actions of this Warlord in a past life. In the process, I was assisting many Soul Groups in redressing their imbalances too. No pressure mind you!!

The desertion energy part of the soul contract I referred to earlier was for my ex-wife to leave our home, and then for me to be far more responsible for the parenting and support of my sons, who were then 12 and 16 years old, respectively. I was always a close and loving father to them, especially at weekends when I dedicated myself to them. Running a number of businesses took its toll on my time during the work week.

I chose to exit certain businesses, and to work from home, to be available to my sons 24/7 for the next 13 years before they left our home in June 2019, to set up their own homes.

My ex-wife was deprived of the benefit and enjoyment of having her sons living with her when they were growing up from boys to men. This too, was very courageous on her part, in terms of our soul contract.

I needed to be available to be with my sons, throughout these years. Even before I went to live in Mauritius during late 2017, I talked to them about my concerns of desertion energy. They were then 24 and 28 years old, and they felt that I was more than entitled to leave them in our home and go and live in Mauritius.

However, the Universe had other ideas, and circumstances occurred business-wise in South Africa. After a year in Mauritius, I returned to live back in my home in Johannesburg with my sons, while restructuring a meaningful business operation, after the CEO abruptly resigned and emigrated to Holland.

I was under a lot of stress in having to restructure the business and bring in a new CEO, and he brought in a new 51% shareholder as well. It allowed my sons to see me in a new light of being stressed, and to transparently see some trusting mistakes I had made, and how I rectified the situation. During this stressful business restructuring time, I was also facing my sons deciding to become independent at ages 25 and 29, and they moved out of our home at the end of June 2019 to start their own homes.

I realised then that the repairing of the desertion energy hole in my soul was for me to be living in our home, and to assist my sons in leaving home, and for me to remain in our

home alone. Living in Mauritius, as I was before this, would not have adequately enabled me to bring closure to this desertion energy hole in my soul.

Once again, the actions of the previous CEO, who I had known since he was seven years old, was initially seen as an unexpected blow to me. However, this was in terms of a soul contract he and I made in Spirit enabling me to deal correctly with my desertion energy, and to be at home when it was time for my sons to leave the only real loving home they had known.

3. Love as an antidote to war and fear

Flowing from this explanation of me being a Warlord in a previous life and fighting wars in other lifetimes, one of the holes in my soul, as a form of rebalancing, is to teach and be Love in this lifetime.

It was, therefore, necessary for me to have gone through the marital issues and divorce, as described above, to shatter my over-inflated ego of self-importance, and to learn to move from ego to soul, from fear to Love.

My spiritual journey; the over 20 free e-books I have written so far on both personalem-powerment.co and guidespeak.com; some 1.4 million people following the Personal Empowerment Facebook page- Path to Personal Empowerment; and the various articles I write for other websites, all create exposure for the simple lesson I teach:

As a soul, we are a part of God. God is Love, and so are we, at our essence. My function is to assist you in finding that Love within you, and for you to express that Love inwards and outwards.

In a recent channelling, I discovered that the words that I write, and those written by similar other authors, are seen in life spaces other than on the earth plane. The instruction given to me is that my function in repairing this hole in my soul is to write and share my message of Love. This is a counterbalance from the war and fear I created in previous lifetimes.

4. The building of homes and the economy

Because of my military lives in previous lifetimes, I have been responsible for destroying homes, families and economies. One of the holes in my soul to repair in this lifetime is to counterbalance this by being involved in many aspects of real estate, construction, investment and development.

I must confess to having a love affair with real estate since entering the industry at age 20. During the late 1970's I was a pioneer of real estate economics in South Africa, educating people about the relationship between the economy's current position, and likely future

economic movements, and the need for various types of real estate space during the anticipated changes in the economic cycle.

During the 1990s, and the first decade of this century, I had Real Estate Economic Business Associates in seventeen countries on five continents. I also produced a Google no.1 ranked website covering non-residential real estate research, development and investment opportunities in over 200 countries.

As an adviser to institutional investors, and other investors, and as an investor and developer myself, we have jointly created billions of dollars of residential and non-residential real estate.

During this past week at work, I have unearthed a little known, and seldom used, South African government housing subsidy for first-time homebuyers earning well below the average income of R21 000/month (US\$1500/month). With this subsidy, coupled with a financing model I have created, I can develop affordable homes where these lower-earning citizens can own a home much nearer to their place of work, thereby reducing their transport costs meaningfully and allowing them to spend more quality time with their families. These First Time Homebuyers will pay no deposit and receive a 100% mortgage loan. Their monthly total homeownership costs will be around what they are currently paying in monthly rental to a landlord.

At this price level, due to massive demand and limited supply of these affordable homes, prices of homes currently escalate at some 17.6% p.a., enabling these lower earning citizens to own a growing asset, instead of being a tenant. With this increase in asset wealth they will have borrowing abilities to create further wealth through judicious investments, including investing in their children's further education.

Even after 46 years in the industry, and at the age of 67, the love affair with real estate continues!

I do not state this background from an ego viewpoint. I want to illustrate the lengths I have been to, so far, in rebalancing this hole in my soul, caused by me being a Warlord and soldier, in previous lifetimes, responsible for destroying lives, and for the destruction of real estate and economies.

Hopefully, I am fulfilling my soul contract of creating real estate, enabling families and rebuilding economies to counterbalance this hole in my soul.

Conclusion- Judgement is unnecessary and invariably incorrect.

Every judgement blocks the Light
- Mary Anne Williamson

I hope that this transparent exposure of the understanding of some of my soul contracts is of benefit to you, and will encourage you also to undertake an authentic searching process as identified below.

Most soul contracts are the reverse of how they appear to be seen on the earth plane. That is the reason we should not judge anyone or anything unless we can see the Bigger Picture as seen in Spirit.

In truth, judgements are made when we stop asking why events have occurred. If you continue asking why, it's like peeling an onion, layer by layer, and you will uncover the motivations, circumstances and reasons behind your actions and everyone else's actions too.

When you do this probing of yourself, you must do it in total self-integrity and authenticity, and ensure you do not allow your ego to make excuses for you. Using the onion peeling analogy again, you are likely to shed tears while unearthing the very issues your ego has been overprotecting. However, this process is healthy and cathartic emotionally, mentally, physically and spiritually. You will discover the purpose and meaning of your life, in terms of your soul contracts.

Now show me yours!

Vulnerability is the birthplace of innovation, creativity and change
- Brene Brown

Now it's your turn to stop and think about the repetitive patterns in your life where you experience fears, blockages, ego mirrors in others, challenges, emotional pain and hardships. Look for where your resistance occurs and the allowing of what is occurring is being thwarted and even denied. If you do what you have always done, you will get what you have always got!

These are some of the markers of your soul contracts. It's time to unearth the inner parts of you that need to be repaired to balance your soul contracts.

As stated above, at the outset, this will only work if you are brutally self-honest and authentic. This means identifying your ego, and its protective stance, and then sidelining it completely when it's time to dig deep and unearth the fears, blockages, emotional pain, challenges, hardships, repetitive patterns and people who get you mad. These markers of your soul contract will not become visible if your ego negates the facts and feelings you unearth and changes them to make you look and feel better.

Research limitations

Our soul contracts are there to be unearthed, and sometimes a little outside help is required as guidance.

Unfortunately, there is not much written about soul contracts for me to research, but of the books I have read, specific stories have stayed with me:

A woman born deaf chose to be so as in a previous life, she could never get the screams of her mother being murdered out of her head.

A man who was a "Don Juan" and had many lovers in a previous lifetime and now chose to be confined to a wheelchair in this lifetime and faithful to one woman.

A man born blind chose not to have the gift of sight in this lifetime as he had witnessed so many atrocities in another lifetime.

While writing this book, I have been asked what part genetics, character and personality play in our soul contracts. I have researched genetics and soul contracts and found a “so-called “Science of Soul Genetics”. I say “so-called” as I am uncertain what credibility it has in the scientific community.

According to one self-professed “expert” in this field, you inherit the unresolved issues of your ancestors which are passed down the DNA line through generations. What this means is that you must assist the DNA lineage/Spiritual lineage to resolve the issues that they left behind unresolved. You inherit their problems together with their physical attributes. He went as far as to say that any ill health you have may come from their unresolved issues. He also stated that their souls do not go “into the Light” until their problems have been resolved.

Well, I don’t know if this resonates with me? I can understand inheriting their physical, mental and emotional attributes through their genes, but as to their spiritual baggage, I somehow don’t get that part of the inheritance. I don’t say it’s incorrect; I don’t know and, at present, don’t “feel” it.

About characters and personalities, I believe these are chosen in Spirit to fit the soul contracts we sign up for. I have often seen siblings with diametrically opposite personalities and characters. I have seen this often in fraternal twins, or non- identical twins. These siblings come from both parents’ genes, and yet their personalities and characters can be diametrically opposite to each other. This leads me to believe that these characters and personalities are decided upon in Spirit to encapsulate their soul contracts rather than inherited from their parents or their ancestors.

A final comment before we begin identifying your soul contract signal markers. From the research I have been able to do via channelled Beings, it appears that we choose our date and time of birth and we choose our date and time of passing on from this world to the next. Something that surprised me was that we also choose the way we will end our life on the earth plane. We choose either a natural passing on; accident; murder; health issues; and even suicide as our mode of exit.

In the book I referenced earlier, *The Soul’s Journey and how it affects your Life by Judith Farley and the Four Archangels*, Archangel Michael stated that we might choose suicide as one of the options. He also said that there were no ramifications for us in the next world in making such a choice. We finalised our soul contract in Spirit, and chose suicide as the way we would leave the earth plane. He stated that the choice of suicide was part of the intertwined maze of soul contracts within the Soul Group, and was agreed to, and designed, to enable other members left behind on the earth plane to deal with this abrupt loss, together with the emotional baggage it entailed.

I have been cautioning in this book that issues seen in Spirit are often the opposite of how they appear on the earth plane, where ego is a significant driver of events.

The six soul contract markers

1. Repetitive patterns in your life- Part 1

Nothing ever goes away until it has taught us what we need to know
– Pema Chodrun

Why don't we start with repetitive patterns? What reoccurs in your life and you sidestep trying to resolve it? Is it jealousy, greed, animosity, hatred, envy, or something else? Grab a piece of paper or your computer or cellphone and write down what repetitive patterns occur in your life, especially when you feel your life is not going as well as you would like it to be.

For example, have a look at your friendships and your romantic relationships and see if there is a dominant theme. Are you submissive or controlling; a talker or a listener, an adviser or opinionated expert; a peacemaker or a trouble-maker; passive or interfering; are you critical or accepting, and so on? Do you end every relationship in a similar way? Can you identify when your hope, or your fear-based ego, is in charge, or when your love-based soul comes to the fore in these relationships?

Your self-protective ego is doing its job when you want to jump off a building, and it stops you. Your ego, or as I term it, EGO - Edging God Out, this ego has been created to protect your emotional wounds. When you are attacked, especially while young and defenceless, and told negative things about you, this opens emotional wounds in your psyche- your emotional and spiritual body. If these negative issues are repeated often enough and are damaging to you, they will create wounds in your psyche. These wounds will heal unless picked at continually and be protected by emotional scars. These emotional scars are not visible through any medical means of detection but are as real as physical wounds which heal and a scar forms to protect the wound. Unlike physical scars, these emotional scars never diminish over time and remain under the protection and vigilance of your ego.

Allow me to soften you up with a few examples of soul contracts before we begin your self-examination process in earnest.

Let me give you an example from a channelling I did for someone who had a business partner who was aggravating him so much he could not pass urine. He was pissed off literally and figuratively!

In the channelling, I discovered that this business partner's father died when he was eighteen months old. He was left with his mother and an older sister. They lived in a difficult financial situation, and this man was small in stature, and no doubt, he was bullied at school as a gawky kid. This man chose to become a lawyer, no doubt to use the law to protect him physically, emotionally and mentally. He also became an abusive emotional bully too.

This man had a repetitive pattern. He was very persuasive and could charm a bird out of a tree. When he persuaded someone to do something, he would promise them the earth, but never commit these promises in writing. He would paint an illusionary world where the

party being persuaded was soon to be very wealthy, or happy, depending on what this man was “selling” at the time.

The repetitive pattern was that as soon as the person was in his clutches, he would squeeze him dry for whatever he wanted from him. After that, he would reject him by creating a fight he would conjure up. The timing of this would occur before the other man found out, he was being manipulated, and before he could reject the manipulative man.

The fear of rejection which caused this abnormal behaviour occurred due to the manipulative man’s feeling of rejection by his father dying when he was eighteen months old. He internalised this feeling of rejection to such a poisonous degree that he shaped his whole life, ensuring he was never rejected again, and he accomplished this by rejecting people before they could reject him.

This manipulative man’s life was ended prematurely by someone who murdered him in the office. The manipulative man’s actions against the murderer were so heinous over several years that the murderer felt he had no choice left but to murder the manipulative man and then take his own life. Talk about the karma of a soul contract!

One’s ego needs to be identified and isolated when the brutally honest journey of self-discovery is investigated via your fears, blockages, challenges, hardships, repetitive patterns and people who annoy you.

Another repetitive pattern that I witnessed from a lady I knew was that she ended every relationship, whether friendship or romantic relationship, by fighting with the person and claiming she was the injured party. I happen to know her story from a young age as we are the same age and we grew up together. This lady is a fighter and only knows one way to behave - as if she is in a boxing ring with an opponent.

She was the youngest child, and her older brother was one of those people for whom the ball bounced in his favour continually. He was very popular, successful and a winner at whatever he put his mind too. As a young girl this lady was always fighting to get out from under her brother’s shadow of accomplishments and success. It didn’t help that he would occasionally make her life more difficult, as older brothers are wont to do when growing up with a difficult, petulant younger sister.

To add insult to injury, this young girl’s parents decided to have another child, and a beautiful daughter was born some years later. This daughter was doted on by her parents and everyone else, barring her older sister, and the younger daughter followed her older brother’s footsteps and was also very popular, successful and a winner in all areas of her life. Our fighting sister now felt like the proverbial ham in the sandwich, boxed in and fighting mad.

Now over the age of 67, this lady has had more bouts in the boxing ring of life than Muhammed Ali! She has chosen a soul contract of note and her repetitive patterns, blockages, fears, challenges and hardships as well as people who annoy her grows and grows. Her soul contracts have not been identified and dealt with. I dare not even broach the subject with her for fear of getting my head bitten off! I believe she has chosen a courageous soul contract and has had more self-inflicted damage than any one hundred people I know. She epitomises the saying- if you only have a hammer, you see every problem as a nail!

Another lady I know has had numerous marriages and romantic relationships, and they all end in the same repetitive way- through her jealousy, real or imagined. Once again, knowing her quite well, I have watched from the sidelines as she follows the repetitive pattern, blockages, fears, challenges, hardships and people who annoy her.

Her history is that her father had an ongoing affair with his Personal Assistant. Her mother chose to stay in the marriage due to the need to keep up pretences, as well as enjoying the lifestyle the marriage offered her. I only recently discovered that the mother used to punish the daughter when the daughter confronted her with the sham of a marriage. As a young person, this daughter confronted her fearsome father about this ongoing affair with his PA, and her father told her where to go and what to do with herself in no uncertain terms!

She has simply repeated the pattern by being so jealous of any woman who even looks at her man. Numerous marriages and relationships later, the soul contract has not been identified and dealt with. This repetitive pattern, the blockages, fear of being rejected through her partner choosing someone else, and the people who annoy her, have kept her from enjoying any long term romantic relationship, or friendship, for that matter.

So, be brutally honest and look for a self-protective repetitive pattern, or patterns, that you employ in your life, where your ego takes centre stage. See what challenges, hardships and blockages are stopping the flow of your life from being much happier than it could be, and see what mirrors people are holding up which annoy you.

The bottom line of this authentic interrogation process is to identify what you fear most in your life and confront it. Also identify what you show resistance against and you refuse to accept and allow to unfold in your life.

Now allow me to tell you a story of a young lady who was forced into her soul contract.

I met her after she left school. She came from a broken home where her mother was an alcoholic and her father, who had remarried, showed little interest in her. This young lady had to fend for and protect her younger brother too. She held down two or more jobs at any time. She worked in a bar at night to earn some extra cash, and due to her low self-esteem and low self-worth, she would go home with any man who showed an interest in her. This was a repetitive pattern of behaviour.

One morning she found herself hungover and in someone's apartment. She could not remember how she got there and who this man was. Finding her car keys in her discarded jeans on the floor of the stranger's apartment, she crept out and began to drive home. Unfortunately, the alcohol from the previous night was still impairing her judgment, and she had a car accident and ended up paralysed from the waist down.

When she came to see me, I told her this was the luckiest break she had in her life. She had hit rock bottom and the Universe, or whatever label resonates with you, had accelerated her soul contract and now she could get her life in order, albeit confined to a wheelchair. I told her that her life's progress is not measured by how far she fell down but by how high she bounced back up again!

She went into rehab to dry out from her alcohol dependency. She found a proper job where she could study part-time through a University. She met a man and, against all the odds, had a child with him. She obtained her degree cum laude and was headhunted by a major employer to be involved in their largest IT development project to date. She bought her own home and today is flying high in her career and her life, albeit, she is a wheelchair user.

Here is an example of someone whose soul contract was to confine her to a wheelchair, and away from her previous lifestyle, to achieve the things she wanted most: a child, a home, an education and a well-paying job with excellent career prospects.

Here is another example to help you understand the structure of soul contracts. I have a beautiful friendship with a middle-aged lady who sees clients in her medical-related practice. Often, she is stumped by her clients' ailments and issues, and as they are not medical, she asks my opinion. Somehow, I can tap into some level of consciousness and relate to her what I understand the underlying issues to be.

Recently she told me of a client who was stunningly beautiful but could not have a long-term relationship with any man as they wanted to "own" her and use her to improve their status in their world. Every relationship she had followed this repetitive pattern. My advice was for her to find a man who was blind and who would appreciate her for who she was within and unable to see her outer beauty. My friend relayed the message to her and, lo and behold, she was introduced to a man who was also in a medical-related field, and he was blind from birth. The last I heard they were blissfully happy and expecting a child!

My first spiritual teacher was a Channel, and he used to see people for what he called readings where his Guide would tell him information and he would relay that to his client.

One story that has stayed with me for some 20 years was of him waiting to see his next client. He was shown a picture in his mind of the most unkempt, dirty, bedraggled woman he could ever envisage — moments later the most immaculate woman he has ever seen walked into his office and sat down. Every part of her was perfect. I remember him saying to me that each eyelash had make-up diligently applied, without any clumping, and her pants had a razor edge crease as if she was in the military. The purpose of her visit was to find out why she had this excessive, repetitive compulsion to be as immaculate as humanly possible. It was driving her crazy. My teacher told her of the picture he was shown of the most unkempt, dirty, bedraggled woman which was her in a previous lifetime. She burst out laughing and was so relieved to have found out the reason for her excessive, repetitive compulsion. I would like to believe that she dialled back her compulsion and found a better balance in her life between these two extremes.

Last night my son Jonathan and I watched the movie *Rocketman*. This is a biographical movie produced by Elton John, who happens to be one of my favourite entertainers. This was a "warts and all" look at the dysfunction of his life as a child. The lack of love he experienced from a cold and friendless father. And the criticism and lack of love he received from a narcissistic, victim of a mother. His search for love and admiration, coupled with his prodigious talent, saw him rise to become one of the highest-paid entertainers in the world, and, subsequently, fall into the abyss of addiction to drugs and alcohol.

After attempting to commit suicide, he went into rehab and, after that made a comeback further developing his fame and fortune; found the love of his life, his husband David, and

has been sober and off drugs for nearly three decades. He has donated and collected over \$125 million for the Elton John Aids Foundation, and most of his reputed worth of \$500 million is earmarked for charitable causes.

I believe that Elton John's soul contract was to experience his dysfunctional childhood, thereby motivating him to search for love and admiration from the public, for him to experience how fickle and ego-based that adulation and, so-called, love, is. Feeling so alone, among the crowds of people sucking the lifeblood out of him, he chose to attempt suicide through an overdose of drugs and an attempted drowning in his swimming pool.

His successful rehabilitation from alcohol and drugs enabled his career to flourish, and for him to find the love denied him for so long coming from his husband David, who he married in 2014.

The difference he has made to so many countless AIDS victims, as well as to other charitable causes, through his fantastic largesse, is what one of his soul contracts is all about.

Making such an open, honest and emotionally brutal movie showing his life, "warts and all", is another soul contract, thereby enabling people to look at their own life in such an open, honest and emotionally brutal way, without their ego protecting themselves.

Another soul contract of his is bringing the issue of homosexuality into the open in his youth when the world chose to whisper behind their hands about such behaviour. Its societal acceptability was in its infancy in the 1950s and 1960s. The fact that he only found meaningful love with David enables and allows other gay people to embrace their truths about their sexual preferences. Elton is an outspoken supporter of these gay movements and has been able to assist in bringing them out of the shadows and into the mainstream of life.

His earlier life was one of a repetitive pattern of seeking love and adulation as he felt so deprived of any form of emotional warmth when he was growing up. The search for feeling emotionally wanted and loved drove his desire for success. Many people seeking the limelight and being driven to be successful, and, sometimes famous too, have similar roots in their upbringing where emotional warmth, care, kindness, consideration, kindness, respect and love were absent in their youth.

Of course, this assessment is merely my interpretation of Elton's life and possible soul contracts which I derived from watching the movie *Rocketman* last night, and through the lens, I am currently wearing in writing this book.

I would now like to tell you a story I have written about in Guidespeak.com- *Book of Evolving Relationships* entitled " *Was that an Angel?*" I will summarise it here as follows:

A lady in a repetitively abusive marriage wanted to celebrate her 18th wedding anniversary and prepared a candlelit dinner for her and her husband. She patiently waited for him to arrive, and when he did, he was very late, drunk and physically abusive to her. She grabbed a kitchen knife, and, in protecting herself, she stabbed him through the heart. To cut a long story short, she ended up in prison in South Africa. She was put in an overcrowded cell with other women who were suspicious of this white woman coming from an apparent affluent background in a cell with black women who knew poverty firsthand.

After a few nervous nights together, one of the black prisoners asked this white fellow prisoner if she would read a letter sent to her from her son living in their rural home. The white prisoner did so, and the black prisoners all came forward with their dog-eared envelopes, and she read each one in turn to these mothers and wives who were illiterate.

The white prisoner offered to teach them how to read and write, and with the Warden's consent, she began literacy classes in prison. She revelled at this work and found a purpose and meaning in her life for the first time. When she was released from prison, she returned to set up literacy classes in this prison and other prisons as well.

The real question to ask- was her repetitively abusive husband, her Soul Mate, and via a soul contract, enabled her to find her purpose and meaning in this lifetime?

Armed with these few examples its time for you to look for the repetitive patterns that reoccur in your life and dig deep to identify the root causes of these repetitive issues. Remember- what you resist will persist.

By dealing with these repetitive issues's root causes you will be able to address these issues, and, in doing so, close a hole in your soul in terms of your soul contracts.

2. Fears in your life

He who has overcome his fears will be truly free
- Aristotle

Now let's deal with the fears in your life.

FEAR- False Evidence Appearing Real

As President Roosevelt stated during the Great Depression in the late 1920/30's, "There is nothing to fear but fear itself".

If you are interested, I have written a free book *Managing Your Stress Effectively* found on personalempowerment.co.

Can you overcome ego-based fear, worry and anxiety? Probably, not entirely, but you can create coping mechanisms to identify these emotions at their initial stages. You need to nip them in the bud with realism and positive self-thoughts, self-talk and actions, and to reduce them to manageable levels so you can overcome them through these coping mechanisms. If correctly medically diagnosed, you may require medication in the form of anti-anxiety and anti-depressants tablets to assist you to cope with your life's circumstances.

Wherever possible, try and stay in the present moment of Now when you feel such ego-based fear, worry and anxiety levels rising within you. As spelt out in my free book *How to Live in the Now*, the Now is where God exists and your ego cannot exist. By staying in the present moment of Now, you can learn to TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally. Such TRUST will negate the need for fear, worry and anxiety, and other negative self-induced thoughts.

Please remember that every cell in your body is listening to your thoughts and being influenced accordingly. Those listening cells play out in your mind and physical body. You were born pristine and whatever shape your mind and body are in are a direct result of your thoughts- both positive and negative ones.

Fear is based on thoughts of current, or the potential, lack of something, or someone. And of a potential loss of something, or someone, you value.

My acronym for LOSS- Leaving Our Self Sad.

Your ego tells you that what is going to happen, soon, or sometime in the future, which is going to deprive you, in some way, of something that you value in your life. Your ego-based thoughts of fear stem from how you are going to manage in your life, if or when you experience such lack and /or loss. Of course, when you encounter such fear, you do not rationally have these thought processes. Your mind is spinning out of control, and you are illogically fearing that the bottom is falling out of your world. The end is nigh!

As I detail in *Managing Your Stress Effectively*, there are significant self-survival fears, worries and anxiety that are encoded in our DNA. These had occurred from tens of thousands of years ago, when we lived in caves, or on the plains, among wild animals and wild human attackers. This is the “good” ego acting in a self-protective way.

However, there are other fears, worries and anxiety that our “bad” EGO -Edging God Out- develops to provide us with both fear and hope, past and future, to control us, and keep us away from the present moment of Now, where God exists and influences us.

If we knew we were capable of dealing with whatever comes onto our path in life, then we would not know fear, worry and anxiety. Fear, worry and anxiety are formed when we have the incorrect thought process that we are incapable of solving these unknowns in our life.

We learnt how to tie our shoelaces when we were 1-2 years old, and we are capable of learning how to solve the unknown issues that life presents to us as challenges and hardships.

The starting point is to positively believe that we can do it. When we say we can't do it, then we not only struggle against the challenges and hardships presented to us, but we are swallowed up by the negative thought based power of our mind too.

The gulf between I CAN and I CAN'T is the largest gap known to man, and I CAN'T is how fear is spelt!

If you could think of something currently, or in the past, that created fear in your mind. Did you feel then, or do you feel at present, that you can't do anything to reduce this fear? Are you paralysed with this fear that you cannot call out to someone to help you? Can you not do one thing to take a step in the direction of this fear, too, at least, confront it, if not resolve it? Can you move from the paralysis of I CAN'T to the first step towards I CAN?

Your growth- emotionally, health wise, spiritually, financially, and in all other ways,- is only going to be found on the other side of confronting and overcoming your fears. You called these challenges, obstacles and hardships into your life, in terms of your soul contracts, to

confront and overcome these fears, and thereby, to repair the holes in your soul associated with this process of confrontation and resolution of these fears. This process begins with I CAN.

In my recently published free book *GAIN— God And I Now—* found on personalempowerment.co, I deal with how Superheroes are becoming so popular. The most income-producing genre of all movies in 2018 was Superhero movies. People are driven to embrace these Superheroes as they are portrayed overcoming the countless obstacles in their way, as good trumps over evil in these movies, and video games. People prefer to live in the make-believe world of movies and video games. They prefer passively watching their Superheroes conquering the villains than believing that they, the moviegoers and gamers I am referring to, have the wherewithal within themselves to overcome their fear-based inner demons, challenges and hardships.

Allow me to let Ralph Waldo Emerson inspire you- *what lies behind you and what lies in front of you, pales in comparison to what lies within you.*

When people experience problems in their life, they somehow mistakenly believe that such issues are anomalies and that life is not about such matters and overcoming them. They see problems as exceptional and not the norm.

Can you change your mindset to seeing problems as “opportunities in work clothes”, or challenges/hardships for your soul’s growth? Can you see that each opportunity was there to enhance your life? If you could, then you would welcome and embrace these challenges/difficulties for your soul’s growth.

Allow me to give you a current personal example. I was recently approached by a real estate developer trying to raise investment funds to purchase a rental apartment building in the affordable rental market place. The issue here is how to evict non paying renters as the laws protecting tenants in this affordable market place strongly favours the non paying tenant.

I chose to look at the solution rather than the problem. The solution was to use Government Grants for First Time Home Buyers, as I referred to earlier in this book, and a financial model I developed to enable the renter to be able to own the apartment, without any deposit paid, and having the same total monthly homeownership costs as their current monthly rental. At this affordable price level home prices are escalating at 17.6% p.a. due to massive demand and limited supply.

The I CAN was finding an elegant solution as WIN:WIN for all concerned.

To pictorially describe this changed mindset in your life, it’s best illustrated as one of climbing endless stairs. Each step upwards is an opportunity for your soul’s growth and not another problem in your life. Your life is a succession of such opportunities for your soul’s growth. Embrace them, remembering that there is nothing to fear, but the illusion of fear itself.

When confronted with something that you don’t feel capable of resolving now, or more likely, not being able to resolve in the future, this will bring you to fear, worry and have anxiety. Merely change your mindset, and see the issue in question needing to be embraced as an

opportunity for your soul's growth, and not feared for its potential negative consequence in your life. This opportunity to confront and overcome the issue, and resolve those fears, gives purpose and meaning to your life now.

All you have to focus on is developing the confidence to confront and overcome, the issue, whatever it may be. The first step is the hardest, in deciding to face it, and nipping it in the bud, before it grows to overshadow you.

However, you also need to develop the ability to handle whatever it is that you fear you can't do. Providing you show willingness, intention and are prepared to roll up your sleeves and attempt to resolve the issue that frightens you, then, most times, you will learn the skill and ability to handle the feared situation. I have written a free book, *Achieving your Goals and Dreams*, found on personalempowerment.co which will show you the formulae for such success.

Yesterday in the office someone I have worked with for over 30 years was suffering from excessive body odour and, being a hot day, was not too pleasant being around. The staff came to complain to me, and I decided to confront him. If you have experienced this with a friend or co-worker, you will appreciate how difficult it is to do as the fear of upsetting them and damaging a relationship is ever-present. I decided to say to him, "tomorrow please use more deodorant, as the days are getting hotter". Initially, he was embarrassed and confessed that he forgot to use a deodorant that morning. Being of the same age, I countered it with the fact that I occasionally forget as well, so I carry a deodorant stick in my computer bag to use on those forgetful days. I then asked him to be my friend and let me know if ever I forget to use deodorant!

This may be a silly example to use, but I wanted to show you how by confronting an issue straight away and nipping it in the bud, then the fear, worry and anxiety of not facing it cannot grow out of all proportion.

So it's time now for you to identify what fears are in your life and to get to the root cause of why those fears are evident and holding you back. This soul contract marker should then enable you to confront and overcome these fears and by doing so closing the hole in your soul in terms of your soul contracts.

2A. Stress triggers

There is more to life than increasing its speed
- Mahatma Gandhi

So in the spirit of allowing me to, "Show you mine", it's now time for you to show me yours!

What are you afraid of? What creates fear, worry and anxiety in your life?

In my free book, *Managing Your Stress Effectively*, I used the research conducted by the Pew Research Group, which they do annually on their USA participants, to identify the cur-

rent stressors they experience. Having identified these major stressors, from this study, I then gave solutions, practical and spiritual, to overcome these fears, worries and anxiety.

The usual stress triggers are :

insufficient money;
work issues and issues with co-workers, bosses etc.;
economy;
relationships with spouses/partners, children, parents, in-laws;
family responsibilities;
health issues;
job stability;
housing costs and
personal safety

These major stressors are ranked in order of importance, as stated by Pew Research in this annual study. Social media issues have now joined this annual research survey of significant stressors in the average American's life.

The fears, worries and anxiety caused by each of these stressors, and their relevance to each person, could be a starting point for you to identify what your fears are.

Do you have insufficient money each month, or for a particular need?

Do you have problems at work with your bosses or co-workers?

Do you have relationship issues within your marriage, your family or with other people?

Are your family responsibilities too difficult for you to handle?

Do you have personal health issues affecting you, or does a member of your family have such health issues which affect you?

Are you worried about losing your job or your business?

Are your housing costs too expensive and are there no cheaper, acceptable, alternatives available?

Do you feel under personal threat for your safety at home, at work or elsewhere?

Does your current belief system paralyse you with fear that you do not have solutions for these worries, and that you are anxious, and maybe even depressed, causing you to be sad, and your health to deteriorate?

Hopefully, after being exposed to the information you are currently reading in this book, as well as my other books I have referenced above, these will assist you in learning to have the ability to overcome these fears before they become entrenched as worries, anxiety and depression.

When you have identified the fears currently in your life, you will have a starting point to begin understanding what your soul contracts are in this life. These fears are the early warning system of the soul contracts you agreed to choose to confront and overcome as challenges/hardships. Thereby, bringing closure to these chosen issues carried forward from previous lives to this current life.

You may decide not to confront these fears. Still, I must caution you, from my experience, and from the research I have undertaken into soul contracts, that if your pre-birth choices,

in terms of your soul contracts, are not confronted as they occur, then they will return in some other guise, but in a harder way to resolve. If you choose not to confront them now, they will merely return in this lifetime, or your next incarnation on earth, but will appear to be harder to bring closure too.

2 B. Acceptance of What Is and the Intention to improve upon What Is occurring in your life

Panic causes tunnel vision. Calm acceptance of danger allows us to more easily assess the situation and see the options
- Simon Sinek

In spiritual literature, we state, "what you resist, persists!" What you are running away from will catch you. The learning process is to move from resistance to acceptance of what is occurring in your life. By resisting "what is" you build up the "shadow self" that can overpower you with paralysed fear. By accepting what is occurring now in your life, you learn to work around the inevitability of what is occurring now to be played out in your life. Once you have accepted "what is" occurring now in your life then you can use your power of intention and create what you would prefer to be happening in your life. This is covered in Achieving Your Goals and Dreams referred to above

Let me use a simple example of resistance and acceptance- not washing up the dishes in the sink and allowing them to pile up and up. Eventually, you run out of dishes to use, and the pile is now formidable and requires significant effort to clean. Accepting that you must wash the dishes as you use them, and put them away, is no hardship compared to resisting washing up, and eventually facing the pile of dishes you now have to wash.

Acceptance of the fact that washing the dishes is part of the process of eating replaces resistance with acceptance.

Whether you are asking for:

a raise;

confronting your boss or co-worker to resolve a conflict situation;

opening a discussion with your spouse or family member to resolve a conflict situation;

beginning an exercise programme to reduce your stress and improve your health issues;

looking for a more stable job;

finding a way to reduce your rent or housing costs;

dealing with any personal threat you feel to your safety;

or switching off your social media presence to avoid the stress you feel,

then resisting taking the necessary action will only allow the situation to worsen. Acceptance of "what is" is the key to confronting, and then resolving, the fears you have in these situations.

The Serenity Prayer by theologian Reinhold Niebuhr, used by Alcoholics Anonymous and other such organisations is worth repeating here:

*God grant me the serenity to accept the things I cannot change;
the courage to change the things I can;
and the wisdom to know the difference.*

Life is not a multiple-choice test. You must confront those issues which you fear, as you agreed to do so in Spirit, as part of your soul contracts.

I recommend you start with a list of your current fears and begin tackling the easiest ones first to develop your confidence as a solution-driven “no - fear” person.

In my free book, *How to be a Great Negotiator*, found on personalempowerment.co, I state that “*you don’t get what you deserve, you get what you negotiate for yourself!*”

When you discover that what you negotiate for yourself can only be achieved once you have confronted and overcome your fears, then you are on the correct road of finding the purpose and meaning of your life in terms of your soul contracts.

Next up to identify your soul contracts is via blockages in your life.

3. Blockages

***Sometimes what you are most afraid of doing is the very thing that will set you free
- Anonymous***

As stated above, the most significant gap known to man is between I CAN and I CAN’T.

You can overcome fear by thinking, saying and doing I CAN, and you can embrace fear by thinking, saying and doing I CAN’T.

Your thoughts create your reality, and your reality determines your perception of how things are in your world. Your perception becomes your attitude. Your attitude determines the outcomes of your life. It’s that simple. Your thoughts, and your resultant attitude, are everything!

When you accept that you can’t do something you allow the ego-based shadow of fear to grow and grow until it not only overshadows you but your entire world too. Your family now has that shadow engulfing them also. By limiting yourself through your fear, you limit others too.

These blockages that appear in your life as obstacles are, in reality, testing grounds. They are opportunities for your growth, dressed up as obstacles, due to your negative, fearful mindset about them.

If you saw them in a positive light, as challenging opportunities, your inner competitive spirit would rise to the challenge and overcome them. This inner competitive spirit is built into your millennia- old DNA as a self-survival mechanism of eating or be eaten, or, more

dramatically phrased, kill or be killed. The will to overcome is within you, but if you see the issue as a blockage, your fear won't allow this competitive will to emerge.

In those instances, those blockages grow in importance in your mind and become more and more insurmountable each time they come across your path. As explained under Fears in Your Life above, these fears merely have to be identified and confronted, and most of the negative mindset will disappear.

Do you have enough self-integrity to identify what these blockages are? Your clenched teeth and weak "gut" will tell you with certainty what these blockages are!

For some people, these blockages are not being able to face the lack of money in their lives. More than 47% of Americans cannot access \$400 in savings for any emergency, according to various banks' research reports. For other people, it's the inability to master something at work that keeps their career path restricted. For many, it's the inability to stand up to a bully in their life. For those suffering from ill health, real or imagined, it's the fear of suffering and death, which are ego-based fears.

When these blockages become so overwhelming in one's mind, hiding away from them may manifest as addictions, to avoid having to face them.

Children are not born as drug addicts or alcoholics, unless their mothers were feeding them their own consumption of drugs and alcohol through their umbilical cords. Children are not born as gamblers, indeed not as sex addicts, or workaholics. The same goes for all other types of addictions, where the person hides their fears of the blockages in their lives behind these addictions, thereby enabling them not to have to confront the realities of their lives.

So, unearthing your blockages may start with any addictions you have where you have handed over control of your mind and your actions to these addictions.

Perhaps, writing a list of the things you feel you can't do in your life when called upon to do these things will also highlight these blockages. I am not suggesting you can't do brain surgery, and add that to the list, but, for example, if you can't face checking your bank balance, this is a blockage you can overcome. Look for the things where you continually make excuses for not facing up to some reality in your life.

Your anxiety levels will also identify these blockages too. I know of intelligent, well-qualified people, who fear to drive on the highway, and others who still don't have their drivers licence due to fear of driving! There is probably something in their past lives that happened on the road, and, subconsciously, their fears are real in their subconscious mind.

A solution to resolving these blockages may come from seeing them as a dark tunnel you need to go through, rather than a brick wall you can't penetrate. Find a metaphorical torch to light your way through the dark tunnel, and most of the fears, worries and anxiety will dissipate when you "light up" the dark tunnel.

The reason we need to identify these blockages is to understand what your soul contracts have called upon you to do this time around on the earth plane of existence. The purpose and meaning of your life, in terms of your soul contracts, are intertwined with confronting

and overcoming these identified blockages. You will then bring closure to these current holes in your soul, aiding and abetting the eternal growth of your soul.

4. Challenges

You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone

- Roy T. Bennet

Challenges are those things that force you to leave your comfort zone. There is limited, if any, growth for you, and your soul when you stay ensconced within your warm and snugly comfort zone.

Challenges are life's testing of our courage and willingness to change, to improve from where we are, to what we need to become. When we least expect it, challenges will be presented to us. Are your hands open to accept the challenge, or, will your fists be closed to fight the challenge head-on?

Your attitude towards change in your life determines how you will handle the challenges that your soul contract has in store for you.

My acronym for CHANGE- Clearing, Healing, And New Gifts Emerging- hopefully enables you to see the positiveness of the change and challenges being presented to you.

Change is a process and not an event. By this I mean, the only constant thing is change, it's an ongoing process, sometimes minimal change is seen, and occasionally significant change is seen. Still, change is like a river that flows continually throughout your life.

A life of soul growth is a life of continual change. If your attitude towards change is one of belief then your attitude will determine your altitude. Such belief comes in two parts. Firstly, self-belief, that you can handle whatever life throws at you. You say YES to life! Secondly, belief in your Higher Power. If you believe that God will give you what your need (not want) for the highest growth of your soul then your TRUST will support you as you smile at the latest challenge in your life and say, "bring it on!"

TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

The challenges presented to you by life are usually the portend of increasing change for you, and to chose to ignore these challenges will only see them reappear in another guise, but often a more difficult problem for you to handle at that subsequent time. The challenges you chose in Spirit for your soul contracts are there for you to find the purpose and meaning of your life in terms of these soul contracts.

See if you can identify the times in your life when significant challenges were presented to you and when they brought substantial changes in their wake. At these times, your soul was directing your progress in terms of your soul contracts.

A challenge we usually turn a blind eye too is getting to know who we really are, at our essence. We all have a public face and a private face, a public persona and a private one too. We prefer our ego to show our “good” side, even to ourselves, let alone to others. We need to overcome the challenge of self-bluff and get onboard with self-knowledge and self-awareness.

What are your most authentic values? What makes you genuinely happy? What makes you genuinely sad? What passions burn inside you? What fears keep you paralysed from taking resolute actions? What challenges do you have to overcome to know who you indeed are, at your essence? Once you have found the real you, at your core, with this self-awareness and self-knowledge you can move forward, confidently knowing that your soul is guiding you, and not your overprotective ego. Your soul contract’s purpose and meaning begin to become more apparent to you.

After that, you need to be aware of new challenges as they are presented to you. Recognise them as soul contract markers to get you back on track with your soul contract requirements that you signed up for in Spirit. This gives purpose and meaning to your life.

5. Hardships

In the midst of winter, I finally learned there was in me an invincible summer
- Albert Camus

I am sure that your life’s journey thus far has had many hardships. Many times you were full-face into a gale-force wind, and you wondered how you were going to be able to survive this onslaught which seemed to be beyond your ability to cope.

There is a saying that goes “God will never give you more than you can handle at any given time”. As Mother Theresa quipped, to add to this saying, “*I just wished God didn’t trust me so much!*”

One thing you can be sure of is that any hardship you face you have called upon yourself, in terms of your soul contract. Now I know that is cold comfort to you, especially when you are having sleepless nights wondering how you will cope the next day. But knowing that these hardships are not random, and that you didn’t draw the short straw to face them, should begin to change your mindset, and your attitude, to embrace these hardships as stepping stones to your soul’s eternal growth. You called these hardships to you for your soul’s growth, and they need to be confronted and dealt with so that you can turn the “lemon into a lemonade”. This will assist your life finding its purpose and meaning in terms of your soul contracts.

When you look back at the previous hardships you have overcome, their size and their importance is likely to have diminished compared to when they first slapped you in the face and shocked you. It is comforting to know that you have handled 100% of all the hardships you have faced in your life to date!

Once again, these are soul markers you laid out for yourself in Spirit, to keep you on the right track in terms of your soul contracts. Knowing this about these hardships gives purpose and meaning to your life.

1 B. Repetitive patterns that occur in your life- Part 2

We change our behaviour when the pain of staying the same becomes greater than the pain of changing
- Henry Cloud

The blockages, challenges and hardships referred to above will occur as repetitive patterns in your life. The same, or similar issues, will reoccur under different guises until you have confronted and resolved the underlying fears that remained as holes in your soul before coming back to the earth to resolve them as your soul contracts.

An obvious example of this repetitive pattern occurs in relationship issues. Many people will tell you that they are unlucky in their relationships because they always attract losers or abusers or whatever other maladies their partners have.

How many times do they have to go through this before the penny drops and they confront the issue of their choices and the root cause conditions of why they are making these choices?

For example, they should question themselves as to who represented a loser or an abuser in their first family? Why are they attracted to these types of people? What was said to them, or done to them, usually in their first family, or in their formative years, that conditioned their mindset to accept these limitations of themselves?

As outlined in my free book, *Unfolding Your Child- a spiritual approach to parenting-* found on personalempowerment.co, impressionable young minds are easily damaged, or built up, through the comments and actions of their parents and siblings. The first seven years of a child's life are sponge-like in absorbing what was said or done to them.

When a child had a troubled relationship with one or both parents, and they felt frustrated, disappointed, rejected, neglected, abandoned or even abused by one or both parents, they usually buried their emotional feelings while growing up. Being so small, they felt unable to defend themselves, and they often denied what they were suffering emotionally. They were unauthentic to themselves, and this created an imbalance within their psyche. They felt anger, anxiety, despair, and even depression, as they saw no way out of the emotional prison being created by their parent/s, or even their older siblings.

These issues are protected by their ego, which buries them deep within their psyche and covers them with emotional scars. However, when it's time for this emotionally scarred child, who is now an adult, to enter into their romantic relationships with another adult, they invariably select someone reminiscent of the parent or sibling who negatively affected them the most. It's a strange phenomenon of knowing a familiarity, immaterial of the dis-

comfort they feel about their parent's or sibling's damage they inflicted upon them. Their damaged self-esteem and low self-worth make them choose someone with familiar traits to their persecutor. It's a well-worn path that they are familiar with. It takes a consciously aware person to know that this choice is a mistake. Unfortunately, this deliberate choice to avoid such a potentially damaging person in a relationship, only occurs in a minority of cases.

In the majority of relationship cases, this now emotionally scarred adult, with a damaged inner child, is intent on finding the unconditional love they were denied by their parent/s or sibling/s in their "look -a-like" romantic partner. The emotionally scarred person's inner child is still suffering from their damaged upbringing. They expect that if they can get their new romantic partner to love them unconditionally, as a parent/sibling substitute from their formative years, then all will be well in their world.

In seeking such acceptance and unconditional love from their romantic partner, they attempt to change their romantic partner as they wished they had the power to change their parent/s or sibling/s.

In their formative years, they spent many nights lying awake and wishing and wanting their parent/s or sibling/s to love them unconditionally. They plotted and planned what this would entail and how it would feel to know the unconditional love and acceptance they craved so much from their parent/s or sibling/s.

Their desired intent to change their romantic partner as a substitute for their parent/s or sibling/s missing love and unconditional acceptance is not what the romantic partner had in mind. Unfortunately, by selecting a similar personality type to their parent/s or sibling/s, the same repetitive pattern of frustration, disappointment, rejection, neglect, abandonment, and, even abuse, may reoccur.

Not many people in a romantic relationship signed up to be changed! They liked themselves as they were, not like someone, they supposedly love, is now attempting to transform them into, for their psychological ego- damaged reasons.

The psychologically damaged romantic partner experiences all those negative attributes of frustration, disappointments, rejection, neglect, abandonment, and even abuse, all over again. But now as an adult, from someone they supposedly love, and who apparently love them.

I want to add the finishing touches to an adult whose inner child tells them that they are not lovable, as I spelt out above. Our greatest need is to feel loved. We are Unconditional Love, at our essence, at a soul level, as we are a part of God, who is Unconditional Love and Light. When we feel unloved within, we are at odds with our soul, and this makes us very unhappy. That unhappiness is played out in many ways, all of them harmful and destructive to ourselves and others. The list is formidable, here are some examples, adulterer, bribery, bully, burglary, corruption, criminal, dictator, ego-maniacal, murderer, power-hungry, rapist and so on.

People who feel loved within, and who are then soul-based people, do not need to manipulate, bully, control, corrupt, damage, murder, rape, steal and do other despicable things to others, and themselves.

The root cause is feeling unloved from one's first family and leaving a gaping hole in one's soul, usually incapable of being filled with any material issues or power-based acts. The fear of not being loved by another, or by themselves, turns them into these people with harmful and destructive characters and personality traits.

These repetitive patterns in all relationships, including, so-called, romantic relationships, are reliable markers for identifying soul contracts and addressing these root cause issues from their parent/s and others in their first family. Unfortunately, most people cannot survive self-interrogation of this emotional magnitude, in terms of their soul contracts. The result is that they end up going through repetitive patterns of relationships and marriages all ending the same way, and reinforcing their feeling of lack of love and non-acceptance, and knowing the loss of love, damaged self-esteem and low self-worth.

I have a saying that is applicable here. "Marriage is not for happiness, but for growth." I most certainly took out a lifetime subscription to this!! As identified above under the heading *Abusive Relationships*, I was able to identify and apply the much needed spiritual, emotional and psychological requirements, in terms of my soul contracts, to remedy this hole in my soul. Still, it took years to achieve and lots of intensive inner work at all levels: spiritual, emotional and psychological.

Today, my ex-wife and I both acknowledge our soul contracts and have both survived and thrived since going through this arduous work. We are now good friends, but it takes years to accomplish working through these soul contract issues! I remember that the person who was an initial Spiritual Teacher of mine and my ex-wife's and also a Channel stated that our intertwined soul contracts were amazing and intense. If we could see them through, there will be significant spiritual growth ahead for our souls. Boy, he wasn't kidding!

Another repetitive pattern is found where people find it hard to work for a boss, or with certain types of co-workers. They often change jobs or continually complain about their current boss or work colleagues. The inability to recognise that they are the common denominator in all these unpleasant repetitive work scenarios and that they are the ones required to change, signals a soul contract. Many ego-based people refuse to see it as they consider that they are always right, and everyone else is wrong. It's the "my way or the highway" approach to life!

Financial failures that reoccur signal that there is a fundamental issue that needs addressing. It may be because they don't understand that hope is not a strategy! It may be their inability to attend to the basic bookkeeping; or that they do not treat their customers or clients correctly; or that they are always undercapitalised; or that they don't finish the work properly and spend most of their time inefficiently, and so on. Once again, a soul contract is being signalled that has to be identified and confronted to be resolved.

Excessive consumption is also a repetitive pattern, and those unaffordable purchases that you just had to buy because they were on sale usually cover up a more serious malady. This is a hole in your self-esteem and self-worth that cannot be filled with all the bargains in the world. Feeling better about yourself with some new trinket may last a day, or so, until that nagging self-doubt that you are not good enough reoccurs, and out comes the overextended credit card to temporarily satiate that doubt by buying something new.

Another form of repetitive behaviour touched on above is rigidity and inflexibility, by believing that it's "my way or the highway". The inability to be openminded about an issue, and

attempt to see the other person's viewpoint is, judgmentally speaking, based on either a psychological malady or based on ignorance and stupidity. This is an ego-based approach, and the root cause of such intransigence is usually having been criticised by one's first family and requiring to become competitive to prove themselves.

Forms of paranoia where one believes they are being threatened, in some way or another, usually brings out the rigidity and inflexibility in the person who cannot be reasoned with logically and civilly. Ignorance and stupidity can only be resolved by wanting to be better informed and, in most cases, there is not the belief system in place to want to be improved by another's viewpoint. Racial and religious prejudice often fall into these categories.

What always amazes me is how intelligent people, capable of being better informed, refuse to change their fixed mindsets, and investigate another's viewpoint. This often happens with people who have different religious perspectives. All religious views are based on belief systems and cannot survive rigorous scientific examination. Understanding, acceptance and flexibility is required of others' belief systems. Once again, soul contract markers are highlighted by such rigid and inflexibility thought processes.

Pre-occupation with someone or something, beyond a balanced viewpoint, is also a marker for a soul contract. This pre-occupation may verge on obsessive behaviour. This is crying out for an investigation into the identification of a soul contract to correct this imbalance in behaviour. Workaholics and other addictions fall into this category for soul contract marker identification.

These are some of the repetitive patterns you should look for, and, of course, those peculiar to yourself, to identify the soul contract markers that need attending to.

By identifying these soul markers, and agreeing to attend to correcting the imbalances you have found, gives your life its purpose and meaning in terms of your soul contracts. Your eternal soul's growth is the beneficiary of these remedying actions.

6. Mirrors to yourself

Everything that irritates us about others can lead us to an understanding of ourselves

- Carl Jung

"There's the rub" as Shakespeare said in Hamlet's famous "to be or not to be" soliloquy. By "rub" Hamlet meant difficulty or obstacle or objection- in this case to Hamlet contemplating committing suicide.

There are going to be people who "rub" you up the wrong way. They "get your goat". (My research of this term explains that it was an Americanism replacing anger with the word goat.)

It's incredible how these annoying people seem to have radar and can find you and irritate you. They represent something, or someone, which gets under your skin and irritates the living daylights out of you. There is no logical explanation for this; it's purely emotional when it happens.

But wait, there must be a logical explanation too? Perhaps, the very reason we don't want to look for an explanation is why we must act in terms of our soul contract investigation markers.

There is something about these people that mirrors back to us an issue/s we would prefer not to acknowledge about ourselves. It's probably something we buried a while ago and would prefer not to face up to now. It may be a sizeable mistake or failure we had which we would prefer to forget about. These people could also represent a truth about us; we would prefer wasn't exposed. We call these people mirrors of ourselves.

These mirrors are going to be needed to be faced, and the consequences of our investigation of what they represent to us, in terms of our soul contract markers, will have to be confronted and resolved.

In my experience, this is usually to be undertaken in total vulnerability and surrender, and all your hidden emotions may be exposed for all to see. Usually these hidden emotions relate to the feeling of lack, or loss. At its core, it's the feeling of lack, or loss, of love- self love and /or love by another/s. By dredging up these previously hidden issues from our past, we are bringing healing and resolution to the holes in our soul, and attending to our soul contracts. These resolutions contribute to determining the purpose and meaning of our life in attending to these mirrors.

Six soul contract markers- conclusions

In a nutshell, these six probings to identify your soul contract markers are the starting point for resolving the holes in your soul that need repairing. In each instance, you are going to be required to accept, and not resist what you have unearthed through these probings. Acceptance is the door opener to this resolute process ahead for you in determining the purpose and meaning of your life in terms of your soul contracts.

The purpose and meaning of discovering your soul contracts

OK, so let's say you go through these six probings to discover what your soul contracts are, or at least, one or a few more of these contracts that you can identify, then what?

Identifying them is excellent, but having a ticket to ride a bus, and actual boarding the bus to take you on the ride you have paid for is another matter.

Are you prepared to tackle these identifiable soul contract issues? Let's not kid ourselves, this is tough work, but the harder it is, the higher the compensating reward for attaining the growth of your eternal soul towards whatever Godlike represents for you.

What, and who, you become through these resolute processes will determine the purpose and meaning of your current life. Your destiny will find you if you are prepared to roll up your sleeves and attend to the work required to resolve the identifying issues of the holes in your soul, in terms of soul contracts, found via:

your fears;
your blockages;
your challenges;
your hardships;
your repetitive patterns and
the mirrors in your life.

Of course, you have free will and you don't have to do anything, and merely keep doing whatever you want to do in this life. I am offering you the opportunity to discover the purpose and meaning of your life in terms of your soul contracts, based on my understanding of soul contracts. It's your choice to follow through or to do nothing. After all, I don't know you, and whatever you choose won't affect me one way or the other.

However, I feel responsible enough to alert you to this opportunity, and leave it up to you to decide whether to board the bus of self-discovery identifying your soul contracts. If you choose to do so, your soul contracts' destiny is beckoning in terms of finding the purpose and meaning of your life, via resolving the identified holes in your soul.

Good luck with whatever choice you make!

Now let's look at your family, friends and work colleagues.

If you have decided to board the bus of self discovery then once you have self analysed the six probings described above, and have a better understanding of your soul contracts, this will give you a clearer understanding of the purpose and meaning of your current life.

Now let's look at your various relationships with your Soul Mates from your Soul Group.

As a Soul Group, we interchange our roles from a gender and a relationship viewpoint, incarnation after incarnation. Sometimes we are the father; other times the daughter; or the wife or the son; or the uncle; or the grandmother; and so on, through the family hierarchy. Friends, work colleagues and other people we interact with are also part of our Soul Group and we, in turn, have soul contracts with them too.

Your spouse or partner

Your choice of partner or spouse is not random. Whether you remain married, or living together, or decide to separate or divorce, the reason you hooked up originally was in terms of your soul contract with each other.

In Spirit, your spouse/partner and you identified certain holes in your souls that needed fixing, and you entrusted each other with the roles of helping you each to accomplish that.

Earlier on in this book, I was vulnerable and transparent and explained to you the soul contracts my, now, ex-wife and I had to work through, as painful as they were for all concerned.

Relationships are not necessarily only for happiness but for growth. This growth is soul growth territory and is what all the parties involved signed up for. Not only you and your spouse/partner but your children, your parents and in-laws, your siblings and other family-related people too. The intertwining of soul contracts is very intricate and takes a lot of time, as we know time on earth, to set up when we are in Spirit.

If we could change our perspective, and our perception, and we looked at our marriage/living together relationship, and all our relationships, through different eyes, we may see why, in Spirit, we chose each other in every relationship we have, or have had. Look for the growth that occurred for you, or is occurring, in each relationship.

Work colleagues

My first entrepreneurial business venture into real estate occurred when I was 23 years old. My business partner was 47 and an experienced Chartered Surveyor from the UK. Unfortunately for our brand new development business launched on the 1 June 1976, the Soweto Riots erupted on 16 June 1976. South Africa was shocked to its core, and real estate had only sellers, at any price, and very few buyers.

My 47-year-old business partner proved to be a supreme optimist and a slick salesman. He saw this national calamity as a great buying opportunity, which it was, providing we had the financial resources to ride out the storm. However, we didn't, but undeterred he used his optimism and deal-making ability in negotiating with desperate sellers who wanted to leave the country on the next plane. We bit off far more than we could chew, and the downturn in major negative sentiment about the future of the country continued unabated for the next three and a half years. We made it as far as nine months into this severe economic downturn before we ran out of money and had to close our doors.

Now, at age 24, I was broke and had to move back to live with my parents. At the time of this business failure, I realised how little I knew about real estate, and I was resentful of this 47-year-old man, who was far more experienced than me. His unbridled enthusiasm to buy whatever he could get a great deal on, and convincing me, and my investors, that the downturn will be over soon, and that we would make a fortune, was our downfall.

The reality was far different from his unbridled optimism. After that, I decided that I was going to understand why and how real estate markets behaved cyclically and to ensure that other people never lost money again through ignorance of current and likely future market conditions. Unfortunately, in the mid 1970s there was limited information and little knowledge available in this area.

I then dedicated the next eighteen years of my life to develop the knowledge base of research and forecasting of the real estate industry and was a pioneer of real estate economics in South Africa. I made a living selling this ongoing research and forecasting in a monthly investment journal I called, The Property Economist, and then by consulting to the subscriber base of investors and developers. Within a decade, real estate economics was being taught at universities, where I was occasionally a visiting lecturer, and I assisted many a Masters and PhD student in achieving their post graduate degrees.

Once again I do not state the above from an ego viewpoint but to illustrate the unearthing of a soul contract. Today, over 40 years later, and due to the unearthing of the six probings of my soul contracts' markers I identified above, I now understand that my 47-year-old business partner and I had a soul contract whereby he would convince me to bring my investors, who I represented at age 23, as well as my savings I had accumulated up until then, into the development business we created. Upon it failing, I would then be a pioneer of real estate economics in South Africa, for the benefit of many investing in residential and non-residential real estate. I have been doing so for over 42 years to date, acting as a real estate economist, adviser, developer and investor and hopefully benefitting many people in the process.

Earlier on in this book, I explained the soul contracts between my father and myself. My Reiki Teacher, who is also a psychologist, counselled me through my divorce and made me aware of the abusive patterns in my life, started by my father, and continued by others. Awareness of these soul contracts with my father, and with others, who took my kindness for weakness, has made me conscious of not being available to be abused by others via showing my kindness to them. I continue to show kindness but have recently learned to erect mental barriers to protect myself.

I have recently abruptly terminated a close 30 year old friendship and recent business venture with a person due to certain actions he took which did not meet my moral standards, or as he called it, "my high moral standards". When I discovered what was taking place I confronted him with proof and was told what subsequently turned out to be blatant lies. His actions of mistrust and mismanagement precipitated the closure of the business and the loss of many jobs.

This occurred while writing this book. I have now come to understand that he and I had a soul contract where he would do his immoral actions forcing me to stand in my integrity and take action that showed that this behaviour is not acceptable to me.

Once again, I show my vulnerability and transparency in disclosing two soul contracts to you in the spirit of "I will show you mine if you show me yours".

While writing this book I have been able to put on my "new eyes" and look at many of my relationships across the board over the past 67 years and investigated likely soul contracts that formed these relationships.

Some people may consider this approach to be one of justification, and a soul contract wrapped around it like a story to explain what happened. I cannot prove or disprove that assessment. Still, if it makes us investigate what has occurred, and attempt to find something other than the apparent outcome, then the process of investigation may prove beneficial to look for a deeper meaning than the obvious one. Let's explore deeper than face value and see if we can find one or more of the six soul contract markers referred to above.

The more in-depth, less obvious, answer, may very well be a soul contract between you and another. That is a decision that will, or will not, resonate with you at a soul level of understanding. Feelings are the language of your soul, so trust your feelings as you make these assessments of your relationships, deciding whether they were, or are soul contracts, or something else that you are more comfortable calling them.

Your children

Now let's talk about your children and the soul contracts that you made with them in Spirit.

I want to start by introducing you to my favourite book, *The Prophet* by Kahlil Gibran. His chapter on Children is something I often quote in my various books, where it is relevant, so here goes:

*Your children are not your children.
They are the sons and daughters of life's longing for itself.*

*They come through you but not from you,
And though they are with you yet, they belong not to you.*

*You may give them your love but not your thoughts,
For they have their own thoughts.*

*You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.*

*You may strive to be like them, but seek not to make them like you.
For life goes not backward nor carries with yesterday.*

*You are the bows from which your children as living arrows are sent forth.
The Archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far.*

*Let your bending in the Archer's hand be for gladness;
For even as he loves the arrow that flies, so He loves also the bow that is stable.*

If you have not read or heard this before then hopefully it awakens you to the role that you and your children have together. In Spirit, your children chose you as their parent, and you chose them as your child in terms of your soul contract together. There may very well be a soul contract between each child and each parent, as my logic says that different relationships occur between each child and each parent so, ipso facto, various soul contracts are in play too.

The soul contracts are as numerous as each grain of sand in the desert. A child may choose to be born to their parent/s and not survive childbirth or to not stay alive for long after birth. The reasons for this are numerous. For example, the child's soul agreed to come back into a body for the process of enabling the parent/s to experience loss or rejection upon the child not being born alive, or being born alive but not staying alive for long.

A child may be born with some deficiency enabling the parent/s to learn about responsibility in taking care of their child throughout their lives.

A child could arrive as a mirror to one or both parents reflecting their attitudes, thought processes, etc., which to date, they have chosen to ignore and not improve upon.

A child could arrive to show what unconditional love is at birth, and how it changes to conditional love, or hatred, or indifference, depending on how the child behaves to its parent/s and the world at large. This changed child's behaviour is usually a reactionary one to what is happening to them in their very young lives, usually by their first family members.

A child could arrive for teaching the parent/s numerous lessons such as tolerance, understanding, unconditional love, and so much more.

A child could arrive to become the best friend of its parent/s or their worst nightmare.

As explained in my free book *Unfolding Your Child - a spiritual approach to parenting* found on personalempowerment.co my two sons and I are each other's best friends, and they have very recently left my home, now at ages of 26 and 30 respectively. These last few months without them in my home have been one of freedom for all of us as they find their independent feet, and I learn to live alone. Some of our soul contracts have been described above in terms of my dissolved marriage, and with my now close friendship with their mother, and as a family unit, while living in four different homes.

The role of a parent to their child creates a relationship that affects the child throughout their lives. The love, or other emotions, that the child felt in their interactions with their parent/s is ingrained in their psyche and affects all other relationships they have, for better, or for worse. People in their seventies, eighties and nineties, still usually remain a reflection of the love, and other related emotions, that they knew; or the love and other associated emotions that were withheld from them, by their parent/s. This reflection of knowing love and other related emotions; or not knowing love and other similar emotions, from their parents, is usually passed down by the now much older "child", now parent, to their own children, grandchildren and even their great-grandchildren. This is one inheritance that lingers on generations to generation.

Soul contracts are often required to break this cycle of inheritance, primarily where non-love emotions were expressed, and need to be turned around by love emotions.

Children do not usually arrive on the earth plane determined to be murderers, rapists, sociopaths, liars, cheats, adulterers, and so on. These are usually causal issues that invariably begin in first families. Conversely, if people are loving, kind, respectful, caring, and so on, these are also causal issues consistently founded in first families to where such love was given and received.

I am now at the age where my family and friends are enjoying their grandchildren. I am witnessing amazing unconditional love relationships being formed between grandparents and their young grandchildren that I didn't see between the same parents and their children. I am calling those as soul contracts between grandparents and their grandchildren balancing the new unconditional love the grandparents are experiencing now, compared to the more practical conditional love and discipline that they showed to their children.

There are instances where a parent who departed the earth plane when they were a relatively young parent and have subsequently returned as a soul in a child born to their child, who is now a parent. The soul contract relationship is usually one of balancing the love each party never experienced before, from each other, in the previously abruptly ended life of the young parent, who has re-emerged as the child of their child, who is now a parent.

Investigate your relationship with each of your children to determine what possible soul contracts you may have with them. Attempt to establish who has come to the earth plane to teach, and to learn, from each other. Also, attempt to determine what holes in your soul you have come to repair through your interactions with each other.

Good friends

And now onto relationships with good friends.

The relationships you develop with your good friends are other forms of soul contracts you made in Spirit among your Soul Group.

There is the facetious joke that goes, “God gave you your friends after He gave you your family!”

Your friendship could range from them being fully supportive of you, across the spectrum, to where they bring hot poker to ram up your backside to get you moving on the correct path. Both extremes are friends fulfilling soul contracts with you.

I have been blessed with such good friendships, of both varieties, and from the channellings, I have been party too, I have been made aware of certain of these relationships in previous lifetimes also.

Usually, fair-weather friends disappear when the going gets tough, and foul weather friends are holding you tight in the gale-force winds of your life. You are doing similar things for your friends in fair and foul weather periods in their lives too.

The relationship with a good friend is entirely voluntary and can be broken off at a moments notice. Usually, we ensure these excellent relationships are well watered with supportive interactions, often frequently. If the quantity of communications is not frequent, then the quality of such infrequent interactions are usually meaningful.

Once again look for the interactions with excellent friends and see where you are helping, or being helped, repairing the holes in your souls through such friendships.

Behaviour modifications once you have identified a soul contract

Before we look at Archetypes to discover who you are, and possible soul contracts applicable to these Archetypes, I would like to end this section with behaviour modifications once you have identified a soul contract. This behaviour modification specifically relates to soul contracts where you are the so called injured party, or victim, having been so called abused by a Soul Mate.

I will revert back to the soul contract I identified under Work Colleagues above for illustrative purposes, where I recently abruptly terminated a 30 year close friendship and recent business venture partner.

At the time I was angry at the betrayal of trust and the lies told by this man to me as he and I often told other people that we were 'brothers from another mother'. With trust as the basis of any meaningful relationship our close friendship was broken and due to his mistrust and mismanagement of the business it was closed down resulting in many job losses.

He sent me many messages displaying his anger at me for the way I had reacted and stating our friendship was over! I refused to respond or reply as I did not want to stoop to mudslinging. The damage was done by him, I took the appropriate actions needed and lived through a difficult few months facing many staff members I had to retrench. Each one was very angry at this man, who hadn't returned to face the music, at that time. He had suffered a severe back injury and his absence from the office precipitated the discovery of his deeds of mistrust and mismanagement.

My anger began to subside when I was able to understand the soul contract around this issue I described above under Work Colleagues. However, (and this is a large however), I had residual anger and that was holding me tethered to this man and this situation. I became a prisoner of this man and this situation through holding onto residual anger.

Soul contract or no soul contract I was emotionally invested and imprisoned by my own negative thoughts and anger which were creating my imagined 'reality' of imprisonment.

By holding onto these negative thoughts I was attracting similar negative issues into my space through the Law of Attraction- like attracts like!

One of my favourite channeled books is Oneness- received and transcribed by Rasha (visit onenesswebsite.com). Both Oneness and Abraham, who I referred to earlier in this book as channeled non- physical Entities, say similar things in their own inimitable ways. In another channelled book I referenced earlier, The Soul's Journey and how it affects your Life by Judith Farley and the Four Archangels, Archangel Uriel, stated that the authentic term for forgiveness is "Advancement Awareness". Archangel Uriel, Oneness and Abraham see the topic of betrayal and forgiveness similarly. Forgiveness is an ego-based approach and holds the person giving such forgiveness tightly to the person and issue at hand attracting further negativity.

What I have learnt from Oneness in the context of betrayal and forgiveness is that we must NOT forgive another for their transgressions as this keeps the negative energy within us. What we MUST do is release in total detachment any care we are carrying around, whatsoever about the outcome of any drama around the issue. Whereas forgiveness deals with blame for a wrongdoing, the thought and action of total transcendence of one's attachment to outcome is a complete release of any toxicity and imprisonment to the person or the issue at hand.

Archangel Uriel was quoted earlier on in this book stating, "that the authentic term for forgiveness is "Advancement Awareness".

From a soul contract perspective, seeing the need to reach a place of forgiveness is not the correct way to behave. We now understand that the other party/s have allowed us to

“advance with better awareness and understanding” in our life. With this mindset, there is no emotional attachment, and both parties are free to move on with their soul’s journeys in terms of their soul contracts.

In essence, let go completely and release them in Unconditional Love. What I have done in this illustrated example above was to face myself in the bathroom mirror and pray to God for the well being of this man and his return to good health from his back problems.

One final comment. If you can project yourself twenty or more years down the line and at that future time see how you are likely to feel about this issue. Most likely its water under the bridge and your life is unaffected. Let go and release them in Unconditional Love now.

Archetypes to help you discover who you are, and your possible soul contracts

Should you decide to board the bus of self-discovery, I am going to assist you by describing various archetypes of people, and the possible probings of the six issues identified above. These probings may apply to these archetypes in identifying their soul contracts and thereby determine their purpose and meaning of their life. Hopefully you will recognise yourself in one or more of these archetypes?

You are here to enrich the world, in whatever way you signed up to do it, in terms of your soul contracts.

One of the ways I enrich the world is via my free books found on personalempowerment.co and guidespeak.com. People often ask me why I don’t charge for my books? My answer is that I believe I have been given a way to make a living in real estate for over 46 years to date and that these books don’t come from me, but rather through me to you. If I charged money for them, this might prevent one or more people from not having access to these words. I want to make it as easy as possible to share these words with the world, and the Internet makes that possible to do for free.

In ego- terms, the way you enrich yourself is through your net worth, in financial terms, but the way you enrich yourself and the world, in soul terms, is by developing your self-worth and sharing that with the world.

Do you know how powerful you really are?

Before we begin working through the archetypes, I want you to experience how truly powerful you are right now. You are a part of God, and that part is your soul. As God is Omnipotent, so are you. As God is Light and Unconditional Love, so are you. Everything you need to know is already inside of you, as you are a Part of God. You do not have to learn it; you simply have to remember it.

Finding the purpose and meaning of your life, in terms of your soul contracts, comes down to remembering that you are Godlike at your essence, at a soul level. You are Omnipotent; you are Light and Unconditional Love. Now, all you have to do is believe that, and remember it through experiential ways of dealing with your soul contracts in a Godlike manner.

I often quote authoress Marianne Williamson in my books as she said it so beautifully:

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Here is another quotation, this time from William Hutchison Murray:

“Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way.

Whatever you can do or dream, you can begin it. Boldness has genius, power and magic in it. Begin it now.”

Now a quotation from Patanjali from over 2200 years ago:

“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”

And finally an anonymous quotation: *“Those who have an Inner Light have no need of the Spotlight.”*

Archetypes and your soul contracts

Archetypes are very typical of a certain kind of person. These archetypes have specific similar characteristics and, from a soul contract perspective, could have similar rebalancing requirements to honour their soul contracts.

Usually, when one has one or more archetypes, it shows a preponderance to behave in a certain way. This tends to imbalance oneself, and depending on the severity of the application of this archetypal behaviour, then complete unbalancing can occur. This has severe

implications for relationships, careers, children, other family members, friends, business associates and others.

I have created a section below to deal with these archetypes. For those interested in the background of archetypes they began with Plato (424- 348 BC) and were brought to the fore by Carl Jung (1875- 1961) who based his categorisation on Immanuel Kant's (1724-1804) categories, and Arthur Schopenhauer's (1788-1860) prototypes.

Jung saw these archetypes as part of a collective unconsciousness, and the dominant themes were buried and unknown about until the person acted consciously. Certain types of characteristics emerge as typical of each specific archetype.

To assist you in establishing your soul contracts that may be relevant to specific archetypes you resonate with, I have identified 100 Archetypes to enable you to identify with one or more, and potentially give you guidance as to your possible soul contracts. The purpose and meaning of your life in terms of your soul contracts may become clearer once you identify with one or more archetypes.

I have found Caroline Myss's book *Sacred Contracts* very useful in understanding archetypes, as well as *Life on the Other Side* by Sylvia Browne. However, the identification and interpretations of the archetypes and their soul contract balancing requirements are my own.

Application processes using the six soul contract markers for your archetypes

This is where the rubber meets the road!
- anonymous

Resistance and Allowing

As I have stated often in this book and elsewhere, what you resist, persists. Resistance is the major indicator of what needs to be addressed in your life. Please see your resistance as a dam wall holding back a volume of water, which water is your well hidden ego-based emotions. (Water is how emotions and intuitions are symbolised in spirituality and various religions.)

Now your resistance of preventing this cleansing water, this life-giving water, your well hidden ego-based emotions, to flow is precluding your growth in this lifetime, and restricting your eternal soul's growth.

The solution is Allowing. By using the verb allowing, instead of the noun allowance, I want to illustrate the "doing word"- the action required.

The steps you need to take to achieve such Allowing to occur are:

Integrity,

Transparency,

Vulnerability and

Surrender.

These four words, when implemented, will become life changing and act as eternal soul growth accelerators.

With integrity you ensure your ego is not involved in its protective role as you allow your ego-based well hidden emotions to flow unrestricted. (To thine own self be true- Shake-speare.)

In transparency all is revealed and nothing is hidden, not even those ugly emotions you are so ashamed of.

In vulnerability you become totally submissive and egoless.

In surrender, you let go and let God into your life as your co-Creator. You become conscious throughout the day and night of God's presence in your life. You get on your knees daily in surrender, being accountable and responsible to God, the co-Creator of your unfolding life, for your thoughts, words and actions in every moment of Now.

If you can move from resistance to allowing then the release of your ego-based well hidden emotions will be both cleansing and life affirming. Equally importantly, your thoughts, which create your reality, your perspective, your perception, your attitude and your beliefs, will be better attuned to your soul-based Love rather than your ego-based fear and hope.

No doubt you can see how this process of moving from resistance to allowing will improve your ability to find the purpose and meaning of your life in terms of your soul contracts.

Six Soul Contract Markers revisited for each applicable Archetype

Now by using the six soul contract markers explained earlier on in this book, the areas of resistance comprising your ego-based well hidden emotions will be highlighted. Thereafter, the process of allowing the flow of these negative emotions to be released, and healing to begin, can thereafter be implemented.

These 'allowing' and 'healing the holes in your soul' processes is what will give you the purpose and meaning of your life in terms of your soul contracts.

For each applicable archetype that resonates with you of the 100 archetypes listed below, please identify:

1. The repetitive patterns that occur
2. Fears you have
3. Blockages you can't get past
4. Challenges that occur, especially repetitively

5. Hardships that you experience
6. Mirrors of people who trigger strong negative emotions in you

To assist you, and remind you, to use these six soul contract markers for each relevant archetype of yours, I have done so, for illustrative purposes, for both Addict and Gambler archetypes below.

100 Archetypes

1. Abundance

Gratitude builds a bridge to abundance
-Roy T. Bennet

Someone with an Abundance archetype is not necessarily a financially wealthy person but one who knows that all we have is not ours. We are merely looking after whatever wealth / abundance we have accumulated, and are doing so on behalf of our Higher Power. We act as Their steward in dealing with such wealth. Abundant archetypes are God's Hands in sharing God's abundance.

Let's face it whatever wealth/abundance we have built up is going to the Taxman and our inheritors. Your spouse and children may be splurging your hard-earned wealth on their new lovers, once you are gone from the earth plane!

Those with Abundance archetypes are givers of Life to Life. They are seen as generous, and their well is always full. Givers do not only give to others from their own pockets but act as conduit pipes from Life giving to Life. These Abundant archetypes know that giving and receiving are two sides of the same coin. When a Giver gives, they also receive and become Receivers too.

Those with Abundance mentalities have to ensure that their kindness is not taken for weakness. They have to be aware that people with evil intentions will be drawn to them like flies to honey. The abundant people should have checks and balances to ensure that they are not taken advantage of by those with evil intentions.

Another area of concern for people with Abundant mentalities is not to be a rescuer of people and see it as their role to ensure people do not suffer. Some people have chosen the role of suffering for the growth of their soul. By having good intentions and trying to "save" people, you may be doing them more harm than good. We each have our path of soul's growth, and we all evolve at different speeds and timing.

Be abundant in your praise, and your kindness, but do not stunt someone's soul's growth through your abundant mentality by doing their desired soul growth work for them.

These lessons are there to repair the holes in your soul, as an Abundant archetype, of enabling but allowing, others to deal with “what is” in their life for their soul’s growth. You can enable abundantly with words but ensure your hands are not used to assist in their growth path.

2. Addict

What is addiction really? It is a sign, a signal, a symptom of distress. It is a language that tells us about a plight that must be understood.

- Alice Miller

When your “won’t power” is stronger than your “will power” and if this happens regularly and consistently, then you have some form of addiction. When you won’t stop doing something detrimental to you, or another, or the world or the Universe, and you do not have sufficient control over your thoughts, mind, words and your actions to make you stop doing whatever is detrimental, then you have a severe imbalance in your life. This imbalance is a marker of your soul contract. Once before in a previous life, you may have suffered from this addiction or another addiction, and you may have harmed yourself, or another person, or the world, or the Universe.

Now is the time to identify what this addiction is, or multiple addictions are, and see if you can trace the root cause of what started you down this path.

For example, an addiction that many people have is an addiction to work and the power they derive from doing the work that they do. What is the hole in their soul that makes them need such power or achievement? Were they ever told they were not good enough and would never amount to anything? Did they suffer from poverty when young and maybe they swore to themselves they will never know such deprivation again?

There are countless reasons and motivations for burning the midnight oil to be the best they can be in a work environment. Funnily enough, this addiction is usually not part of the “usual suspects” of addictive behaviour such as drugs, alcohol, sex, gambling, food, etc. Somehow we admire those people who burn the midnight oil to better themselves or their families.

However, we seldom look at the other side of the see-saw of imbalance that a workaholic sets up for themselves. Let’s start with lack of sleep, ill health, unhealthy eating habits, lack of exercise, taking caffeine in high doses or even some form of drugs to keep them going- I think they are called “uppers”. Then let’s look at their inability to have a healthy romantic relationship or even a friendship relationship as they are not available, and even if they are, their mind is focused on their work and not on the person they are with. Countless people feel alone when they are in a relationship with a workaholic.

Our society places much emphasis on competitive behaviour and not on co-operative behaviour. To be the best in any endeavour usually means you were born with exceptional talent or you have to put in thousands of more hours than other mere mortals with whom you are competing against. With society’s competitive attitude towards those placing sec-

and being seen as “losers” rather than “the second winner”, as would be the case in a cooperative society, the accolades going to the winner usually have some other severe consequences for these so-called winners due to the imbalance of their lives.

Now that’s the good news for addictions as at least these workaholics are doing something positive and creative with their excessive habits, albeit at the expense of a balanced lifestyle for themselves, their family and friends.

Most other addictions such as alcohol, drugs, sex, gambling, food, and so on, are harmful towards themselves, their family, friends, employers, employees and society at large. Once again, the root causes of these addictions need to be investigated as only using willpower to overcome these addictions may not suffice in stopping these addictions over the long term. Unless the root cause is found and addressed this harmful behaviour cannot be exorcised permanently.

So we revert to our six signposts to show the way:

Repetitive patterns- what sets you off time and again to use your addiction as a substitute for overcoming your fears?

Fear- what fears have driven you to this addictive behaviour?

Blockages- what stops you from overcoming this addictive behaviour?

Challenges- what are you being asked to do outside your comfort zone?

Hardships- what is showing up in your life that you can’t face and you resort to your addiction to block it out?

Mirrors- which people or events trigger the need for you to succumb to your addiction/s?

How can you face this mirror and see what is causing this trigger from this mirror?

Please use these six soul contract markers for each of the remaining archetypes below.

3. Adrenaline junkie

High risk is high adrenaline

- Jason Statham

I am separating adrenaline junkies from addicts as this archetype lives for the thrill of adventure and achievement, needing the excitement to feel truly alive.

This desire to put one’s life on the line in extreme sports, or in one’s lifestyle, becomes a physiological need to experience the adrenaline rush of our primitive fight or flight response. The continual flow of adrenaline is harmful to the body, and these adrenaline junkies seek the challenges that allow them to feel truly alive by flirting with danger.

Serial entrepreneurs; risk-taking occupations, sports and hobbies, all attract the adrenaline junkie archetypes looking for living on the edge in life.

The hole in their soul that needs repairing could be counterbalancing a previous life where they were risk-averse, and probably afraid of their own shadow. This time around on the earth plane these adrenaline junkies need to find a counter balanced lifestyle to such heightened risk once they have the responsibilities of a spouse/partner and a growing family. I am all for “pushing the envelope” and the creative surge accompanying that. I believe that God experiences our sensual delights with us, via our soul, as we break boundaries of past achievements. However, the counter balance of being more responsible once a spouse/partner and growing family emerges is also required.

4. Advocates

We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.

- Elie Wiesel

People who champion the cause of others derive a sense of power in standing up for others. They may very well be putting their all into helping the Underdog and appear to be selfless in their motives but deep down their ego is being positively stroked and making them feel good about themselves.

The underlying root cause of championing a cause more significant than themselves needs to be investigated thoroughly. Many an attorney or jurist or journalist is someone who may have been ignored or abused in some way growing up and seeing their name in print championing a cause gives them some form of compensating power to make them feel more important in their eyes.

The impotence one feels in an abusive relationship as a child can severely affect one’s “inner child”. Bullhorn in hand and addressing a crowd of supporters as an adult may go some way in healing this damaged inner child.

In addressing this imbalance of advocating on behalf of someone else instead of the soul contract marker of advocating on behalf of your own abused inner child needs to be corrected. It’s time to come to your own defence and confront and resolve the damage done to you by someone still alive or who have passed on into Spirit.

This self-healing process starts with identification, then confrontation, followed by an understanding of why they did what they did and what caused them to act as they did. With this understanding, then your judgement will no longer be necessary, and, even your need for forgiveness from them will no longer be required. At that stage, you will see the soul contract for what it is and what purpose and meaning it has for your life. By using the Behaviour Modification I spoke about prior to the commencement of this section of the book, you can let go completely and release them in Unconditional Love. You have now healed that hole in your soul, and you can move on with your life.

5. Alchemist

The secrets of alchemy exist to transform mortals from a state of suffering and ignorance to a state of enlightenment and bliss

-Deepak Chopra.

Alchemy is an ability to transform energy into synergy. By this, I mean $1+1=3$. When you mix two parts of hydrogen with one part of oxygen, you get H₂O, and this H₂O is the chemical symbol for life-giving water. Our body comprises some 70% of water as does our brain. The earth is covered by some 70% of water, mainly seawater.

If you have the archetype as an Alchemist, you can bring the best out in people, events, the world or the Universe. You create synergy or $1+1=3$ in whatever you do.

You may be in politics and enhancing peoples lives through your input into the political space. You could be in business creating commercial success and with it empowering people to be the best they can be. You may be a coach or teacher of some or other format bringing out the best in the people you are coaching or teaching.

Many religious and spiritual leaders use their alchemy to enhance their followers' lives.

Choosing to be an Alchemist archetype in this lifetime may very well be a counterbalance to being a depriver of people, goods and services in a previous lifetime.

As I mentioned earlier, in my past lives, I was a soldier and, in one lifetime, a Warlord, responsible for depriving people of their lives, their homes, their families and their possessions.

In this lifetime, I see one of my archetypes as an Alchemist. I am a spiritual author, focusing on being Love and spreading Love and offering my work for free. As a real estate person for over 46 years to date, I have been educating, developing and investing in real estate. I have given employment opportunities to thousands of people during construction, financing and in maintaining this real estate. I set up employment and mentorship websites to help people find work and mentors to assist them. I have been instrumental with my sons in developing an App helping young kids and their parents cope with living in the 21st Century with all its societal pressures.

Having identified this soul contract marker, I have consciously set about redressing the imbalance I caused in previous lifetimes as a soldier and as a Warlord. Once again, I am personalising this in the spirit of "I will show you mine, if you show me yours!"

If you are such as Alchemist, please ensure that you do not use these talents against the very people you should be helping in this lifetime. Unfortunately, there are continual stories of religious leaders abusing their congregants, and, especially young congregants who trust them. Politicians abusing their power in corrupt ways and business leaders stealing money from those who trusted them are commonplace headlines. In my view, they are setting themselves up for similar abuse in successive lifetimes, but that time around, they will be the so-called victims and not the perpetrators of this abuse.

6. Analyser

The price of light is less than the cost of darkness
- Arthur C. Nielsen

Analysers have a passion for understanding why and how things happen the way they do. These archetypes are researchers at heart. They are usually efficient people who value structure and orderliness and are probably controllers too. They are not the “making decisions on a whim” type spontaneous people but prefer careful investigation, research, planning, decision making and then execution.

This archetype might find it difficult to see the “wood from the trees”. They may not have developed a “gut feel” instinct for what the right thing to do is in the moment. Analysers usually do not live in the present moment of now and prefer to plan for the future while in the Now moment.

Usually, Analysers do not have the self-confidence to follow the Nike advert and “just do it”. If these Analysers were criticised as children, their self-esteem might be lacking, and, with that, reduced self-worth and low self- confidence.

Analysers requiring to repair a hole in their soul will need to develop their self-confidence by their behavioural actions. They need to put their plans into action themselves, and, after that, learning to go with the flow of life, unprepared for its ups and downs, but experiencing them all, nonetheless.

These analysers will then learn to live in the moment and to TRUST- To Release Unto Spirit Totally and then To Rely Upon Spirit Totally. With this improving self-confidence, their self-worth, self-esteem and self-love will increase too.

For those analysers who want to go to the next level of soul growth development they should be aware of the saying from US President Roosevelt at the time of the 1929 Great Depression, “There is nothing to fear but fear itself”.

7. Artist

Every child is an artist. The problem is how to be an artist when we grow up
- Pablo Picasso

The ability to be able to express creativity in such a way that enhances peoples' lives beyond the usual sensory range of their emotions is the role of the artist.

Many artists create in a way that replaces the need to persuade people face to face and allows them to use their artistic talents to persuade people globally to their viewpoint. For example, the use of music enables the musical artist to speak to a global audience who can understand them through their music without the need for linguistics. This music can uplift, encourage and, in rare cases, even depress people globally. The same can be said for ballet, dance, art, sculptor, movies and even buildings.

The artist is a persuader and as such may be a counterbalance of not having a "voice" to express or be heard in another lifetime. Perhaps the soul contract marker is to be heard "vocally" as well as artistically in this lifetime. The healing nature of art can be used by these artists to address the imbalance of not having a voice in another lifetime and making their "voice" heard now by using their art as the contributor towards bringing Light and Unconditional Love into other peoples hearts in this lifetime.

(Note to the Reader: At times like this, I know that my "Spiritual Friends" are guiding this process because this idea/thought has never crossed my mind!"- Neville)

8. Athlete

It's not the size of the dog in the fight, it's the size of the fight in the dog
- Mark Twain

There are two balances we need to achieve on our current life on the earth plane. The first is the rebalancing via our soul contracts of the holes in our soul. The second, is before, during or after that, such corrective balancing, to create balance in our current life.

The energy we expend in correcting the holes in our soul rebalancing is usually quite exhaustive. We need to put in the effort mentally, physically, emotionally and spiritually and address the imbalance from the past and correct it in this lifetime.

This is the energy, focus, willpower, determination and seeking of perfection that an athlete would expend in being the best they can be in their chosen field of competitive endeavour. If they wanted to be the best they could be, they would be the first at training and the last to leave and have a planned programme to enhance every relevant muscle they will need. The determination, focus and willpower required to be the best they could be needs to be balanced with the mental strength and belief in themselves. As Muhammed Ali said, "boxing matches are won in the gym and on the road".

Once we determine what the soul contract markers are we then need to have an athlete's determination, focus, willpower and perseverance to attend to the necessary action to re-balance this hole in our soul.

To be the best they can be athletes need to put an extraordinary amount of time and effort into their training and performance. Invariably this is done at the time and energy expense of their personal and family life and maybe even at the cost of their career, if they are amateur sportspeople.

Spouses, partners, children, other family members, friends, and others, including religious and spiritual pursuits, are likely to suffer from some form of attention deficit, neglect, or even desertion, in the extreme, from these athletes' single minded approach to their lives. This behaviour may create resentment, unhappiness and even anger in the aggrieved neglected person and set in motion a whole new set of issues resulting in new holes in one or more souls that will need to be resolved in successive lifetimes!

Balance is the key to resolving your current holes in the soul programme while ensuring the rest of your life remains in balance during this healing and restorative process.

While a sportsperson may win the highest accolades and have that memory to treasure, that may well be the peak achievement of their life at a relatively young age. Their ego may be satiated with this success. Still, their soul may be being neglected as are their family, friends and career.

Finding the balance in one's life should be the gold medal award that lasts a lifetime.

9. Avenger

***The price of freedom is high, it always has been. And it's a price I am willing to pay.
And if I am the only one, then so be it.
- Captain America***

As I stated in my free book *GAIN —God And I Now—* eight out of the eleven top-grossing movies in the USA in 2018 were Superhero movies. The world is crying out for Superheroes as politicians, actors, sports stars, business people and other leaders are being shown as phoney as corruption charges, ineptitude, sexual predators and the like pile up on global news networks daily about these so-called leaders.

The Avengers are part of these Superhero movies, and they represent these Superheroes who save the world through their fight for good against the powers of evil.

In our world the people who are seen as avengers are usually the ones who fight for worthwhile causes to save the planet; protect the whales; save the rhino; fight against child labour exponents; people who fight local gangsters selling drugs to school kids in their neighbourhood and so on. These avengers fight for causes more significant than their own needs.

However, these avengers are usually fixing a hole in their soul, where some form of damage was meted out to them in a previous life on the earth plane, or during this lifetime. They are redressing the balance, and as they may not be able to face their actual abusers, who may have passed on into Spirit, they are using their current cause as a surrogate, or substitute, from the previous hurt they suffered.

In searching for the purpose and meaning of their life in terms of their soul contracts these avengers should see their forthright actions of replacing evil with good as their calling card in this lifetime.

Once again the issue of keeping a balanced lifestyle is required as avengers are like our athletes in the previous topic and may get their life well out of balance due to their current crusade as avengers of this more significant cause.

10. Beggar

Some of us have met our Guardian Angels and treated them like beggars because they showed up with beggar bowls.

- Paul Bamikole

Choosing to be a beggar in this lifetime is a courageous choice as a soul. Knowing that you are dependent on the generosity, or whim, of another person to find your daily bread and a place to rest your head at night is the extreme of a faith-filled life, even if most beggars do not have such faith or even know about faith.

As I have written in my various free books, I live in Johannesburg where we have one or more beggars on every street corner in the busier traffic parts of the city. In my free book *GAIN—God And I Now—* I recounted the story of John, a beggar I supported on my route to work every day before recently relocating my office elsewhere in the city. I ended the story to explain that John was an Angel I encountered daily with his nearly toothless grin and smiling face against all the odds in his life.

The other night driving home at around 9 pm, at a traffic light I was confronted by a young, frail beggar in a wheelchair who I gave some money too. In a small, scared voice she asked me, “please buy me some nappies”. My heart bled for this skinny, frail young girl, all alone at 9 pm, in a wheelchair, who no doubt soiled herself and had to suffer the indignity of sitting in her urine and faeces. What must her thoughts be as she sees people driving past in their fancy cars without even glancing at her, let alone giving any money she so desperately needs to stay alive. How brave must this soul be to suffer this indignity in this lifetime? (I now travel with adult nappies in my car to hand out to wheelchair bound beggars.)

I have been taught, and have taught my sons always to acknowledge and greet a beggar, even if you do not give them any money or anything else. Merely recognising them as a person is sometimes enough for them.

When my son, Michael, was at school, he did an art project depicting beggars with animal like arms with claws as hands as he saw that people treated these beggars worse than animals.

My sons and I received one of the best lessons in our life when we were driving around taking pictures of beggars for my son's project. Usually, we would ask their permission to take their photo, and they were so pleased to be seen as a person and being asked a favour. However, in one instance, we were driving along a busy road, and a beggar was walking down the street dressed only in garbage bags wrapped around him. He looked like the Michelin Man! I slowed the car down so my son could take a picture and this beggar shouted at us saying, "how dare you disgrace me by taking my picture dressed like this in garbage bags. I have feelings too, you know". That message has stayed with us, and the guilt remains some 13 years later to this day.

I believe that throughout our soul's various lifetime journeys on earth we will experience being all races, all colours, every economic station from beggars to billionaires, both genders, all religions and experience all of life on earth.

If we do not resonate with the plight of a beggar, it merely means we haven't been one yet, and we have no reference point to remember what that life was like. It awaits in the future!

A beggar exists in our space to help us find our generosity of Spirit and the abundance we need to share with others.

Thank you, brave and courageous beggars, for choosing this life to help us find our soul-based love for you all.

11. Bully

When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers.

- Ralph Waldo Emerson

By now we know that bullies are people who have been bullied themselves and they cannot fight their abuser, so they find someone physically weaker than them to take out their frustrations on instead.

Bullies represent abusers in our life, and that is not a one-way street. A bully may abuse us or we may harm ourself in some way, for example, as an addict, as described in the Addict topic above. We bully ourself through such addictions.

Bullies represent that which we fear suffering some form of loss. It may be the loss of dignity or the loss of physical damage to our bodies, or it may be the loss of self-esteem and so on.

By learning to say, “this is not acceptable to me”, you have recognised a soul marker of abuse, and you have confronted it as a previous blockage, repetitive pattern, fear and even perhaps a mirror in your life. The bully may very well still strike a blow in one form or other. Yet, by standing up to the bully and not backing down, immaterial what you may suffer, the bully will stop eventually, and your moral victory over the bully is the way you fix the hole in your soul.

If you are the bully in life then by reading this, perhaps you will realise that being a bully is merely enabling a counterbalance for you in another lifetime on the earth plane, when you will suffer the physical and emotional blows from a bully.

12. Casanova

***To every sweetheart Casanova gave himself exclusively; he had so many selves
- William Bolitho***

There are men who consider themselves to be God’s gift to women. They see their role as providing sexual satisfaction to women at a physical level, and, although they profess and provide romance to achieve their objective, theirs is a manipulative role of control and dominance for their selfish needs.

Casanova’s usually feel something missing in their own lives, such as a lack of a mother’s love, and use their good looks, self assuredness, romantic gestures to seduce women to fill that bottomless black hole within them. They are predators and their lack of guilt as to their actions is sometimes pathological, not caring who gets hurt along the way.

The hole in their soul they have been called upon to fix is to learn to use their abilities to satisfy one woman in every respect, not only sexually, and to nurture and develop a meaningful and satisfying long term relationship with this woman. Learning fidelity and earning trust is their role in this lifetime.

13. Catalyst

***Love is the most powerful catalyst. it can change a heart and the world
-Debasish Mridha***

Those who choose to use love as a catalyst, and by this I mean Unconditional Love, the world is their oyster. People will flock to their side as they would have found the key to open the Unconditional Love within each person- their soul.

Someone with a Catalyst archetype is an enabler who spurs others onto action and gets things done. A great leader is a Catalyst archetype, and he, or she, encourages and motivates others to reach greater heights of both personal and group achievements.

A Catalyst archetype is usually non judgemental of the people they lead or encourage, preferring to get them to focus on their strengths, while the Catalyst archetype usually finds other more competent people to cover their perceived weaknesses. For example, a soccer coach will place the stronger, more determined people in defence, and the more agile and faster people on offence to score the goals.

The hole in the soul of a Catalyst archetype may occur if they use their role for their own selfish ego-based purposes by manipulating others to do their bidding. Politicians come immediately to mind! The repairing process is to undertake such catalytic work for the transparent good of another or society at large, without any personal benefit in the process, other than feeling good in helping people.

14. Celibacy

Celibacy is a great help, in as much as it enables one to lead a life of full surrender to God

- Mahatma Gandhi

People choosing to be celibate usually are religious based such as a monk or a nun, however, certain focused individuals who are obsessive in their work, may chose the celibacy path, temporarily or permanently. For example, Isaac Newton said that lifelong celibacy was his greatest achievement.

Needing the ability to dedicate oneself to your chosen task without the complications and time commitment of a spouse/partner and raising children, is usually seen as selfish and self-centred. To these people, their desire and intent to focus and achieve their objectives is of paramount importance. We should not judge these Celibacy archetypes as their desires and intent are usually balancing their previous lifetime/s where they were possibly spread very thin and unfocused, and, they didn't achieve anything meaningful that they were supposed to in terms of those past soul contracts. They have now chosen to correct that in this lifetime through being celibate for some or all of their lives.

Another possible explanation for choosing to be celibate in this lifetime is to counter balance a more promiscuous sexual life in another lifetime, thereby creating a hole on one's soul that needs repairing now.

I believe that life is about relationships, and, as I have said earlier on, I believe marriage/ long term relationships are not only for happiness but also for soul growth.

Choosing to step aside from the passion, love, trials and tribulations of such a marriage/ relationship and to remain celibate is an unbalanced life in this lifetime on earth, but, perhaps, is resulting from a previous lifetime, as alluded to above

15. Child

Children must be taught how to think, not what to think
-Margaret Mead

For those adults who revert to child like and childish behaviour when confronted with stress and pressure in their life, their choice is to succumb to the challenges of life and look for a breast to suck on, metaphorically speaking. They need to learn the lesson of standing up for themselves by themselves. They are likely to be confronted with numerous ways to “grow up” and to stand up for themselves. Unfortunately, they may be born to over protective parent/s or older siblings who often come to their aid when they have these challenges thrust upon them.

If they don't find their own voice and stand on their own feet they may suffer the loss of these support structures thereby forcing them to confront their issues head on.

I witness often how some of my family and friends are always available to help their children, even if these children are in their forties, fifties and, sometimes, in their sixties! The over protected “child” fails in some way or other and ageing parents in their eighties and nineties come to their rescue financially or emotionally.

As older parents we are not helping our children by solving their problems for them. We are actually stunting their soul's growth in our willingness to help them overcome their hurdles and challenges in life.

The hole in the soul for the “child” is to clean up their own mess and for the over protective parent is to learn to say “no, clean up your own mess”.

16. Comedian

Oftentimes, the funniest comedians are people who've gone through personal torment.
-Cole Sprouse

Comedians often touch a raw nerve in such a way that the underlying issues can be aired and addressed in a non threatening way. By making people laugh about it, the ridiculous nature of the events being portrayed are brought to light and addressed.

Powerful characters as leaders somehow believe that they have been ordained by a Higher Power to lead the people in some guise or other. It's usually a psychological issue, with various psychological labels attached to it, showing the imbalanced mind believing their own omnipotence and correctness of what they think, say and do.

The imbalance of the powerful character's position is counterbalanced by the clever comedian who shows the powerful character's flaws in a humorous light. The comedian opens the closed door a chink to allow some light into the darkness portrayed by the pow-

erful leader. By allowing in some light the hope is always that the populace may be strengthened to force the door open a little wider and be able to confront the powerful leader's unreasonable behaviour and decrees.

Some of these comedians learnt as children how to inject humour into a home ruled by a powerful and unreasonable parent.

The role of the comedian in fixing the hole in their soul is a counter- balance to either being an unreasonable powerful character in a previous life, or the need in this lifetime to bring in levity and laughter having not condoned that in a previous lifetime.

Laughter is a necessary requirement in one's spiritual development. Laughter loosens the body and the mind, and the soul thrives in the levity. I have created a free e-book, *Spiritual Laughter* found on personalempowerment.co under the heading, Laughter, at the top of the home page. These are jokes of a religious and spiritual nature and help us all to take our spiritual journey in more lighthearted manner.

17. Companion

Friends are as companions on a journey, who ought to aid each other to persevere in the road to a happier life.
- Pythagoras

The need for companionship is acute as in most modern countries some 25% of people live alone. We then also have unhappy relationships as seen in a 33% divorce rate where companionship is sorely lacking. It's little wonder that there are some 67% of American households who have a pet according to the *2019-2020 National Pet Owners Survey* conducted by the American Pet Products Association (APPA).

A Companion archetype is often a good, if not, a great listener. in my free book *Listening-The Relationship Builder* found on personalempowerment.co, I identify and describe the roles played by listening in a variety of ways. No one ever complains that someone listened to them too much!

In the ideal world, companionship should be an equal balance of listening and talking and of mutual respect and equal support. However, many people who are lonely and afraid seek out companions who listen more than they talk.

A listening companion's role in terms of a soul contract is usually a counter balance to have been a non- stop talker or activist in another life time. The listening companion is a supportive role and does not appear to have their own needs met other than fulfilling their soul contract counter balance role.

The difference between being a "doormat" and an independent companion is to have a life outside of the companionship role to one or more people. The role of a listening companion is based on compassion, empathy and support but one must be aware of not becoming

ing too much of a security blanket for the one or more people you are supporting. While it may feel nice to fulfil this usually non-talkative companionship role and you feel needed at some emotional and psychological level, the person or people for whom you are fulfilling this role are likely to abuse you as they are usually ego based and only focused on their needs and not yours.

Defining boundaries of acceptable behaviour and time frames of your involvement with them is essential for you, and for them, to have a more balanced relationship and to avoid your resentment of their abuse of you and your time and patience.

Companions who find an equal balance of both talking and listening will soon find that also being silent in each other's company is equally satisfying, as in the silence their souls meet in Unconditional Love.

18. Controller

If I need to be controlled I would have come with a remote!
-anonymous

Controller archetypes provide a useful function in a managerial role, rather than a leadership role. Leaders are usually inspiring people by bringing out the best in others. Controllers are more functional, and, as managers, are more concerned about processes and performance recording than creativity and motivation.

Controller archetypes tend to allocate, organise, manage, delegate, supervise and measure output and performance results. They are efficiency based, and usually lack the skills of empathy, sympathy, understanding, kindness, motivation and inspiration that leaders have. As parents, or teachers, Controller archetypes place efficiency above their underdeveloped "soft skills," such as nurturing and giving love.

Many a parent is highly organised but lacking in the "soft skills", and their children are high achievers, but lack the feeling of being loved, or of being able to show any vulnerability or weakness. This lack of feeling love within, as well as an inability to show weakness, or vulnerability, in the child, or as an adult's inner child, often sees these people as high achievers seeking praise and, even adulation, when all they really want is to feel loved. My example earlier on in this book of Elton John in the biographical movie Rocketman illustrates this.

From a soul contract perspective Controller archetypes are probably balancing the need to manage rather than lead having been leaders in a previous life. Perhaps as leaders they never attended to ensuring someone else was managing the processes and losses may have occurred in people, property and other assets.

19. Corruptor

Corruption is paid by the poor
- Pope Francis.

A Corruptor archetype is a thief of note. Corruption not only weakens a society's morals and integrity but it robs people of the wherewithal to progress with their lives.

Corruption is a trillion dollar industry annually and permeates most levels of society sowing a cancer- like attitude and behaviour into the DNA of the people and society.

Regrettably, most people who are involved in corruption remain undetected and, even if detected, remain unpunished by the law of the land. The "fox is in the hen house" and because corruption permeates so many levels of society, finding an honest person prepared to root out corruption all the way to the top of an organisation, or even the top of a country's political elite, is usually very hazardous for one's health and their family's well being.

At the time of writing this, in December 2019, the Democrats in the US Senate are bringing impeachment charges against US President Donald Trump. From what I have read it appears that this is unlikely to end his career as US President during his elected four year term.

Fixing a Corruptor's hole in their soul is not a task for the faint of heart. To call out those involved in corruption, ensure the necessary media exposure to show the corruption for what it is, and the damage it is doing to an organisation or country, requires a very committed person. A Corruption Buster only has to start the process as a whistleblower to begin the journey of repairing the hole in one's soul. What transpires thereafter is usually out of their hands but their willingness to be the whistleblower and provider of proof of corruption is sufficient to claim this repairing process of a previous Corruptor archetype.

Let me end with a quote from Henry Kissinger, *corruption by politicians make the other 10% look bad!*

20. Creator

Miracles are not contrary to nature, but only contrary to what we know about nature.
- Augustine

People who are creators are usually builders in the mind and/or builders of physical entities. We are all part of the Creator of our world and of countless Universes as well as of All That Is. We have that spark of the Creator within us as our soul, and for those who create, the world is their oyster.

When creating we must be aware of the responsibility to help and serve people and to do no harm to anyone or anything in the creative process. However, as we will see later on, the role of the Destroyer is also part of the creative process.

As parents we are procreators and the ability to merge male's sperm with female's eggs to create life is a miracle of the creation process. Once again, such creativity requires the responsibility of being a parent to the child being conceived. I cover some of those responsibilities in my free book *Unfolding Your Child- a spiritual solution to parenting* found on personalempowerment.co.

The counterbalance of being a Creator archetype is having the responsibility to ensure your creation serves its purpose to society, to enhance and not to damage society. Where the use of such creativity is misused by its Creator archetype, or someone else, for evil purposes, then the counterbalance of crime and punishment of the perpetrator will follow in this lifetime or another.

The process for most soul contracts follows a cause and effect balancing act and being conscious of these consequences for good or evil deeds, should keep conscious people aware of the consequences of their thoughts, words and actions for this lifetime or another.

21. Damsel in distress

Above all, be the heroine of your life, not the victim.
- Nora Ephron

The DNA of males are hardwired over thousands of years to provide and protect the physically weaker females and children, while the females are the nurturer of relationships and families.

A female who plays the Damsel in Distress archetype card in their relationship taps into that primitive protector role of the male. However, in today's world of increasing female emancipation away from the stove and into the workplace these roles are changing and equality of gender roles are being balanced.

The Damsel in Distress archetype is now seen as someone who is weak and unable to fend for herself and is pitied more than she is admired for pulling on those old heartstrings of needing a male protector.

With women Presidents and Prime Ministers of countries, more or less equal opportunity in the workplace, up until the C-suite where glass ceilings still prevail in many cases, police-women, women in the fire brigades, women in the armed forces and increasingly women graduating from medical school and law school are some examples of this increasing female emancipation.

The balancing act of this emancipation is that single mothers are some 40% of all mothers giving birth in many Western countries, divorce rates are between 33%- 50% of all marriages and in places like Japan the marriage rates have dropped alarmingly as emancipated women choose a life of single freedom and not servitude to their husbands and their parents-in-law.

So if you are such a woman relying on playing the damsel in distress card, the attraction of a man to rescue you may very well imprison you in some way through their physical strength and, in their mind, keeping you protected for your own sake, not allowing you any independence. You may live the life of an imprisoned bird in a gilded cage.

Perhaps its time to counter balance your imagined weakness as a damsel in distress and find the strength within you to resolve your own issues and problems and not be reliant on someone else to tackle your challenges and hardships for you.

22. Destroyer

Man has the power to act as his own destroyer - and that is the way he has acted through most of his history.

- Elon Musk

The counter balance of creation is destruction. Everything that is created has a lifespan of existence. It's the way of Nature- Spring, Summer, Autumn, Winter and then the cycle turns once more.

There are times when a person with a Destroyer archetype is required to either initiate the process of destruction, or to do the actual tearing down of that which has been built and may need to be removed for one of various reasons.

The Destroyer archetype is usually seen as someone with evil intent but perhaps their function, in terms of their soul contract, is to remove something and to allow something or someone else to rebuild something of even greater value to the society at large.

For example, if the old building is kept standing for sentimental reasons, the new building is being prevented from adding even more value to the society it serves. (Of course, I say that as a developer!)

Another example is a destroyer of a relationship. Here the person is seen as, say, breaking up a marriage by having an illicit affair with one of the spouses. The more I delve into the role of soul contracts the more I learn not to judge through my limited vision of what was contracted to in Spirit. For all we know, the Destroyer archetype was contracted to undertake their actions for the soul growth opportunities being presented to the now embittered and jilted spouse.

Playing the soul contracted role of a Destroyer archetype, who is usually vilified by society, is a courageous role to play. Their actions are only usually seen as destructive and not making a space for something else, or someone else, to be created in the space being destroyed.

If we look at a bulldozer as a destroyer we forget to see its role in carrying materials for the new construction process underway.

23. Detective

The world is full of obvious things which nobody by any chance ever observes.
— **Arthur Conan Doyle**

In the see-saw of life we have good versus evil as part of the duality on the earth plane of existence. Crime and punishment are another see-saw and if there is too much crime then society degenerates into a jungle type environment and mayhem results. The counter balance to such crime is the police whose function is to keep law and order in society. Within the police force are detectives who use problem solving techniques and developed intuition to solve crimes that appear to have hidden motives.

The role of the detective is to unearth the criminal/s responsible for the crime and they are instrumental in preparing the case for the trial and likely incarceration of the criminal/s through the judicial system.

The ability to detect requires a thought process that thinks “outside the box”. Creativity combined with connecting the dots is required for the pieces of a puzzle to fall into place. Such detection requires lots of “slog” work to ensure that all possible leads are assessed to resolve the mystery.

Usually the Detective archetype is seen as the hero and the criminal is seen as the villain. People are not usually born to be criminals. If they have such a soul contract this is a courageous step and it will usually be done to allow the “good guys” the opportunity to be such “good guys” and close up a hole in their soul as they may have been criminals in a previous lifetime.

If people only knew that their every thought, word and action is being seen and recorded in Spirit and that they are creating new soul contracts each time they perpetrate a crime of whatsoever magnitude. Each time they harm another they will have to suffer such compensating harm in another lifetime on the earth plane. Conversely, doing good via thoughts, words and actions reaps good in this lifetime or in other lifetimes to come.

Another role of the Detective archetype is one of detecting the truth in life. There are many truths, however the veracity of such truths are difficult to prove without a shadow of a doubt. As we grow in all respects we discover that what we believed to be a truth was more a wish based on a belief system cemented over time to be a so called truth.

As spelt out throughout this book what we experience on earth and call a truth, when seen from Spirit may have the opposite meaning. Detecting on earth may be a limited perspective.

24. Devil

Hell is empty and all the devils are here.
-William Shakespeare

Personally I have never believed in the concept of the Devil as many of my friends do. I have always seen it as a cop-out and blaming the Devil let's one off the hook of responsibility for one's own deeds.

In the 1970's, popular comedian Flip Wilson's character, Geraldine, stated the line "the Devil made me do it" and this was a catch phrase used jokingly by many Americans during that era.

Jung's usage of the Devil as an archetype has caused me to include it in this book. The Devil archetype is seen as the unresolved negative, repressed, human thoughts, emotions, and even feelings, when expressed towards another as a destructive force.

Based on my current evolving understanding of soul contracts, I prefer to see these destructive forces as soul contracts to bring about the evolution of society as a consequence of overcoming these destructive forces. Hitler's Nazi Germany is an example of this.

The causal nature of these destructive forces becomes the counterbalance required to fix a gaping hole in the soul of a nation, if not the world, by ensuring that society evolves positively from this episode in its life.

Once again, if we look at the Destroyer Archetype in the role of the Devil Archetype, their actions of damage and destruction creates a vacuum. As we know Nature abhors a vacuum and it's usually filled with some form of creativity and development of something better which eventually takes its place. The demolition of parts of Japan by the USA atomic bombs and other bombings during World War 11 saw the emergence of an industrialised nation of note over the next few decades, in part, thanks to foreign aid and assistance from their previous aggressors, the USA. No doubt, during the war, the USA was seen as the Devil Archetype in Japan.

25. Experienter

The only source of knowledge is experience
-Albert Einstein

An Experienter archetype is usually a self confident person with a well developed self-esteem and self-respect. As children they were encouraged to try various skills and their self-confidence was fostered by achieving the goals and dreams they set themselves.

They treat life as an adventure and are not scared to try, and fail, at a skill, until they learn it properly. For these Experienter archetype's, success breeds success, as they add various skills to their experiential knowledge base. Life for them is a series of thrills, and they find it hard to settle down in a conventional way.

They tend to be both inspiringly spontaneous, but self indulgent, and maybe, irresponsible too.

The hole in their soul that needs repairing is usually to learn to stay in one place, focused on one issue that may have a meaningful input in the bettering of lives for the people they serve.

26. Fallibility

No man is lovable who is invincible.
-Neville Cardus

Those who choose to be Fallibility archetypes are usually exceptionally advanced Spiritual Beings. To chose to be impaired physically, mentally or emotionally, in a body on earth so that others can learn invaluable life lessons by attending to them, or not attending to them, is a very courageous role to play. As mentioned earlier on in this book, these Spiritual Beings are usually on their last incarnation on the earth plane.

Ego-based people and soul-based people show their true colours when faced with these Fallibility archetypes dealing with the hurdles that life throws up for them.

These Fallibility archetypes require respect from others, but people often shy away from dealing with them, let alone showing them any respect.

Somehow, emotionally immature people feel embarrassed and uncomfortable in the presence of these Fallibility archetypes. For many ego-based people, these Fallibility archetypes depict some form of human failing. This may subconsciously unearth hidden fears of the inadequacy of the ego-based person uncomfortable in the presence of these Fallibility archetypes.

Soul based people see past the physical, emotional or mental issues of the Fallibility archetype and see their soul, which remains flawless, pure and radiant.

The soul contract issues have more to do with the Fallibility archetype providing an avenue for others to move from ego to soul in their attitude and treatment of these Fallibility archetypes than for the Fallibility archetypes themselves who are usually fully soul based without a shred of ego.

27. Father

Every father should remember one day his son will follow his example, not his advice.
-Charles Kettering

As stated in the topic, Damsel in Distress above, the role of the protective father is hard-wired into our DNA for thousands of years. Procreator, provider and protector are the usual three roles of a father.

However, as spelt out in my free book *Unfolding Your Child- a spiritual approach to parenting*, the role of a spiritually conscious father is usually different from the role of an uncaring, irresponsible father who acts as a sperm provider creating an offspring of theirs with the mother providing the fertile eggs for the sperm.

I have intentionally debased the role of such a father by this judgemental statement for the impact upon you. Many fathers do act unconsciously in their role as sperm provider merely enjoying the sex and not caring about the consequences of their actions. With some 40% of births occurring to single mothers in the USA and other countries, the role of the father, usually an absent father, and often not providing child support, perpetuates the poverty cycle of many innocent children. The abuse, neglect and sometimes indifference shown by these fathers to their children are often the cause of the Criminal archetype I covered in the topic above.

With some 67% of American males incarcerated in US jails and prisons never having finished high school, we can trace the root cause to absent or neglected fatherhood. Regrettably such prisons and jails currently house males of whom 40% are unmarried fathers.

Without the positive presence of a father in a household, the difficult role of a single mother can unfold into a downward spiral for the family, for example, :
unattended children as the mother holds down one or more jobs to provide for their family;
children being influenced by the local gangs in the neighbourhood, many of whom have dropped out of school;
unwanted pregnancies of young girls perpetuating the single mother cycle;
the resulting criminal behaviour and the incarceration of these school dropouts lead to a continual life cycle of crime and punishment for generations to come.

A father acting responsibly, nurturing and developing their child can stop this downward spiral of the youth in its tracks.

Responsible fatherhood is required from those wanting to become fathers and for those who are already fathers. For many fathers, this responsibility is their soul contract.

Those fathers whose soul contracts are to be abusive, neglectful or indifferent fathers, their role is to teach their soul mates, (who happen to be their children in this lifetime), how to fend for themselves and to grow up correctly and independently. This soul contract is a courageous calling, and, as so often said in this book, is the opposite of what is understood by those on the earth plane.

28. Femme Fatale

When I am good, I am very good, but when I am bad, I am better

- Mae West.

The female equivalent of Casanova archetype described in an earlier topic has a similar role to play in repairing the hole in her soul this lifetime. The abuse of man's trust in her and her controlling and manipulative ways to achieve her selfish objectives requires a counterbalance of trust, integrity and fidelity in this lifetime.

The role as a Femme Fatale archetype could be a soul contract to unearth and exploit man's weakness and the need for their soul mate to learn how to avoid being manipulated and abused by her in this lifetime.

The need to manipulate someone to have a relationship with you as a Femme Fatale archetype probably has its roots in not being loved by one's father and, possibly, even being abused by one's father. An absent father could also be a trigger for this archetype. The manipulative role is payback to men who represent their father, or possibly another male figure she trusted.

Coming to terms with this psychological issue requires proper therapy by the requisite professionals. Overcoming this hardship and challenge of feeling rejected or abused is essential, otherwise, many relationships and children from these relationships with a Femme Fatale archetype are likely to be emotionally damaged by such a mother and wife/partner.

The soul contract is the remedying of this imbalance of feeling rejected or abused and learning how to feel whole within by developing self-love. From this self-love, the person now has love to share with another. If self-hatred from neglect or abuse remains, then all they have to share is hatred, disguised as manipulated love.

29. Followers

Behind a leader there must be followers, but they should always be on the lookout for the main chance and ready to change sides if the current leader doesn't deliver.
-Mary Douglas

If there were no followers, would there be any leaders? Imagine a ticker-tape parade in the main street with only the hero present? Leaders need followers as much as followers need leaders. They are two sides of the same coin.

A Follower archetype is a supportive role, and those of us who are blessed with great friends know how important it is to have a friend who listens to us and supports us merely with their presence. This presence, whether vocal or silent, gives us a significant reason to achieve as a leader. We all want to feel the rewards of accomplishments paid to us in compliments by our followers. The acknowledgement of our role as a leader is one of the best motivators we have.

In turn, we also need to find someone as a leader in our lives, and we then play the role of the follower to them.

If the leader becomes ego-based and a "chest thumper", then the followers will support them for as long as it serves their purposes to do so. The followers will place their own needs way above loyalty to the ego-based leader.

In the rare occasions where a leader is a soul-based, the followers will usually place their needs on the back burner, and fully support the leader's role and quest for the betterment of humankind. I was privileged to know Nelson Mandela as such a leader. I once attended an opening of a Hotel School and he was the guest speaker. When he entered the room everyone simply stood up out of utmost respect for such a leader and the reverence for

this leader was so high you could hear a pin drop when he entered the room. I also attended his 75th birthday celebrations and he was truly a legend. Followers would line up for hours waiting for him to appear, merely to be in his presence.

A follower must not follow blindly and must be discerning of the worthiness of the leader and their mission. In this way, a hole in one's soul can be repaired, especially for us soldiers in past lives blindly following our leaders in damaging others and their property. For those of us as leaders of soldiers in past lives we have a lot to answer for if we were ego-based leaders jeopardising our soldiers' lives, as well as the lives of the innocent casualties of war when we attacked their armed forces.

30. Gambler

The house doesn't beat the player. It just gives him the opportunity to beat himself.
-Nicholas Dandolo.

A person who is primarily an irrational risk-taker is attempting to compress the time it takes to achieve some stated objective into a fraction of the usual time it would take under more rational ways of such accomplishment.

Ants build ant hills one grain of sand at a time. The determination, perseverance and persistence required to build up to something over time are the opposite attributes of a gambler who seeks to beat the odds and strike it rich overnight.

However, not all gamblers want overnight successes. Entrepreneurs, for instance, see an opportunity and are prepared to stake all their money, other peoples' money, and usually, all their energy to make their dream into a reality. A clever entrepreneur will know the difference between a calculated risk and a gamble.

Gamblers are impatient and want to achieve their definition of success and usually do so by irrational risk-taking. There are different types of risk-taking and those gamblers who do so by responsible risk assessment, computation and awareness of as many risk and reward scenarios as possible, are likely to achieve their targets. Gambling addicts are the opposite end of the scale and are doomed for failure.

Gamblers know about repetitive patterns and are seduced to believe that they will break the bank- next time! Gamblers thrive on the feeling of beating the odds, time and again.

Gamblers have fear, but they stare fear in the eyes in their belief that what they know will beat the odds in life. Their fear is what perversely drives them to take risks as the "buzz" they get from the excitement of perhaps winning converts their fear into this hoped-for result. The fear is ever-present, but their hope of winning "this time" somehow overrides this fear.

Perception, reality and perspective are usually blocked out by gamblers as they convince themselves that they are invincible and they can beat the odds. To an impartial observer, it is clear as daylight that the chances of winning against the odds are slim to none!

Gamblers have blockages when its time not to bet or to stop betting- they cannot stop gambling. One way for a gambler to overcome the blockage is to have someone else they trust to keep and handle their money for them.

Gamblers facing challenges see the odds of beating the challenges and usually fail. The real challenge for gamblers is understanding risk assessment and applying it in an intelligent, rational and logical way.

Gamblers know all about hardships and hard-luck stories. Gambling, at its root cause, is a way to overcome self-doubt based on lack of self-worth and low self-esteem. The “get rich quick” mentality is designed to show themselves, and others, that they are successful and are to be admired by themselves and by others.

A gambler wants to achieve success in a hurry and does not want to be in tune with the cyclical nature of life. The biblical injunction in Proverbs 12:11 states, *“Those who work their land will have abundant food, but those who chase fantasies have no sense”*.

The gamblers lack of patience and the need to compress time is what is required to be addressed to correct this imbalance in terms of a soul contract. If a gambler can begin to understand that there are very few quick routes to fame and fortune then they can begin the recovery process in terms of their soul contract rebalancing.

Multiple studies show that 70% of lottery winners end up going bankrupt after five years. Americans spent more than \$80 billion on lottery tickets in 2017, more than they spent on books, movie tickets, music, video games and sports tickets! The chances of winning the Powerball in the USA is 1 in 292 million. The odds of being struck by lightning in the USA is 1 in 700 000, so you have 417 times more chance of being struck by lightning than winning the Powerball in the USA! And yet \$80 billion a year is spent on lottery tickets annually in the USA. These are some of the blockages that gamblers ignore at their peril.

Mirrors are everywhere for ardent gamblers, and these mirrors make them very uncomfortable. Investigating what a gambler fears about a mirror personality will help correct the imbalance in their lives.

Charles Revson, Founder of Revlon, is quoted as saying, *“in the factory we make perfume, but, in the shop we sell hope!”*

As you can see gamblers have many obstacles to overcome in terms of their soul contracts as the seduction of “get rich quick”, and the excitement of gambling has to be substituted with other forms of more socially acceptable behaviour. The loss of their job or their business, destroying their family and losing their homes and their friends should be enough of a deterrent for an ardent gambler, however, sometimes, unfortunately, the gambling addiction wins in the end.

Convincing a gambler about their soul contracts may be a bit too “airy fairy” for them, but it’s worth a try!

(I have decided to use the six soul contract markers in this section on the Gambler archetype as a refresher for those who may have forgotten to use them for their own arche-

types. Doing so for each of the 100 archetypes would have made this book far too long-
Neville)

Please use these six soul contract markers for each of the remaining archetypes below.

31. God

I want to know the thoughts of God - the rest are mere details.
- Albert Einstein

Men with a God archetype believe that they have an enduring great power; some use it for the betterment of all humankind, and, others use it to wield power and have people in fear of them.

To believe that you represent God, in any manner or form, shows signs of delusional paranoia. Those who claim to hear God's voice is equally troubling. We do not have a clue who or what God is. We have a belief system that suits our perception and perspective in life, but to truly know who or what God is, as a mere earthling, was undoubtedly beyond Einstein's knowledge base and he is considered to have been one of the finest minds on earth.

Sure, there have been religious and spiritual leaders who profess to represent God, and they may have some inner knowledge, or experiential knowledge, of what they believed God to be, but for the rest claiming this representation is delusional, at best.

Of course, certain priests, imams, rabbis, clergyman, and other such people involved in religious and spiritual leadership all claim to speak for God. Their belief systems appear to endow them with the position to speak on God's behalf. This is wishful thinking at best, and fraud and deceit at worst.

The religious leaders who took over from the founders of these religions created a belief system that the people could only speak to God through them. They were the conduit to God, and they would let the people know what God says. The Shepherd and the sheep were now both in the fields and in the houses of worship! As you know, sheep get sheared once a year for their wool, and eventually, they get killed for their meat.

At least religious and spiritual leaders have some vague claim to speaking for God as God is a part of their religion, and there may be a hint of experiential success in their claims to represent God. When political leaders and business leaders adopt the "God Told Me" mantle, then the lunatics are running the mental asylum!

This ego-based delusional power grab usually does severe damage before sanity prevails and these frauds are dispatched. The despotic political leaders, and often the head of the armed forces of a country, tighten their grip on dissenters and much blood is spilt. When business or community leaders make the "God Told Me" claims, its time to head for the hills and get out of Dodge City as fast as possible!

This God claim often happens in patriarchal societies where the father figure expects to be treated as a god by his spouse/partner and their children.

As you can see, the soul contract required to correct this misconception and imbalance is going to be humility, willing service to humankind and a willingness to help the lowest and most unfortunate in the society.

The fall from such an elevated, self-important position of those with a God archetype is not going to be “pretty” in terms of their soul contracts!

32. Goddess

I have called on the Goddess and found her within myself
-Marion Zimmer Bradley

The Goddess archetype is based more on mythical and historical figures of strong woman, and usually beautiful, strong women, avenging the harm done by men to them.

In matriarchal societies thousands of years ago, the female was the dominant gender. Men usurped that power struggle a few thousand years ago, based on their superior strength and have yet to yield and relinquish such power.

The Goddess role is seen as rebalancing the male dominance rather than of professing that “God Told Me”.

In today’s world, the Goddess role is seen in individual families where reverence for the mother is paramount in their societies.

The Goddess role in business and communities tends to hit what is termed the glass ceiling, with the C-suite reserved for the majority of males.

For decades now women graduates outstripped men graduates at bachelor degree levels in countries that support womens' role in society. Due to low economic growth globally for over a decade, many more women are entering the workplace, and the gender equality in the home is better balanced as to their roles and responsibilities and those of males doing more around the home and with their children.

Respect is the missing ingredient in balancing the roles of women and men in society. My acronym for RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute.

The balancing of the Goddess role in terms of soul contracts is to both demand and earn such respect from men without any overt or covert threats involved. Women are correct in demanding men respect them as fellow human beings, and especially as souls, being equal parts of God. However, each genders’ behaviour must mirror earning such respect.

I believe that the male testosterone and willingness to fight rather than sitting down and having a peaceful win: win negotiations will bring the earth to the brink of disaster. It may

very well topple over into disaster as man's greed and exploitation of the earth's resources for profit, and man's need for armed conflict is taking us like lemmings over the cliff of reason.

We need Goddesses to come to the fore and bring sense and reason into the looming issues facing the world currently fuelled by male testosterone and a clenched fist of unreasonableness and power.

This could affect numerous important soul contracts to bring this redress of gender power back into the world of politics, economics and, hopefully, this will result in more peace around the world.

33. Gossiper

Great minds discuss ideas. Average minds discuss events. Small minds discuss people.

- Henry Thomas Buckle

The gossip archetype derives power by revealing secrets told to them, usually in confidence. These people make their living in the media and coercing public and private opinions.

Today, we have fake news being exploited and used to discredit people and, with Artificial Intelligence coming into the mix, there will be no human conscience to appeal to, to stop these malicious attacks via fake news, gossip and the like.

The gossip is carrying around a poisoned chalice, and people are fearful, wary, and yet, keen to hear what they have to say, to them, and about them. There is a saying that goes: "I know what they said about me, but I need to know why they thought they could say that to you about me?"

What permission are you giving the gossip to approach you with such gossip?

The gossip's counter balancing soul contract is to ferret out the truth, speak with integrity and be transparent to all about what they think, say and do.

34. Guide

We have all a better guide in ourselves, if we would attend to it, than any other person can be.

- Jane Austen,

A Guide archetype is someone who takes to teaching at a spiritual level, imparting what they learn as they learn it, and sharing it with others, on the principle of a rising tide lifts all boats.

This guidance should be done with humility, reverence for all and a deep motivation to want to help other people get a clearer and better understanding of who they really are. A Guide archetype's role is making people understand that they are really eternal souls in mortal host bodies and that they have chosen to visit the earth plane to fulfil their soul contracts made in Spirit with the members of their Soul Group. This awareness will ensure that these people are conscious that as eternal souls, they are part of God, who is Light and Love, and so are they at their essence.

The counterbalance to such a Guide archetype is to ensure that there is no ego involvement for self-aggrandisement, whether power-based and/or financially based.

Regrettably, as stated earlier, many a so-called Guide archetype has been caught with their undergarments around their ankles and/or their hand caught in the cookie jar and sullied the good name of other Guide archetypes in the process.

I have noticed that people professing this Guide archetype role are held to a higher account in their thoughts, words and actions. By putting oneself onto a pedestal, the target is more visible and the fall from grace more precarious and dangerous.

35. Harmony

***Blessed are the peacemakers for they will be called the children of God
-Matthew 5:9***

Those of us who seek to receive, and become, beneficiaries of harmony, peace and Unconditional Love, first have to give such blessings to others, and ourselves. Armed with soul-based Love we can then resolve misunderstandings, broker peace, and restore harmony to the lives of those who allowed their ego-based selves to dominate their thoughts, words and actions.

If you chose the road of harmony, peace and Unconditional Love be prepared for those whose spiritual awareness is underdeveloped, to attack you, in their ego-based manner. Not every person is ready to accept harmony, peace and Unconditional Love into their hearts. Only a few may even want to. However, your function as this Harmony archetype is always to offer it, even though it may be shunned time and again.

There will be times when the peacemaker's role is inappropriate, and knowing when to stand back and be silent, waiting for the opportune time to become the peacemaker requires a prayer for patience.

Consistency and sincerity are required in this harmony-based peacemaker's role. You are likely to be provoked by less consciously aware people to test your resolve for maintaining your equilibrium when under threat.

36. Healer

What happens when people open their hearts?

They get better.

— Haruki Murakami

One who heals themselves, or another entity, brings to the process a desire to improve the wellbeing of themselves, or another. This is a soul-based approach, and Unconditional Love is the grease that oils the wheels of such a healing process.

Healers who have this archetype inherently know the importance of understanding, empathy, patience, kindness, respect and the conscious need to bring Love into play as part of their healing process

Those who bring their ego into play when conducting such healing interfere with the unseen holistic healing process and reduce its potency. Many medical-related people, especially certain medical specialists, have massive egos. While their knowledge and skills vis a vis their patient may be successful in medical terms, the unseen holistic healing process is missing. The patient may well recover from their physical ailment. Still, holistic healing is concerned with mind, body and soul, and complete healing and recovery usually results when all three elements are attended to, preferably simultaneously. The healing of the physical ailment of the patient, managed by an ego-based medical person, while important, is only one part of the complete healing process.

Although healers are usually recognised as medical-related people, the role of a healer is more extensive than that. In my free book, *Listening- The Relationship Builder-* found on personalempowerment.co, the art of healing also occurs through being a great listener and allowing the other person to feel both heard and fully understood. The weight of the issues bearing down on this affected person creates an unbalancing of their holistic mind, body and soul. When allowed to express themselves fully and be appropriately heard by another, this enables them to rid themselves of the self-induced toxins they have absorbed through their thoughts about what another has said or done to affect them. Great listeners are harder to find than the proverbial hen's teeth!

Most honest medical people will tell you that the majority of their patients' medical issues have their roots in their negative thought processes.

All we are at a spiritual level is vibrational energy, and when energy coalesces, it forms matter. Energy is meant to flow and circulate. When energy stagnates, it creates negative matter. When we ask someone who is perturbed and requires healing, we say "what's the matter?". What we are really asking is what negative energy has coalesced within you to cause you to be unbalanced from a holistic mind, body and soul perspective? In time, this negative energy build up will be reflected in a deterioration of one's mind, one's body and one's soul-based approach to life.

What is missing, causing this deterioration, is love, in some form or another. This is primarily self-love as well as love from another/s. The change in one's pattern of energy flow from negative matter to positive flow, from stagnating fear to the flowing of love energy, will break down the negative energy build-up of matter and, in time, replace it with the energy flow of love-based positive energy. In this way, complete, holistic recuperation is achieved for body, mind and soul.

The answer to every issue that requires any form of healing is Unconditional Love. This may sound glib and a bit too “goody two shoes” but I have seen it, time and again, be the simple solution to complex issues.

Nothing matters, except Love!

People are starved of love, and, especially, Unconditional Love. Some 25% of Americans live alone. In many marriages/relationships, the spouses/partners drift apart emotionally, and, sometimes, even physically after some years. They stay together/co-habit because of the children, or due to convenience, habit, laziness to move on and/or financial expediency. Many people in a relationship feel alone, and, even more so, when their partner is with them, ignoring their needs and abandoning them emotionally. Love is missing from their lives, and Unconditional Love has usually never been experienced.

Then, of course, we have the 33% plus divorce rates to contend with, as well, where love has flown the nest long before the divorce decree is issued and anger, hatred and enmity rules the roost.

The removal of soul-based love affects people’s holistic equilibrium severely, and physical ailments usually manifest as a seeking of attention, albeit negative attention, as they feel unloved.

When a Healer archetype emerges, they bring the listening skills for enabling the ill person to be heard and understood. They also bring empathy, kindness and patience; they bring the RESPECT- Recognise Each Soul Politely Ensuring Correct Tribute- that the other person needs and has been deprived of; and they bring the Unconditional Love of holistic healing into play.

For those who are interested, Louise Hay’s famous books, *Heal your Body* and *You Can Heal Your Life*, identifies specific health issues caused by stress and dis-ease. Her diagnosis of each health issue, what has caused the issue, and affirmations to rid oneself of these issues, has seen over 35 million copies sold of the latter book which has been translated into 30 different languages.

Holistic healers are called to a higher standard than other healers. They must ensure that there is no selfish ulterior motive involved in their healing process. The counterbalance penalties for such selfish and /or ego-based healing intention may very well be ill health for themselves.

37. Hero/Heroine

A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

- Christopher Reeve

I have a confession to make. When I was going through the early days of dealing with finding out about my then wife’s “adventures”, referred to above, I found solace in a song by the late Whitney Houston called *The Greatest Love of All*. I played it continually for weeks.

Here is an excerpt of the lyrics:

*I believe the children are our are future
Teach them well and let them lead the way
Show them all the beauty they possess inside
Give them a sense of pride to make it easier
Let the children's laughter remind us how we used to be
Everybody searching for a hero
People need someone to look up to
I never found anyone who fulfils my needs
A lonely place to be
And so I learned to depend on me*

*I decided long ago
Never to walk in anyone's shadows
If I fail, if I succeed
At least I'll live as I believe
No matter what they take from me
They can't take away my dignity*

*Because the greatest
Love of all is happening to me
I found the greatest
Love of all inside of me*

*The greatest Love of all
Is easy to achieve
Learning to love yourself
It is the greatest Love of all*

*And if, by chance, that special place
That you've been dreaming of
Leads you to a lonely place
Find your strength in Love*

Songwriters: Linda Creed / Michael Masser
Greatest Love of All lyrics © Sony/ATV Music Publishing LLC

I think the songwriters were able to encapsulate the spirit of the Hero/Heroine archetype in these words and sung by the late Whitney Houston made the message perfect for me in those days of self-doubt, worry, fear and shattered ego.

The Hero/Heroine archetype is more than the Avenger archetype described earlier on in this section of the book. The Avenger archetype is motivated by an injurious past which they are rebalancing. Whereas, the Hero/Heroine archetype is the person who steps up and deals with the issue at hand because they have within them the spiritual power that enables their soul-based Love to dominate against the ego-based fear and hope of an adversary.

The biblical story of David and Goliath is a case in point, and, is the archetypal hero's journey of self-belief and an inner knowing that what is within them is more significant than any outside force.

When you know that the God of your belief is within you as your soul-based Love, and, that your God will never give you anything you can't overcome, providing you are Godlike in your approach, then trust replaces doubt, worry and fear. In this instance, my acronym for TRUST is To Release Unto Spirit Totally ,and, then, To Rely Upon Spirit Totally.

A Hero/Heroine archetype armed with such TRUST can overcome any human-made obstacle.

Of course, if you have the Hero/Heroine archetype, one must be careful not to believe you are infallible in all areas of one's life. Additionally, a humble Hero/Heroine archetype is much more palatable than boastful ones who are so insensitive and unpleasant to be around.

38. Humanitarian

***Life's most persistent and urgent question is, 'What are you doing for others?'
– Martin Luther King Jr.***

The archetype of a humanitarian is someone who rolls up their sleeves and uplifts those in need. Humanitarian archetypes don't talk, they do.

Over half the global population exist on a few US dollars a day, according to the World Bank. Their needs are unlimited for the necessities of life; food, water, clothing, a roof over their heads, primary education, some form of healthcare, work opportunities, and so on. When you consider that the top 1% of the world's population own half the material assets in the world, according to Credit Suisse, the imbalance of the gulf between the Have's and the Have Not's are growing daily.

There are billions of people to whom Humanitarian archetypes can attend too, and the danger for these archetypes is burning out emotionally and physically as they can get exhausted and discouraged by the never ending stream of outstretched arms seeking help.

Being a Humanitarian archetype enables their flow of empathy, sympathy and compassion to drive them forward, but there is a bottomless pit in which they operate. Those who manage to do their humanitarian work with the motto of "its better to light one candle then to curse the darkness", and to focus on the ones they can help, and not get emotionally dragged down by the thought of the the ones they can't help, are likely to stay the course.

The emotional rewards of uplifting others are enormous, but the danger is that a Humanitarian archetype may neglect their own needs, and the needs of their family, due to this bottomless pit of need from billions of people the world over.

Finding the balance, as always, is the key to being a Humanitarian archetype, and to attend to one's own needs, and the requirements of one's family first and then to the ones in need of humanitarian aid and assistance.

39. Intelligence

The man of action has the present, but the thinker controls the future.
— ***Oliver Wendell Holmes Jr.***

Some people have an insatiable thirst for knowledge. They accumulate information and facts and, if they can sift through all this data, then through their diligent application, they may come up with new researched knowledge. Some intellectual people accumulate other people's knowledge, and, become walking encyclopaedias of knowledge, some useful, some not.

The advent of Internet search engines like Google are amazing to instantly glean relevant information; data, and sometimes knowledge too.

Having begun my real estate research and forecasting life, described above, in the late 1970s, where information was stored in libraries, and sought from others by interviews, and by mail correspondence, what I would have given to have a resource like the Internet in those days!

Intellectuals are usually "bookworms" in the backrooms of power, and mostly, they do not develop their physical stature and leadership skills, preferring to assist those with both physical stature and leadership skills. These intellectuals invariably play a supportive role, preferring to live in a more academic and theoretical world, then the cut and thrust of the bruising practical world.

Information and data are useful, but transforming them into knowledge, and preferably wisdom, is the role of the Alchemist Intellectual. The non-ego based Alchemist Intellectual usually has a passion for searching for truth, as identified by knowledge, and hopefully wisdom, they discover in their searching.

The ego-based intellectual is invariably covering up the psychological inadequacies they feel in the bruising cut and thrust practical world. They often come across with an air of intellectual superiority when showing off their intellectual prowess. Where an Alchemist Intellectual comes to the fore as a successful leader in the bruising cut and thrust world, then real leadership is invariably on show. Its easy to lead as a bully when you have the power to control others but leading people through appealing to their intellect of justice and right actions requires a soul-based love approach. Intellectual leaders can do so.

The soul contract balancing act of intellectuals may be to repair the hole in their soul to correct mistakes in past lives due to their previous ignorance. These mistakes could have negatively affected peoples in past lives.

For example, being an obstinate leader, and refusing to take counsel, before committing people, and other resources, leading to inevitable loss, and possible disaster for one or many people. Military history is littered with such examples as is the business world.

According to Plato, Socrates, considered to be a much learned man, stated, “*I know that I know nothing*”. I think that Intellectuals, especially as leaders, can learn well from Socrates humility about his knowledge.

40. Jester

Jesters do oft prove prophets.
- William Shakespeare

When we boil down what our motivations are in this lifetime, we end up with joy. Joy is the end result of our passions and strivings. This joy may be both received and given. We want to feel joyful, and preferably all the time.

The Jester archetype provides such joy in their lighthearted approach to life. They have found a way to take the heaviness many of us carry on our backs, and they lighten our load. The mountains we carry on our backs, we were only supposed to climb, not carry!

Laughter is truly the best medicine, and the Jester archetype helps us laugh at ourselves and at life in general.

As alluded to by William Shakespeare in the quote above, a Jester can make a lighthearted comment into the ear of the ruling monarch and get a meaningful message across without having to resort to the usual powers of influence used by others who surround the monarch.

Perhaps, in a previous lifetime, the Jester archetype was a serious person and in this lifetime is counterbalancing this earnest, humourless approach to life by becoming a person of humour and laughter and uplifting people's spirits in the process.

None of us is getting out of this existence alive in our physical body. We are passing on as a vibrational energy soul, and our future is assured of joining our loved ones in Spirit. So why do we take ourselves and our lives so seriously? Whatever is going to happen, will happen, whether we have a frown or smile on our face.

I compiled a free joke book on personalempowerment.co, Spiritual Laughter, found under the heading at the top of the page- Laughter. A Yiddish proverb states that “what soap is for the body, laughter is for the soul.

41. Judge

Judge ye not, that ye be judged, for with what judgement ye judge, ye shall be judged and with what measure ye mete, it shall be measured to you again.
- Matthew 7:1-3

The archetype of a Judge is one who has to be impartial, unbiased, independent and egoless of the situation they are judging. Also, they must have had access to all the facts and probed what motivations caused the person they are judging to act in the matter in which they did. The deeper, more penetrating question is to ask “why” before you ask “what”.

That is the question this book is attempting to establish for the reader. Why do you do the things you have done; are doing or are going to do? Why, why, why?

If you believe, as I do, that your soul contracts are the reason why, then, hopefully, the six probing markers of your soul contracts I have identified before will assist you in remembering the soul contracts you made in Spirit. By analysing what you have done should provide a guide to get to the root cause as to why you have done them.

For those leading a spiritual life the only judgement one can make is self-judgement and not judgement of others. As you can well imagine, not too many people can follow this precept!

In judging yourself, it is imperative to be impartial, unbiased and independent and, in that way, remove your ego from the self-interrogation and investigation. Believe me, this is not an easy task to do, but it's a precursor to any judgment of yourself, and of others, you may seek to judge.

Justice and compassion have to be weighed and balanced if one is a Judge archetype. There are several justices and punishments to fit the crime involved, depending on the evolution of the society as well as the religious, social and economic reigning consensus-es. Being crucified, burnt at the stake, beheaded, hanged, electrocuted, gassed, permanent life long incarceration, and so on, are punishments meted out dependent on these ruling consensus views at the time.

To be a Judge archetype is a challenging role to play if you have to weigh up between justice being served and the understanding of the situation from a compassionate viewpoint.

Now let's turn to the role of karma which is usually from another lifetime, or an earlier part of your current lifetime, on the earth plane of existence, where negative, or positive, issues need to be balanced in this lifetime. Please understand that karma is neutral. It is merely the fulcrum of the see-saw balancing out your life's issues through your thoughts, words and actions. You chose to be positive or negative about these issues, and now karma becomes the fulcrum for the balancing act needed to redress these issues.

When we are fulfilling our karmic duties and, for example, we are suffering from some form of addiction, and we cannot escape the jaws of this addiction, we are usually judged by others as a societal failure or reject. The soul contract choice we undertook to experience

being an addict was a courageous one and, as I have stated before, issues seen and judged on the earth plane are often the opposite as seen in Spirit.

When judging others, we should know what soul contracts they agreed to in Spirit, and with whom, before judging their actions. Of course, this is well nigh impossible to do and, maybe, that is why we should not judge anyone or anything?

Being a Judge archetype is a precarious role to play as karma may attach to these judgements under certain conditions such as non-impartiality, bias and prejudice, ego-based decisions and non-independence in making such judgements.

Is making such an ego-based judgement of anyone or anything, in reality, a self-judgement hidden under the cloak when judging another? Are we being self-critical and finding and pointing out those same faults in others, without admitting that we also have these faults? Are mirrors being used in such judgements of others?

42. King

To be a king and wear a crown is a thing more glorious to them that see it than it is pleasant to them that bear it.
-Elizabeth I

The King archetype refers to those who have achieved entitlement through their birth. They may not be the correct incumbent for the position.

Being born with the proverbial silver spoon in their mouth and living in a palace isolated away from the ordinary people and their needs and wants is not usually a recipe for a successful leader of a nation.

History is littered with both loved and hated kings and the role of a king today is usually more ceremonial than an effective leader of a nation.

The King archetype is also one where leaders, rulers, chiefs, CEO's and the like are found. The saying that "it is lonely at the top" is something that these archetypes are accustomed to, and they learn to adjust to it.

Unfortunately, familiarity breeds contempt and these archetypes have to remain away from their people while still leading them from the front. These King archetypes have to earn, command and ensure the maintenance of respect from their followers. This strength is much more moral strength than physical strength, as required by such leaders in times gone by.

In the world today, the moral strength of many leaders is shown to be lacking as social media and the mainstream media feast on the immoral acts of so many leaders in all spheres of life. There is no place to hide with billions of smartphones equipped with cam-

eras in the hands of the population. Social media has made George Orwell's 1984 "Big Brother" become a reality. There are reported to be 500 000 CCTV cameras on the streets of London, and the average worker in London is captured over 300 times a day via these cameras.

Transparency is essential for good leadership, and the role of a King archetype is not for the faint of heart. Tough decisions are required to be made, and frequently these are not popular decisions, but the King archetype has to see the bigger picture and weigh up what is best in the long run for their followers.

Unfortunately, we live in a world of instant gratification and usually in a democracy which requires votes for leaders on a regular basis. Balancing the need to remain in power as a King archetype and doing what is in the best long term interests of their followers is a hard juggling act in today's world where patience is limited and gratification urgent.

We see the same need for instant gratification in the financial world where companies are reporting to their shareholders on a quarterly basis. Management's remuneration is usually tied to the performance of the share price of the companies they run. In consultation with the staff, it may take three months to decide to change the brand of coffee in the canteen. Let alone make multi-billion-dollar decisions on the future of the company every three months to keep the frenzy of the media and analysts satiated with good news to boost the share price.

When companies make prudent longer-term investments, they know that the impact in the short term will follow what is known as the J curve. First, you have a dip in earnings and profits as capital is allocated to the investment which will need time to be developed and before returns on the capital invested are seen. When you plant a seed in the ground, it has to come through the darkness of the soil before it reaches ground level. Only then does it come into the sunlight, which accelerates its growth, and eventually its crop producing ability.

Today our leaders live in a goldfish bowl. While transparency is vital for confidence and trust, sometimes leaders need to be more strategic and think about the longer-term implications of a fast-changing world on their followers' future quality of lives.

It is said that an expert hits the target's bullseye visible to everyone, but genius hits a target no one knows is there, until the genius hits it!

Being a King archetype requires the ability to walk a tightrope daily between what the followers want now and what is best for them in the longer term.

43. Knight

A knight is someone who does not what he wants to do, but what he should do.
- Haruki Murakami

The knight archetype is an implementer of action and is subservient to the ruler or leader. Knight archetypes get the job done, and invariably they do heroic acts in the process.

The Knight and the ruler or leader have a symbiotic relationship of supporting each other. The ruler or leader empowers and rewards the Knight, and the Knight goes into battle for their ruler or leader.

Knights archetypes need to be the rescuer and saviour of certain people and are usually fond of rescuing fair maidens. This can lead this archetype into hot water as these people acting like fair maidens may abuse the knight's chivalrous actions as these fair maidens may have alternative motives, such as being Femme Fatale archetypes.

Knight archetypes need to find the balance of attending to their own needs too. The needs of their ruler or leader may be continual and ongoing. The Knight may even receive accolades and rewards for the work they are doing. However, they may neglect their own needs and those of their families too, if the needs of their ruler or leader are incessant.

I have witnessed many an employee believing that without them continuing to work 24/7, the world will collapse. Their bosses often abuse these people with a never ending workload coupled with praise to keep the employee well motivated. Burn out and ill health are inevitable for such a Knight archetype.

Abraham Lincoln is reported as saying, *"Give me six hours to chop down a tree and I will spend the first four hours sharpening the axe!"*

The message for Knight archetypes is finding a balance between their duties, their own needs and their families needs.

44. Leader

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
- Maya Angelou

Those with Leader archetypes usually have well-founded high self-worth and self-confidence, with the abilities to back up their decision making. Leadership starts within first families where children are encouraged to be risk-takers and to learn from their choices.

This may be a simplistic viewpoint, but these leaders' personalities and characters are formed at an early age. Where one child is physically bigger and stronger than their friends, or where a child has a more determined focussed approach to life and is prepared to challenge obstacles, the role of leadership comes more naturally to them. As Mark Twain said, "It's not the size of the dog in the fight, but the size of the fight in the dog!"

If you watch kids at play, the group dynamics usually sees someone taking the lead. Usually the one that is more fearless and more comfortable to take risks, and, if they fail, they get right back up again and try better next time.

People want to be led as most people lack the self-worth and self-confidence that leaders exhibit. There are shepherds, and then, there are sheep. Each one serves their purpose to the other. There is no judgement intended in this comment.

Soul contracts are being played out as leaders learn how to lead, and followers learn how to follow. Perhaps in other lifetimes those roles were reversed. Maybe leaders failed to lead properly in other lifetimes and have chosen this soul contract role in this lifetime to perfect their leadership skills and abilities, which may be holes in their souls that need repairing.

Leaders know the meaning of the comment that “it is lonely at the top”. Leadership brings responsibilities to the fore, and many people would prefer other people to have such responsibilities. Leaders are at the forefront of their decisions, and rewards and punishments are usually first levied at the leaders.

Real leaders are challenged to improve the status quo of their followers, and not to hide away from such challenges, while feathering their financial nest.

The role of real leaders is to develop other leaders and not merely followers. However, many leaders cling to their power base and do not develop other leaders as they are seen as threats to the initial leader’s power base.

The temptations of leaders to be corrupt is ever-present and, unfortunately, the statement by Lord Acton that “power tends to corrupt, and absolute power corrupts absolutely” is borne out daily in headlines around the world.

Those with leadership archetypes are challenged to be real leaders by developing leaders from those suitable among their followers and by improving the status quo of their followers.

The soul contract balancing act of leaders is to ensure that in this lifetime they become real leaders by developing those suitable among their followers to assume the mantle of leadership at the appropriate time, and by improving the status quo of the followers.

Another soul contract may well be that a follower in a previous life may require to be a leader in this lifetime to experience what it feels like to be a leader and to know the loneliness, responsibility and power that a leader experiences.

45. Liberator

Whenever you can, act as a liberator. Freedom, dignity, wealth - these three together constitute the greatest happiness of humanity. If you bequeath all three to your people, their love for you will never die.
-Cyrus the Great

Following on the archetype role of avengers, hero/heroine and knights comes the Liberator archetype. However, this archetype can operate on a much smaller scale as someone who removes the yoke from another’s neck. This yoke could be personal servitude or even

some form of addiction. Whatever is restricting someone, or many people, from injustice or being treated badly or unfairly and even someone showing a new way to accomplish a task is known as a Liberator archetype.

Liberators can be those who liberate a country from an oppressive ruler or leader, and they can be those who bring water to parched lands or education to thirsty minds. The act of liberation is part of the Hero's journey, and the liberator may enjoy the public accolades they receive.

The true liberator is humble and does not require to lead. The true liberator's strength lies in the liberation process, and not in the subsequent power of assuming the mantle of a ruler or leader of the people they have liberated. The role of a true liberator is in the organisation, persuasion, negotiations, implementation of the action, and to manage the orderly succession of power from the previous ruler or leader to the new ruler and leader. Mahatma Gandhi fulfilled such a role in bringing independence to India from the colonial British rule in India from 1858- 1947.

The role of the King archetype described above is not always the liberator, but more of the public presence, inspiring the confidence of their followers. Liberators may have to get "down and dirty" and change the mindset of the people. Their strength lies in their ability to effect change, not necessarily in their ability to have a public presence to inspire confidence in a ruler or leader. A Liberator archetype could be seen as the power behind the throne.

When such a Liberator archetype also becomes the ego-based King archetype, such as President Mugabe in Zimbabwe, their role of Liberator archetype usually gets replaced by one of a megalomaniacal despot archetype usually subjecting their citizens to corruption and poverty leaving them worse off now than before this Liberator came to power.

Being a real Liberator archetype is a calling to restore the status quo on a more fair and equal footing for all concerned. Once again striving for balance, fairness and justice for all.

46. Loners

Although I am a typical loner in my daily life, my awareness of belonging to the invisible community of those who strive for truth, beauty, and justice has prevented me from feelings of isolation.
— ***Albert Einstein***

It may surprise you to learn that some 28% of Americans live alone. They are single people, divorced/separated, widows and widowers. However, the choice to be a Loner archetype goes beyond one's relationship status. Loner archetypes are not always anti-social, although many are, they prefer the ability and opportunity to be on their own. The choice to be alone can stem from various causes, most of which are relatively obvious.

I recently saw a news story in *The Guardian* in the UK that quoted research commissioned by Sainsbury's, the retail chain in the UK. As many as 33% of adults in the UK eat alone regularly, and in London, this rises to 50%.

People who lead busy work lives during the week may choose to be alone over weekends and to have the time to recharge their batteries to face the week ahead.

People can be emotionally draining, especially when they are negative people by nature. If one is forced to share space with people who consume you of your energy, the desire to be alone can be overwhelming. Many people fall into two categories- either emotional battery chargers or emotional battery drainers!

The advent of social media and the self promotion exposure and transparency of people's lives can also be overwhelming as posts are made of every cup of coffee they are drinking and a meal they are eating invades your screen space. Information overload can force a shutdown and a shut-in personality to escape the banality of social media sharing. Being alone can be like a vacation in a busy social media existence.

One soul contract choice which may surprise you is when the soul in various bodies in previous lifetimes have been with many people, and, in this lifetime, they want to experience some alone time.

From a spiritual perspective, the choice to be alone is often necessary to ensure time to meditate without distraction from others. The time to be alone is an opportunity to be attuned as All One with one's soul, Higher Self and Higher Power.

Some spiritually-based people may prefer to be alone physically but be surrounded by their unseen Spiritual Friends. What they benefit from through this choice may not be able to be substituted by mere mortals, especially the annoying types of ego-based people wrapped up in their own lives. I profess to fall into this category over weekends when I have time to write these books, meditate for longer than during the week, read spiritually based books, listen to spiritually based CD's and switch my brain off by watching TV.

As we age, in physical terms, we tend to prefer the company of a select few friends and family who have meaning in our lives, or we choose to be more alone.

As we AGE- Always Growing Evolving- in spiritual terms, we need our alone time and All-One time, too.

As I reported in one of my free books the number of Anglers in the USA is some 60 million with 46 million doing so at least once a year. That is 1 in every 5.5 people choosing the solitude of angling. Perhaps the solitude is what they are really after, and fishing is a means to achieve such solitude.

47. Loser

The only difference between a winner and a loser is that one second when the winner decided not to give up.

-Vikrmn

When I was growing up in the middle of the last century, I remember a comic book called *Sad Sack*. It was created by Sgt. George Baker during World War 11 showing an American private experiencing the absurdities and humiliations of army life. The term "Sad Sack" has been in use since those days for someone who is a loser in life.

Those choosing a Loser archetype are adept at snatching defeat from the jaws of victory, time and again. They may have as many opportunities as the next person, but their negative attitude, and insistence of being the underdog, set the stage for underperformance and loss in their life. They play the victim card, time and again, and are very energy draining to be around. They never usually take responsibility for their actions, and the results in their life, and look for someone else to blame for their self-created misfortunes.

Loser archetypes somehow believe that society owes them something and their soul contract challenge is to contribute to the community positively. When confronted by these Sad Sacks in our life, we must stop feeding into their stories and supporting them. This should force them to own up and take responsibility for their lives. We each have our own journey but if we can light a spark of self-belief in someone it may be the turning point in their life's journey to move away from being a Loser archetype.

The magic words are: *"What are you going to do about it ?"*

48. Lover

Man is only great when he acts with passion
-Benjamin Disraeli

Here the Lover archetype has to do with unbridled passion and enthusiasm for something or someone. Unlike a Casanova and Femme Fatale archetypes where love is professed for ulterior, and usually, unpleasant motives, the Lover archetype is unconditional in their passionate, enthusiastic and devoted approach to someone or something.

Lover archetypes carry the day with their passion and enthusiasm, as they do not accept obstacles in their way, and usually convert them to stepping stones to achieve their objective.

Lovers show devotion to the object of their desires and can become obsessive and unbalanced due to such obsessive devotion. Lover archetypes do not have objectivity and see the subject of their love through rose coloured glasses.

Lover archetypes need to dig deep within to identify what motivates them to have such passion, enthusiasm and devotion to the subject they have a love for. A Lover's obsession may be considered to be pathological, and if it goes over the acceptable societal norms, may have to be treated as a pathology by trained professionals.

Most important discoveries and inventions have been at the behest of people who have a deep-seated love, determination, perseverance, passion and enthusiasm for the subject of their desire.

The Wright Brothers who flew the first aeroplane near Kitty Hawk, North Carolina on 17 December 1903 were quoted as saying "We couldn't wait to get out of bed as soon as the sun came up!"

George Bernard Shaw in his book *Man and Superman* is quoted as saying,
"The reasonable man adapts himself to the world: the unreasonable man persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."

We see that today, when looking at the progress of the people with some of the enormous fortunes in terms of global wealth. Bill Gates of Microsoft, the late Steve Jobs of Apple, Jeff Bezos of Amazon, Larry Page and Sergey Brin of Google, Mark Zuckerberg of Facebook, Jack Ma of Alibaba, and the like, brought the passion and enthusiasm of their inventions and changed the world.

49. Magician

The art of a magician is to create wonder. If we live with a sense of wonder, our lives become filled with joy.

-Doug Henning

A magician is an illusionist, and as a creative person can create hope where there is only bleakness in one's life. The role of a Magician archetype is to make us believe in ourselves and allow us to plumb the depths within, where we will find the ability to perform way beyond our previous limits of acceptance.

When we have undertaken this task of stretching ourselves beyond our previous limits, we see that the illusion become a reality.

A Magician archetype can also turn unhappiness into happiness, despair into joy, disbelief into belief.

We came into this world as a baby, and we gurgled, smiled and laughed, and all loved us. Where we find ourselves now may be the reverse of that. We need to find the Magician archetype within us, to change us back to being joyful, and feeling loved.

Can you find the way to counterbalance your current life's issues by becoming your own Magician archetype and bringing the illusion, and then the reality, of being a more joyful and loving person. You may have to "fake it before you make it", but changing your mind-set to one of deserving joy and love. This is a great start.

For those choosing to be this archetype, either for themselves or for others, their soul contract is to create and develop belief into self-belief and then into self-reality. These Magician archetypes are found among parents, teachers, coaches, best friends and others who can help make people joyful and loving.

50. Manipulator

Manipulation is application of intelligence on people to achieve a pre-meditated outcome solely benefitting the former than latter.

— Ramana Pemmaraju

A Manipulator archetype is a power game player intent on ensuring that they come out with more, and the other party comes out with less.

A Manipulator archetype will convince you that they have the experience to help you and all you have to do is give them the money they need for you both to benefit hugely from their expertise. When the dust finally settles, you have the experience, and they have your money!

Manipulator archetypes are adept at finding your soft spots and pulling at your heart-strings. They know which emotional buttons to press and when to push them.

Some manipulators are positive people too when they are using their persuasive powers for the good of humankind, and not for their selfish reasons. However, most manipulative archetypes are harmful, greedy types.

From a soul contract perspective, these negative, manipulative archetypes are part of soul contracts whereby they have agreed, in Spirit, to cause their soul mate to suffer a loss so they can experience such suffering to repair a hole in their soul. Usually, the person being manipulated and suffering the loss is doing so in terms of their soul contract, as perhaps they were the manipulator in a previous lifetime, causing loss to others.

51. Martyr

The tyrant dies and his rule is over, the martyr dies and his rule begins.
— **Soren Kierkegaard**

The origins of the word martyr mean a witness, or bearing testimony, and related to those professing Christian beliefs and being persecuted for practicing these beliefs.

A martyr is referred to as those willing to die or having to die for their beliefs. Many martyrs were granted sainthood posthumously, and martyrdom is something to be admired by those witnessing or who become aware of this ultimate sacrifice.

In today's world, people are being killed not only for the beliefs about a religion but also about their beliefs about discrepancies within their religions. Whether these people willingly die, or are being persecuted and then executed, for these beliefs, or splinter beliefs, within religions is unknown.

In psychological terms, a martyr complex refers to a person, usually a victim personality, who desires the feeling of being a martyr for their own sake, seeking out suffering persecution because it either feeds a psychological need or a desire to avoid responsibility.

Martyr archetypes are usually toxic and depressing people to be around and typically make the lives of those around them very unpleasant. For those people trapped in such an environment and who cannot escape due to feelings of guilt, or for financial reasons, they are indebted to the martyr complex person and they feel imprisoned 24/7.

In some of the research, I found about soul contracts in this regard, the person in servitude to the martyr was repaying a karmic debt to that person for having been such a martyr themselves in a previous life and forced the current martyr to serve them.

Those who are killing others due to their religious beliefs can anticipate being killed themselves as martyrs in a future life on the earth plane, if the karmic see-saw is in play.

Somehow perpetrators of evil deeds always forget the lesson from *Jesus* in the *Sermon on the Mount*, "*Do unto others as you would have them do unto you*". This is both a positive

and a negative statement. For those who lead a moral life, the repayment is there in being treated well by others, and for those who lead a sinful life, the payback is explicit.

52. Mediator

Blessed are the peacemakers, for they shall be called the sons of God
- Matthew 5:9

The mediator archetype is someone who can see multiple points of view and be egoless in seeking a compromise or mediated settlement. They can persuade all parties to stand down from their high horses and reach a compromise or negotiated settlement that is in the best interests of not only themselves but for all affected parties. An African proverb states, *“when elephants fight, it is the grass that suffers too.”*

A mediator archetype is often found in fractious first families where conflicts are frequent. A mediator can calm ruffled feathers and settle everyone down as amicably as possible.

A mediator archetype is not usually a long term solution provider as this will require more strategic negotiation skills and the application of checks and balances to keep the long term peace. These strategic negotiation skills coupled with checks and balances for long term peace differ from mediation skills in resolving a current conflict.

Usually, multiple parties agree to use a mediator to resolve disputes as their egos won't allow them to back down and see the other parties viewpoints. For that reason, mediators must be egoless, independent and unbiased in resolving these disputes.

In the karmic balance, we assume that a mediator today must have been an ego-based conflicting party in another lifetime and is repairing a hole in their soul in this lifetime.

53. Mentor

A mentor is someone who sees more talent and ability within you, then you see in yourself, and helps bring it out of you.”

- Bob Proctor

Today, in many countries, including the USA, births to single mothers are around 40% of all births. It is indeed difficult enough to raise a child with two willing parents, but deliberately choosing to raise a child as a single parent is a tough ask and a tough task.

Considering that, in a school classroom today there are 40% of the kids born to a single parent and a further 33% of kids whose parents are divorced, and you have the two-parent households as a minority!

The role of a Mentor archetype is a very pressing need in these times as sons and daughters growing up without a father figure in their life creates a handicap for them as they attempt to run the race of life. In a small minority of cases children grow up without a mother figure in their lives, but the most significant gulf is to grow up without a father in your life on a day- to- day basis.

The increasing gap of wealth inequality in many countries stems from, among other things, coming from single-parent and dual-parent homes. The inability of most single parents to afford quality private school and top-level tertiary education compared to a dual-parent household handicaps the single parent child in an economy that increasingly requires STEM (Science, Technology, Engineering, Maths) qualifications.

Mentor archetypes are usually voluntary, unpaid positions, and while mentorship can be a very emotionally rewarding vocation, it requires lots of time, patience, experience and wisdom. Trust is the crucial ingredient, and if a mentor proves untrustworthy to the mentee, then the mentorship is unlikely to be beneficial and could be detrimental to the mentee.

Mentor archetypes are the unsung heroes and heroines of our time, and the need for them grows daily. One can only hope that the mentor archetypes of today were the mentees in a previous lifetime, as this implies the next generation or two will have lots more mentor archetypes!

54. Messiah

You are your own messiah.

— Abhijit Naskar

The Messiah archetype believes that God has spoken to them directly and instructed them to do something, usually converting others, or even destroying people and property. These obsessed people cannot be logically reasoned with and typically have a pathology at the root of their belief system. And the pathology is something diseased within them.

Of course, some people have experienced something akin to hearing God's voice, or Angel's voices, as Moses is reputed to have experienced in the story about the burning bush in Exodus.

Modern-day evangelists and similar people claim to have heard the voice of God and their crusade is to convince others of "His" word. More about this a bit later on.

Today, we have a better understanding of people claiming such divine powers, and we also know more about spiritual matters like channelling, reiki healing, and other powers used by healers. I believe that this is done through Spirit Guides, Angels and other Spiritual Entities.

I read and listen to channelled work, and my Third Eye (located between my eyebrows) throbs and other parts of my face feel "affected" as I connect to these words from these Entities. The commonality of the messages from Edgar Cayce, Seth, Lazaris, Abraham, Oneness, to name a few of these Channeled Beings, is very evident to me. I believe that I have experiential knowledge of this and that it is not just wishful thinking, but I cannot offer any substantive proof to you on this.

I wrote guidespeak.com having been given the power to channel, and many of those pages came through me, not from me. I believe many of the books I have written on personalempowerment.co have channeled components to them as well. There are times when I have written words and have no recollection where that information, knowledge and wisdom came from, as I certainly have no conscious understanding of these issues.

Where I differ from people with a messiah complex, is that I am not trying to convince anyone about what I think, write or say. I write these books for me to get a better understanding of the topics, and to leave my sons a legacy. Whether they ever read one or more of my books is up to them. I publish these books, as free ebooks, on my two websites mentioned above, and offer them to the world. If people stumble across them via an Internet search, or a recommendation from another, well and good. If they don't, well and good too.

Now that the commercial break is over(!), I want to return to modern people who have a messiah complex, and this carries on from the topic of Martyr archetypes stated above.

People who profess to speak for God, and those who believe God speaks to them, as well as people who take literal translations out of the bible and bend them to serve their purposes, probably don't know what karmic issues they are setting themselves up for, in this lifetime, and, in a future life on earth.

They are "poking the sleeping bear", and the cause and effect of their thoughts, words and actions claiming this extraordinary privilege of speaking with, and for, God, I feel sure does not go unnoticed in the Spiritual world. They will experience a counterbalance as they are setting up a big hole in their soul.

There are fanatics in most of the world's religions and this fanaticism, is usually ego-based and very myopic. The inability to see that we are all One and that there is Unity among all the diversity, and that the approach of their fervent belief of "my way or the highway" all cause karmic debts. The extent of which liability is dependent on the words and actions they implement to force other people to follow their belief system.

So we all need to show tolerance and understanding of other people's belief systems, and not to judge them through our limited vision and perception. We all have more in common than divides us, and we should focus on developing our commonalities while respecting our differences.

55. Midas

Sometimes getting what you want may be a bigger tragedy than not getting what you want.

-anonymous

Midas archetypes are named after the mythological King Midas who turned everything he touched into gold, including his daughter.

People who earn the "big bucks" sometimes ignore those nearest and, supposedly, dearest to them and their greed to have more and more is reminiscent of trying to fill a bottomless pit. Many a so-called successful businessman leave a trail of angry ex-wives and ignored, damaged children in their wake.

Turning children into gold or turning them into neglected, spoilt, emotionally damaged, trust fund kids is today's equivalent of these Midas archetypes. My free ebook *Unfolding Your Child- a spiritual approach to parenting* found on personalempowerment.co is the opposite approach to these Midas archetypes raising, or not raising, their children.

Midas archetypes are greedy by nature and do not share their wealth with those who helped them build such wealth. The Knight archetype identified above is often that hard-working assistant, whatever their glorified title, helping the Midas archetype create his or her wealth, usually at the sacrifice of their and their family's needs. The Knight archetypes are taken for granted by their obsessive, and often, pathological Midas archetype bosses and the wealth is seldom shared, although often, promised, but usually not delivered.

The lesson in this lifetime for these Midas archetypes is learning about generosity and opening their wealth to others. The other important lesson for them is finding a balance in their lives and being a much better spouse and parent to their children.

I have witnessed the bankruptcies of several Midas archetypes, and the only people standing by them are their current spouses and children and, occasionally, ex-wives and children.

It is unlikely that a Midas archetype will read a book like this, although their spouse/partner or child may, as they look to make sense of the life they have signed up for in terms of their soul contract. The solution is generosity of spirit and showering one's abundance on others, as this is how to repair the hole in the soul of a Midas archetype.

56. Mother

All that I am, or hope to be, I owe to my angel mother.
-Abraham Lincoln

Those with Mother archetypes are primarily life-givers; nurturers; nourishers; providers; protectors, (if required to be so) ; unconditional love givers; caring; kind; devoted; considerate; respectful and unselfish.

As you can see, that is quite a formidable list to live up to! In today's world, the role of a mother is changing as most women are also expected to produce income for the family, whether as a single mother, or a mother in a marriage or long term relationship.

The balancing act of working and fulfilling the archetype of a mother is a juggling act of note, and for those mothers who manage to pull it off, no praise is high enough.

Correctly raising a loving family is close to a full-time job, especially if there is no one else to assist with the housework.

I am uncertain how history will judge us as the combined factors of:
the introduction of the birth control pill in the early 1960s allowing women to be much more in control of their life's choices;
the high divorce rate from the 1960s onwards;
the feminist movement of the 1970s;
a substantial increase in female graduates from the 1980s, and with it, the increasing role of women in the workplace;
the growing rate of single mothers to currently reach 40% of all births in many Western countries, and even higher in parts of Europe;
fathers ignoring the responsibilities of fatherhood, especially where single mothers are concerned;
the rise of social media from 2007, with the invention of the smartphone, allowing major distractions from one's duties and responsibilities, both as a parent and as a child.

Families are increasingly dysfunctional, and many social ills plaguing society today can be traced back to these factors listed in the above paragraph.

I do not want the reader to think I am against the emancipation and personal development of women. To the contrary, I have always employed many more women than men, and love to see the personal growth they achieve as single people, single working mothers and married/ long term relationship working mothers. I am in awe of what they do as working mothers.

My uncertainty stated above is from a sociological viewpoint and what the family structure will look like in the future. Family structure is at the core of a country, and without love and discipline in the family home, the children of the future may be at higher risk than children currently. In the USA, with 28% single person households, 40% single parent households and a 33% divorce rate, my concerns are valid.

Tying this back to the Mother archetype, as a choice to have made in Spirit, as part of one's soul contract, it is difficult to see how the historically conventional role of being a mother, in terms of this archetype, can be achieved in these current times. For those

mothers who chose this archetype in terms of their soul contracts and who have managed to succeed in this role, I raise my metaphorical hat to you and to your success! I know a few of these Mother archetypes within my larger family, among some friends and work colleagues, and I am proud to know them.

For those who want to access my free ebook- *Unfolding Your Child- a spiritual approach to parenting*- please visit personalempowerment.co.

57. Networker

You can have everything in life you want if you will just help enough other people get what they want
- Zig Ziglar

It may appear that the smartphone invented in 2007 has enabled networking via social media apps, but networking is as old as the hills!

A Networker is a facilitator and can be synergistic in making $1+1=3$. Someone who is a Networker archetype can do it for altruistic purposes; for social purposes; for commercial reasons; for professional aspirations; for military intentions and media purposes, to name a few examples.

Choosing to be such a Networker as an archetype in terms of one's soul contract is usually undertaken to share information, advice, knowledge and wisdom to add value to people's lives. Perhaps the balancing act of being a Networker, this time around, was due to keeping valuable and vital information, advice, knowledge and wisdom to oneself in a previous life, maybe even putting people's lives at risk by not sharing.

Where networkers, such as gossipers, judge others and pass on these negative messages, they are creating more holes in their souls to repair in this lifetime or a future lifetime.

Networkers who use ego-based thinking to develop power bases to take advantage of other people, and benefit therefrom, at the expense of others, are also in the crosshairs of some form of counterbalancing for their words and actions.

58. Orphan

Children without families are the most vulnerable people in the world.

-Brooke Randolph

We are tribal by nature. As individuals on the plains thousands of years ago, we realised the benefit of being part of a tribe for protection, hunting, gathering, family and companionship.

The Orphan archetype feels disassociated from others and wants to belong and fit in with others. They become the joiners, submerging their true selves to fit in with others.

Today, social media platforms have allowed orphans to feel that they belong to groups, but not in a way that they long for, which is physical belonging. In a way, these social media platforms are creating orphans as people are continually communicating through their cell-phones/mobiles and not in person and without making eye contact with another. Even when these young people are together in a group, their eyes are glued to the screens of their electronic devices.

FOMA is the Fear Of Missing Out, and this drives these young people to keep their eyes on their screens, and not on the eyes of the ones they are with.

Repairing the hole in the soul of Orphan archetypes is done by personal one to one, or one to many, communication. Bring the use of our five senses into play in these interactions. Build relationships with real people and show you care for their wellbeing. Everyone needs a friend, and to have a friend, you first have to be a friend to them.

59. Parent

We may not be able to prepare the future for our children, but we can at least prepare our children for the future.

-President Franklin D. Roosevelt

Having written a free e-book for parents entitled, *Unfolding Your Child- a spiritual approach to parenting*- found on personalempowerment.co, I would recommend that you read that to understand your soul contract issues as a parent.

The conscious awareness of being able to allow your child to unfold, rather than moulding your child to your way of thinking and behaviour, reflects the repairing a hole in your soul. In past lives, you were probably an authoritative parent, or you may have been an over-controlled child. This time around you are repairing that hole in your soul by being a consciously aware parent enabling your child to unfold.

This rebalancing now of enabling your child to be unfolded, and to allow their soul to soar towards their Creator, and to become the best person they can be in the process, is the reward of such parenting.

For those parents who choose to be unloving and uncaring towards their child and to treat them disrespectfully by moulding, constricting and manipulating them, they will reap the whirlwind of cause and effect and know such a childhood themselves in another lifetime to come. Additionally, they will be called upon in this life time to deal with the consequences of their child/adult's behaviour due to their poor parenting.

Where a soul contract is being played out, and, when in Spirit, the parent agreed to be an abusive parent for the child to repair a hole in their soul, then there is no recrimination against the parent, as a soul, in another lifetime.

I believe that the role of a parent is the most crucial role that we choose in terms of our soul contracts. It never ceases to amaze me that such a vital and pivotal role in society requires no formal training, and we all stumble into it unprepared. We draw our reference points from our own parent/s and usually follow that patterning unless we are so conscious of their mistakes that we deliberately change our parenting stance.

60. Passivity

Once we realise the extraordinary power we have to compose our lives, we'll move from passive, conditioned thinking to being co-creators of our fate.

-Jason Silva

I am familiar with this archetype as my late mother was the “poster child” for this archetype. Passivity archetypes are exceptionally emotionally sensitive towards conflict and emotional discord. They do not judge anyone and are very respectful to all. They have genuine compassion and empathy for all and are usually a voice of reason attempting to reduce conflict and emotional discord when it occurs.

Passivity archetypes are not unfamiliar with abuse. As they are calm and gentle so they attract the shadow energies of abusers into their space. This counter balancing occurs to test their passivity strength in terms of their soul contracts.

When I was researching soul contracts, I came across a story of such passivity and abuse in a relationship. The Channeled Author stated that in this lifetime this was a role reversal of the couple in a previous lifetime. I infer from this story that the abuser and the victim each had a turn to experience both roles to close the holes in their souls. Once again, we see that any judgement made about people in their current roles is likely to be misguided and incorrect compared to what is seen in Spirit.

Where passivity and avoidance confrontation is seen as fear or weakness, and someone attempts to take advantage of that person, expect the passive person to bare their teeth and stand their ground. Their passivity is embraced in a high moral code guided by the correct way to behave in the context of the Golden Rule- *Do unto others as you would have done unto you.*

61. Patience

The greatest prayer is, patience
-Buddha

Choosing the Patience archetype is like shooting for the stars. Those who choose this archetype are then beset by people and issues that test their patience to the limit, and beyond, in terms of their soul contracts being played out in this lifetime.

The soul maturity to become this Patience archetype requires near angelic status, and more than one lifetime is usually required to pass this test.

When you decide to become this Patience archetype on the earth plane, you had better have a thick skin, and near amnesia, to get through this lifetime.

In the Dhammapada, verse 184, it states that *“patience is the highest asceticism”*. Asceticism is a severe self-discipline and avoiding all forms of self-indulgence. The Dhammapada is a collection of sayings of Buddha in verse form.

Patience with family is love, patience with others is respect, patience with self is confidence and patience with God is faith.

Good luck to those who choose this archetypal journey!

62. Pawn

We are either kings or pawns of men
-Napoleon Bonaparte

The majority of people fall into the category of a pawn in the chessboard of life. As pawns numerically dominate the chessboard, however, are seen as lower in value than the other backline pieces such as castles, knights, bishops, queen and king, so Pawn archetypes are seen as the masses and the followers of leaders.

The role of a Pawn archetype, as a sufferer of events out of their control, is one of a catalyst for change to occur. As on a chessboard, pawns are sacrificed, to enable the bigger game plan to win through. The Pawn Archetype who protest at rally's, some of whom are attacked, usually end up effecting change in society. They become the catalysts for change to improve the lives of others in the society.

Pawn Archetypes must discern which causes are worth dying for and which are not.

The role of a Pawn archetype in this lifetime may be a counterbalance to have been a leader in a previous lifetime. For those Pawn archetypes who suffer physically, or in any

other way, this could be a counterbalance for any distress they brought to others when they were leaders in a previous lifetime.

Pawn archetypes are essential parts of life and, as stated earlier, without the masses lining the roads in a ticker-tape parade for the hero, it would be deadly quiet for the cavalcade of the hero.

There is an Italian proverb that springs to mind, *“After the game, the pawns and the other chess pieces go back into the same box.”*

63. Peacemaker

When the power of love overcomes the love of power the world will know peace.
- Jimi Hendrix

The role of a Peacemaker archetype is usually the counterbalance of being a warmonger in a previous lifetime. Having experienced the futility of war, and realising that war does not have a victor, but merely a side that lost less than the other side, warmongers on their return to Spirit see the futility of waging war.

Making peace begins in the home. If there is peace in the home, then the parent/s and children can see firsthand that peace is blissful and desirable. Ensuring peace in the neighbourhood is the next task at hand. *“Good fences make good neighbours”* is an old adage, and simple respect towards one’s neighbours is the starting point for developing peace in the neighbourhood. No one can do without a neighbour in times of personal need. Extending the neighbourhood’s peace to adjoining communities, and so on, will bring peace within a town and a city. In time there will be peace throughout a country.

Peacemakers know respect, tolerance, patience and goodwill towards others. There is enough male testosterone around to fuel conflict and with it disrespect, intolerance, impatience and hatred towards others.

Peacemakers should operate in an egoless manner, ensuring that the ego-based testosterone-fuelled warmongers are minimised.

Peace and love are co-joined, and the reward for being a peacemaker is knowing unconditional Love from the Source of such Love.

Blessed are the peacemakers, for they shall be called the sons of God- Matthew 5:9

64. Performer

We performers sacrifice so much for your entertainment.
- Rose McGowan

Performer archetypes require recognition and applause for their efforts. In the world of distorted values in which we live, performers are paid enormous amounts of money to perform and entertain us.

In my free book, *Being Loved Unconditionally*, found on personalempowerment.co, which I wrote about ten years ago, I contrasted the 2008 earnings of Madonna, a singer and actress, to the combined annual salaries of US teachers as well as nurses. I asked the question whether Madonna's benefit to society when she earned some \$242 million during 2008, was worth the equivalent in earnings of some 4245 nurses looking after us in our ill health, or some 4939 secondary school teachers, giving our children the educational foundations for their future?

Whatever my view, the world has decided on these remuneration levels for musicians, actors/actresses, sportspeople and the like. TV advertising has a lot to do with these substantial earnings of these superstars as billions watch global sporting events, and millions watch movies, concerts and listen to the music of these superstars.

Performers have substantial stress and pressure to perform at their best all the time and their lives are usually hugely unbalanced due to these performance demands. Few of these performers have managed a balanced home life with their spouse or partner, and with their children, as the glare of the spotlight falls on them continually. Real friends are hard to find and keep due to the public demands of these performers. Dealing with all the sycophants wanting to be around these performers and benefit from their spotlight, fame and money is stressful, and most of these fair-weather friends will prove to be untrustworthy down the line.

Fame is a fickle mistress and once these performers need their "fix" of worship from their fans, and it is no longer there, as the fans have moved on to the next "hot" superstar, the performer's life begins to feel empty and worthless.

Finding the balance in a performer's life between their public persona, and maintaining a real loving relationship with their spouse/partner, family and close friends, is the hole in the soul that needs repairing in this lifetime. Balancing fame with humility, power with trust, and living a soul-based life of self-love, and love towards others, and not only the ego-based need for applause from others, is the ultimate task for a performer.

If you can manage that then you deserve the "big bucks"!

65. Persecuted

Persecution is of the mind
-anonymous

Some people feel persecuted by life, in general. They are the perennial victims and complainers of how they are always deprived of the things they need. These Persecuted archetypes usually are cringing awaiting the next blow from someone or somewhere to worsen their lives.

Their comfort zone is a well-worn bed of misfortune where they lie and complain to anyone who passes by, “*O woe is me*”, as stated in Shakespeare’s Hamlet.

Once again, knowing and believing that “our thoughts create our reality,” sees the Law of Attraction create a magnet for their thoughts to play out in their lives.

There is a considerable soul growth spurt awaiting for these persecuted people to change their negative mindset, and believe that they deserve happiness and joy, and work on their improved thoughts to create, and sustain such happiness and joy. Their soul contract’s purpose and meaning could be such transformation if they could change their thoughts from despair to hope they will experience the magic of their potential.

66. Persecutor

Persecutors are almost always former Victims.
-David Emerald Womeldorff

Persecutor archetypes are usually devoid of compassion, empathy, sympathy, kindness and other soul-based approaches to life. Successful persecutors are ego-based demons who are sociopaths at heart. They do not feel remorse for their words and actions and relish inflicting pain and hardships on those they are persecuting. Their view of their world is distorted compared to most other peoples’ perspective, and the persecutor’s belief system is inflexible and rigid.

Why would a benevolent God, who is Love, allow such a Persecutor archetype to exist in the first place?

Let us use Adolph Hitler as a case study here. Hitler’s rise to power was on the back of significant unemployment and disenchantment of the German people suffering from their loss in World War 1 and the damaged economy creating mass unemployment. The German people were looking for someone to blame for their predicament, other than themselves.

Hitler could not have come to power without the support of the people who were looking for a way to rebuild their lives. Hitler became the collective consciousness of many of the German people.

Why would a benevolent God, who is Love, allow Hitler's rise to power and domination if not for some Bigger Picture as seen in Spirit.

Hitler redefined the word evil for the world to see. Now, as I have told you before, things are often the reverse in Spirit of what we see on the earth plane. When reversing the letters for EVIL, you get LIVE!

Persecutors, like Adolph Hitler, throughout history, have usually seen the world they influence go through the trough of negativity, including wholesale slaughter of innocents. Once the society they control sees the evil of their ways, they reverse the process by: enacting new laws; changing the judicial system to prevent such abuse in the future; upgrade the social consciousness of their society; and develop better moral compasses to follow in the future.

These processes for the betterment of their society, and, humankind, in general, are not quick-fix solutions but require the commitment of the people, and some considerable time, to correct these iniquitous imbalances that existed during the reign of terror of this Persecutor archetype.

There is a saying that states that, *"a rising tide lifts all boats"*, and the rising tide of the social and moral consciousness of this now corrected society, positively affects many cultures in numerous countries worldwide.

A saying, often misquoted as originating from Martin Luther King, that the moral arc of the Universe is long and eventually bends towards justice, originated from Theodore Parker, a Unitarian Minister who called for the abolition of slavery in the USA.

He stated, *"Look at the facts of the world. You see a continual and progressive triumph of the right. I do not pretend to understand the moral Universe, the arc is a long one; my eye reaches but little ways. I cannot calculate the curve and complete the figure by the experience of sight; I can divine it by conscience. But from what I see, I am sure it bends towards justice."*

So, for those who rebuke God for allowing such terror to arise, and be sustained for a period, they are not aware of the Bigger Picture as seen in Spirit. We know that sometimes we have to break down things that are broken, and only then can they be rebuilt better and stronger.

The hole in the soul of a Persecutor archetype is not often repaired due to their inflexibility and rigidity, and they are usually killed, or take their own life, or jailed/exiled for life. If a Persecutor archetype can go through the actual process of seeing and admitting to the error of their ways, then the hole in their soul should be repaired.

67. Pioneer

Unfortunately, pioneers will always pave the way with sacrifices
- Buzz Aldrin

Someone who is not satisfied with the status quo and wants to explore beyond the current boundaries of their life becomes a pioneer. A Pioneer archetype is an innovator. The terrain, whether the external environment or going within themselves, to explore beyond the known, is immaterial when classifying a Pioneer archetype. The field of such innovation, whether arts, science, medicine, sports, business, religion, spirituality, etc. is also unimportant when classifying a Pioneer archetype.

The choice to become a pioneer is based on letting go of the familiar and having the courage to embrace CHANGE as Clearing, Healing, And New Gifts Emerging.

This is not for the faint of heart. A true pioneer usually marches to the beat of a different drummer, and many pioneers do not fit into the conventional structure of a society. In many cases, they may be looked upon as “strange”, and many are loners pursuing a target no one else can see.

It is not uncommon for Pioneer archetypes to be single-minded and focused, sometimes obsessive. They are usually intolerant and impatient of anyone or anything that distracts them from their self-proclaimed purpose.

Many a pioneer ends up achieving their objective but is exhausted in all respects. All their energy has been focused on their goal, and sometimes they run out of steam.

Pioneers are unbalanced in all the other areas of their life including not socialising with friends, not having the required time invested in marriage and relationship partners, and families, including any children they may have. They may also neglect their health needs too.

The hole in their soul that usually needs repairing is learning how to have a more balanced life while pursuing their pioneering objective.

Another hole in their soul that needs repairing is their ego and, with that, their intolerance and impatience need to be curbed. If their pioneering spirit is ego-based, in wanting and needing the accolades that come with their discoveries of new boundaries, then their victory may be short-lived. If they can dedicate their pioneering efforts to the betterment of humankind and not want, or need, to see their “name in lights”, then their discoveries will be embraced by all and their name will live on due to their humility.

68. Pirate

It's more fun to be a pirate than to join the navy.
– Steve Jobs

Those who take what is not theirs are considered to be pirates or thieves.

In olden days, pirates were usually drawn from the underprivileged masses who, by birth, were excluded from the wealth of the “landed gentry” whose ships were laden with treasures. These pirates were sometimes seen as people to be admired for striking back and claiming some of the wealth that they were excluded from by the societal boundaries of the time.

Of course, this was theft and to be admired for it shows an unbalance of those people's morals making those assertions. Hollywood has also joined this immoral chorus of pirate praisers with the current *Pirates of Caribbean* series of movies. While entertaining and siding with the underdog, these movies show a disregard for authority and, when watched by young children, the message is the incorrect one for them. Buy hey, Hollywood is concerned about entertainment and ticket sales and not being the guardians of moral values!

That brings me to the theft angle of pirates in the modern era. Plagiarism, copying of intellectual property, computer hacking, credit card theft, identity theft and the like, are huge illegal industries globally. We now have fake news that is disguised to be real news which damages credibility and reputations overnight.

The Law of Karma is neutral, as stated above. What you do to others will be visited upon you, hence the injunction from Jesus, “*do unto others as you want to be done unto you.*”

Pirate archetypes, while some see as dashing and admired for their bravado, are setting themselves up for retribution in terms of the Law of Karma, or the Law of Cause and Effect, if you prefer this terminology.

69. Poverty

An imbalance between rich and poor is the oldest and most fatal ailment of all republics.
– Plutarch

During the last decade the disparity between the Have's and the Have Not's has been highlighted and is known as the 1%'ers. Supposedly the top 1% income and wealth recipients own 50% of all the material wealth in the world according to various Bank reports and books published on this topic. Certain of the world's wealthiest people like Bill Gates and

Warren Buffet are at the forefront of donating nearly all their wealth to charitable causes and encouraging other extremely wealthy people to also donate meaningfully. These people have realised that their wealth needs to be shared with people who desperately need financial aid and assistance. In my view this is the correct moral and spiritual way to behave and they should be commended for it.

People who are Poverty archetypes are not necessarily without financial means. Sure, the billions of people living on less than a few dollars a day can be said to know poverty, but even amongst those people, there are those with an Abundance archetype.

The beggar who shares his meagre food supply with another less fortunate beggar is displaying tremendous courage and an abundance mentality. Would you give half of what you have to another not knowing if you will receive anything more in the future?

How many wealthy people do you know who are misers and don't part with a cent unless they are forced too? This is a Poverty archetype, immaterial of the wealth they have.

Poverty consciousness is a mental issue, not a financial one.

Fixing the hole in the soul of someone with poverty consciousness can come from one of three ways:

Firstly, by encouraging them to be grateful for all they have, and to open their eyes as to how much they need, now and in the future.

Secondly, how much they can give and share with another, without impoverishing themselves unduly.

Thirdly, by making them aware that in Spirit there is no material wealth, and only the good deeds we do on earth accompany us when we pass over into Spirit.

As the Bible (Matthew 6:19-21) teaches us *"do not store up your treasures on earth where moth and vermin destroy. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will also be."*

70. Prince and Princess

I am my father's daughter and I am not afraid of anything."
- Elizabeth I

The ones who are being trained to take over from a ruler or King or Queen are known as Prince and Princess archetypes. Whether this is in a family or the dynasty of a country, the role of this archetype is one of being in training to take over the reins of power or authority.

Generational changes and modernity of the current generation are usually better understood by the Princes and Princesses; however, it takes an enlightened King or Queen or Family Head to consult with their Princes and Princesses.

The foundations of the family or dynasty need to be acknowledged and respected, and any changes to these foundations must be carefully weighed if they are to be changed or altered in any way by the Princes and Princesses. Consulting with their current leaders is a two-way street as current Princes and Princesses, better empowering them as incumbent Kings and Queens or family leaders.

One of my favourite TV shows is the long-running show *Blue Bloods*. Each episode has the family comprising grandfather, father, two sons, a daughter, a daughter in law and three grandchildren meeting each Sunday for lunch. The grandfather was a Police Commissioner of New York and his son, the father in the series, is the current Police Commissioner. Two sons are with the NYPD and the daughter works for the District Attorneys office. Moral values and family legacy values are taught through the current week's issues experienced by this New York family's job experiences, trials and tribulations.

Intergenerational teachings flow both ways in this TV show, and the Princes and Princesses learn from their elders, and sometimes, from their children too.

Apprenticeships in the occupational trades give Princes and Princesses practical experience under watchful eyes of more experienced Tutors and Mentors. Unfortunately today, the more computer literate younger generation are not able to find many qualified Tutors and Mentors to teach them. Additionally, the need for instant gratification of the current young generation and the speed of technology is exacerbating this lack of available experienced tutor and mentorship roles for them.

Princes and Princesses archetypes must be respectful of their positions as being in training and look for the correct Tutors and Mentors to guide them wherever possible.

The soul contract's meaning and purpose for these Prince and Princess archetypes is found in their willingness to learn from those in authority and to be capable Kings, Queens and Leader archetypes one day.

71. Prisoner

There is no greater hell than to be a prisoner of fear.
-Ben Jonson

A Prisoner archetype is someone who has ego-based fear in their heart and fears being a victim of lack or loss. Many people are imprisoned by their thoughts while walking around appearing normal and free.

I live in a country where crime is rampant. The official unemployment rate is 28%, but the unofficial rate is closer to 40%. Youth unemployment is close to 50%, in unofficial terms.

Since the early 1990s, together with partners, we have developed secure residential estates and secure commercial parks, all behind high-security perimeter walls with camera monitoring and security guards patrolling 24/7.

The premium of living in one of these secure estates is some 30% higher than an unprotected conventional residential home in the same neighbourhood.

The real question is, who is the prisoner? We who live behind window bars, security doors and utilising security systems, or the criminals patrolling our streets looking to steal, and perhaps do worse deeds.

With a population of some 60 million, we have some 193 000 policemen serving the public and over 500 000 private sector funded security guards looking after property and people. Our ratio of police personnel to citizens is half the global average. The chances of committing a crime and going to prison are well under 3 %. Going to prison is not a deterrent in our country as prisoners get fed three times a day, watch TV, get free cigarettes and develop their criminal skills and networks learning from other prisoners! Their life outside of prison is much tougher for most trying to survive on the streets!

How many of us allow our fears to imprison us?

Our thoughts are our prison guards or our freedom fighters. We imprison ourselves, or we release ourselves from the fear of being imprisoned.

I have been at the forefront of this security issue for nearly 30 years, having also been elected as Chairman of our neighbourhood Security Committee, comprising 600 homes, way back in 1992. In the almost 30 years I separate my neighbours into three categories of prisoners;

- (1) Those paranoid people who suffer from pre and post-traumatic stress disorders merely knowing that they could become a victim of crime, or have already been a victim. Their thoughts are focused on their fears. For those of you who know, and believe, our thoughts do create our reality. They are 24/7 prisoners of their mind.
- (2) Certain people are cautious and careful in terms of their security requirements. And they have managed to work out a way to lead their lives without the paranoia of the previous category of people. Their movements are somewhat restricted. Still, they are willing to find a balance between being a prisoner at night and enjoying themselves responsibly during the day and the evening without feeling imprisoned.
- (3) Those people who disregard the threats, but are not irresponsible; however, they live their life to the full and are not prisoners in their mind.

I have used personal examples above to illustrate the concept of being prisoners of our thoughts in the severe case of Johannesburg's crime position.

The same prisoner mentality can exist in a relationship; at work; in the schoolyard, and elsewhere. The counterbalance to such fears of self-imprisonment of one's mind is:

- (1) To confront the fear issue by using preventative measures, where applicable, to prevent, or avoid, being a victim of crime.

(2) To take all necessary and practical steps to ensure that the criminals avoid your area through the deterrents you establish to ensure their likely capture. You are ensuring your survival at the expense of your more far-flung fellow citizens.

(3) To be more proactive in setting up employment opportunities, or, on-the-job skills training, showing the criminal classes that there is an alternative to crime.

(4) To create feeding schemes for the underprivileged, and, showing more goodwill towards those who may feel you are their enemy and deserve to be a victim of crime.

Wherever one is being bullied, the similar rules apply. Face up to the bully as their fears are even more significant than yours. They see you as someone they can bully until you stand up to them. If need be, have the relevant authority by your side when you confront them. Most bullies have been bullied themselves, in some form or other, and when you stand up to them, they usually slink away to find an easier target to bully than you.

The magic words, as I spelt out before in my standing up to abuse in my past, are, *“this is not acceptable to me!”* Release yourself from the self-imprisonment of fear and become proactive in protecting yourself, especially from your fear-based thoughts.

These proactive roles will be the way to fix the holes in your soul in terms of your soul contracts, if you are a Prisoner archetype.

72. Prostitute

Slavery still exists, but it applies only to women, and its called prostitution
- Victor Hugo

Conventionally the term prostitute means someone who sells their body for money. A young girl is not born to end up a prostitute. It doesn't usually figure on career choices when discussing one's future with the Career Guidance Teacher at high school!

And yet it is a universal archetype of someone who relinquishes their power, which lowers their self-esteem and self-respect, and receives money in exchange for sex.

It is said to be the oldest profession in the world and is usually the last resort a woman will make to provide for herself and her family.

Woman's lack of power in a male-dominated world is commonplace, and the role of a prostitute symbolises the spiritual choice of submission, as well as human indignity, lack of power and lack of opportunity.

The spiritual counterbalance of choosing to become a prostitute in this lifetime perhaps comes from the reverse position of omnipotence and total control and abuse of all that power in a previous lifetime. The Karma or cause and effect of one's behaviour in that life-

time of supremacy, complete control and abuse of power, such as a sadistic correctional officer, sees the role of a prostitute in this lifetime as a fitting place to be.

We judge a prostitute harshly, without understanding the course of events in her life that led her to such a place of indignity. Today, sex traffic of young girls, making them into drug addicts and offering them to unsavoury men sets up the karmic rebalancing of these sex traffickers and their paying clients for a future lifetime of such indignity too.

Human trafficking worldwide is a global industry, with some 25 million people being victims according to the United Nations. From a spiritual perspective, each one of these 25 million victims is a soul, a part of God, forced to do despicable things in their captivity. God is witness to these crimes too. The cause and effect consequences that play out for these people managing the human trafficking globally, and locally, cannot be too pleasant for them in this lifetime, and, in a future lifetime, when the role of a prostitute may loom large for them?

73. Queen

***In every woman, there is a Queen. Speak to the Queen and the Queen will answer.
– Norwegian Proverb***

In direct contrast to the previous topic, Prostitute archetype, is a Queen archetype. A ruling queen has the power behind the throne, and a queen married to a ruling king is usually the power behind the throne, unless the king is dictatorial.

Queen archetype denotes power. The types of queens, ranging from benevolent, kind and caring through to despotic, have been typified in history, as well as in fairy stories and the like.

Today the role of the queen, in various countries where the monarchy still has a role to play, is usually ceremonial. However, the wealth and power bestowed upon certain queens are real.

The queen is seen as a dignified, very respected monarch and sets the standard of correct behaviour for her subjects.

Queen archetypes are usually isolated and conscious of the power of their position. They remain aloof but wary of the power plays beneath them as minions jostle for the crumbs of power from the queen's table.

The Queen archetype has the power of responsibility and respectability weigh heavily on their ceremonial crowns, and their aloofness appears to be cold and unfeeling. Where a

queen has a family to take care of this is usually done by paid help in the court or the home. The children of a queen may not know the warm and loving touch and concern of a mother but rather feel neglected by her. This lack of continual demonstrative love, kindness, caring for her children, and even for her spouse, sets up cause and effect issues that can affect generations to come.

The Queen archetypes may also occur as a dominant or strong wife and mother; as a powerful professional lady; as a powerful businesswoman or as an influential public sector person. The neglected children, and sometimes neglected spouse, usually create problems, mainly as negative attention seekers. The extent of the damage and the consequences thereof is generally in direct counterbalance to their feelings of neglect by their mother or spouse.

The Queen archetype must find a balance between being an aloof and emotionally distant queen in her public life and a warm, loving, caring and kind wife and mother in her private family life. This is not a natural balancing act to achieve by most Queen archetypes. This is a case of “be careful what you wish for”!

74. Rebel and Revolutionary

Our lives begin to end the day we become silent about the things that matter
-Martin Luther King jnr.

The Rebel /Revolutionary archetype challenges the acceptable status quo of a society or situation. Rebels/Revolutionaries are usually those without a formal voice for change and are not patient enough to work from within a structure to effect change at the pace of the structure, as those who control the structure do not want to relinquish their power. A Rebel/Revolutionary archetype wants change and wants it now.

Rebels/Revolutionaries archetypes must be persuasive and manage to change people’s mindsets towards their objectives. Rebels/ Revolutionaries archetypes usually must present the image of power, or the ability to use the power they seek for the benefit of their followers.

Rebel’s/Revolutionary’s desire for change is not usually accompanied by clear strategic thinking and logical planning once that change is affected. Their determination to effect change is often emotive and touches the hearts of those people who also desire change. People are usually reluctant to change, and emotion usually trumps logic when Rebel’s/Revolutionary’s changes are affected.

Few revolutions are bloodless, either emotionally or physically, and, as many of the Third World countries have attested too, the Rebel/Revolutionary archetype often becomes the new dictator of the populace they freed from the previous dictator or colonial power.

While successful Rebel's/Revolutionary's do effect change, the vocal Rebel/Revolutionary archetype needs competent administrative support to implement and administer the positive changes for the people affected by such revolutionary change.

75. Rejection

You may not realise it when it happens, but a kick in the teeth may be the best thing in the world for you.

-Walt Disney

I often marvel at certain people who manage to take your rejection of them, or what they have to offer you, as if you are making the biggest mistake of your life. They so fervently believe in what they are offering you will improve your life that they are aghast that you said no to them. They do not suffer rejection in their misguided myopic way, as much as they experience disbelief in your ability to discern what is good for you!

Those of us brought up with a sense of goodwill to all and who value applause and well founded criticism, are more sensitive to the feelings of ourselves and others. Rejecting someone or something makes us a little uncomfortable in doing so, and being rejected by someone or something makes us heartsore.

However, if we can see the merit in their criticism and rejection we can go and do something about improving whatever needs such improvement to make it acceptable to others. Their initial rejection could be a blessing in disguise for us.

Earlier on in this book, I used the example of a man who always rejected other people before they could reject him. The channelling I undertook identified that his father died when he was eighteen months old. When he got older, he felt this rejection so hard and spent the rest of his life, ensuring he never suffered rejection again. He rejected people before they could reject him.

How many of us enter into a relationship with another, and somewhere deep inside ourselves we fear we are not good enough for them, and they are going to dump us? Perhaps we should investigate our past in this lifetime, and, if possible, other lifetimes, to unearth where we were rejected before.

The hole in our soul that needs repairing is to discover that we are a part of God, at our essence, at our eternal soul level, and we are acceptable to God. Being acceptable to others is unimportant because if we are good enough for God, we should be good enough for man/woman. Our rejection phobia is not random. It is capable of being resolved. We are embraced and held by God, always, and in all ways. Knowing this should ensure we do not need to reject others, as an ego-based self-defence method of protection.

Those suffering from this Rejection Archetype behaviour need to counterbalance their deep seated unconscious fears by self interrogation, or via a professional therapist, to unearth the underlying causes and bring them into the light of conscious awareness for healing.

76. Rescuer

Utter powerlessness is the correct adult response to someone else's problem....They need to own their problem first.

-Anthea Mathews

The Rescuer archetype is someone who temporarily rushes in and assists someone or something which is in distress. This is not a permanent situation with that person or thing, but an intervention to “correct the ship” and set it on a course of better balance and well-being.

We all need to be needed. When we are called upon, or choose to intervene, and we make a meaningful difference through such intervention, we feel better about ourselves. If we are privately or publicly acknowledged for such positive intervention this reinforces our self pride.

For those people who act as Rescuer archetypes as a vocation, such as, emergency medical people, fire- fighting personnel, police personnel, and so on, this adrenaline rush can become addictive. The power these Rescuers may have over life and death could create a “god complex” in its extreme form.

The addictive rescuers usually lead imbalanced lives as they are often on call 24/7 where the need arises and their personal life, and if they have a family life, are skewed out of proportion to their vocation. Their spouse and children take second place to their being on call 24/7, and this sets up cause and effect consequences of the neglect these people experience and feel emotionally.

The calling to become a Rescuer archetype may come from incidents in this lifetime or another lifetime. For example, situations may have occurred when a loved one was involved in an accident, or an event which put the loved one’s life at risk. The Rescuer archetype may have been a child at that time that he or she witnessed this and felt defenceless and unable to offer their help at that time.

Another explanation for the choice of such a soul contract to become a Rescuer archetype in this lifetime could be that one was a coward in another lifetime and decided not to rescue someone or something when it was in their ability and proximity to do so.

Where rescuers overstay their time with someone or something that needed their temporary intervention, then an imbalance occurs in their relationship to the person or thing involved. The rescuer may be enjoying feeling required, or they may have an ulterior motive for overstaying their time. These issues could occur, for example, in assisting someone in a relationship breakup where the rescuer wants to take some advantage of the situation for their benefit. The karma attached to taking such advantage has cause and effect consequences of abuse of such rescuing powers.

Rescuers also suffer from a malady where they give and give, and they do not attract the energies of receiving, or think they are strong enough not to have to receive, and thereby be dependent on another. The imbalance that gets set up of emptying their emotional reservoir through giving, and not replenishing their reservoir through receiving, could see them being placed into a situation where they are forced to be a recipient. For instance,

attracting energies that confine them to bed, or a wheelchair, where they become dependent on others to give to them and for them to receive.

Ideally, such rescuers should be able to switch off their vocational needs and spend loving time with their spouse/partner and children, if they have any. This requires an iron will discipline to achieve from these driven people. Still, it is necessary to correct the imbalance in their lives and enable them to receive love and attention from their family members.

The issue with such driven rescuers is that their ego gets fed through their rescuing actions and the praise that may be heaped upon them. It is seductive and addictive to feel that they are saving the world. However, everyone is replaceable. New people are entering from college or university each year, and these rescuers must mentor them and begin to find time to balance their lives, or else, their ego-driven world may shatter in ways that could bring them down to earth with a bump.

There are also the rescuers who prefer to attend to other peoples' needs and be saviours in that regard. Invariably, these rescuers do not want to attend to their personal life's glaring issues and are too busy rescuing others to rescue themselves. The Universe has a strange way of balancing those lives!

77. Responsibility

Responsibility is accepting that you are the cause and the solution of the matter -anonymous

People with a Responsibility archetype have an overdeveloped sense of protection of others. Their ego has convinced them that if they don't take charge, and make sure that something is done correctly, then it will remain undone, or at least, not done to their level of perfection, and people will suffer accordingly.

These people are usually ego-based controllers and are fixated on holding an issue tightly, micromanaging it to completion.

I recently received a joke WhatsApp message that stated, *"if I were meant to be controlled, I would have come with a remote!"*

While self-responsibility is essential, allowing others the ability to find their solutions, their way, is honouring them as eternal souls. Sure, you can provide a safety net for them, but it's best to get out the way, and allow them to try, stumble, get up, try again and again until they find the way that works best for them. This is the essence of my free book *Unfolding Your Child - a spiritual approach to parenting* found on personalempowerment.co.

Imagine any great Inventor having a parent, or partner, breathing down their neck, 24/7, asking, "Have you done it yet? Why don't you do it this way instead?"

How many parents watching their baby take their first steps in learning to walk wanted to stop them from falling. Imagine if they had done so, how they would have instilled fear of trying into their child, forever!

The hole in the soul of people with a Responsibility archetype that needs repairing is learning to TRUST- To Release Unto Spirit Totally, and then, to Rely Upon Spirit Totally. Believing that others, including one's Higher Self and Higher Power, can't be trusted to assist in the task needed to be done, and that only you can do it, is an ego-based delusion, as no one is irreplaceable.

The fear that we are replaceable may be at the root cause of this archetype's desire to control and be responsible. The feeling of becoming redundant in one's life, and the lives of others, is a future untenable to contemplate for most people, but especially for people with responsibility archetypal behaviour.

There is a theory that many people who suffer from dementia and Alzheimer's disease were controllers and Responsibility archetypes during their active lifetime. In their later years, they were totally dependent on others to look after them.

Since becoming aware of this theory, some 20 years ago, whenever I deal with someone who has a parent, or other people in their life, diagnosed with these afflictions, I have noticed the preponderance of the accuracy of this diagnosis. Most notably, where widows who were left with young children to raise by themselves.

This counterbalancing of repairing the hole in one's soul via dementia or Alzheimer's disease in this lifetime could be from this lifetime, or previous lifetimes, where responsibility and control dominated one's life. At this stage, this remains only a theory.

78. Saboteur

If you don't believe in yourself, somewhere or another, you sabotage yourself.
- Jason Day

There are two saboteurs at work, the first one is someone who undermines and damages others, and the second one is a self-saboteur. Both stem from a feeling of low self-esteem and little self-worth. Both also stem from having an overprotective ego telling them that they are justified in their thoughts, words and actions as this keeps their ego front and centre in their lives and does not allow them to bring soul-based love into play.

A saboteur archetype is a destructive person choosing to "white ant/termite" the efforts of others and themselves. These are fear-based ego people who are unhappy within themselves and are intent of damaging and, in the extreme, destroying someone or something, possibly even themselves.

Whether such people chose this as their soul contract, or used their free will to become saboteurs, changes the soul contract implications for this life and a future lifetime.

Where this is a soul contract, then it is likely that this is part of an intricate game plan of soul contracts among the soul group members. Choosing to fulfil this damaging and destructive role is a courageous soul contract role to play. By being the pariah saboteur, so that one or more soul group members are challenged to learn how to overcome such a person in this lifetime, requires respect and admiration of this saboteur, and not condemnation.

Once again, this illustrates how the opposite is true when seen from Spirit compared to earth plane observations.

The self- saboteur may be a soul contract, or maybe, a free will choice to damage and destroy themselves.

If a soul contract, then the challenge is to develop genuine self-worth and self- esteem in this lifetime to overcome the need to self- sabotage brought about by a current lack of self- esteem and little self- worth. This challenge will be presented by one or more members of the soul group in terms of the intertwined soul contracts agreed to in Spirit within the soul group members. Usually, significant events occur represented as these challenges, hardships and obstacles, thereby forcing the self- saboteur to take corrective action that is generally not for the faint of heart!

Repetitive patterns usually occur which are ignored as soul contract markers until the penny drops and these patterns are correctly diagnosed as the stimulus for this self- sabotage behaviour. We choose to ignore the warning signs at our continual and increasing peril.

Some of these repetitive pattern warning signs may be;

handling money poorly;

being too trusting of others;

being available sexually to others;

inability to say no and separating from the crowd;

being a gossip and knowingly telling lies;

continually participating in the seven deadly sins of pride, greed, lust, envy, gluttony, wrath and sloth.

We see these repetitive patterns often made by people making poor life choices due to their low self- worth and poor self-esteem. Occasionally they are leaders encouraging others to follow their poor decisions. More likely, they are followers, with not enough iron will discipline to say no, and preferring to follow and be part of the crowd making these poor choices of damaging and destroying themselves.

When a self-saboteur snatches defeat from the jaws of victory, they are usually petrified of being successful. They are much more comfortable losing than they are winning, as being a winner requires them to be accountable and responsible for their thoughts, words and actions, now and in the future. The saying that it is lonely at the top denotes that winners, or leaders, in life, are alone, and these self-saboteurs cannot face themselves and their fears alone. They prefer the role of a victim then the role of a victor. They prefer the comfort zone of fellow victims than the sole winner's rostrum in life.

The counterbalance they are called on to make in this lifetime, in terms of their soul contract, is:

to identify their repetitive patterns of self-sabotage behaviour;

to confront these issues head-on, with or without professional help;

to break the stranglehold they have over them;
to change their behavioural patterns;
to admit their previous weaknesses of sabotage, and self -sabotage, to themselves and, if possible, to those who have been damaged by their words and actions.

The healing process is via action and developing their self- esteem and their self-worth. This is achieved by moving from fear-based ego to love-based soul. This personal empowerment is a step by step process, and my free book, *Achieving Your Goals and Dreams*, found on personalempowerment.co may be of benefit in this process. Of course, most of my over 20 books found on personalempowerment.co and guidespeak.com focus on moving from ego to soul, from fear to love.

People with soul-based love have found their self-worth and developed their self-esteem without the need for their ego to be involved in their lives.

79. Scribe

***The Moving Finger writes; and, having writ,
Moves on: nor all thy Piety nor Wit
Shall lure it back to cancel half a Line,
Nor all thy Tears wash out a Word of it.
— Omar Khayyám***

Unlike an Author archetype, who is a creative person, the Scribe archetype is a recorder of facts and figures. They are usually in a supportive role to a leader or innovative person, and their function is to report on and record what happens. There are instances when a scribe, as an investigating journalist, or a forensic person, may become an author but, most times; they are recorders and not creators.

Scribe archetypes are expected to be both recorders and fact-checkers and are usually meticulous people finding order and precision in what they do.

People choosing to become a scribe in this lifetime may be counterbalancing another lifetime where they may have been strangers to the truth. They may have “cooked the books” at work, told lies, been fraudulent, proved to be dishonest in a myriad of other ways, and are now required to counterbalance that with factual recordings of what happens in their world.

80. Seeker

It is not the possession of truth, but the success which attends the seeking after it, that enriches the seeker and brings happiness to him.

-Max Planck

A Seeker archetype is someone dissatisfied with the status quo. Their search is for answers not currently present in their world. The seeker needs to cross the known horizon and to discover new worlds. Seekers could be motivated by both the big questions as well as the small questions too. They may be God-seekers or trying to understand some minute issue in the world. Their search is for truth, knowledge, wisdom, and to answer the sometimes unanswerable questions.

A seeker's thirst is never quenched as the discovery of some fact, information, knowledge or wisdom merely opens up another layer of even more complex issues to discover.

Seekers are by their nature, and behaviour, imbalanced. They find it hard to commit to a relationship or family as their obsession with their mission fuels their passion for life.

Where their ego motivates seekers, danger lurks in the unknown. Where seekers are motivated by their soul, improving the lives of all is likely to be their reward.

When we have someone like Bill Gates, founder of Microsoft, as a multi-billionaire Seeker who turns into a significant global philanthropist, then the imbalance of seeking is counter-balanced by being a Giver to humankind of note.

81. Sensitivity

The real warriors in this world are the ones that see the details of another's soul.

-Shannon L. Alder

A Sensitive archetype knows the extremes of an emotional rollercoaster ride. Their sensitivity towards others is highly attuned, and they have empathy, sympathy, kindness, caring, compassion and concern towards others, in spades!

Usually, these archetypes have developed this sensitivity training by "going through the mill" themselves and being treated unkindly, through to actual abuse being inflicted upon them. They are crying out for someone to treat them as sensitively as they are treating others.

Sensitive archetypes may provide too much to another and may make them incapable of helping themselves, in terms of their soul contracts. Once again, moderation in everything is the answer to lead a balanced life.

82. Servants

The measure of a man's greatness is not the number of servants he has, but the number of people he serves.

- John Hagee

We all serve ourselves and others, so we are all servants of some description or other. The role of a servant is to serve. For most, if not all people, we find purpose and meaning in such service. When we give service to ourselves, or another, we feel the happiness and goodness they experience. Everything we do, we do for ourselves.

Our choice to be servants in this lifetime is the need to repair a hole in our soul from a previous lifetime. We asked to experience what such servitude felt like. For those who mistreated other servants in an earlier lifetime, they will know injustice in this lifetime. Perhaps those who rally others against such injustice in this lifetime, and look to change the *mores* of society, and to bring greater justice and equality for all into being in society, are the ones who were most unjust as Masters and Mistresses in previous lifetimes?

For those who are paid servants, if they only provided such service for the payment they received, and not for the benefit they provided to others, their heart remains unfulfilled and empty. This is a form of slavery, and while they are not in chains physically, they are in mental chains of enslavement through their attitude towards their employment.

It is easy to see that people who were Masters and Mistresses in a previous life, now counterbalance that in this life as a servant or service to another. No doubt how they treated others in service to them in an earlier lifetime, is how they are being treated with the roles reversed in this lifetime.

The first part of call of service is to serve ourselves to ensure we can be of service to others. We must not neglect our needs, first and foremost. Many people work themselves to the bone, and suffer ill health in the process. We must strive to have a balance of work and play, work and rest, work and family time, work and fun time.

83. Silver spoon

The worst thing you can do to a child, and I've seen it happen so many times, is the silver spoon.

-Elton John

The term "silver spoon" denotes someone who has a privileged background and upbringing and, in many uses of the term, refers to people who have not had to work for the wealth they enjoy. The term originated from around the 1700s before people having place settings for eating at a table. The landed gentry used to carry a silver spoon with them wherever they went, enabling them to eat with their silver spoon.

Those silver spoon people with such an upbringing are usually protected from the cut and thrust of daily life and develop a feeling of infallibility about what they think, say and do.

They seem protected from any mistakes they make and therefore may be careless in their words and deeds. They appear to have access to the money that they believe can solve any problems they create.

This Silver Spoon archetype is here to learn valuable lessons during this lifetime, and the consequences of their actions usually visit them when they least expect it and are least prepared to defend themselves with their arrogance towards others less fortunate in society.

The role in this lifetime is to learn the humility that comes from losing their self induced and created power base, and having to deal with the consequences of their actions unprotected by their previous superior upbringing.

Karma is seen to be done when those arrogant, selfish people are brought down to the level of general society. Those who see the error of their ways in the past can become advocates for the masses in various archetype roles such as humanitarians.

84. Slave

No one is truly free, they are a slave to wealth, fortune, the law, or other people restraining them from acting according to their will.
- Euripides

In my other books, I often remark how synchronicity works as one topic is followed logically by another, and as these topics are usually done alphabetically, it is often remarkable.

For Slave to follow Servant, as a progression of the previous topic, amplifies what I stated under servant above.

A Slave archetype is not in physical chains, but more people are in mental and emotional chains than you may know. Anyone who feels that their employer or boss controls their freedom of choice of thought is a slave to their need to earn their daily bread from such a controlling person. The same is said for children and a spouse living in an abusive home where the controlling person determines their freedom of choice.

We can stretch this definition of a slave to people who are in an unjust society, whether by military might, through religious beliefs, through the laws of the land and so on. Their freedom is curtailed in some way or another.

On the subject of the military, all those who are soldiers have had their freedom of choice curtailed. They may not exercise their freedom of choice and not injure or kill the enemy as they have been brainwashed to do. If they correctly saw that the enemy was some mother's son or daughter, as they are, they would see that they are committing legalised murder sanctioned by their country's leaders. If they recognise that each soul is a part of God and that by killing another person, you are affecting the eternal soul of that person too.

I assume that in God's eyes, this remains murder, whatever the circumstances. "Thou shalt not kill" is the sixth of the Ten Commandments. The counterbalance to murder may be to be murdered yourself to experience what you caused others to suffer.

In this lifetime, those who commit murder suffer the consequences mentally unless they are psychopaths.

Today, we see in the USA, the emotionally damaged, and sometimes physically damaged, soldiers returning from countries like Afghanistan, Iraq and other countries, where they waged war.

Many of these USA soldiers are struggling to re-enter their previous lives, marriages and families. According to the research I have done on the subject of PTSD (Post-Traumatic Stress Disorder) in war, some 50% of returning USA troops from Afghanistan and Iraq wars have applied for permanent disability benefits, while only 10% of all forces actually faced combat. Additionally, in 2017 there were over 40 000 homeless Veterans in America, 9% of the total homeless of some 550 000 people. Is this the 21st Century form of slavery?

Now, what of the soldiers and civilians on the other side opposing the USA troops in Iraq and Afghanistan? They don't have the luxury of a medical fund to help sort out their traumatised emotions and provide financial benefits to them. What of their families and homes that have been destroyed or damaged by American and their Allies bombings? What of the anger they feel and the physical and psychological damage they suffered? What about the reprisals they want to do to Americans and their Allies for causing them such hardships? These people on both sides of the conflict are slaves to their emotions created by their military leaders beliefs which has indoctrinated hatred of the enemy within them.

As Gandhi said, "*an eye for an eye and soon the whole world is blind*".

These people on both sides of the conflict are slaves to their emotions. Usually, those people who participate in war in another lifetime, counterbalance this by becoming peacemakers in this lifetime. I certainly believe that to be so in my case as outlined under the headings of *Love as an antidote to war and fear*, as well as, *the building of homes and the economy*, above.

For those who feel that they are slaves in this lifetime, they should utilise the six soul contract markers I have identified above to see what could have happened in other lifetimes, which is causing this counterbalance to occur in this lifetime. Freeing yourself from this mental frame of reference as a slave today is a task for this lifetime. Find your freedom of choice of thought, its worth fighting for!

85. Spirituality

Realise deeply that the present moment is all you have. Make the NOW the primary focus of your life.
– Eckhart Tolle

Those of us who have Spirituality archetypes are driven by the desire to find inner peace and spiritual growth. Many of us believe that we have a special or unique relationship with

our Higher Self and our Higher Power. Our search for answers only finds more unasked questions to contemplate. Our search drives us, and when we find some level of inner peace, Unconditional Love and Soul's growth, we relish in this nirvana. Sustaining this present moment of Now where we find this egoless, soul-based nirvana becomes our continual quest.

Those of us who remain in awe of what we have found want to share it with others who also may be seeking, and possibly finding, their form of this nirvana. When we do so as a sharing of our experiences, knowledge, and, hopefully, wisdom, and our motives are selfless, then I believe we are aided and abetted by Unseen Spiritual Friends coming to our assistance. We are both teachers and learners, as each person's experience is unique.

Those who claim to have the only way to the Higher Power, and, drink their own "kool-aid", become insufferable as ego-based self-appointed experts and are usually judgemental of others also on their journey of self-discovery of their spiritual roots. I, too, am being judgemental of them!

Unlimited pathways all lead to the top of the mountain. Finding the Unity behind all the diversity is our real task at hand.

Identifying the root cause of someone who has this Spiritual archetype should help identify their base motivation for their spiritual journey. For those with a hole in their soul to repair, and who have chosen this archetype, may have a need to counterbalance a previous lifetime of limited, or no belief, in a Higher Power. They professed to be the answer to their own needs in that lifetime.

86. Storyteller

Storytelling offers the opportunity to talk with your audience, not at them.
— ***Laura Holloway***

Usually, stories have a beginning, a middle and an end. The journey of the story often deals with the basic premise of the duality of opposites: good and evil; happy and sad; rich and poor; strong and weak; love and hate, and so on. The stories that resonate with us are the ones where good triumphs over evil, but good has to struggle hard to overcome evil, causing the listener to be rooting for good, and thereby increasing the listener's interest in the story and its eventual outcome.

Storyteller archetypes in the written or spoken word have to add some drama and flair to keep the listener's attention. Poetic licence is granted to the storyteller to embellish the story a little, or a lot, to enhance the experience of the listener.

We grew up as children with bedtime stories and other stories told to us by our parents and others. The famous opening line of a story is "Once upon a time..." and with that, as children, we settled in to be entertained.

Somewhere in our inner being, we resonate with a good story. We feel a familiar comfort in settling in and hearing a good story. Perhaps it reminds us of our innocence of childhood.

Storytellers archetypes are usually welcomed into our circle, but they must be trustworthy to remain there. Any lies told by them to enhance their standing with us, once discovered, see them outside our circle of trust.

The storyteller archetype can exaggerate for effect but must keep within the lines of honesty and integrity. Perhaps the counterbalance to being an honest storyteller in this lifetime is due to dishonesty in another lifetime. This dishonesty could cover the usual suspects of adultery, fraud, theft, and so on, in a previous lifetime, creating a hole in one's soul for repair in this lifetime.

If we were all conscious that our Soul, our Higher Self, our Higher Power and all those in Spirit knew our every thought, word and action we would be much more cautious and careful as our thoughts create our reality.

87. Student

You've got to get up every morning with determination if you're going to go to bed with satisfaction.

– George Lorimer

The Student archetype is one of having a keen interest in learning new information, knowledge and wisdom. The continual quest for learning should have a practical application too.

Those who learn for the sake of learning, and not to apply that learning, usually do so on someone else's "dime", and this may build resentment from the benefactor supporting the eternal student.

The quest for learning should be an ongoing thirst for improvement but also needs to be balanced with the practical aspects of being self-supporting too, in time.

We should always be students, seeking to learn from someone or something. There are usually going to be people who can teach us something more than we currently know. We, in turn, can also be a teacher while continually being a student. We can share what we know with those who do not have that information, knowledge or wisdom already.

We learn best when we teach someone else, as our learning is distilled into nuggets of information, knowledge and wisdom to be passed onto our student. We can only do this if we have learnt our lessons well as a student.

People who choose the Student archetype may have a hole in their soul from a previous life where perhaps they were not prepared to learn and were a "know it all". Maybe they were ego-based and believed they had all the answers already and could not be taught

anything. Pigheaded, obstinate, judgemental people who made life miserable for those around them in that lifetime. You probably know a few in this lifetime too!

88. Survival

It is not the strongest of the species that survives, nor the most intelligent, but rather the one most adapt to adjust to the changing environment.

- Charles Darwin

People who have a survival archetype see their life as always under threat from dangers lurking everywhere. If not controlled, this could develop into paranoia.

Their life is one long endurance of staying alive, and avoiding the dangers, real, or imagined, waiting for them. Their insecurity may stem from a childhood trauma of loss, say of a parent or someone else close to them at that impressionable age.

As I stated earlier in this book, some 50% of the USA military involved in the “War on Terror”, as President George Bush labelled it after 9/11, have formally sought assistance for their wounds, psychological and physical, while only 10% of the USA military face battle conditions.

There are these survival archetypes in all areas of life, for example, in untenable relationships where they feel trapped; in business ventures which are struggling to survive; in certain unstable employment positions; where people’s health positions are under threat; in areas of conflict, and so on.

The need to repair a hole in their soul comes about by identifying and employing correct perspective in their lives. Their survival needs have distorted their perspective. What other people see as a challenge to overcome, is for them a life or death struggle for survival. The energy spent clinging on to survive would better be spent learning to adjust to the changing environment. See how Nature’s creatures have learnt to adapt and adjust to survive.

Restoring the balance of perspective in their life, is the task they should also undertake. These people usually suffer from physical and mental issues as their imbalanced survival paranoia has affected their body and mind. In their mind they operate in battle conditions 24/7. They have not had an opportunity to have any form of rest and relaxation where their paranoid perspective could be adjusted to the realities of their life. Even their sense of humour is missing, as is the inability to laugh at themselves.

As they are continually defending themselves, using all their available energy to do so, a corrective course of action is finding perspective, balance and harmony with other more evenly balanced people in their surroundings. They may find a solution through professional assistance. They should channel their energy to adapting and adjusting to changing conditions, and finding ways to enjoy life, rather than defending themselves against threats, real or imagined.

Expressing gratitude is often a missing factor in such a Survival archetype and writing a Gratitude Journal daily may assist correcting their imbalanced view of life.

89. Teacher

Children must be taught how to think, not what to think.”
- Margaret Mead

The role of a teacher archetype is to enable their students to acquire, information, knowledge and wisdom.

We are all a part of God, who is All That Is and is the repository of all information, knowledge, and, especially, wisdom.

A teacher should be the igniter of a spark that enables the student to find both within themselves, and without, the ability to fan that spark into a flame of learning. A great teacher creates a desire for learning and self-improvement of their pupils.

From a soul contract perspective, people who need to learn, based on their ignorance from a previous lifetime, are drawn to become teachers so that they can learn and thereafter teach others.

What is missing in today's world is respect for teachers, and I have written about this in some of my various books. Because teachers are usually paid well below the average wage earned in a country, society is informing the teacher that we do not value your contribution to the education of our children. This lack of respect towards teachers by parents is picked up by their children. The ill-discipline in the classroom is the result. For some reason, children resent going to school and see homework and exams as a curse and not the blessing it is.

In some developing countries, educationally deprived children will walk miles to school and be taught using a stick and the sand on the ground as a blackboard. Their thirst for learning is unquenchable, but their society is severely financially deprived to provide teachers, proper schools and facilities.

Somehow, in modern society, the culture of teaching and learning has been corrupted and, with it, the respect of the teacher has been trashed in the process.

There is a direct correlation between one's level of education and one's earnings potential. There is also a 67% direct correlation in the USA between males not achieving their school leaving certificate and ending up in jail and prison during their lifetime. An equally disturbing statistic is that 40% of unmarried fathers in the USA have spent time in jail or prison.

The cause and effect of not listening to your teachers are there for all to see.

We are all teachers in some respect. We may be formal or informal teachers but everything we think, say and do teaches others how to treat us. What we allow is what will persist.

If we open our eyes and our ears we can find teachers wherever we look. Nature teaches us its eternal and cyclical lessons, if we would but look and listen. Our spouse/partner teaches us, our children also teach us if we would allow them to. People in our work and social space teach us, formally and informally, if we are open to their lessons. Some people teach us by omission but most teach us by their words and their behaviour. Your pet has so much to teach you. The unconditional love of your dog makes you want to pick up your performance and be the person your dog thinks you are!

We are surrounded by teachers if we would simply change our attitude and welcome them as such.

90. Temperance

There is no difference between knowledge and temperance; for he who knows what is good and embraces it, who knows what is bad and avoids it, is learned and temperate.

-Socrates

Someone with a Temperance archetype has chosen to avoid the temptation of addictive substances either from a religious/spiritual platform of understanding or from a fear of addiction to that substance.

Moderation in all things is acceptable behaviour. However, the Temperance archetype is usually rigid and inflexible in what they won't touch and allow into their body.

As stated throughout this book, what you resist, persists, and you make it larger in your mind through your resistance. For those who can remain a Temperance archetype without imposing their will on others to follow their example, those who can live and let live, they provide an example to follow. Those who preach "fire and brimstone" upon those who partake in certain substances, they are painful to be around. These people usually become ego-based and judgemental in their prescriptive preachings to others on how to live their lives. As stated often, we each have our own journey in terms of our soul contracts made in Spirit. Live and let live.

The counterbalance in this lifetime of being a Temperance archetype is usually due to being an over indulger in a previous life of one of life's many addictions.

91. Thief

A thief is one who insists on sharing his victimhood.

-Criss Jami

We only have one thing of value that is irreplaceable, and that is the vanishing second. We can replace most other things we consider to be of benefit to us but the vanishing second is gone for this lifetime.

Do we allow ourselves to steal our time? Do we squander these precious vanishing seconds? Do we let others do so? It is said that procrastination is the thief of time. Still, perhaps we are equally guilty of stealing our time too, whether by procrastination or wastage by ourselves, or by others who we allow to squander this invaluable resource of ours.

“Time and tide wait for no man” is a well known saying, but most of us do not heed the message. So, at looking at the Thief archetype, let’s ensure we do not fall into the category of a time-waster in our lives.

The eighth of the Ten Commandments instructs us not to steal, and this covers all types of theft, including the not so obvious ones of plagiarism, intellectual copyright and the stealing of affection for selfish reasons.

The Thief archetype has low self-esteem and takes from others that which they do not have the desire and ability to create or acquire for themselves.

The Thief archetype in this lifetime has to learn self-respect and to develop their low self-esteem into a well-balanced self-respect they can be proud of. Once they do so, their need to steal will disappear as they will prize what they have created and see the need to keep it safe from thieves.

92. Tolerance

The highest result of education is tolerance.

- Helen Keller

A person choosing a Tolerance archetype carries a heavy burden in life. Being tolerant is based on respect, which I define as RESPECT- Recognising Each Soul Politely Ensuring Correct Tribute.

Being tolerant of everyone and everything is an inspiring way to live with a non-judgemental frame of mind. It is not easy to do so in the real world as virtually everyone is showing intolerance around you.

Even tolerance must have boundaries; otherwise, one is tolerant of that which is unacceptable, according to the current social norms. For example, being tolerant of a rapist or murderer is allowing that behaviour to be acceptable in society. Unfortunately, many peo-

ple have these baser instincts. This is evidenced by soldiers raping women they have captured from their enemies and people murdering others who stand in the way of what they want to achieve. This includes legalised murder sanctioned by current Warlords and the governments who appoint them, as expounded under the topic, Slave, above.

As a counterbalance to fixing a hole in one's soul, the choice of being a Tolerant archetype probably has its roots in being very intolerant in a previous lifetime.

93. Trickster

Vanity working on a weak head, produces every sort of mischief
- Jane Austen

For a Trickster archetype to exist and take advantage of someone or something, there needs to be a willingness to believing them. Something or someone feels that their life can be improved upon and the Trickster's promises to offer them that opportunity.

How many of us are satisfied with our lives that we would not open the door to someone with a promised benefit for us? For those of us who always look for the good in others, we are susceptible to being taken for a ride by such Tricksters.

The Trickster plays upon our need and our greed. We invite the Trickster in, time and again. We allow the Trickster to seduce us with their words and promises.

If we look at politicians and their campaign promises; or business promoters and their fantastic projections of earnings and profits; or Casanovas and Femme Fatale and so on, we see the same traits emerging. The illusion of one's life is improved through their "snake oil" salesperson's promises. (The term "snake oil" is derived from Chinese railroad workers in the USA during the 19th Century believing the Chinese water snake has medicinal healing properties.)

If one is a Trickster archetype then closing the hole in your soul can only come about by renouncing your ways and leading a life after that where your word is your bond and, you prove, over time, to be 100% trustworthy. This is a difficult journey as people will often refer to you with the cliché "a leopard doesn't change its spots". For those who seek redemption from their former ways, they usually have to live a transparent life uplifting people that have been taken advantage of by tricksters. The conversion of a sinner to saint is a journey of remarkable achievement.

Many people who in this lifetime are at the leading edge of uplifting people, animals, birds, fish, etc, are often Tricksters from a previous lifetime who have come in this lifetime to re-balance their karma of taking advantage of others in that previous lifetime.

94. Victim

We are not victims of the world we see, we are victims of the way we see the world.
- Shirley MacLaine

The role of a victim as seen by people on earth, and those in Spirit, differ significantly.

On earth, at best they receive pity while in Spirit, they are seen as courageous!

To agree to be abused as a person in some format or other so that the Abuser can play out their role and experience what it is like to be an Abuser is often seen incorrectly on the earth plane as some unfortunate abused victim.

We have empathy and pity for the abused victim, and, sometimes, we are so angered that we want to take retributive action by personally punishing and damaging the Abuser. However, I outlined above the true story of the woman who stabbed her abusive husband and was sent to prison. Only in prison did she find her real purpose and meaning in her life, by teaching literacy to her fellow prisoners. Therefore, we should not be so quick to judge.

Let us assume that every abuser and victim have a soul contract, and then we will look at such victimhood through different eyes. We will then replace our narrow-minded viewpoint of judgement with an understanding of a soul contract being played out for the eternal souls' growth of the abuser and victim.

As outlined above in my expose of my marriage situation, this abuser and victim role was an intertwined soul contract of note, and no forgiveness is required, as this was an "Awareness Advancement" of our eternal souls' growth. This understanding advanced the awareness, or consciousness, of our souls' eternal journey by leaps and bounds.

Due to my continual spiritual development, (including invaluable channellings from my Friends in Spirit), if we had looked at the abuse from a typical person's viewpoint of adultery, divorce and bitterness for all concerned, we would have been creating new karma for another lifetime to come where rebalancing would have been required.

My acronym for VICTIM is— Verily I Call This Into Manifestation. At a soul contract level, we made that call with the full knowledge and understanding that our real Selves, our eternal Souls, can never be damaged by abuse. And that only our mortal physical incarnated bodies and minds will be negatively affected by such abuse.

We agreed to be the victims so that our Soul Mates, as abusers, could know and understand the duality of being an abuser in this lifetime, as well as having been the abused vic-

tim in a previous lifetime. Through this contrast of opposites, we expand the experience of our soul's eternal growth, and, with it, God's experience, too, as we are part of God.

As we reach the tail end of this book, I am hoping that by exposing and explaining the role of a victim as seen in Spirit, being opposed to the role of a victim, as seen by us on earth, that we can better understand the purpose of this book. We are discovering the purpose and meaning of our life in terms of our soul contracts.

95. Victimiser

***Propaganda is the ability to convince the victims to vote for the victimiser
- anonymous***

The Victimiser archetype is all about having abusive power, especially over the powerless. This archetype is driven by needing to control their victims, not for the victim's benefit, but to satisfy the lust for power of the Victimiser archetype.

We can speculate that this Victimiser was an abused victim in another lifetime. And, in terms of the current soul contract, is repaying the abuse on their previous Victimiser, who is now the victim in this lifetime.

Victims of these Victimisers have chosen, in terms of their soul contracts to be abused in this lifetime. When these soul contracts were made in Spirit, these souls knew that they would suffer unspeakable acts of violence against them as bodies and minds, but that their eternal soul's would remain unharmed. The reason they chose this victim role was for the growth of their soul, and, in being courageously inspirational to other souls in Spirit, as well as on the earth plane.

Should this interpretation not sit well with you, then the more conventional understanding of the Victimiser being a bully of note and damaging people as victims is probably what makes sense to you. You probably see life as a dog eat dog existence in a jungle of your understanding. Of course, I cannot prove my theory to you as expounded above, but in trying to make sense of the senseless acts of violence, physical and mental, perpetrated by Victimisers against Victims, it can't be random. Or can it? We won't know the truth while on the earth plane of existence, so I have decided to prefer my soul contract explanation above so I can sleep better at night. You must make your own decision and be responsible for how well, or otherwise, you sleep at night.

96. Visionary

***The visionary is the only realist.
-Federico Fellini***

I think that it is necessary to remind you of *Abraham*, a group consciousness from the non-physical dimension, who is channelled by Esther Hicks. *Abraham's* presence has been

made known by Esther Hicks since 1986 and has developed a following of millions through the world. For more info, please visit abraham-hicks.com.

I find the words of *Abraham* to be some of the best channelling works I have ever experienced.

Abraham states that we are the leading edge of thought here on the earth plane. By having the contrasts of duality, we experience events and enlarge our understanding.

The visionary aspect of human endeavours comes from the dissatisfaction of the status quo. Someone, somehow, envisages that life could be better than it is, and envisions a change, hopefully, for the better. The Visionary archetype imagines and sets the creative juices flowing to create this better thought process, issue, event, or whatever is being envisioned. Every creation begins with a thought, if the thought is an intention, and if the intention had emotional muscle behind it, then a desire is the next stage of creation. With enough intent and desire, the positive vibrations of creation begin their process of manifestation.

I believe that the Visionary archetype comes to earth with a soul contract to improve the status quo. This is not an easy contract to fulfil. Man, by nature, does not like change and is usually threatened by change. When the Visionary archetype arrives on the scene, they are typically derided by the masses, and their role is invariably a lonely one as they are shunned and, often, ridiculed by the masses and their electorate in power at the time. Most people know why something won't work, very few focus on the reasons it could work.

The lives of Jesus and Galileo spring to mind as examples. Jesus was crucified for challenging the establishment at the time, and Galileo was under house arrest for daring to challenge the Catholic Church's understanding of the relationship between the sun and the earth's rotations. It took the Church hundreds of years to eventually concede that Galileo's heliocentrism was correct and the earth and its planets revolved around the sun, and not that the sun revolved around the earth as believed by the Church for hundreds of years.

Since the mid 1990's we have had the Internet, which, like the invention of electricity, is radically transforming the world as we know it. The Internet is providing the platform for new visionaries to emerge, probably at an unprecedented rate. The role of the Internet-based visionary today is proving to be a catalyst for other visionaries to emerge from the shadows with their improved ideas. The threat of change is being swamped with new ideas, concepts and inventions daily. For those who grasp the new opportunities being unearthed, as opposed to those hiding away due to fear of change, new vistas are opening up every day.

Change is the order of the day, and the mainstream of visionaries cannot be held back any longer by the masses. It's adapt or get left behind. The Day of the Visionary has arrived and the karmic rebalancing for the likes of derided Visionaries through the millennia is underway.

97. Warrior

The two most powerful warriors are patience and time.

-Leo Tolstoy

It is well nigh impossible to defeat one who is patient and has time on their side. There is such a thing as battle fatigue and only the most ardent of warriors will spend all of their life waging war. The rise and fall of nations over millennia have a common theme of becoming financially depleted through continually financing wars. If one has both patience and the ability to sit it out time-wise, then like water dripping on a rock, and eventually disintegrating the rock into small grains of sand, the patient warrior will always succeed in the end.

The Warrior archetype is an attacker, defender and protector of those people and things that they are committed to. Warrior archetypes are usually seen as physically strong males prepared to fight to the death; however, this stereotype ignores the warriors, both males and females, who use brains instead of brawn, as well as women who protect their families and other things of value to them.

Warrior energy often needs to be tempered as the males' testosterone fuelled "gung ho" approach is usually a blunt weapon in today's world, where sophisticated weaponry relies on technology and the push of a button to achieve what battalions of soldiers did before.

Since 9/11 (September 11, 2001) when terrorists flew aeroplanes into the Twin Towers in New York City, and over 3000 people were killed, the warrior energy of the USA political leaders and military leaders, and their allies have taken reprisals. The cause and effect consequences of the initial attacks on 9/11, and the reprisals and counter reprisals after that, have seen millions of people killed or displaced from their homes. In countries like Libya and Syria, millions of people are displaced from their homes, and the current refugee crises in Europe is one of the results of this warrior energy on all sides of the various conflicts.

Sun Tzu, circa 500BC, a military General and Strategist, author of the classic book, *The Art of War*, stated that "*The supreme art of war is to subdue the enemy without fighting.*" By this, I infer that the best way to win a war is not to fight it but to show such strength that the enemy chooses to lay down their arms than commit suicide by attacking this undeniable strength in opposition to it.

As I have stated a few times in this book, some 50% of the USA military involved in the "War on Terror", as President George Bush labelled it after 9/11, have formally sought assistance for their wounds, psychological and physical, while only 10% of the USA military face battle conditions.

Who knows what the opposition fighters have gone through? Mostly without the support structure to deal with the psychological impact of being attacked in their homes. What bitterness is being spawned for generations to come to see the USA and their Allies as the enemy?

Throughout this book, I have talked about cause and effect consequences at a soul contract level. The warrior energy and its aftermath of reprisals seem to be setting up new soul contracts to experience being on both sides of a war. Hopefully, the soul contract re-

pairing of a hole in the soul of one with warrior energy is to find the counterbalance of being a peace monger rather than a warmonger in this lifetime, or a future lifetime.

There are two relevant quotes from USA President John Kennedy who was assassinated in 1961,

“Mankind must put an end to war- or war will put an end to mankind”

“War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today”.

98. Winner

The key is not the will to win... everybody has that. It is the will to prepare to win that is important.

- Bobby Knight

Everyone loves a winner, except the loser! Being a winner archetype is as much a mental pursuit as it is a physical one. Winning is a mental approach to life. Winning is a habit, but so is losing, as outlined above under the Loser archetype.

The motivation to be a winner is essential to analyse. The hunger and desire for winning must be present, as most competitive endeavours are well-matched, and often the winner's place in the rostrum of life goes to the one most determined to win, whatever it takes.

Winning in life may take place in the competitive arena, but the real winning takes place in the preparation stages before competing. The will to win and the necessary preparation will ensure one performs at their best.

Winning is merely being better than you were last time. You have limited, if any, control over your opponents, and their preparation to win too. In one -on- one competition you have some control over your opponents, as they do over you, but winning takes place in the few inches between your ears!

Winners bounce back from any defeat, even more determined to succeed, but their losses need introspection to identify and improve on their past performances and develop an increased determination to succeed. Self belief is critical, and self doubt cancerous, to their chances of winning.

Winners are optimists and sometimes when they lose, they don't analyse what went wrong, and how they can improve. Sometimes, they do the reverse, and they overanalyse what went wrong, and they suffer from “analysis paralysis”. Finding the balance is critical to continue their winning ways.

Winners often state that they were “in the zone” and everything was effortless. The zone is known spiritually as the Now. Here winners allow their ego-based thoughts to be absent and they play intuitively trusting their ability in unconscious self-belief.

For those who are interested, I have written a free book *Achieving Your Goals and Dreams* found on personalempowerment.co.

When winners in one arena move to another field of endeavour, their overconfidence and their self-belief can be detrimental to their performance in this new field. Every new field of endeavour requires a learning period, and becoming a student again is sometimes challenging to achieve from ego-based winners.

Over optimistic winners, who avoid analysing both their wins and their losses, develop a blind spot to realism, and they believe they are infallible until their world comes crashing down around them.

Being competitive in most endeavours usually has a “sell by” date when physical and/ or mental abilities peak, and start to decline. Winners should know when to step down at their peak, and avoid hanging on and being remembered as a “has-been”.

Winners are usually ego-based as soul-based people see competition as primitive and unnecessary. If you know we are all One, then winning and losing is immaterial, as One is both. I prefer the terminology of there being a First Winner, and then, a Second Winner, rather than a loser. Second Winners can be proud of what they accomplished whereas losers hang their head in defeat.

Only authentic winners are true winners. Winning through cheating, or by taking unfair advantage of a situation, may see these winners on the rostrum as first place winners but, unless they are pathological liars, they know within that they don't deserve to be classed as winners.

In the counterbalance of soul contracts, winners may have been losers in a past life and now need to experience the exhilaration of winning in this lifetime.

Winner archetypes are counterbalanced by teaching others how to win too. Additionally, winner archetypes can train those who do not have the skills and abilities to succeed and win in a competitive environment, how much fun you can have in playing the game without a scorecard involved.

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99. Wisdom

Knowing yourself is the beginning of all wisdom.
- Aristotle

Carl Jung identified the wise old man and the wise old woman as archetypes. The male was profound, and sage-like in dispensing advice and the female was the nurturing grandmother type full of love, understanding and compassion.

There is no substitute for experience, providing the experience being dispensed is relevant to the issue at hand. When dispensing love, understanding and compassion, the beneficiary must be in a place ready to receive such beneficence.

Everyone has their journey in terms of their soul contracts and giving unsolicited advice and, even, unasked for, love, understanding and compassion may be premature in terms of the recipient's chosen journey.

Knowing when to speak, and when to remain silent, is a part of wisdom. Timing is everything when advice and love are given if they are to be of benefit to the recipient.

Wisdom archetypes have usually experienced life in many forms during their eternal journey as souls, sometimes as souls within bodies on earth. Their accumulation of experience, knowledge and resulting wisdom has usually come from correct and incorrect choices and decisions they have made during their journeys. Wise people know that everything happens for the best, it's merely a function of time before that becomes evident. That time may include more than one lifetime on the earth plane of existence.

The counterbalance to wisdom in previous lifetimes is probably one of ignorance and making costly errors in judgement. It makes sense to me that wisdom is accumulated in one's soul's eternal journey rather than simply a switch from ignorance to wisdom in one lifetime.

For those who are interested, I have written a free book, *Wisdom in a Nutshell* found on personalempowerment.co. This is a summary of themes from my near 1000 page book *5000 Years of Wisdom* where I have collected and collated some 13 500 quotations under 960 headings in chronological order to see how these various concepts have changed with the effluxion of time. Selecting these relevant 13 500 quotations from over 750 000 quotations I had previously collected through the years was a daunting task but my family and friends who have copies of this tome say its the most wisdom to be found in any book.

100. Wounded

The sword the body wounds, sharp words the mind.
-Menander

Here we are talking about being emotionally wounded rather than physically wounded. A physical wound can usually be treated medically but an emotional wound, if left unattended, can create havoc in one's life. Ego's role is to protect that emotional wound to avoid you getting hurt again in those emotional places within your psyche.

An emotionally Wounded archetype can be a dangerous person to be around as they have usually unbalanced their life, their character and their personality to self protect this emotional wound. They can lash out uncontrollably at themselves, or another, if this emotional wound is attacked. A lot of anger and frustration is attributable to someone's ego protecting their emotional wounds. Hatred, bigotry and prejudice usually stems from the myopic nar-

row mindedness from someone who has real or imagined emotional wounds for which they blame one person or the race, religion or other associations connected to that person.

The counterbalance for such an emotionally Wounded archetype is to unearth and deal with the root causes of this emotional wound. Invariably this will require trained professional assistance as the unbalanced mind cannot be expected to self correct.

Those who can undertake such self correction through rigorous, authentic self examination and unearth this well hidden and protected emotional wound, and bring it into the Light for healing are the real heroes in life. If they can thereafter adjust their life, their character and their personality in a more balanced manner they will be seen to be heroes, and maybe even Super Heroes!

This is a soul contract healing of note of a hole in one's soul.

Conclusions

I have presented you with 100 Archetypes and am sure you have found one or more that resonates with you.

Being aware of the role these archetypes play should enable you to begin rooting out your soul contracts, especially after using the six soul contract identifying markers in the earlier part of this book.

If you can begin to see the role that soul contracts play in your life, even during, but usually after, the events have occurred, then the purpose and meaning of your life becomes much clearer.

Your prior negative judgements of another, or of yourself, are now changed and more positively informed and improved. Your new attitude is shaped through a better understanding of the roles you and others have agreed to play when you were all in Spirit. Perhaps, your clearer understanding, via soul contracts, has moved you from negative judgement of another, or yourself, to gratitude, and, even Love, for yourself, or the other person, your Soul Mate, as a member of your Soul Group.

As stated earlier, I write these books for myself, for my two sons, and my selected friends, and then to share them with the world for free via personalempowerment.co.

I have learnt more from writing this book than I expected to at the outset. My self-interrogation throughout the book, as well as the information I unearthed about certain of my soul contracts but did not disclose, to avoid the book becoming an autobiographical journey, has opened my eyes wide as to why I am here, and what I still have to do, in terms of those soul contracts.

I sincerely hope and pray that this book opens your eyes to the purpose and meaning of your life, in terms of your soul contracts, as it has done for me.

I hope the doubters of soul contracts now have more information, knowledge and wisdom to make a more informed decision.

Thank you for reading this book.

In Light and Love,

Neville Berkowitz

Johannesburg
South Africa

December 2019

personalempowerment.co.

