

the soul's age

How Old is Your Soul?

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Soul Age Systems

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age

How Souls Age

The soul's journey is often long and complex. It takes place over the course of many lifetimes which combine to form a storyline of their own—like a lifetime comprised of the many lives you've lived. You experience the pattern of time, experiences and progress that characterizes your current life. But your soul experiences the same thing in a great arc of time, experiences and progress that takes place over all your lives. When you pull your vision or "point of view" away from your current life and consider the long arc of your many lifetimes...you can often gain perspective that can assist you in this life. This life is just a chapter in the greater story that is your soul's journey.

Where is your soul going? How is it evolving? What part does this life play in the overall story? Those are questions that can help you in this lifetime...especially in times of crisis or great stress. If you can remember to look not at your current life's story, but at the greater story of your soul, then many problems come into perspective.

But the soul's journey is not actually an "arc" in space and time. Rather, it's more like a complete circle or spiral. In fact, souls do not age in a fixed line of evolution, but cycle through time and space like spirals or waves...repeating an expansion and contraction pattern, like the universe.



What this means is that soul age is not exactly linear. In any given lifetime, an old soul may not necessarily be more "evolved" than a exploring soul. In fact, the exploring soul may have been through many more cycles than an old soul. It just depends on the soul. It's a continuous spiral that repeats the same pattern over and over with different lessons and experiences each time.

1

The Exploring Soul

Exploring souls are the true lovers in our world. They are here to soak up life and discover without secondary or subconscious motives. They are not tainted by ego, drama, cynicism, or power. Rather, they are pure energy, free spirits, and sincere. Exploring souls are basically happy people and they help others to remember that life is good. In fact, exploring souls are the true healers in our world. Unlike the Mature Soul healers, Exploring Souls are not trying to heal, they just do...with their very presence, their innocence and purity.

Exploring souls are the salvation of many old souls who have gone into hopelessness. As such, exploring souls and old souls make an excellent pair. Exploring souls can sometimes lose their way, which old souls can help them find again. Their motto: "All paths lead to god" and "Love is all you need."

The Exploring Soul and Money

For the exploring soul, money is a play thing. It's a means of getting pleasure, adventure, and access to more of life. And above all else, exploring souls are about living life, so the acquisition of money is often a goal for exploring souls. Exploring souls have no trouble making money, because they are the most enthusiastic and daring of all the soul ages...and they are capable of putting a lot of force and energy into the acquisition of what they want.

Most companies have exploring souls on staff as salespeople, marketers and those who drive the business forward. Exploring souls do not get set back by failures, competition or difficult situations. They get right back up and continue without hesitation. Exploring souls are also excellent entrepreneurs and can do very well in their own businesses, provided they have partners who are older souls (preferably mature or old souls).

While they are good at making money and developing business, they are not necessarily good at money management and can spend money unwisely, for the sake of their personal pleasures or whims. Some exploring souls are not interested in money and do not see it as a necessity for enjoying their existence. While these exploring souls may go through life without money, they will not feel the lack in most cases...and enjoy life just the same. Exploring souls are truly an inspiration for all other soul ages.

Since exploring souls are difficult to manage and contain, and are almost incapable of self-monitoring and self-control, it's essential for an exploring soul to have trusted advisors who are up to the difficult task of managing their finances for them. Old souls are the best at this, since they are often in symbiotic relationships with exploring souls and have the maturity to "allow" exploring souls to be themselves, while helping them manage their energies. And old souls are not interested in taking advantage of an exploring soul the way an achieving soul can be.

Exploring souls are generous and love to share their lives with their friends. They can be extravagant with friends and sometimes get taken advantage of. They are not always the best judge of character.

In the financial realm, exploring souls simply need to be managed and protected. They would be well advised to develop smart money habits, such as saving money, putting a portion of their money into safe investments, and keeping good financial records.

The Exploring Soul and Love

Exploring souls love to love. They especially enjoy physical manifestations of love, including getting together with groups, parties, sexual encounters, and all forms of togetherness. They don't particularly like being alone and they especially don't like dwelling in the emotional or psychological aspects of love. For this reason, exploring souls are not well matched with mature souls for love relationships. Mature souls will quickly tire of the exploring soul's energy and "free spirited" lifestyle and can even become angry and resentful of the exploring soul.

Exploring souls combine well with other exploring souls, but these relationships are often not the best long-term relationships a exploring soul can find. Exploring souls can be direction-less and two exploring souls together can be completely blissful and self-destructive.

Exploring souls can get along well with achieving souls, but this can be hit-and-miss and depends on how open the achieving soul is to the innocent energy of the exploring soul. Some love it and others are turned off by it—seeing it as a step backward.

Exploring souls will have a great many friends in life and it's really their friendships that are the most meaningful relationships to them. They are really not interested in the compromise and control that long-term committed relationships usually require. This is especially true in the

early years of an exploring soul's life. As they get older (say, into their mid-to-late forties or after), they are able to settle down a bit and channel their energies into one-on-one relationships. But their relationships will still be full of activity and exploration.

In relationships, as in most things, exploring souls should trust themselves and their instincts, and not give themselves away to what they think are more evolved beings. They must remember that they are the masters and not the followers. At the same time, they should remember to learn their lessons, form good habits and apply discipline when necessary—all things that exploring souls are not interested in doing, but which help them evolve.

The Exploring Soul and Self

Exploring souls are focused on exploration and activity. They do not want to lose out on any of life's adventures and try to pack as much life into the time they have as possible. This is not to say that they overlook the small or simple things in life, like smelling the flowers or sitting in a field and feeling the sun on their faces. In fact, exploring souls adore such experiences. But exploring souls do not understand the management of their energies and can easily be at the mercy of their energetic "moods" rather than creating or controlling those moods themselves. They might spend an entire week sitting in that field and feeling the sun, because it feels so good.

Exploring souls are great lovers, wonderful friends, excellent businesspeople and generally inspirational in how they live their lives. They can usually bounce back after setbacks and take most things in stride. They can quickly navigate around things they don't like, and prefer to avoid unpleasant things rather than confront, analyze, or engage with them.

That said, exploring souls can get hurt by others and this usually happens because they trust too much and leave themselves vulnerable. Exploring souls innocently believe that everyone comes from the same basic motivation as they do.

Exploring Soul Meditation

1. Sit in a comfortable position with your legs crossed and your hands resting in your groin area.
2. Breathe deeply in and out and pay attention to your breathing. Feel your chest move and the air enter your body as you breathe in.
3. Think about the vastness of life, of nature, of the Earth and of the billions of lives living here, in the same time and space as you are living. Imagine yourself as linking or connecting to all these people and things.
4. After several minutes of connecting with life, nature and the planet, feel the deep inner gratitude you have for being alive in this moment.
5. Remember that you are connected at all times to the vastness of life and its energetic power and that you control the flow of this energy into your body, as if you had a dial that lets you control the energy setting. Set this dial to a level just a few notches below maximum, or even lower if you feel that it's a better setting.
6. Clear your mind and, when you are ready, return to normal breathing and reality.

2

The Achieving Soul

These are the ambitious types among us; the ones that have a clear and defined purpose for their lives and they are driven to fulfill that purpose. They are the catalysts for change, experimentation and drama in our world. As such, they are easily manipulated into following, even though they desire to lead. They crave experience, power, belonging, and expression and they often feel that introspection and soul searching are indulgences that can lead to negativity.

Achieving souls hate negativity and avoid or even fight with people and places that they feel bring them down. They would do well to remember that the dark and the light work together to make a day and a night for our world. Achieving souls should avoid the trap of being righteous and validating their actions. Instead, they should focus on serving others and opening themselves to other perspectives. Their motto: "Just do it" and "you are the creator of your life."

The Achieving Soul and Money

Achieving souls are very ambitious and have lofty plans for their lives. They desire to express themselves and their power and this can lead to great success in business and the financial realm. Unlike the mature soul, who is focused on a cause, the achieving soul is focused on his own achievements. Achieving souls want to be great leaders, famous actors, multimillionaires, and renown authorities. They don't generally want to do anything in a small way. The achieving soul wants to see how far it can go in the world. Most of the great leaders, corporate magnates and empire builders in our world were achieving souls.

That's not to say that all achieving souls are successful financially. The dynamics of money are complex and sheer passion and ambition are not always enough to achieve financial success. Achieving souls need to remember that discipline and hard work also count.

But even if money eludes a achieving soul, he will still enjoy the ability to lead others. This does not come from a natural ability to lead, like that of the mature soul, but comes from the achieving soul's passion and total inability to follow. Achieving souls are so focused on their own accomplishments that they find it distracting (at best) to get behind someone else's success plan for very long. If they do work for others, it won't be for long, as they will surely break out on their own as soon as possible. Even achieving souls who engage in service businesses or philanthropic

endeavors are usually doing so for their own sense of achievement.

Deep down, achieving souls want to be famous and are often drawn to professions that can offer them this: entertainment, organizational (corporate or military) leadership, entrepreneurship (inventing or creating something of their own), or great achievements in a particular field of study. Einstein, Picasso and Freud were all achieving souls.

Achieving souls are very secretive and hide the details of their financial lives. They love to hide assets away for a rainy day or unforeseen eventuality. They project themselves in ways that are not true in order to manipulate their "image" in the world. And they love to have secret knowledge that makes them special or gives them an advantage over others.

The desire that achieving souls have to achieve can lead them down a dark path, where they are capable of manipulating and abusing others for their own gain. Achieving souls should remember that ego is their worst enemy and work hard on learning the lessons of humility and selflessness. Meditation, ritual and religious discipline are often good for the achieving soul.

The Achieving Soul and Love

Achieving souls are as driven by a desire for greatness in love as they are with greatness in business. They seek the perfect mate and the perfect relationship. As such, they can be captivating and all consuming to their lovers. There is nothing small about a achieving soul in deep relationship and one is not likely to forget the experience, especially baby, young and mature souls.

Exploring souls are captivated by the largeness of the achieving soul's dreams and desires...and by the intensity of experience the achieving soul can create.

Other achieving souls appreciate being with someone who can keep up with them and match them in their intensity and passion. Achieving souls do not want for passion in life and in their relationships.

Mature souls can find the achieving soul's energy and drive to be recharging, as many mature souls find themselves on the edge of desparation and exhaustion from seeing and trying to fix so much that is wrong with this world.

As mentioned in the money section, achieving souls can often victimize others in the name of their ambition and justify their actions to themselves and others. Since they are good at justifying themselves and because they do not allow relationship issues to take them away from their goals in life, achieving souls often lack real connection with

others. This will turn off the old and transcendent souls, who will usually find the achieving soul rather shallow and self-absorbed.

In love, as in most things, the achieving soul should resist the temptation to seek the highest height they can achieve and focus instead on being satisfied with (and grateful for) what they already have. This is the first step toward humility.

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The Achieving Soul and Self

Achieving souls are learning the limits of the self—their own “selves” and human potential in general (the global self). They seek to know where they begin and end and what they are capable of accomplishing. They are driven by the desire for greatness and that can manifest as a specific or general greatness. It can also manifest as stubbornness, blind ambition and righteousness.

The lessons in life for the achieving soul are the laws of nature. They must learn how cause and effect work in this world, that every action has a reaction and every acquisition has a price.

Achieving souls should be mindful to learn the lessons that their experiences have shown them and not try to force their own conclusions or attempt the same lesson again and again, thinking they can get a different result the next time. After three times getting the same (or similar) results, they should record the lesson and move in a different direction.

The achieving soul must learn the ironies of life and of the laws of nature...that sometimes one must go in the opposite direction of one's desires in order to find one's truth. They should learn that in giving, one receives and in stillness, not searching, one can find what he is looking for. Achieving souls who learn these lessons quickly, will have

minimal suffering and those who insist on forcing and controlling will suffer more.

Ultimately, achieving souls will find themselves when they finally learn to get over themselves. One good practice for achieving souls is to recognize and appreciate what they already have. Ultimately, this will bring them true fulfillment.

Achieving Soul Meditation

1. Sit in a comfortable position with your legs crossed and your hands face down on your knees.
2. Breathe deeply in and out and pay attention to your breathing. Feel your chest move and the air enter your body as you breathe in.
3. One by one and slowly, become aware of each sense. What do you hear? What do you smell? What does your body feel? What do you taste? What do you see?
4. After you have practiced this awareness, look at your life from a detached perspective, as if through a camera lens. Think of your life as a movie.
5. Think of all of the supporting characters and other people who have contributed to this story, including the antagonists, conflicts and obstacles. Thank them one-by-one for their contributions to your story.
6. When finished, return your awareness to your breathing and, when you are ready, return to normal breathing and reality.

3

The Mature Soul

The mature soul questions everything: social norms, systems, beliefs and even themselves. Think Greenpeace, Amnesty International and those in perpetual therapy. They do good in the world out of a burgeoning sense of compassion and connectedness. The more alternative-minded mature souls among us are often the psychics and healers of our world. They feel that they have a purpose in life, and are always striving to find it or fulfill it. As such, they can often have frustrated, angry or sad souls.

A mature soul should be careful not to judge others, as judgment is always a projection of self-judgment. Mature souls do well to study hard and use discipline to enhance their effectiveness in life. Their motto is: "The more I learn the more I realize how much I don't know."

The Mature Soul and Money

Mature souls are much more interested in saving the world than in having money...unless, of course, they've worked it out in their minds that having money is a way of helping them save the world.

Mature souls are always fighting for a cause, a greater good, a better world or a higher truth and money is just a means to help them in their mission. Some mature souls rebel against the "system" because they consider it to be the cause of most of the world's problems. These mature souls will usually find low-paying jobs that offer the opportunity to contribute significantly to society.

That is not to say that mature souls always struggle with money. Unlike old souls, who frequently have poverty complexes (believing that poverty is somehow more enlightened than wealth), mature souls actually like money and try to use it for their greater good—as long as they don't have to compromise their values...which, of course, they usually do.

Everything for a mature soul is used to further their mission in life and that is often their greatest challenge—to find balance and a way to "lighten up" and enjoy the frivolous things of life. Mature souls are rarely frivolous, but they should try to remember that frivolity is often the catalyst for more "important" things to follow. But they are often so

wrapped up in all the work that needs to be done, that they fail to relax and enjoy the moment.

Mature souls often end up in professions that serve others, and are comfortable as public servants, healers, disaster workers or emergency workers. They also work in and around specific causes, such as animal safety, human rights, law, and environmental issues. There are also many mature souls in the entertainment industry.

Mature souls are excellent at enrolling others in their causes and therein lies the secret to both their ability to survive and their ability to get very rich. They will always have a bail-out plan or an “angel in the wings” to help them out. If they learn to harness this gift, they can become great magnets for money—other people’s money.

Mature souls who have mastered the ability to make and manage money are often quite good with it, knowing how to balance their financial picture with investments that offer varying degrees of risk. It’s good for a successful mature soul to invest in others and help them achieve their goals and dreams. This helps them disconnect from their own projects and causes, and become involved in the dreams of others.

Mature souls usually need to lighten up and stop taking themselves and their lofty values so seriously. They cannot save the world single-handedly and often, their best contribution is to simply laugh and be happy. Happy people make others happy. They should make an attempt

to enjoy the fruits of their hard work and make themselves and those around them happy instead of trying to save them.

The Mature Soul and Love

Love can be difficult for the mature soul. They are often conflicted between their lovers and their causes...and usually the lovers end up getting the short end of the stick. In fact, almost nobody lives up to their values and expectations and they will often find excuses to get out of a relationship if they feel it's getting in the way of their cause or not living up to their standards.

Although mature souls are often selfless, that doesn't mean that they are all about the other. In fact, they often fail to connect deeply with others for fear of losing themselves. They are anchored in their missions and do not want to be distracted from them. Mature souls secretly dream about a perfect world and can get so wrapped up in it (often subconsciously) that they stop making true and profound connections with others. As such, mature souls are often lonely and isolated.

To many mature souls, relationships are a distraction, or simply exist to support them in accomplishing their mission. In either case, the mature soul has very little patience or capacity to work through the challenges or problems that arise in relationships and they either avoid these problems or adamantly refuse to work them out...usually to the frustration of the other. They would do well to remember that living up to a high standard requires work and often getting dirty in the process.

Mature souls are best mated with other mature souls, who share their mission in life or have a compatible mission. It works well for both of them that the other is not completely engrossed in the relationship. They can both get on with their work and the relationship becomes a kind of enhanced friendship that supports them both.

Mature souls should practice introspection and self examination. They need to stop taking sides with the underdog and the down trodden and open themselves to more symbolic and abstract realities, and to the notion that the darkness is as important as the light.

The Mature Soul and Self

At their best, mature souls can be quite selfless. Achieving souls are all about themselves and their personal experiences, while old souls are all about their life journeys and clearing their karma. But mature souls are all about others. Their focus is on saving the world, helping lives, rescuing communities, or somehow improving the world around them.

Mature souls like to find their "purpose" in life and often confuse their cause with their purpose. One of their lessons is to realize that the purpose of life is to live. This is an elusive truth for the mature soul, but one that will set them on the path to their next stage of evolution.

As mature souls transition into old souls, they often take on eccentric personalities, which can show up as rogue and independent people in society, fortune tellers, energy workers and even priests, gurus and spiritual guides. Unlike old souls, who shy away from positions of leadership and responsibility, mature souls thrive on it and often have many followers. This may lead them to their next lesson, which is to fully integrate the dark and light sides of life, without judgement and become ok with themselves and others as they are.

They may try to accept the "dark side" in themselves and others, but they ultimately resist it and don't fully accept it. In the end, this inability to fully accept the dark side of life is

what keeps them stuck. As they transition to old souls, the dark side is usually what they'll focus on, almost to the point of obsession.

Mature Soul Meditation

1. Sit in a comfortable position with your legs crossed and your hands resting palms up on your knees.
2. Breathe deeply in and out and pay attention to your breathing. Feel your chest move and the air enter your body as you breathe in.
3. Consider the interrelatedness of all things...how the universe is constructed to form a perfect whole and how all of the parts connect and influence each other. Nothing exists that is not dependent on other things for its existence. Nothing exists in a vacuum. Nothing is alone.
4. Repeat the following mantra: "Everything is perfect as it is."
5. Make an agreement with yourself that you will more often recognize the magic of life and trust that the universe will unfold as it should.
6. Clear your mind and, when you are ready, return to normal breathing and reality.

4

The Old Soul

Old souls are often the street people, eccentric characters and saints among us. They are the mystics, the simple servants, and the winemakers. They are not too interested in rocking the boat, being famous, or saving the world. Most of the famous New Age guru types are not old souls; rather they are usually Late Young or Early Mature Souls who are still interested in the world's drama or in working out karma. For many old souls, their soul age characteristics don't tend to manifest fully until after age 35, although the signs of wisdom and insight are there from an early age.

Old souls should avoid going into the dark side of their insight, which leads to cynicism and sarcasm and ultimately...hopelessness. ...It helps an old soul to remember that everything is perfect and that all of creation exists in a blade of grass or a single touch. A bit of comfort and play is good for the old soul, to help them remember that the soul of life is good. For this reason, friendship with exploring souls is healing for an old soul. An old soul's motto is "Everything is a reflection of everything else."

The Old Soul and Money

Old souls are not great with money. It's not that they can't learn to make money or manage it; they simply, deep down, don't really care about it. In fact, some old souls actually harbor contempt for money and the way it has become an abstraction of real human exchange. Depending on how deep this resentment goes, an old soul can go as far as to practice poverty in their stance against the monetary machine. This poverty can be a willing choice or the unwilling result of their choices in life. Either way, they are often broke.

Old souls do not fall into the trap that mature souls have of taking sides. They know that the victim and the perpetrator are both equal parts of the same paradigm. They know that rich or poor, money will levy an equal toll on the human spirit. They generally don't want anything to do with this system and happily opt-out of it. But "opting out" is basically a choice to be poor, since having money requires an active participation in the system.

Old souls who are not suffering with lack of money will often use their money to help them focus on deeper things, such as experiences in life. They love to travel and do things with their money that add meaningful experiences from which they can evolve. But they don't often learn the dynamics of money and can run the risk of losing everything. They might try to point to specific mistakes or issues as the cause, but the truth is that they still resist the entire abstraction that

is money. They resist anything that holds them back from evolving and money can often do that.

The challenge to an old soul is to be ok with unevolved systems and to incorporate them into their greater evolutionary arc. It's not about being ok with having money or not having it. Rather, an old soul sees beyond possession to the meaning behind money. This is the lesson that money offers the old soul...it can help them shed their judgment and resentment of unevolved systems and overcome their sadness for humanity's ultimate weakness around money and their apparent inability to evolve.

In the end, the old soul must use the abstract system of money as a means of evolving personally. They must remember that money is a representatin of energy and agreement and they must learn the lessons that money has for them. If an old soul can apply their evolved concepts of energy and agreement to money, they will be able to manifest money almost at will.

The Old Soul and Love

Old souls love deeply and for many lifetimes. They value their closest companions above almost all else and would sacrifice themselves without pause for the well being of a beloved. This is not to say that old souls don't value their own lives. On the contrary, their personal journey and evolution is the most important thing to them. But they know that the journey is not about "winning" or "achieving their goals," but about living lives they can be proud of.

For them, love and friendship are the currency of the universe and they are experts at the exchange and management of that currency.

Old souls are able to reach beyond physical limitations when it comes to love and friendship. They know, for example, that thinking well of a person is among the greatest acts of friendship one can give. For an old soul, this applies to the living and the dead, to those close and those far away, to past, present and future companions. They do not let little things like physical reality, sanity, or time obstruct their ability to love.

Old souls can fall into the trap of "bearing" the suffering of love. Since they often make the mistake of placing value on suffering rather than on growth, they can end up over-giving to their loves and setting up situations that reinforce their suffering, causing a spiral of negative destiny.

They would do well to remember that suffering is not required to enhance the experience of love and that happiness can also enhance love. They should look for ways to evolve that do not require suffering and for lessons that are enjoyable to learn.

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The Old Soul and Self

Old souls are focused on what's happening behind the scenes. They can see beyond common reality to the dynamics that are occurring in the background. Old souls can see the energies and mechanisms at play that most people don't see. Ultimately, they are on a personal journey and their highest truth is to grow and evolve in each lifetime. They have learned many of the lessons of growth and evolution and are often in a place of wrestling with their experiences. In fact, most old souls have lost their innocence and have become cynical.

They have a gift of being able to see and perceive more than most people and they are often either laughing or crying on the inside from what they see that others do not see.

Their challenge is to avoid the pitfalls of cynicism and return to perfect balance and "the beginner's mind." Many old souls wallow in their ability to endure pain and suffering, since it comes with their ability to perceive so much. They sometimes lord their greater perspective or their greater suffering over others. Over time, old souls often fall into cynicism and hopelessness, seeing how pathetically blind most humans are to the subtle dynamics of this world and to that which matters most.

Their tendency toward negativity and cynicism can cause them, and their companions, great pain and keep them

locked in a cycle of suffering. And while old souls are not adverse to suffering and bear it well, they can also wallow in it and use it as a "badge of honor." They can sometimes make the mistake of thinking that the amount of suffering they have borne over their lifetimes is the measure of their worth. In fact, they would do well to remember that growth and evolution are what they truly value, and that suffering is not a requirement for growth. Rather growth comes from un-learning or letting go of old perceptions. In essence, growth comes from emptying yourself of what you "know" to be true.

For this reason, a key lesson for old souls is to shed their pain and find the core of their own happiness. To fully evolve, they must become empty and that scares the old soul because they value their experience above all else.

Old Soul Meditation

1. Sit in a comfortable position with your legs crossed and your hands resting palms down on your knees.
2. Breathe deeply in and out and pay attention to your breathing. Feel your chest move and the air enter your body as you breathe in.
3. Become aware of your body, your muscles, the energies connecting your tissues and the electrical charges going on inside. Think of the miraculous nature of life and the vast complexity of all things.
4. Think about times or moments when you've been happy. Feel each of these moments as best you can.
5. Make a promise to yourself that you will allow more happiness to enter your life...that you will focus on what makes you happy.
6. Clear your mind and, when you are ready, return to normal breathing and reality.

5

The Transcendent Soul

Transcendent souls are so detached they are practically not even here. Transcendent souls have an easy time fitting in, but a very difficult time belonging. In fact, they often have many admirers and followers, but their primary struggle in life is discovering where they should be and with whom. Ultimately, they are trying to understand why there are even here in this life and many are just waiting for life to be over, so they can return to the source, even if they don't really know what that source is.

One thing is sure, transcendent souls do not do life in a small way; they are compelled to live big and even go out in a flash. Transcendent souls should focus on remembering their past lives and trust that they, in fact, belong to themselves...at least during this soul age. Although discipline strikes transcendent souls as a petty, three-dimensional tool for the weak minded, those who adopt some disciplines will be more equipped to transcend to the next level. The transcendent soul's motto is "it just is."

The Transcendent Soul and Money

Transcendent souls are not motivated by money at all. They don't love it and they don't hate it...which is a common disposition for a transcendent soul—to be neither here nor there. That's not to say that they are lazy or not motivated. But transcendent souls do not get turned on by the same things as other people. They are not ambitious, yet they are full of energy and awareness. They are not attached to the outcome of life, yet they move forward toward their goals.

Basically a transcendent soul puts energy into the things that turns him on. What does this mean for their financial lives? If money, or the things money can buy turn-on a transcendent soul, then money will come. If not, then they won't. Transcendent souls are great at manifesting their desires, and, like exploring souls, they are able to focus great amounts of attention on their desires. But unlike exploring souls, transcendent souls are not really having fun. They are not really sure what they are doing and usually do not have clarity on a goal or purpose. For that reason, many transcendent souls do not manifest great wealth, since wealth requires clear intention and desire.

Transcendent souls don't know what they want most of the time and, in fact, don't really know what they are even doing here on Earth for that matter.

A transcendent soul would do well to work with energy...learn to manage and channel their energies and especially learn to focus them. There is no single method that is best for transcendent souls; they each need to find their own way of harnessing and controlling their own energies.

Since transcendent souls have vast awareness and the capacity to "take in" a lot of life all at once, it's common for them to overload their bodies and "crash and burn" in the process. Basically, transcendent souls tend to run on maximum and go for high-risk ventures and activities. But they often over estimate their capacities, tempt fate, and over stretch their luck. The results can be tragic.

The Transcendent Soul and Love

Transcendent souls love themselves and all beings. In fact, like in most things, they often over-extend themselves in the area of love and end up overwhelming their lovers and friends. The amount of energy and focus they can channel to their loved ones is almost limitless. Most other soul ages do not quite comprehend it or believe it and transcendent souls are quite often misunderstood and misinterpreted as a result.

Transcendent souls combine well with other transcendent souls, but these relationships run the risk of burning out quickly...after a period of great intensity. To keep such a relationship going, both parties must "hold back" some of their energy, so they don't damage the relationship or drive it into the ground.

In relationships, as in most things, transcendent souls should try to slow down and pace themselves, holding back a portion of their energies, their money, their activities, and their love.

The Transcendent Soul and Self

Transcendent souls are among the most “present” and “aware” people on the planet and are fascinated by almost everything. They are especially great at observing and when they engage, it's with a kind of detached awareness.

Transcendent souls will evolve when they focus their energies and narrow their worlds. They love their expansiveness, but their evolution lies in less...not more. They must learn that they do not have to use all of their capacity or spend all of their energy. They should try to come to the end of their projects, their relationships, or even their lives with huge amounts of energy in reserve.

When they trim back their lives and “zoom in” on a single activity, person or point of view...they will create a venturi tube effect that will channel great volumes of energy for their next transition.

Transcendent Soul Meditation

1. Sit in a comfortable position with your legs crossed and your hands resting in your lap.
2. Breathe deeply in and out and pay attention to your breathing. Feel your chest move and the air enter your body as you breathe in.
3. Feel the energies moving throughout your body. Try to get a sense of their frequencies, colors, and intensities. Try to become intimately familiar with each type of energy inside you.
4. Feel the energies all around you and imaging your energies mixing and integrating with those outside you. Feel yourself giving or taking energy from outside you, depending on what you need to feel balanced and peaceful.
5. When you are ready, clear your mind and, when you are ready, return to normal breathing and reality.

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Van Buren Publishing
1171 S. Robertson #124
Los Angeles, CA 90035

info@vanburenpublishing.com
www.vanburenpublishing.com