

Soul Evolution

As you progress in the “age” of your soul (which comes down to your soul’s experiences) the motivation of your soul moves from fear to love. Below are the five stages of the soul as we learned in a workshop with Maria Shaw in August of 2018. There are no hard and fast rules on determining your soul’s age and one is not better or worse than another. You might find yourself between ages since you might have aspects of multiple ages, but you will have many more aspects of one age.

Infant

The Infant soul age is all about survival. They tend to fall into their roles in life as providers, caretakers, cooks, etc. They serve in the same role all of their life. They are always looking for someone to take care of them. They tend to have issues with lower spine, bladder or sinuses. They tend to be negative thinkers. Many 3rd world countries have most of their populations at this soul age. Infant souls have money issues (always worried about money). When work is offered, they do not question it, they just accept the work. Typically, the work is for low wages and manual labor. They don’t settle into their soul’s purpose until they are around 40 years old.

Child

The Child soul age will make an impact on the outside world. They tend to fall into careers like military, police and EMTs. This soul age is all about being conservative, cautious and group oriented. They tend to feel left out and don’t know where they belong. They feel like they have a lot of enemies and struggle with addictions. They need to work on decreasing judgment and accepting things being just the way they are. This age is like the human age between 2 and 6 years old. When there is an issue or crisis, people at this age need to come together in a crisis. Also, people at this soul age have a deep need to be right about issues instead of feeling peace and letting things go.

Teenager

The teenage soul age is currently making up about 50% of the Earth’s population (circa 2018) which explains why we are in our current state of affairs. Souls at the teenage stage are found more often on earth than any other age. They are creative, famous, desire attention and they are obsessed with what others think of them. They quickly judge others, lack empathy, are motivated by power. They like chaos, activity and social networking is a very high priority to them. Their self-worth is reliant on others. They have a need to express themselves. They want fame, money and attention. They have a “look at me” mentality. They judge themselves by their outward appearance. They tend to feel very superior or extremely inferior and there is no middle ground. They tend to follow the spiritual trends of the moment. They are pot stirrers, they will stir the pot often. They have issues between the ages of 15 and 21. Caution: Do not judge these people because they are evolving.

Mature

Mature souls are heart focused, feel love on a deeper level, and don’t fit in very well with others. These souls have a hard time deciding on a career, but they do want it to benefit the world and to be able to mentor others, but they are not sure how. These people also commonly have digestive and throat health issues. This group makes up about 15% of the human population. Everything will come full circle in their lives. They have a lot of heartbreak in their lives. They will experience high highs and low lows. Healing heartbreak usually comes in their 40s. They are recyclers, activists, etc. They like to give advice. You will often hear them say they think they are on their last lifetime. Speaking their truth and sticking up for themselves is very important to them. They have deep bonds with relationships in their later years (80s, 90s).

Old Soul

The old souls are seen as people that are very sensitive to drugs, sugar, alcohol, toxins in foods/processed foods of any kind, chemicals, energy and their environment. They oftentimes incarnate into dysfunctional families. They enjoy simple, basic aspects of life and everything they do is about experiencing it. Even though they don't see it, they are very much a gift to their families however their families usually do not accept their gifts. They often outgrow religion by their 40's, are found to be bullied as a child (or later), and they feel responsible for others. They are also found to be attracted to or driven by writing. They have tough childhoods. They tend to become calmer and more peaceful as they evolve. They have nothing really to complain about. They should focus healing their brow and crown chakras using meditation. They want to serve others. From 1990 to present, many old souls were born. They love rocks, crystals, metaphysics and alternative spirituality. They may disconnect from family if they decide it's not worth it for them. They ask themselves the question, "Is this good for me?". They tend to be the caretakers for their parents later in life. They should be cautious, as they should not judge other people's use of their gifts and may inadvertently "step" on their gift. They make excuses for their parent's behavior. They have a deep desire to be heard and understood. They have a strong need to be alone or have alone time. They have a hard time speaking up for others. They have a hard time trusting their intuition. Their parents don't acknowledge them (their thoughts and feelings are overlooked). They can have throat, stomach, neck, and eye issues not related to age. They don't tend to fit into others of their own age group.

Ways to Evolve:

1. Accept who you are
2. Help others only when asked
3. Share your wisdom
4. Speak in layman's terms
5. They have a duty to pass on your wisdom
6. Practice not speaking as much and be particular about the words you choose to use
7. When feeling blocked, write down your feelings