



# SOUL EVOLUTION EXPLAINED

*A Handbook for Old Souls*

MARTIN LINLOVE



## A ROADMAP TO YOUR SOUL'S EVOLUTION

Have you ever found yourself grappling with life's big questions - your purpose, your emotions, your very existence? Look no further than this transformative journey through the mechanics of soul evolution and the wisdom of self-discovery. Dive into practical, non-dogmatic teachings that illuminate your path to self-awareness and wholeness. As the founder of LIFT THE VIBE, an acclaimed EQ assessment and life path development company, I bring over 30 years of personal and professional experience to guide you. Explore the interconnected threads of emotional intelligence, healing energies, and conscious living. Learn how to become a conduit for your soul's wisdom, casting light upon yourself and the world. Discover the secret to awakening that lies within you. This is where the realms of practical knowledge and modern consciousness converge. Allow this voyage to serve as your compass, pointing you towards your inner and outer truth. Shed the constraints of outdated rules and mental clutter, and embark on the path of authentic self-expression. Are you ready to ignite your soul's evolution? This book holds the key.

Martin Linlove is a experienced expert in the realm of personal growth and development, with over 30 years as a coach, energy flow practitioner, and corporate sales executive. At the heart of his approach is a profound understanding of human evolution through the lens of the soul. Martin has a remarkable ability to navigate the intersection of emotional intelligence, the soul, and personal transformation. His extensive background includes certifications in EQ-I 2.0 and EQ 360 assessments, solidifying his expertise in assessing and developing emotional intelligence. As the founder of Lift the Vibe, Martin is dedicated to creating positive change by illuminating the hard-wired truths that govern our relationship with the soul. He enjoys animated discussions with his wife, embracing a connected life in Airdrie, Alberta, and serves as a compelling and insightful guide for those seeking to deepen their emotional and spiritual growth. More of Martin's expertise in emotional intelligence and soul evolution can be found on his website, [www.LiftTheVibe.ca](http://www.LiftTheVibe.ca).

# SOUL EVOLUTION EXPLAINED

*A Handbook for Old Souls*

By

*Martin Linlove*

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This book is a work of nonfiction.

Martin Linlove

Visit my website at [www.LiftTheVibe.ca](http://www.LiftTheVibe.ca)

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## **Dedication**

This book is dedicated  
to my wife and life partner, Janey,  
who I love and admire, without whom  
none of this would have been possible.

One does not become enlightened  
by imagining figures of light,  
but by making the darkness conscious.

Carl Jung

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## Preface

Welcome! Here, practical wisdom and self-understanding intersect. Explore soul evolution, emotional intelligence, and personal growth without any religious or spiritual dogma. Let's embark on this transformative journey together!

Have you ever pondered your life purpose, tried to make sense of your emotions and thoughts, and sought a deeper understanding of what is happening to you?

Look no further! This is where the mechanics of soul evolution and its wisdom converge with modern questions and consciousness. In this transformative journey, I explain how the interconnected threads of practical knowledge about the soul, self-discovery, healing energies, and emotional intelligence work together to pursue self-conscious awareness and life purpose.

Dive into practical wisdom and healing practices that illuminate your path. As self-awareness blossoms, we become conduits for soul energies, casting our light upon ourselves and the world. The secret to awakening is inside you. Allow this journey to serve as a compass, pointing you in the direction of your inner and outer truth.

As the founder of LIFT THE VIBE, an EQ assessment and life path development company, I have lived experience with everything I have written, bringing a wealth of personal experience to this work. With over thirty years as a personal development coach, energy

flow practitioner, and hospitality industry leader, I have a proven track record.

I am also an approved and certified trainer of emotional intelligence assessments, utilizing the EQ-i 2.0 and EQ 360 instruments through Multi-Health Systems Inc. My blend of lived experience and professional credentials uniquely equip me to guide others through the complexities of the spiritual and emotional landscape.

My mission is to guide individuals toward their authentic selves, offering high-quality, practical approaches to emotional and mental well-being. I allow souls to experience themselves through their personalities.

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## Chapter One

# WHAT IS THE SOUL



*This planet is a boot camp for souls.*

## **You are a Soul with a Body**

Our souls are points of light, representing conscious awareness and consciousness. They all come with different levels of evolution. As personalities, we inherit our soul's genius, and it's unresolved. We are not a body with soul awareness; rather, we are soul consciousness with a body.

Before coming to earth, our souls decide with other souls all the circumstances we are born into. Who will be the parents, brothers, sisters, and friends, and where, male, female, etc.? The agreements made with other souls are designed to make the best use of the times, culture, body, and experiences that will best serve the learnings needed for that soul.

Your soul is the essence of who you are and your identity. Your intelligence, sensitivity, talents, or abilities come directly from your soul. We are all unique souls with individual geniuses and different purposes. We all have specific learnings from our collective ancestry, culture, and previous lifetimes. Ultimately, we are here to learn to love ourselves and others.

Evolution is always expanding, and it is our own efforts to be self-aware and learn lessons from our experiences that make us evolve.

Just as every one of us has parents, so do we all have souls. We all have two parents, which is a basic reality that gives us our heritage, culture, DNA, etc. To have parents, we don't need to earn them, be good enough, behave morally, be sufficiently holy, or seek approval from a higher power. We just have them as we do a soul!

There is no separation from the soul—we are intrinsically connected to it, regardless of our thoughts, actions, or beliefs. At its core, the soul is an evolved consciousness and energetic essence that animates our existence without requiring any special state or performance on our part to claim that fundamental connection.

## WHAT IS THE SOUL

Our relationship with the soul may become obscured, but it remains an essential, ever-present part of us, much like having parents. We all come from distinct, innate souls, which are not inherently spiritual or religious constructs, but fundamental aspects of our being.

The Earth acts as a magnetic repository for memories, distinct from the physics of energy. Experiences we accept become integrated into our soul, while those we reject remain with our souls, reincarnated as memories that persist across lifetimes. These intense experiences are etched into the earth's memory, and they endure until resolved. This phenomenon, known as karma, drives our continual reincarnation as we grapple with unresolved soul memories.



## **Soul is Male and Female**

The soul's evolutionary journey shapes its expression of masculine and feminine qualities, which are not rigidly tied to one's physical sex. Rather than being inherently conferred by a male or female body, these traits are experienced by the soul over the course of multiple lifetimes.

When a soul incarnates into a male body, it seeks to explore qualities such as spontaneity, willpower, strength, courage, and leadership. These are the expressions of the masculine aspect. Conversely, in a female experience, the soul embraces receptivity, kindness, compassion, and grace—the feminine attributes. The journey across lifetimes shapes this dance between masculine and feminine energies, each contributing to the soul's evolution.

Physically, each personality will be either male or female, but depending on how much each of these traits has been developed over many lifetimes, it will retain both masculine and feminine traits. Old souls are typically more androgynous, with a greater harmony between their feminine and masculine aspects.



## **My Lived Experience**

Growing up wasn't easy. I was the highly sensitive one, always feeling out of place and never fitting in. My parents' pasts were like shadows over our family. My dad, a Frenchman, had been part of the resistance in occupied Paris during World War II.

My mom, from Latvia, survived brutal Russian and German occupations and even spent time in German labor camps. Being the middle child of three brothers, I felt I carried a lot of that heavy, unresolved emotional history, especially since I was the most sensitive.

From a young age, I had a burning curiosity about life and people. By the time I was 15, I was diving into psychology books, trying to make sense of my own experiences. I figured if I could understand my world, I could start to feel better about myself. But I soon realized that just thinking my way through problems wasn't enough.

It took until I was 30 to understand that I needed to dig deeper into my emotions. That's when I found a gifted therapist who helped me confront the feelings I'd been avoiding. It was slow and hard work, but bit by bit, I began to lighten the load I was carrying.

My therapist eventually introduced me to William David, an Akashic reader with insight as profound as the legendary Edgar Cayce. He had spent thirteen past lives training as a reader. In our first soul reading, William told me my soul was a "Mechanic of Evolution." It sounded impressive, but I had no idea what it meant.

He also said my life's purpose was to learn the art of true bonding. That was even more confusing since bonding wasn't something my family did. Until then, I had been depressed and lost, as I had no purpose or direction. Now that I met my soul, I was given a map to follow.

Things really hit home after I had a brief separation from my wife in my first year of marriage. Suddenly, the urgency of following my true path became clear. I realized I was going in the wrong direction, and my soul's purpose became my guiding light.

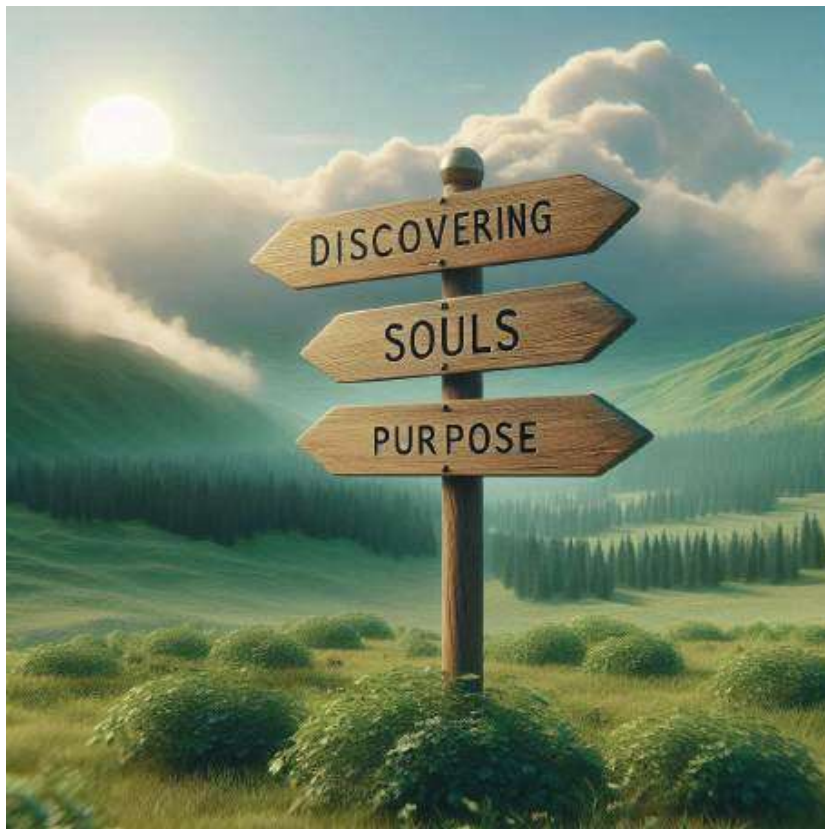
This realization marked the beginning of a three-decade journey of self-discovery. I had to go from being mental/mind to mental/mind with feelings and emotions. I devoted myself to shedding old issues and outdated beliefs that were holding me back, striving to forge a genuine, meaningful connection with my wife. Now, we've been married for over 35 years.

This book is a distillation of the wisdom and insights I've gained through my personal lived experiences and extensive spiritual and psychological exploration. It's my story, and I hope it resonates with yours too.

\*\*\*

## Chapter Two

# SOULS PURPOSE ON EARTH



*Our ultimate purpose is to grow  
and love ourselves wholly.*

## Unveiling Soul's Purpose on Earth

Imagine life as a grand journey—a cosmic adventure. Souls descend to Earth, like travellers arriving at a mysterious destination. Each birth marks a fresh chapter in their cosmic story. It's not just about being born; it's about embarking on a quest for a better understanding of oneself.



We go from thinking we know ourselves conceptually to knowing ourselves through experience and becoming wise to our unique qualities. Knowing and thinking are very different.

We move through levels of evolution, each with distinct challenges similar to how we move through grade school, building upon skills and self-awareness to progress to each new level.

As a result, our relationships with ourselves and others are constantly evolving and require self-awareness and acceptance to continue growing.



Our purpose is to become aware of challenges that facilitate the soul's evolution by removing the beliefs, fears, and pain that obstruct its path.

### **Past Lives, One Purpose: Self-Discovery**

Souls incarnate on Earth to learn about themselves and cultivate their unique identity through experience. Our ultimate purpose is to grow and love ourselves wholly. Any thoughts or feelings that are unloving towards ourselves are what we are working to transform—a process that can span many lifetimes. Along the way, we may have diverse purposes and roles, but they all serve the overarching goal of loving ourselves through learning about the relationships we have with ourselves and others.

### **Earth School: Lessons from Living Stories**

In this grand play, souls wear different costumes. We become students, friends, workers, mothers, fathers, artists, and adventurers. Each role teaches us something about our relationship with ourselves. These roles aren't random; they're the best pathways to self-awareness and acceptance.

Other people are like mirrors. Souls encounter reflections of themselves—their strengths, flaws, and hidden corners. They show us parts of ourselves we might not see. Relationships become our teachers. Sometimes, we find love; other times, heartache. But through it all, we learn.

We discover our own souls through the reflections of others. We're all like travelers on a grand journey. We come to Earth to learn, grow, and contribute to making it a better place for others to follow. It's like going to school, but instead of textbooks, we learn from experiences.

## **Mistakes: Earth's Curriculum for Soul Growth**

Each time we're born, it's like starting a new chapter in our life story. Through our relationships with ourselves, others, and our distinctive qualities, we discover our identity. Sometimes we face challenges or make mistakes. But that's okay! It is all part of the learning process, with no fixed timeline for resolution.

We keep coming back to Earth (in different bodies) to figure things out. Once a soul begins earth school, it must be finished, as earth is magnetic and holds onto every soul memory until they birth themselves by learning their lessons through self-acceptance, self-forgiveness, or love.

## **Friction Shapes Us; Kindness Heals Us**

This planet is like a boot camp for souls. Earth provides us with a flesh and bone body, which produces density and friction within its dense atmosphere. Earth density and friction produce pressure and pain, which bring us to attention and awareness about things we don't accept about ourselves or are unconscious of.

Kindness to yourself means releasing old traumas and beliefs that do not support you. Why is this happening, and what can I learn from it about myself? Evolution never stops, and so do the lessons. We are here to become our unique selves in an ever-expanding way.

Essentially, friction helps you know what needs attention. If it is not resolved, the learning will come back in various forms in subsequent lifetimes. This compounding effect adds more pressure to the learning process until self-acceptance occurs. It is never punishment; it is just consequences to draw attention to what we need to learn about ourselves. It doesn't matter how many times it takes to learn; the universe is always rooting for you.

## **Earth School is a Major Accomplishment**

There is a large line-up waiting to come to earth and gain entry. It is a major challenge and a significant opportunity for soul growth. Going through the Earth School of Friction is considered a major accomplishment.



Just showing up is a big deal, and there is always more going on than our egos are aware of. Being aware and discerning means directing your soul's light on what is needed and causing it to expand, which is the path of growth. Our souls are constantly acting and reacting, just as we do.

## **Uniqueness and Equality**

We are all here to express our uniqueness, not be the same. Our uniqueness comes from our soul and the level of evolution that it has developed over many lifetimes.

The 18th-century Age of Enlightenment laid the foundation for the contemporary idea of equality as we know it today. Philosophers like John Locke and Jean-Jacques Rousseau contended that everyone is created equal and has inherent rights that the state ought to uphold at this time.



In evolutionary terms, the oppression of the relationship between the king and the serf had to change to allow for evolution to go to the next level. The concept of kingship has been around for thousands of years. The concept of serfdom, which refers to a labor system in which peasants are bound to the land they work on, dates to the early Middle Ages in Europe. Serfs made up a significant portion of the medieval population but began to decline in the 13th and 14th centuries.

The feudal system, which was characterized by the relationship between lords and vassals, began to break down in the 15th century. Serfs were, under this cultural relationship, burdened with an identity as being 'less than' in servitude to a lord in return for protection. The agrarian culture began to change to mercantilism in the 1500's and the Industrial Revolution in the 18th and 19th centuries, which further sped the transition from serf to wage or mercantile.

A man was no longer a serf or 'less than' and was equal to other men under the law. He could be the king of his own domain and was equal to other men no longer in servitude. While we each possess unique strengths and are at different stages of personal growth, this does not translate to inherent superiority or inferiority. Just as it would be unproductive to compare a high school senior to a middle



school student, people's worth is not determined by where they fall on the spectrum of individual development.

We each navigate unique stages of personal growth, accompanied by our individual strengths and challenges. The level of our soul's development is achieved before we enter this life, reflecting its distinct evolutionary journey.

Just as in grade school, each of us occupies a unique point on the spectrum of evolution, which is continually evolving. An eighth grader cannot choose to be in twelfth grade. He/she has to do the work to get there. In this process, we do not control our starting point. Understanding our varying levels of evolution, allows us to better support one another's unique needs. You don't want to give the curriculum for a 12th grader to a 6th grader and vice versa.

The degree of evolution our souls have accumulated over many lifetimes shapes our individual levels of sensitivity, intelligence, skills, and the experiences woven into our personalities.

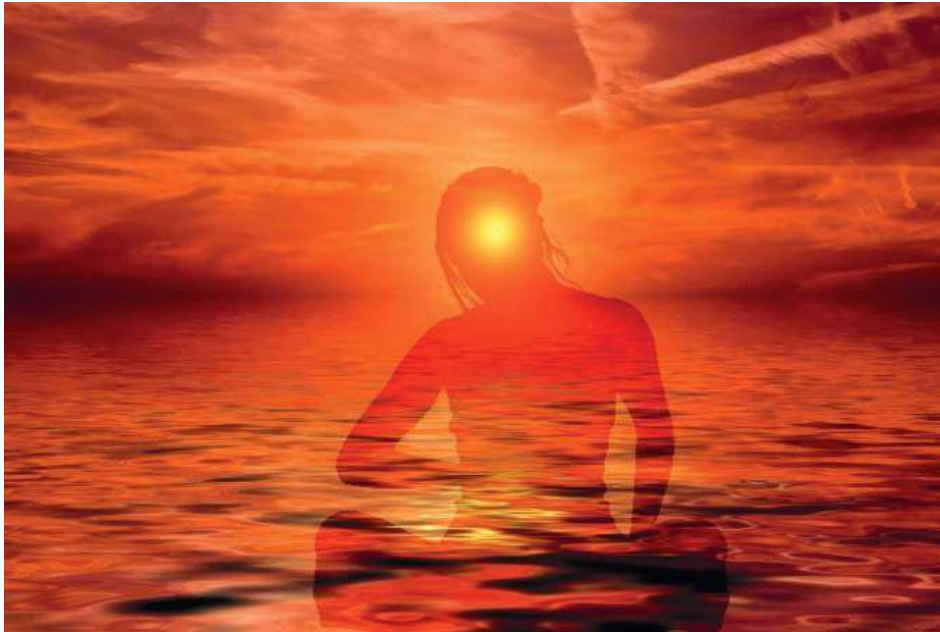
### **Embodiment of Soul Qualities**

When we take physical form on Earth, we carry within us the evolved qualities and unresolved aspects of our soul. These qualities encompass both strengths and challenges.

Our life experiences serve as opportunities for growth and healing, allowing us to work through these soul qualities, both genius and unresolved.

As recipients of our soul's accumulated wisdom, we may sometimes feel unworthy. After all, as individual personalities, we haven't consciously earned this vast reservoir of skill or ability.

However, part of our journey involves recognizing our soul's inherent genius and embracing it with awareness and humility.



Our purpose is to become worthy vessels for our soul's wisdom. Through self-exploration, healing, and personal growth, we strive to honor and fully embody the richness of our souls.

This path entails remembering and integrating our innate wisdom by experiencing and releasing that which no longer serves. Explore this profound journey of self-discovery and embrace the wisdom that awaits you!

### **My Lived Experience**

I found myself consumed by a singular purpose: to learn the art of bonding. But to achieve this, I had to first confront the deepest parts of myself, the ones I had long hidden away.

Growing up, feelings and emotions were not welcomed in my household. They were seen as weaknesses—things to be buried and ignored. Yet, try as I might, I could not escape the soul's persistent call. Crisis after crisis, mostly marital and financial, would arise, each

one a manifestation of my subconscious attempts to avoid the truths that my soul sought to unveil.

In the early days of my marriage, the idea of true bonding remained elusive, a mere concept. The key to unlocking this deeper connection lay in embracing the very aspects of myself that I had long resisted: my sensitivity, my intuition, and my deep-seated feelings of unworthiness.

Sensitivity, a gift that I had once seen as a burden, was the gateway to my divine connection. It allowed me to feel the world around me with profound intensity and sense the currents of energy that flowed through everything. Yet I had recoiled from this power, fearing the loss of control and the vulnerability it presented.

My intuition, a constant companion, had been a source of both wonder and frustration. It guided me, tapping on my shoulder and urging me to follow paths that my rational mind could not comprehend. But I refused to surrender to its wisdom, dismissing it as something beyond my understanding or control, or using it whenever it was convenient.

Underlying it all was the crippling weight of unworthiness. For years, I had been running from the truth—that I was deserving of the very gifts that my soul had bestowed upon me. The sensitivity, the intuition, and the innate genius that flowed through me—all of it seemed unworthy of my embrace.

Yet, as I finally came to terms with these aspects of myself, a profound transformation began to unfold. The sensitivity that had once felt like a burden now became a wellspring of empathy and connection. The intuition that had once baffled me now revealed its true purpose, guiding me towards a deeper understanding of myself and the world around me.

And as I learned to accept and honor these parts of my being, the walls that had kept me from truly bonding with my wife began to crumble. In that sacred space, I found the courage to open my heart and allow the emotions that had once terrified me to flow freely. It was a journey of self-discovery and healing, one that ultimately led me to the profound connection I had always sought.

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