



5 Unconscious Saboteurs of the Old Soul

and how to turn them into advantages



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We live in a dualistic universe where life is best lived when we can find the right balance between our innate challenges and assets. Half the battle is having an awareness of what exactly it is that challenges us and what assets we've been gifted to help us overcome them. As an old soul, we have come here with an agenda to make the world a better place, but we can easily be taken off course.

Here is a list devoted to the old soul to help you understand why you may be feeling particular frustrations and give you a new perspective on them. This can be used as a guide to help you find a balance so you can move forward toward your goals and accomplish what your soul came here to do!



1. Self-Doubt

It's crazy to think an older soul might have more self-doubt than a younger soul, but it's true. The world is inundated with young-soul leaders full of confidence, with which they are running like a child with scissors. As they have little regard for empathy they are uninhibited by that which hinders the old soul.

Through your earlier incarnations as a young soul your experiences have helped you develop a keen sense of empathy. As you experience more lives you shift your personal explorations from an outward need to conform, exploit others and rule with blatant hypocrisy to an inward drive to connect and understand others.

Self-doubt will make you feel insecure in the face of those blow-hard younger souls, but an advantage you have is the ability to be introspective and self-aware. Awareness is always key in navigating anything, and your decision-making process in the face of self-doubt will inevitably benefit from your ability to be aware of what's making you doubt yourself and how to overcome it.



2. Anxiety

As an older soul, you've had many lives with a front row seat to most of the horrors humans can inflict on one another. That would certainly make anyone anxious, especially when the arrogant, younger souls in our midst think nothing of using and exploiting (or torturing and killing) anyone in their path. Of course, the very young souls are anxious about the world as well, but for more unreasonable reasons. Very young souls have a great deal of apprehension in general about the world and will keep to themselves. The anxiety of the older soul can be problematic as it could potentially keep you from accomplishing the tasks your soul has aspired to completing in this incarnation.

The world is a scary place, but creativity and innovation can take our minds off all that the younger souls are doing to make their lives fit their materialistic desires at everyone else's expense. Our experiences with the world have expanded how we see things, allowing us to think more keenly and be more appreciative of beauty. This in turn gives us the creative muscles to find innovative ways to make the world a more beautiful, peaceful place.



3. Complacency

This is a big one for old souls. We've seen life after life of futile efforts to make the world a better place, that it's natural to want to sit in the back seat and let bygones be bygones. Given the first 2 saboteurs, pushing back against those loud and menacing young souls and their short-sighted agendas is a seriously daunting undertaking.

However, given our self-awareness and increasingly greater sense that this world is an illusion and all souls are connected, we're often torn from our reverie with inspiration to take action and make a difference. Once we can get over all that sabotages our motivation to do what needs to be done, we can make the world a more enlightened/loving place.



4. Preoccupation

The older the soul, the more preoccupied we can be with our need to work on issues from our past lives and pay all our karmic debts. As we more pointedly recognize how religion and spirituality are not the same thing, we begin to put forth all our effort toward finding connection to the universal energy that unites us all. With so much heartache and grief suffered in our past lives, we are often in and out of therapy and chasing retreats to understand our emotional side, sometimes to the exclusion of more worldly concerns like careers or even families.

The advantage of all that personal work is that we become increasingly better humans and are in a position to elevate the consciousness of humanity as a whole.



5. Passivity

Toward the end of our incarnations as the soul prepares for retirement, we can become weary of it all. Often, despite our many talents, we may have little to no drive or ambition. We can be very introspective, even eccentric. The world is not conducive to old souls so, despite the passivity of the oldest souls among us, we are threatening to the younger souls and risk derision or even imprisonment if we do decide to take action for the injustices we see.

The advantage of the old soul is compassion, through and through. It is our compassion that will increasingly rule our entire way of being and it is our love that will ultimately bring all of humanity home to our creator once and for all.

About Dr. Carin LaCount

Dr. Carin is an optometrist with a penchant for helping others see themselves and the world in which they live. She is a self-love coach with a deep passion to teach old-souls about their spiritual role in our world and how stepping up their self-love game allows them to use their gifts to maximize their success. She feels strongly that it is their success that will contribute to the up-leveling of humanity's consciousness and transform our world.

She is the author of *The Love Liar: A Memoir of Codependency, Narcissism and the Pursuit of Self-Love*. A beautifully vulnerable story of her own transformation as she's learned how the fear that drives narcissism and codependency have hijacked this world's progress. She's learned that the antidote to that fear is something we all have within us—self-Love—and that many of us are poised to learn how to utilize that love for the greater good of humanity.

