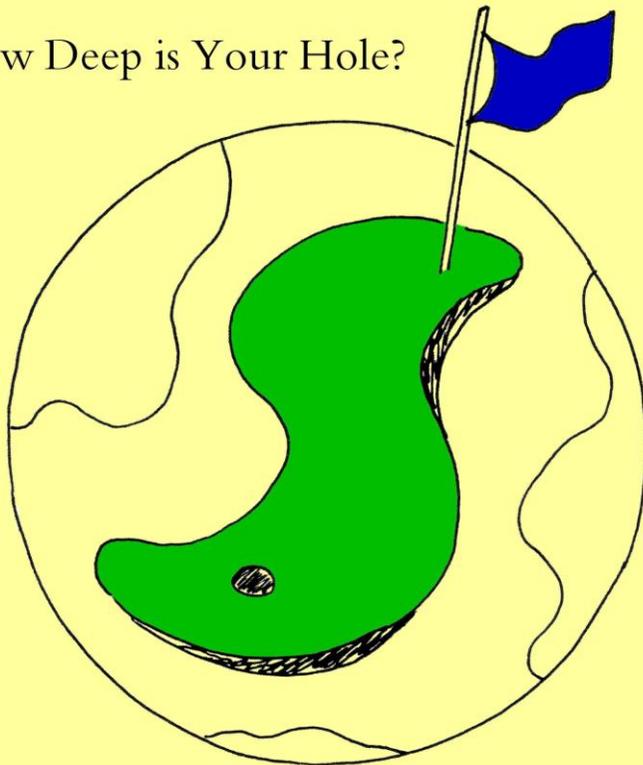


# SOUL PLANET

*An Explorer's Guide  
to Overcoming Fear*

How Deep is Your Hole?



Written and Illustrated by  
Ivee Olivares

[www.Pure-Inspirational-Thoughts.com](http://www.Pure-Inspirational-Thoughts.com)

SOUL PLANET: An Explorer's Guide to Overcoming Fear  
How Deep is Your Hole?

Copyright © 2011 by Ivey Olivares

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted by any means – electronic, mechanical, photographic (photocopying), recording, or otherwise – without prior permission in writing from the author except for brief quotations, properly attributed, in articles and reviews.

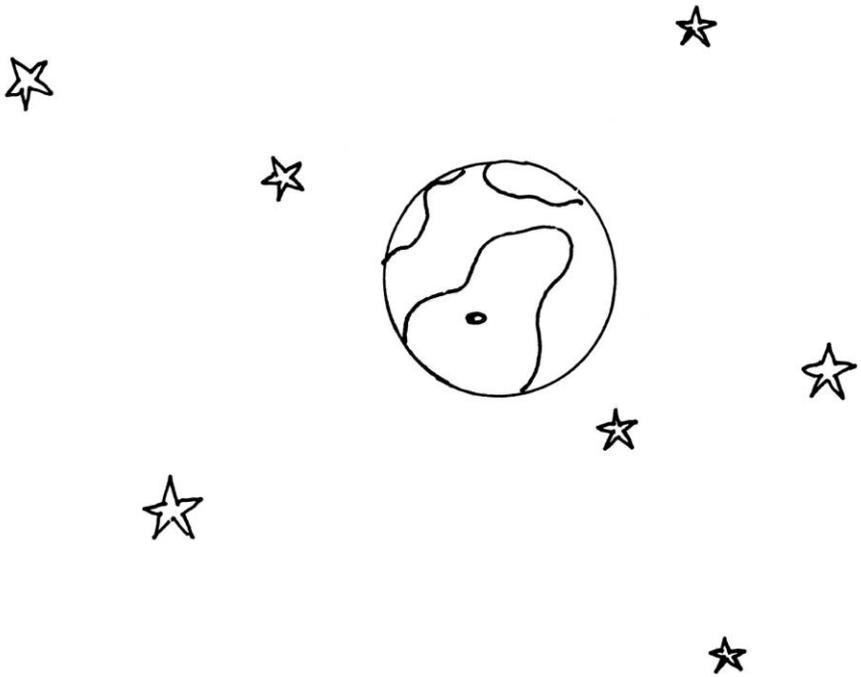
ISBN 978-1-4611-0566-4

For more information, visit:

[www.Pure-Inspirational-Thoughts.com](http://www.Pure-Inspirational-Thoughts.com)

*For my wonderful parents,  
Nena and Totit Olivares,  
on what would have been  
their golden year together.*





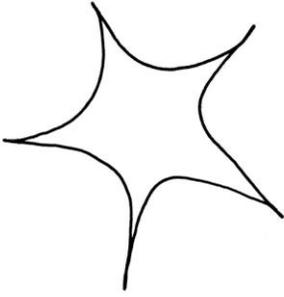
In a galaxy not far away—

In fact, in the system of stars, dust and gas surrounding you right now is a planet.

This is a dynamic planet, teeming with life. It revolves around a sun that gives it heat and light. In this planet, organisms grow and multiply, adapt and create. But for one particular inhabitant, let's name him, Jim, nothing much seems to happen at all. For Jim, minutes turn pleasantly to hours, hours to days and days to years. Each year feels pretty much the same as the one before, except when a new detective series comes on TV or when Apple brings out the latest must-have technology. Jim is a peaceful inhabitant, secure and untroubled. He goes to bed each night to an uninterrupted and dreamless sleep.

“What’s wrong with that?” you might ask.

And my answer would be, “Nothing. Absolutely nothing at all.”



You could even argue that Jim is lucky. He leads a simple and uncomplicated life.

“We all want that, don’t we?” you say.

“But is he really lucky?”

Pause for a moment. This isn’t a trick question. In my opinion, it depends.

“On what?”

“On how comfortable he is in his hole.”

“What’s a HOLE?”

Literally, a hole is a pit or cavity. It can also be an opening, where you push and throw objects in or through. You can make a hole by digging, for example, a rabbit hole. Or you can puncture or wear material out, like a hole in your sock. In any case, a hole is a space. It’s empty. It holds nothing until you put something there—or set yourself in it.

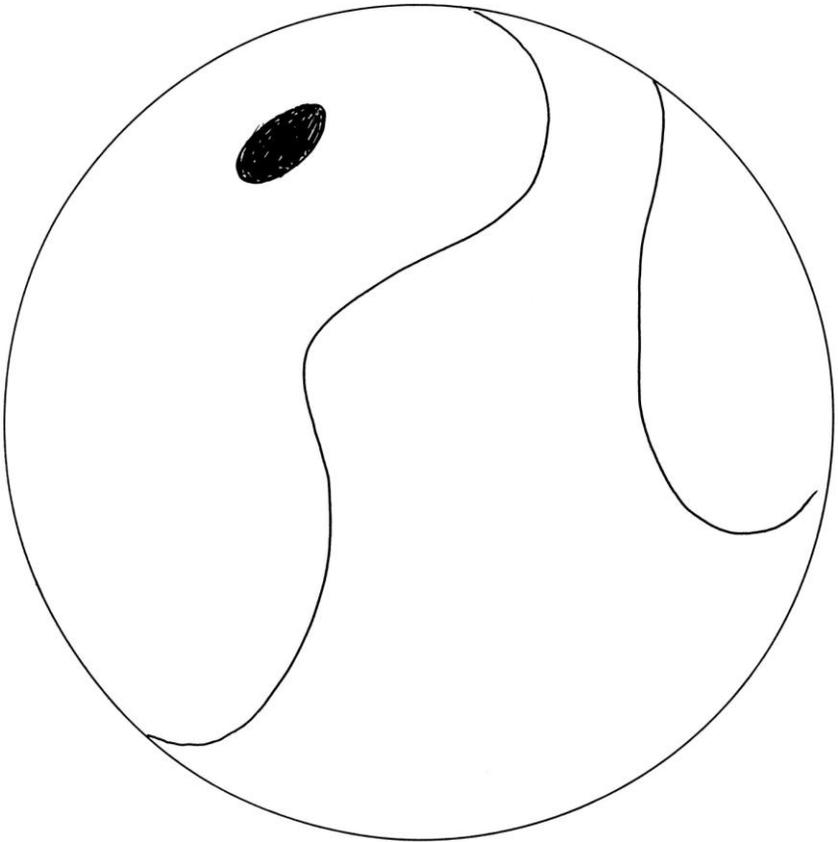
Let’s assume that we all live in our very own holes. Of course, you don’t actually reside in one, unless you’re a rabbit, and, no, I’m not calling your house a dump. Instead, think of your hole as containing the places and things that comprise your everyday life. It could include your home, office or school. It can also consist of your gym, park and shopping mall, plus the vehicles, roads and bridges that take you to and from them. In other words, it’s your territory—the space where you fit in.

For the purpose of this book, refer to this area as your hole. If it helps you to visualize, draw an imaginary circle around it. There’ll be more on imagination later, but for now, pretend this area belongs to you.

Let’s call it your hole of habit. Or your habit hole.

Can you see the hole down there? That's Jim's hole. On the surface it appears so plain, so inoffensive.

Shhhhh. Jim is sleeping. If you are really quiet, you'll be able to hear his breathing.



Tell me, are you lucky like Jim?

Do you sleep as soundly as he does at night?

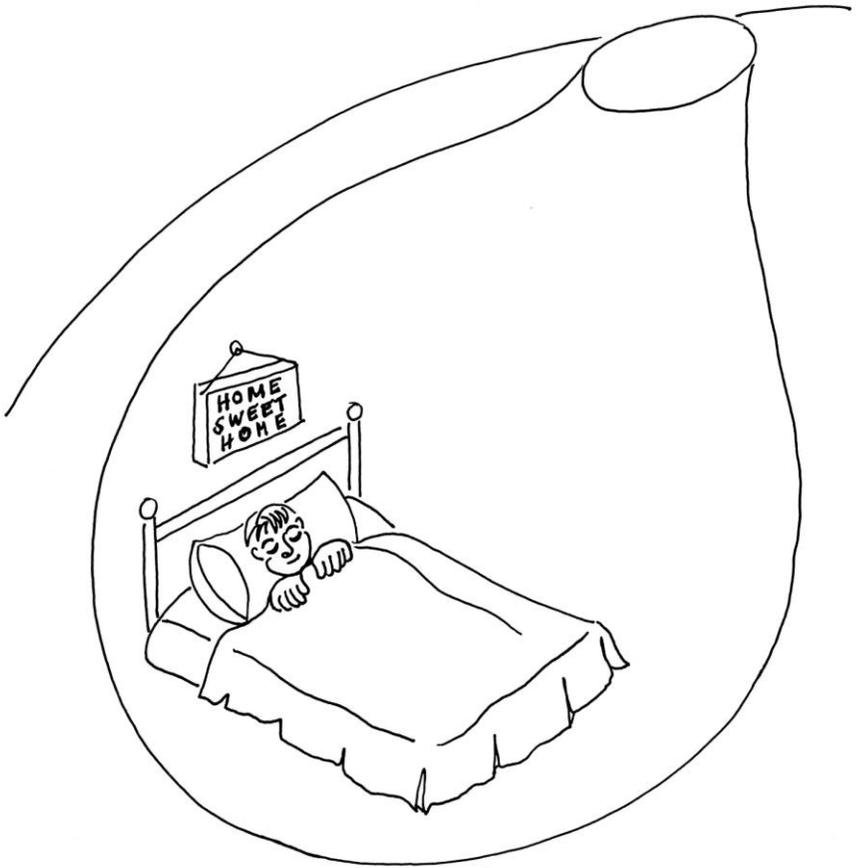
If not, perhaps the question I should be asking you is: how did you get to be where you are?

Take a quick inventory of your habit hole.

Are you satisfied with your position in life? Did you choose to reside in your particular location? Or did you just wake up one morning and suddenly realize that you were, well, there?

To put it another way, is this hole where you are supposed to be?

I hope I'm not making you too uncomfortable.



If you don't think you are where you're supposed to be, what happened?



## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

