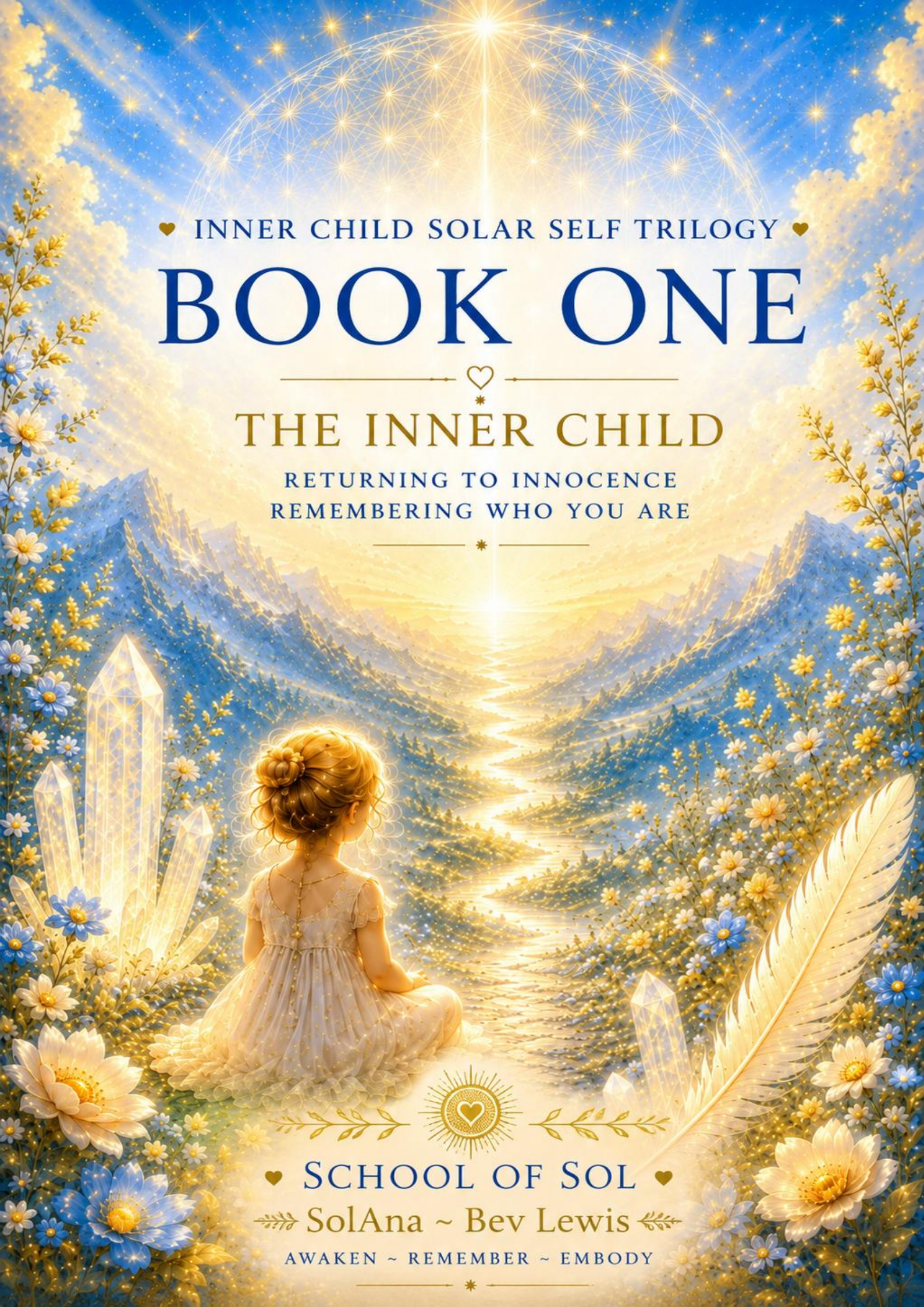




♥ INNER CHILD SOLAR SELF TRILOGY ♥

BOOK ONE

— ♥ —
*
THE INNER CHILD

RETURNING TO INNOCENCE
REMEMBERING WHO YOU ARE

— * —

♥ SCHOOL OF SOL ♥

— SolAna ~ Bev Lewis —

AWAKEN ~ REMEMBER ~ EMBODY

— * —

WELCOME

The Inner Child/Solar Self Pathway



This pathway was created as a gentle invitation inward, toward the child within you who learned how to belong, protect, adapt, survive and become who they needed to become to feel loved and safe.

In the School of SOL, we believe healing begins not through judgement, but through compassionate awareness.

Not by fixing ourselves, but by remembering ourselves.

This is not simply a Pathway of healing. It is a Pathway of Remembering and of Returning home to yourself.

If these words have found you today,

...something inside you may already be waking.

AUTHOR & FOUNDER



Bev Lewis, known within the School of SOL as SolAna, is a writer, teacher, guide and conscious channel whose work explores healing, emotional awareness, inner transformation and our personal journey from survival into sovereignty.

Rooted in a deeply compassionate and integrative approach, her work weaves together psychospiritual awareness, inner child healing, archetypal understanding, consciousness exploration and the remembrance of the authentic self.

The School of SOL was created as a space for healing, self-discovery, emotional integration and conscious awakening - offering pathways, teachings, journals, workshops and transformational resources designed to support deeper connection with the self.

THE CHILD WHO REMEMBERS

In the School of SOL, we explore the Inner Child holistically...
that is, from a combined and inclusive lens that includes,
psychology, emotional development, energetic and
spiritual perspectives and

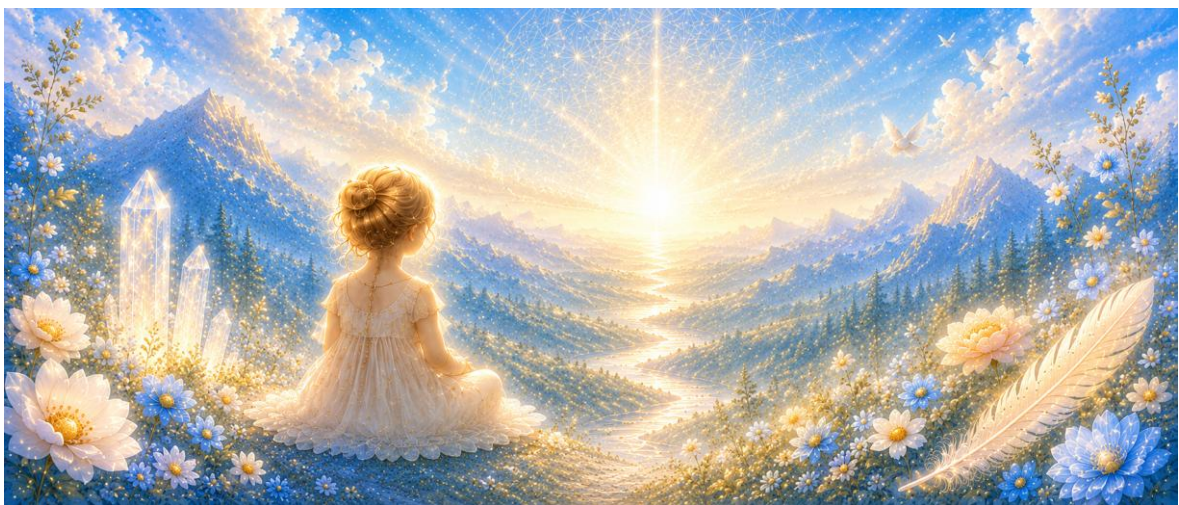
As an Archetype

representing your true soul expression and intent for this lifetime;
your Light Quotient and Soul Potential before the social, familial and
peer conditioning experienced as we grew limited that Light you
brought into this world. And we believe that within each of us lives

The Child who Remembers

...a child who learned what it meant to feel:
safe or unsafe; welcomed or unseen; free to express themselves as
themselves
...or needing to become quieter, smaller or different to belong.

We would like to help you meet, greet, welcome and love your Inner
Child into a state of security, wellbeing and acceptance and in doing
so, would like to introduce you to and help you embody
your Higher, Soul Self – we call the SOLAR SELF.



THE IMPRINTS WITHIN



As we grow older these early emotional experiences do not simply disappear.

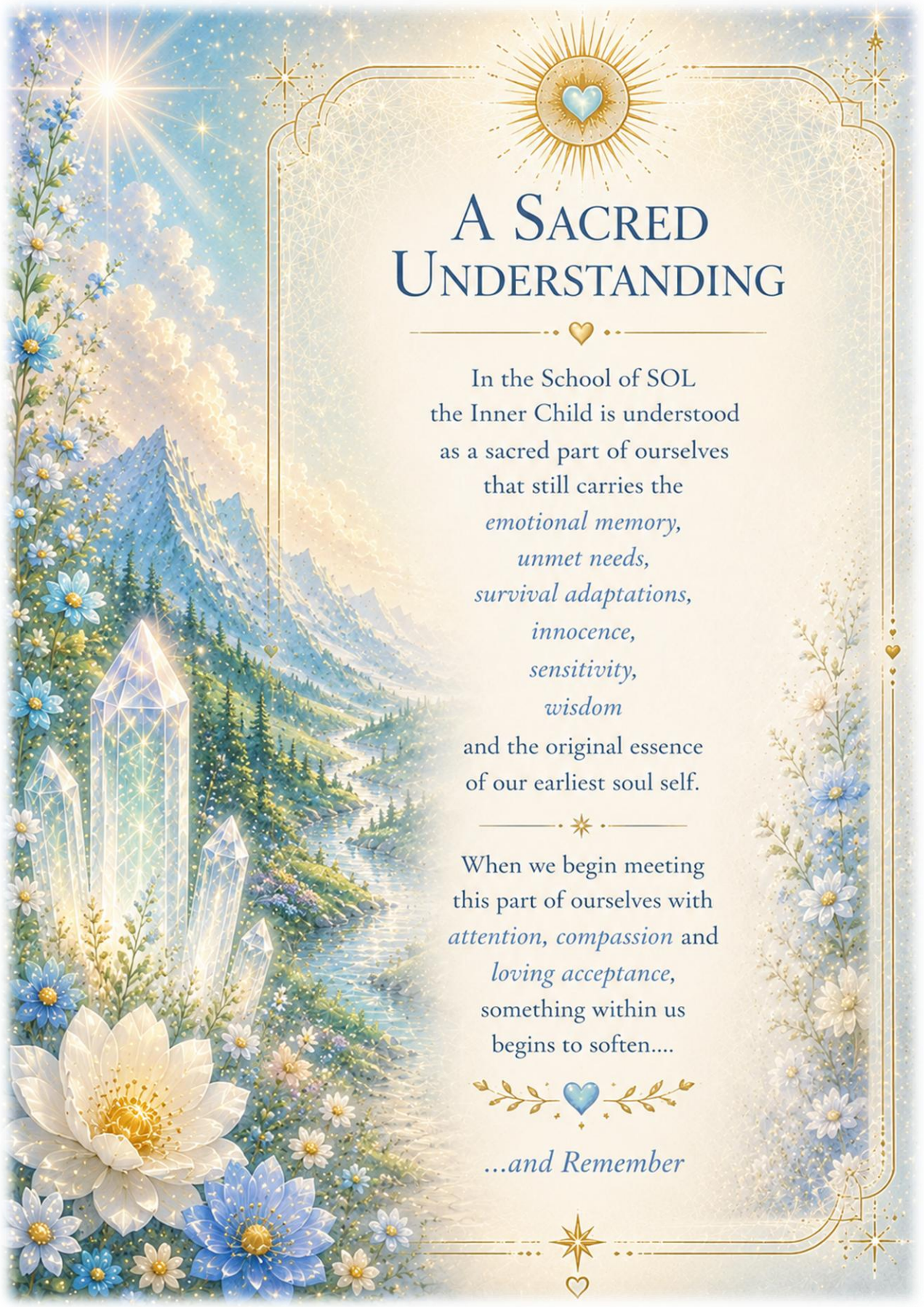
They continue to live quietly within us shaping the way we think, feel, relate, protect ourselves, seek love, respond to life and understand our place within the world.

Sometimes the Inner Child appears through emotion or through sensitivity, as anxiety, overwhelm or people pleasing.

It can create a need for perfectionism, cause withdrawal, self-doubt, or simply the longing to feel truly seen and understood.

Beginning to observe ourselves, actions, reactions, behaviours and avoidances, with curiosity, love and compassion...

...brings an opportunity for self motivated healing.



A SACRED UNDERSTANDING

In the School of SOL
the Inner Child is understood
as a sacred part of ourselves
that still carries the
emotional memory,
unmet needs,
survival adaptations,
innocence,
sensitivity,
wisdom
and the original essence
of our earliest soul self.

When we begin meeting
this part of ourselves with
attention, compassion and
loving acceptance,
something within us
begins to soften....

...and Remember

Why it matters

Many of the patterns we carry within adult life were not consciously chosen, but instead, quietly formed within the emotional landscapes of our childhood.

The ways we seek approval, fear rejection, struggle to rest, silence our truth, over-give, withdraw emotionally or lose connection to ourselves, often began as intelligent attempts by our younger self to feel safe, loved, accepted or connected.

The Patterns We Learn

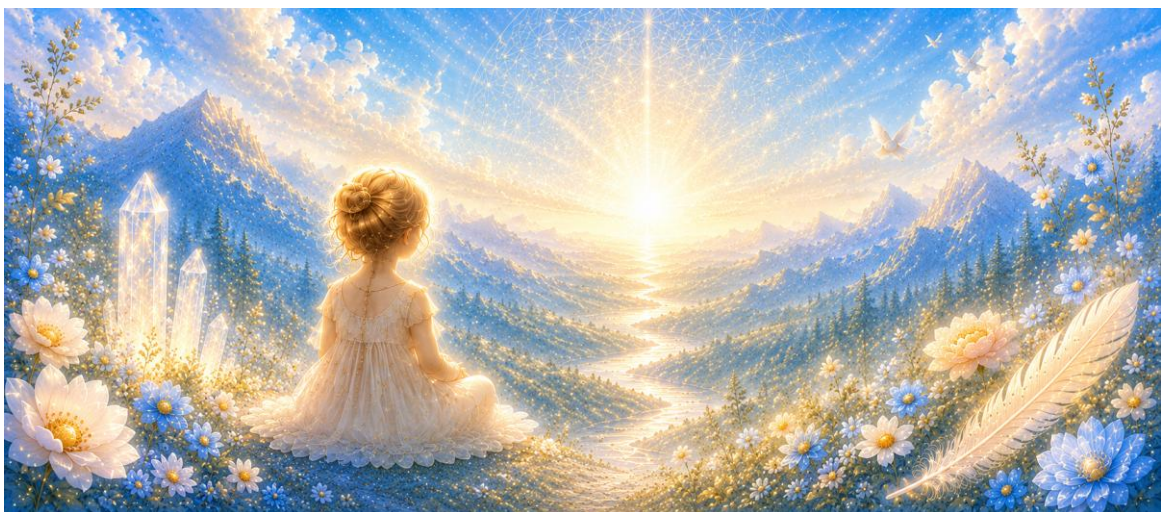
The child within us learns very quickly how to adapt to the emotional environment around them.

Some become hyper-aware of others, carefully reading moods, energy, tension & emotional undercurrents.

Some learn to stay quiet to avoid conflict.

Others become caretakers, high achievers, peacekeepers, performers or perfectionists

...and some slowly disconnect from their own needs altogether.



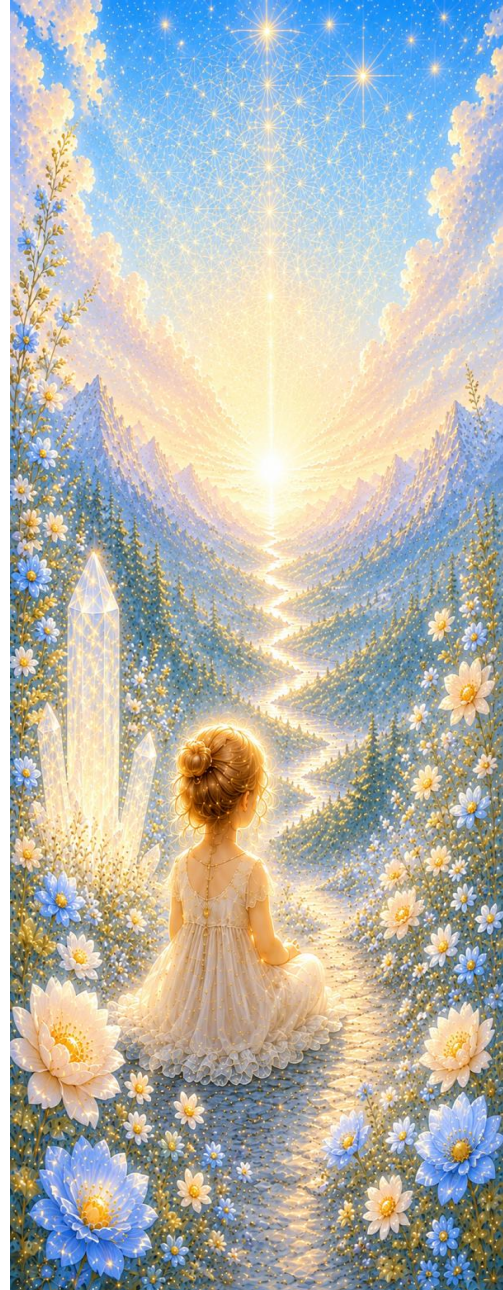
The Deeper Truth

These responses are the survival wisdom of the developing child; ways the younger self learned to navigate their world with the awareness and with the resources they had at the time.

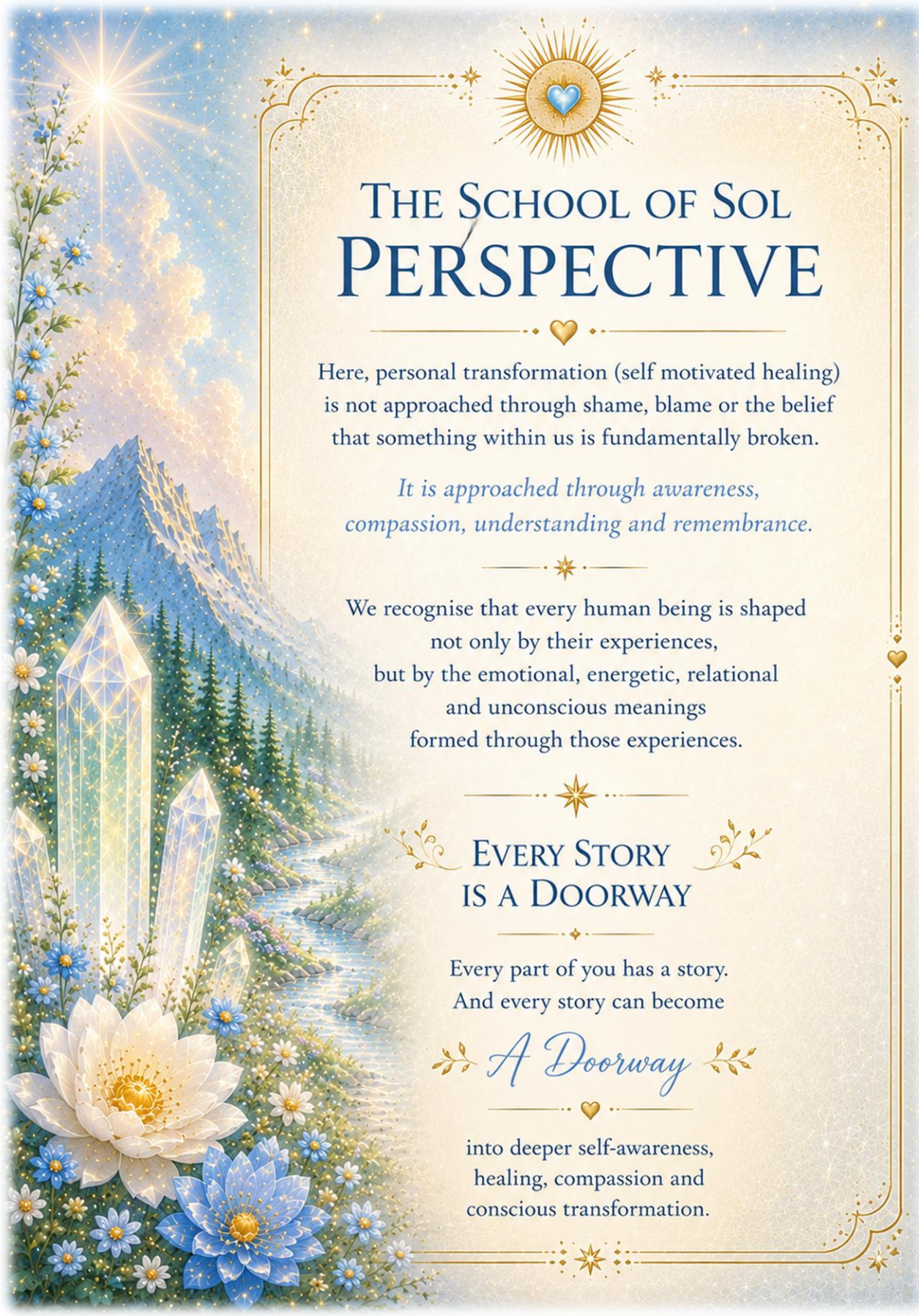
The Inner Child continues to speak through our relationships, our emotional triggers, our fears, our protective behaviours, our self-worth and the stories we quietly hold about ourselves.

When these patterns remain outside of our conscious awareness, they continue to operate beneath the surface of our lives.

But when we begin meeting them with compassion and awareness... something powerful begins to happen. Survival practices slowly give way to understanding; deep rooted protection mechanisms soften into presence...



...and the adult self begins reconnecting with the deeper truth of who they really are.



THE SCHOOL OF SOL PERSPECTIVE

Here, personal transformation (self motivated healing)
is not approached through shame, blame or the belief
that something within us is fundamentally broken.

*It is approached through awareness,
compassion, understanding and remembrance.*

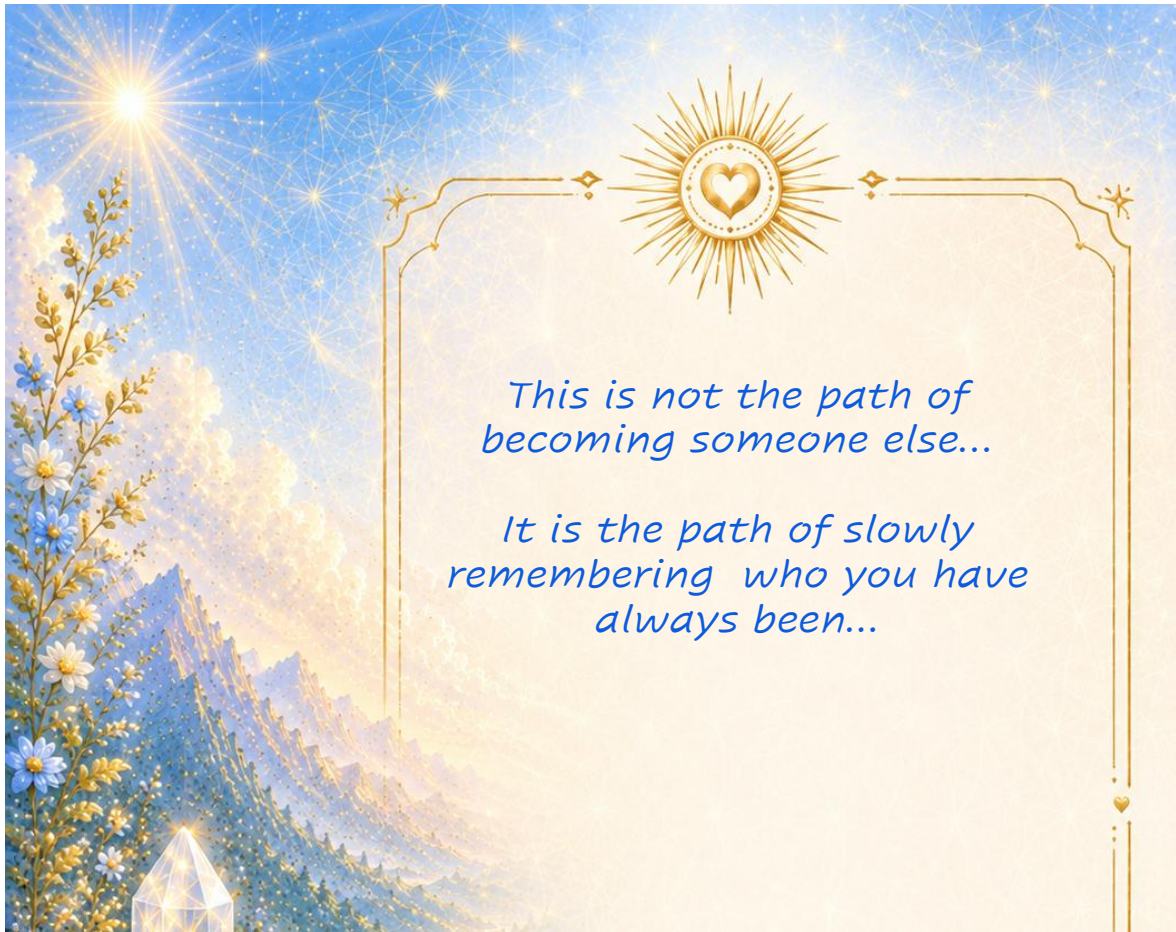
We recognise that every human being is shaped
not only by their experiences,
but by the emotional, energetic, relational
and unconscious meanings
formed through those experiences.

EVERY STORY IS A DOORWAY

Every part of you has a story.
And every story can become

A Doorway

into deeper self-awareness,
healing, compassion and
conscious transformation.



Beneath the Layers

The child adapts, the personality forms, protective patterns emerge and slowly, layer by layer, we become who we needed to be in order to navigate our world. Yet beneath all of this...the original essence of your soul remains intact.

In the School of SOL, we understand healing as the gentle process of reconnecting with that deeper essence...the part of us that existed before any developmental fear, conditioning, limitation, emotional wounding or self-abandonment shaped our identity.

This Pathway invites us to explore ourselves with tenderness rather than criticism. To understand that every adaptation once served a purpose and that even within our wounds live hidden gifts, wisdom, sensitivity, resilience and untapped parts of the soul waiting to be reclaimed.

INNER CHILD DEVELOPMENT JOURNEY

Childhood is not simply a period of growing from a newborn to an adult.

It is the Path of the newly incarnated soul through the denser energies of planet Earth and human experience.

And here at the School of SOL, we consider it as a sacred landscape; a landscape through which the emotional, psychological, energetic and relational self begins to form.

We believe that each stage of early life leaves impressions upon us.

The way we were spoken to, held, comforted, encouraged, disciplined, understood or emotionally received all quietly contribute to the foundations of identity and self-perception.

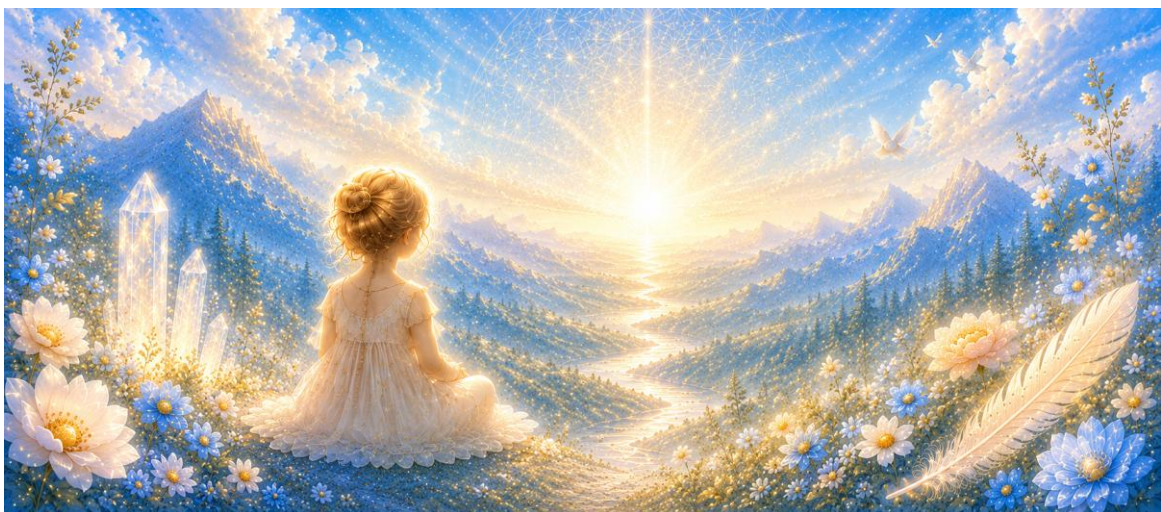
Long before we consciously understand the world, the child within us is already learning:

“Am I safe here...?”

“Am I allowed to express myself freely...?”

“Do my feelings matter...?”

“Is it safe to be fully who I am...?”



INNER CHILD PATHWAY



We view these developmental years as deeply important periods of soul and personality formation.

Awareness allows us to understand how certain emotional patterns, fears, beliefs, protective responses and relational dynamics first began.

Understanding this Inner Child Development Pathway allows us to learn, with compassionate understanding, the ways the younger self learned to navigate their world.

And we know that what was learned in survival can be softened and healed through awareness.

What became subconscious patterns can become conscious and what once felt fragmented can slowly be brought back into wholeness.

Each season of childhood carries both vulnerability and wisdom, and each holds an invitation toward

...deeper understanding, healing, integration and self-remembrance.

THE FOUNDATION YEARS – 0-7years

These are the years in which the foundations of our inner world begin to form.

Long before we understand life through words, the young child experiences it through feeling:

Through the warmth of a smile. The comfort of being held. The tone of a voice. The atmosphere of a room. The presence, absence or availability of those around them.

These early years quietly shape our understanding of safety, trust, belonging, connection, and emotional security.

The child begins learning:

*"Am I safe here?" "Can I trust the world around me?" "Do I matter?"
"Is it safe for me to simply be myself?"*

The answers to these questions are rarely formed through a single experience. They emerge gradually through thousands of small moments and interactions.

In the School of SOL, we view these years as the roots of the developing self...not because they determine our future, but because..

...they often reveal where our journey of remembering may one day begin.





Feel free to jot down your musings....

FORMING IDENTITY – 7-14 years

As we move into our later childhood and early teenage years, something new begins to emerge... A growing awareness of ourselves as individuals. These are the years of self-discovery. The years where we begin exploring who we are, how we express ourselves, what matters to us, and how we fit within the wider world around us.

Friendships often become increasingly important. We begin comparing ourselves with others. We become more aware of how we are perceived, whether we feel accepted, and whether it feels safe to show the world who we truly are.

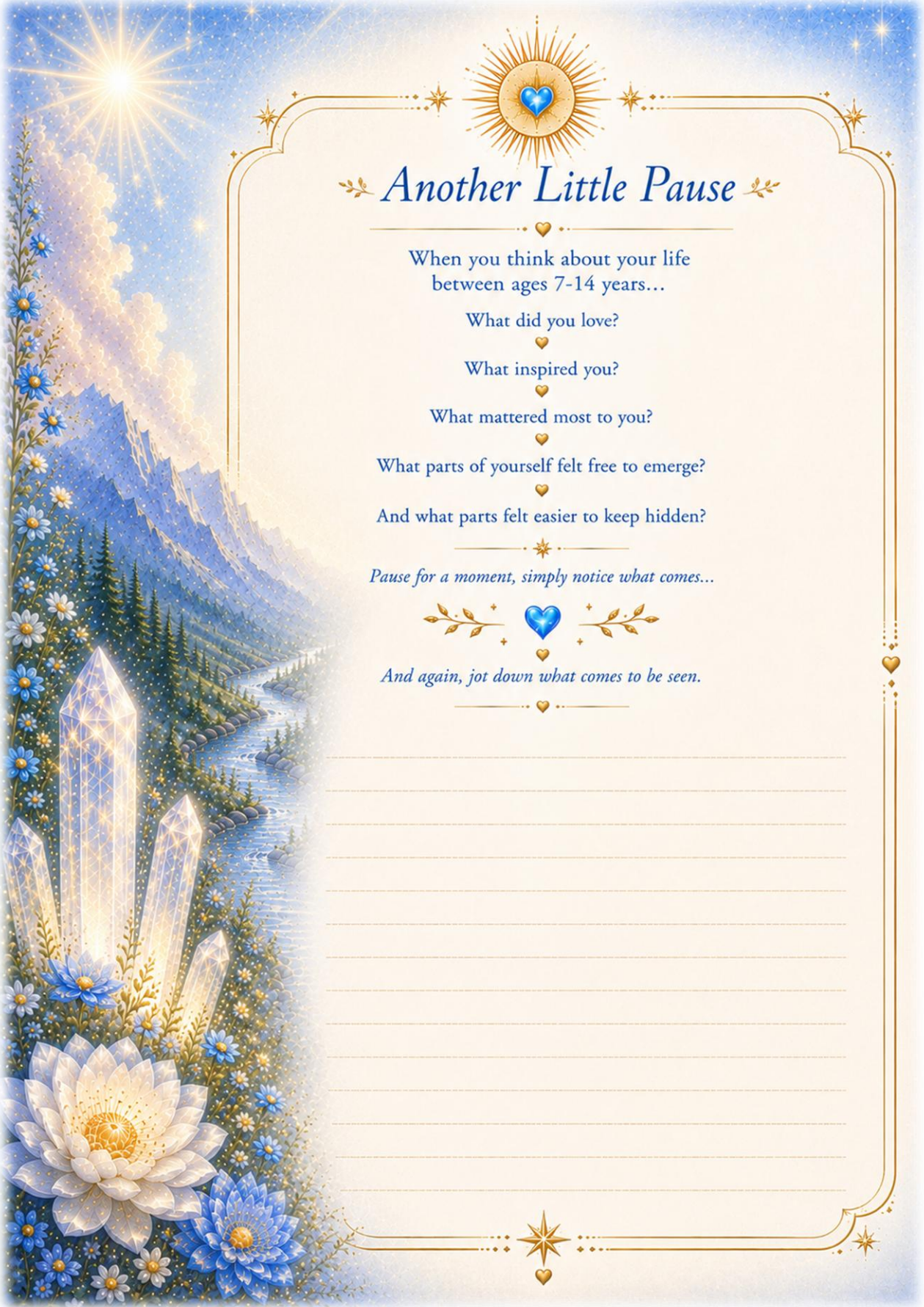
During this season of development, the child gradually begins becoming the emerging personality self. Creativity, imagination, emotional expression, personal interests, values and beliefs all begin taking shape.

At the same time, many young people begin learning which parts of themselves feel welcomed...and which parts may feel safer to hide.

In the School of SOL, we recognise these years as an important stage of becoming. A time when the soul begins exploring individuality, expression, emotional truth, and identity through the experiences of everyday life. The question slowly shifts from:

"Am I safe here?" to: "Who am I becoming?"





Another Little Pause

When you think about your life
between ages 7-14 years...

What did you love?



What inspired you?



What mattered most to you?



What parts of yourself felt free to emerge?



And what parts felt easier to keep hidden?



Pause for a moment, simply notice what comes...



And again, jot down what comes to be seen.



A series of horizontal lines for writing, consisting of solid top and bottom lines with a dashed midline.

PERSONAL POWER– 14-21 years

As we move toward adulthood, a new chapter begins to unfold... The search for our place within the world. These years often bring increasing independence, responsibility, choice, challenge, and self-discovery. The young adult begins exploring questions of identity at a deeper level.

What do I believe?

What do I value?

What kind of life do I wish to create?

Who am I when I am no longer defined by childhood alone?

Themes of confidence, boundaries, self-worth, purpose, individuality, and personal responsibility often emerge during this stage. For some, this season feels exciting and expansive. For others, it may feel uncertain, overwhelming, or confusing. Often it is a mixture of both.

In the School of SOL, we view these years as the early foundations of sovereignty. Not sovereignty as control over others...but sovereignty as the gradual development of self-awareness, self-responsibility, self-trust, and authentic expression.

The young adult begins learning how to navigate life from their own centre rather than solely through the expectations, beliefs, or identities inherited from others. The question now becomes:

"Who am I when I choose for myself?"





A final pause

When you think about your younger adult years...

What were you searching for?



What mattered most to you?



What dreams were beginning to emerge?



What challenges were shaping you?



And what aspects of yourself
were asking to be discovered?



Make a note of what becomes visible.



Handwriting lines for journaling.



DEVELOPMENT JOURNEY SUMMARY

Each stage of childhood and early adulthood leaves its own unique imprint upon us.

The Foundations Years shape our relationship with safety, trust, belonging, and connection.

The Forming Identity Years invite us to discover who we are and how we express ourselves within the world.

The Personal Power Years begin the lifelong journey of self-discovery, self-trust, purpose, and sovereignty.

Together, these developmental seasons create the landscape through which the Inner Child experiences life. They influence how we see ourselves...how we relate to others...how we navigate challenge...and how we understand our place within the world.

In the School of SOL, we do not view these years as something to become trapped within. Nor do we believe the past defines our future. Rather, we view them as important chapters within the story of becoming.

Understanding our developmental journey allows us to bring greater compassion to ourselves. It helps us recognise that many of the beliefs, fears, patterns, and protective behaviours we carry today once served a purpose. And through awareness, understanding, and conscious choice...

...we can create new possibilities for the future.



A message from SolAna

Soothing our Inner Child and connecting with our Solar Self initiates
a gradual unfolding...

A Remembering...

It brings seasons of clarity and seasons of uncertainty, moments of insight, tenderness and moments where old emotions rise, simply to be seen, felt and lovingly released. All are integral part of this journey.

The path begins simply through willingness, through increased self awareness and through the courage to meet yourself with greater honesty, compassion and love than perhaps ever before.

May you be reminded that beneath every layer of security your Inner Child created; beneath each script, each protective belief, programme or emotion carried without expression, there is something whole, worthy and beautifully luminous waiting patiently to be remembered.

You are seen, In Light & Love, Always...



Before you go....a little invitation...

As you reach the end of this first stage of the journey, I invite you to pause for a while. Take a nice, deep and steady breath. Sit quietly for a moment and become still...

Reflect not on what needs fixing, changing, or improving...
but simply on what you may start to notice.

Perhaps you have recognised patterns
that you had never considered before.

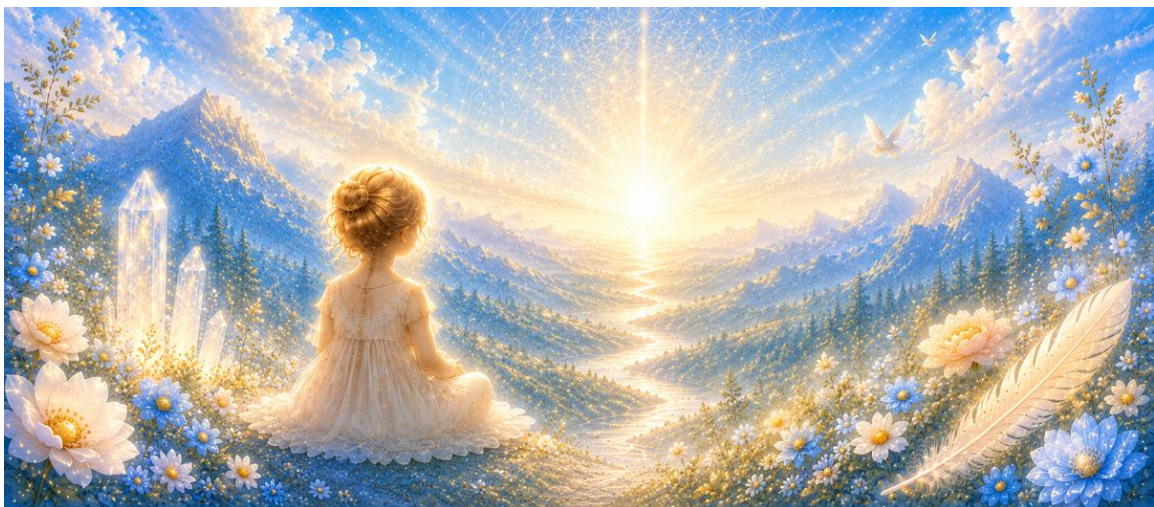
Perhaps you have remembered parts of yourself
that have been quietly waiting for your attention.

Perhaps you have begun to understand
that many of the ways you think, feel, respond,
protect yourself or relate to others, did not appear by accident...

But were learned...shaped...and were part of your
[Journey of Becoming](#).

This is where the Inner Child Pathway begins.

[Not through judgement or blame](#)
[...simply through Awareness](#)



AWARENESS BECOMES REMEMBRANCE



And awareness is a powerful
act of Remembrance.

We strongly believe that any
trait - emotional or mental
patterns, limiting behaviour,
thought or belief that
we bring to our own
awareness, without self
judgement or our inner critic
overshadowing our perception,
can lead us to understand
ourselves more honestly,

And what we understand,
we can begin to transform.
As you move forward, allow
yourself to simply notice.

Observe your thoughts.
Observe your emotions.
Observe your reactions.

Observe the moments when
your younger self may still be
speaking, acting or reacting
within your adult life.

No self criticism.
No fixing.
Simply curiosity.

...this is where your Remembering begins.



Continue the Journey...

If this publication has resonated with you,
you may wish to explore further.

The Inner Child Solar Self Pathway is a progressive journey
of remembering, healing and awakening.

Book One introduces the foundations of the pathway and invites
awareness of the experiences, beliefs and patterns
that shaped your early years.

Beyond these pages, the journey continues.

Two further books explore the gifts hidden within our wounds,
the emergence of personal sovereignty, and the remembering
of the deeper Solar Self that exists beneath fear,
conditioning and survival.

For those who wish to engage more deeply with their own
healing journey, the companion **21 Day Journey Journal** offers
guided reflections, practical exercises and opportunities
for personal exploration within the nurturing
space of the Solar Sanctuary.

Whether you choose to continue now or return another time,
trust that every step taken with awareness is a step
towards remembering who you truly are.

Should you wish to learn more about the School of SOL,
future programmes, events, publications or offerings,
I would be delighted to hear from you.

SolAna ~ Bev Lewis

FOUNDER, SCHOOL OF SOL

AWAKEN • REMEMBER • EMBODY

SCHOOL  SOL

WHAT COMES NEXT...



BOOK TWO

THE GARDEN OF DISCOVERY

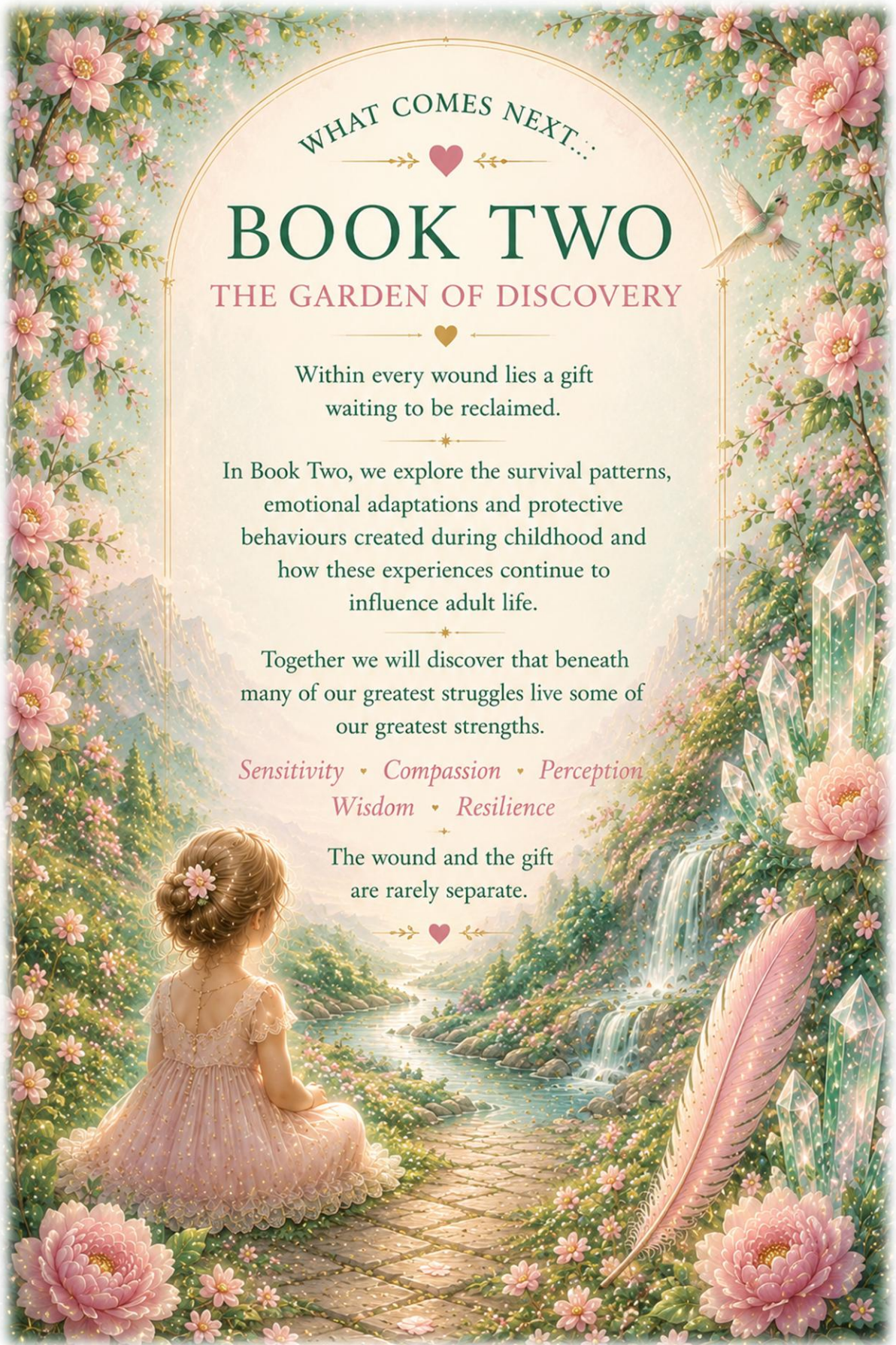
Within every wound lies a gift
waiting to be reclaimed.

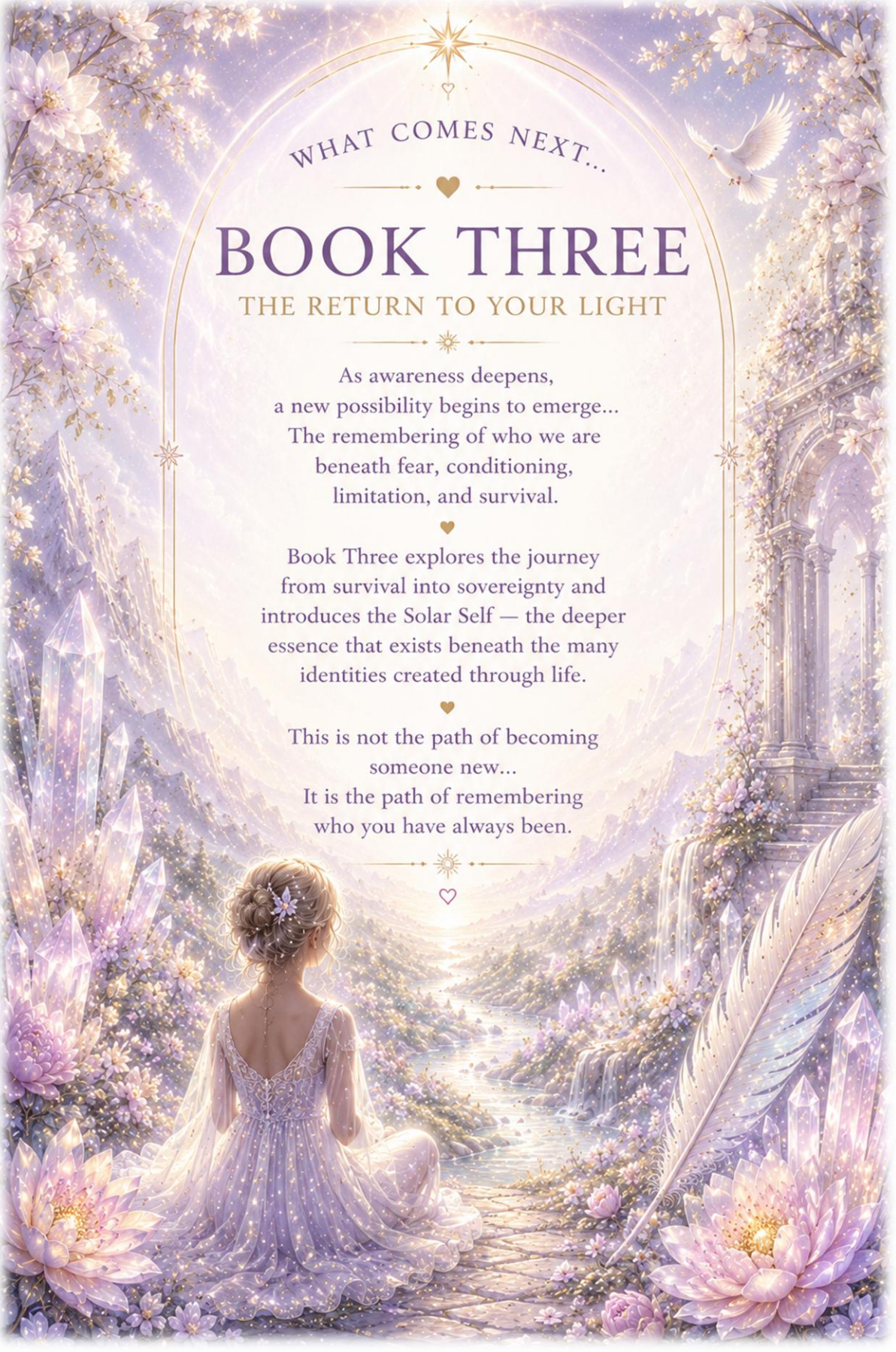
In Book Two, we explore the survival patterns,
emotional adaptations and protective
behaviours created during childhood and
how these experiences continue to
influence adult life.

Together we will discover that beneath
many of our greatest struggles live some of
our greatest strengths.

Sensitivity ♥ *Compassion* ♥ *Perception*
Wisdom ♥ *Resilience*

The wound and the gift
are rarely separate.



A woman with blonde hair, seen from behind, sits on a stone path. She wears a long, flowing white dress with a lace back. The path leads through a lush, magical landscape. To her left are large, glowing purple lotus flowers and tall, translucent purple crystals. To her right is a large, white feather and more purple lotus flowers. In the background, a river flows through a valley, surrounded by mountains and a large, ornate stone archway. A white dove flies in the upper right corner. The sky is a soft purple and pink, with a large, glowing sun or moon in the center. The overall atmosphere is dreamlike and ethereal.

WHAT COMES NEXT...

BOOK THREE

THE RETURN TO YOUR LIGHT

As awareness deepens,
a new possibility begins to emerge...
The remembering of who we are
beneath fear, conditioning,
limitation, and survival.

Book Three explores the journey
from survival into sovereignty and
introduces the Solar Self — the deeper
essence that exists beneath the many
identities created through life.

This is not the path of becoming
someone new...
It is the path of remembering
who you have always been.

INNER CHILD
SOLAR SELF
PATHWAY

21 DAY
JOURNEY JOURNAL

The Solar Sanctuary
WITHIN THE
CHAMBER OF REMEMBRANCE

A SAFE SPACE TO REMEMBER,
HEAL AND GROW



The Inner Child / Solar Self Journey Journal

A 21-Day Guided Experience

Knowledge creates awareness. Practice creates transformation.

The accompanying Journey Journal has been created as a companion for those wishing to explore the pathway more deeply through daily reflection, self-observation, journaling, awareness practices and conscious integration.

Over twenty-one days, you will be invited to slow down, listen inwardly, recognise familiar patterns, nurture your Inner Child and strengthen your connection with the emerging Solar Self.

A journey of awareness.

A journey of compassion.

A journey of remembrance.

A journey home to yourself.

"Awareness is where Remembrance begins..."

...SolAna"



Thank You

Thank you for walking this first part of
your Inner Child Solar Self Pathway journey.

May what you have discovered here
be a gentle guide, a loving reminder and
a foundation for all that is yet to unfold.

You are remembering.
You are returning. You are becoming.

→ LET'S STAY CONNECTED ←

I'd love to stay in touch and share more inspiration, guidance and offerings with you.



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Email: solana@schoolofsol.com



Facebook: School of Sol



Instagram: [@school_of_sol](https://www.instagram.com/school_of_sol)



YouTube: School of Sol



With love,

SolAna ♥

FOUNDER • SOUL MIDWIFE • CONSCIOUS CHANNEL

THE SCHOOL OF SOL VISION

A world where every soul remembers
who they are, lives from their truth
and brings their light to the world.



OUR MISSION

To guide and support conscious beings
on their journey of remembrance, healing
and awakening to their Solar Self.

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Please honour the energy, time and love that has gone into its creation.



The journey home to
your Solar Self begins
with remembering.

Book One – The Dawn of Remembrance
invites you to gently return to the innocence
of your inner child.

As you trace the path of your early years,
you begin to understand the foundations
that shaped you, the gifts you carry and
the wisdom waiting to be reclaimed.

This is not about changing your past.
It is about honouring it.
So you can move forward
with awareness, compassion
and the light of who you truly are.

Within these pages lies a doorway
back to you – and the beginning of
a beautiful remembering.

Take a breath. Open your heart.
Step inside.

You are coming home.

AWARENESS • REMEMBRANCE • HEALING
CONNECTION • TRANSFORMATION • RETURNING HOME

SCHOOL OF
SOL
AWAKEN • REMEMBER • EMBODY

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