

♥ INNER CHILD SOLAR SELF TRILOGY ♥

BOOK THREE



THE RETURN TO YOUR LIGHT

REMEMBER WHO YOU ARE
BECOME WHO YOU TRULY 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.

WELCOME HOME

Through the pages of the first two books, you've been invited to explore the experiences, emotions, beliefs and adaptations that have helped shape your journey.

And now, the journey turns once again.

This third book isn't about becoming someone new. It isn't about striving for perfection, and it certainly isn't about leaving parts of yourself behind. Instead, it offers an invitation to explore a simple question...

What if there has always been something luminous beneath every experience that has shaped your life?

Within the School of SOL, we call this the Solar Self.

So, take a gentle breath. Allow yourself to slow down. And together, let's explore what might become visible when we begin to look beyond the form and towards the light that has always existed within.

Welcome home. In Light and Love, Always...





LOOKING BACK...

Over the course of the first two books, you've been invited to look at your experiences through a different lens.

You may have recognised familiar patterns, rediscovered forgotten memories or begun to understand the remarkable ways your younger self learned to navigate the world.

You may simply have become more aware. And awareness has a beautiful way of creating space. Space to pause. Space to observe. Space to gently question long-held perspectives.

This trilogy offers an invitation to become curious about the relationship between your experiences, your emotions and the story you've created about yourself along the way.

And now, another invitation awaits. What if the next step isn't about learning something new? What if it's about remembering something that has always been there? Perhaps the path ahead isn't about becoming someone different.

Perhaps it's simply about seeing your life, experiences and the world around you through a bright new lens.

...Let's continue

SECTION ONE



FROM
SURVIVAL
TO
SOVEREIGNTY

AWARENESS CREATES SPACE.
SPACE CREATES CHOICE.



FEAR

ADAPTATION

CONDITIONING

SURVIVAL

OLD PATTERNS

WHAT IS THE SOLAR SELF?

Many spiritual traditions, philosophies and wisdom teachings suggest that we are far more than the roles we play, the beliefs we hold or the experiences we have lived through.

Within the School of SOL, we explore this possibility through the concept of the Solar Self, as a deeper aspect of our own consciousness.

*A quiet, steady presence that exists
beneath the noise of everyday life.*

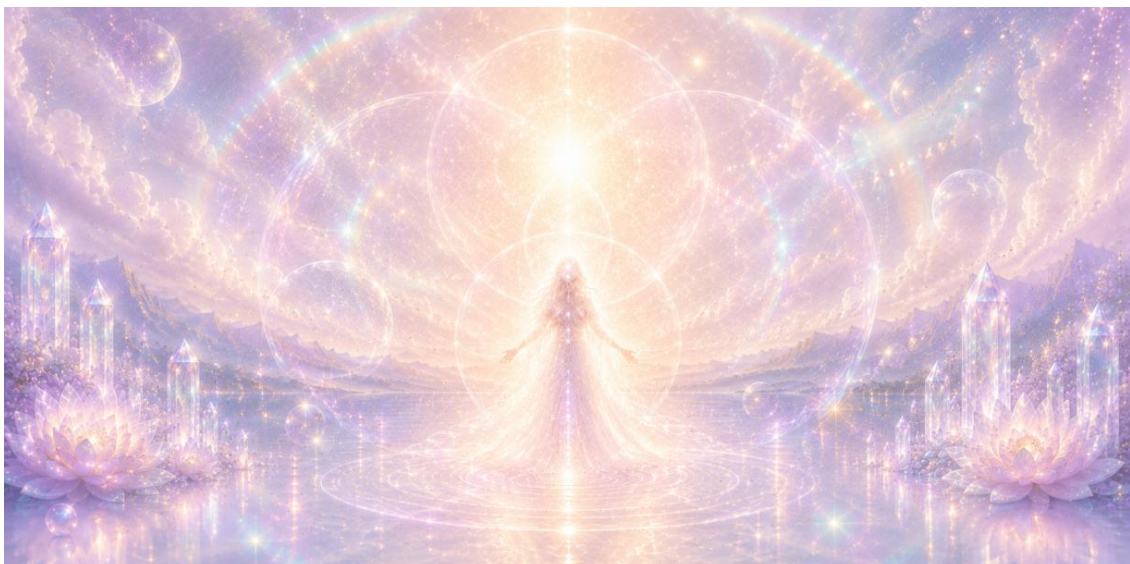
Your own Wisdom, untouched by the relationships, experiences, feelings and beliefs you have developed while living your life.

The Solar Self doesn't ask us to reject our emotions or silence the parts of ourselves that once learned to survive.

Instead, it invites us to become more Aware.

And as awareness grows, more becomes visible.

*Perhaps remembering who you truly are has been the
journey all along.*



VOICES WITHIN

What if...?

What if, rather than being defined by a single voice, we experience ourselves through an ongoing relationship between different aspects of our own consciousness?

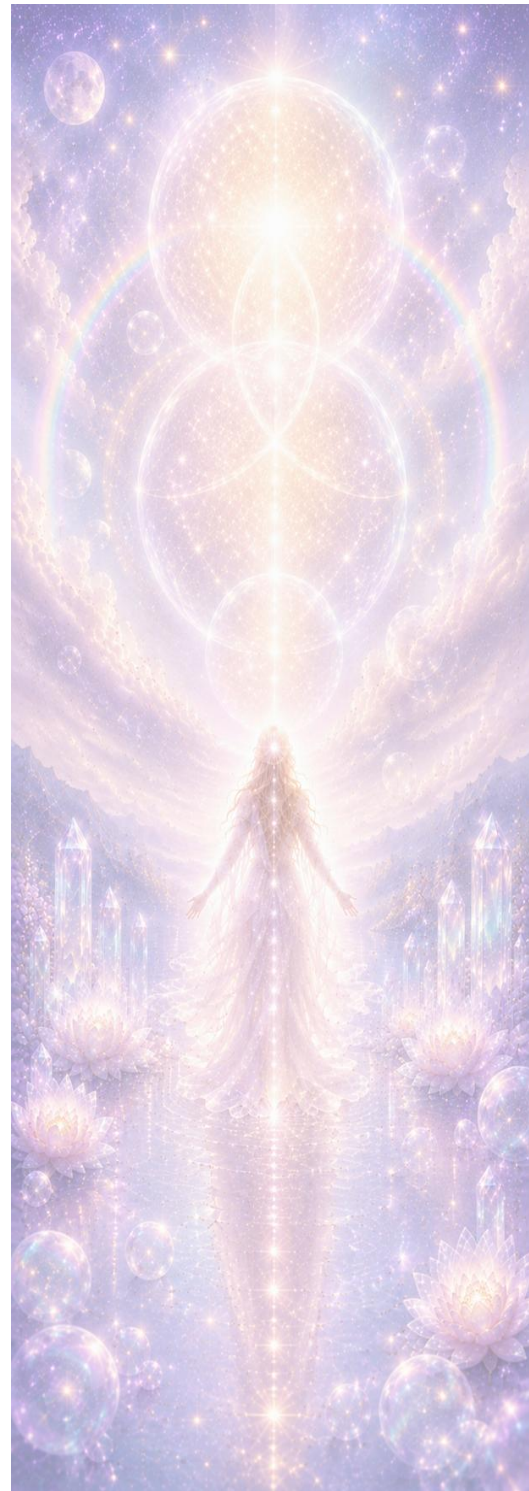
Sometimes, our younger self may speak through emotions, reactions and the need to feel safe, loved, valued and able to trust.

Sometimes, the part of us that learned to navigate the world may step forward, drawing upon familiar beliefs, patterns and protective strategies.

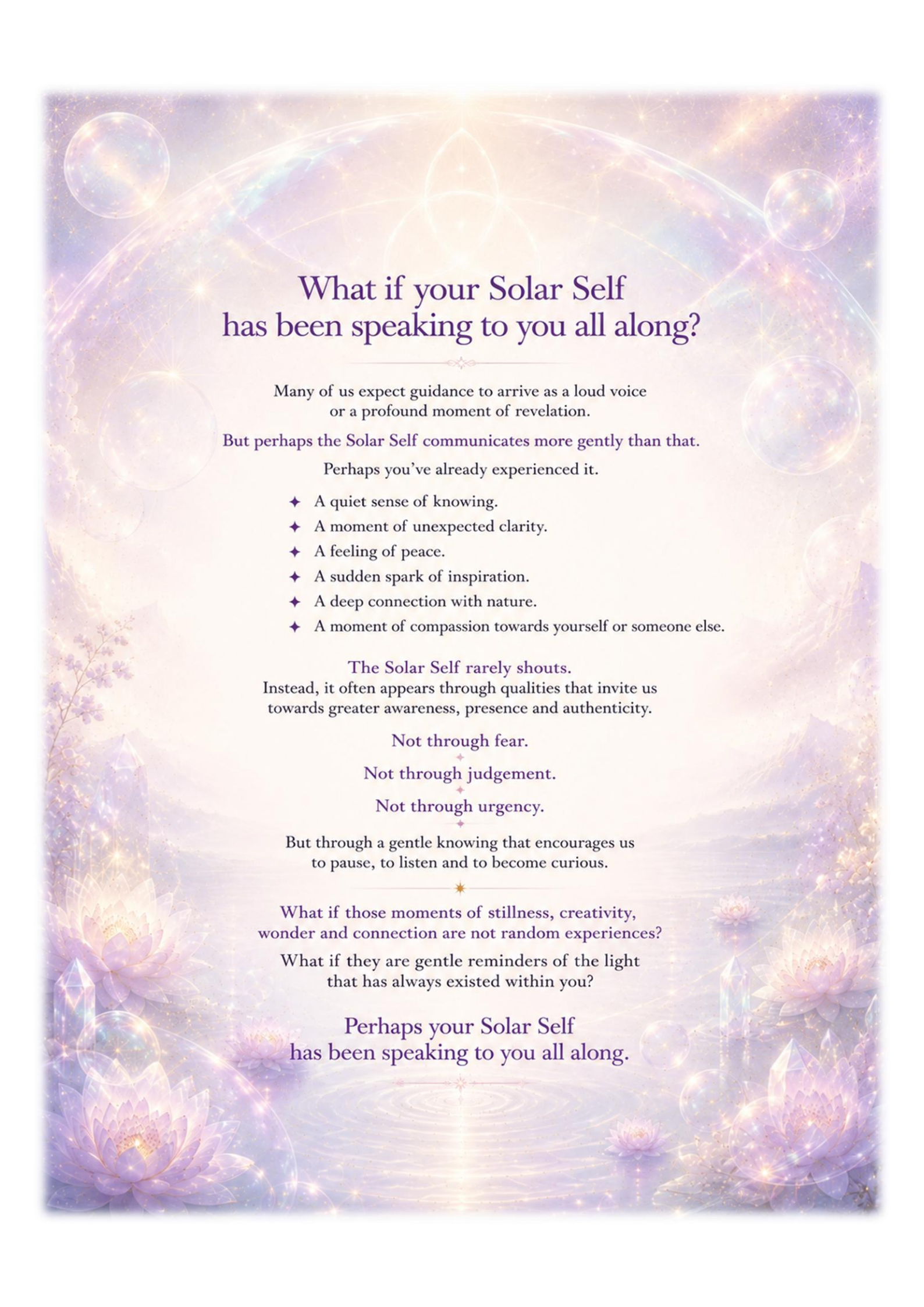
And sometimes, another quality begins to emerge. A quieter presence. One that observes rather than judges. That becomes curious rather than critical. That creates space rather than reacting automatically.

Within the School of SOL, we recognise this quality of awareness as an expression of the Solar Self.

Perhaps awareness doesn't change who we are. Perhaps it simply changes the relationship we have with ourselves.



...and what if, that relationship has the power to transform everything?



What if your Solar Self has been speaking to you all along?

Many of us expect guidance to arrive as a loud voice
or a profound moment of revelation.

But perhaps the Solar Self communicates more gently than that.

Perhaps you've already experienced it.

- ✦ A quiet sense of knowing.
- ✦ A moment of unexpected clarity.
- ✦ A feeling of peace.
- ✦ A sudden spark of inspiration.
- ✦ A deep connection with nature.
- ✦ A moment of compassion towards yourself or someone else.

The Solar Self rarely shouts.
Instead, it often appears through qualities that invite us
towards greater awareness, presence and authenticity.

Not through fear.

Not through judgement.

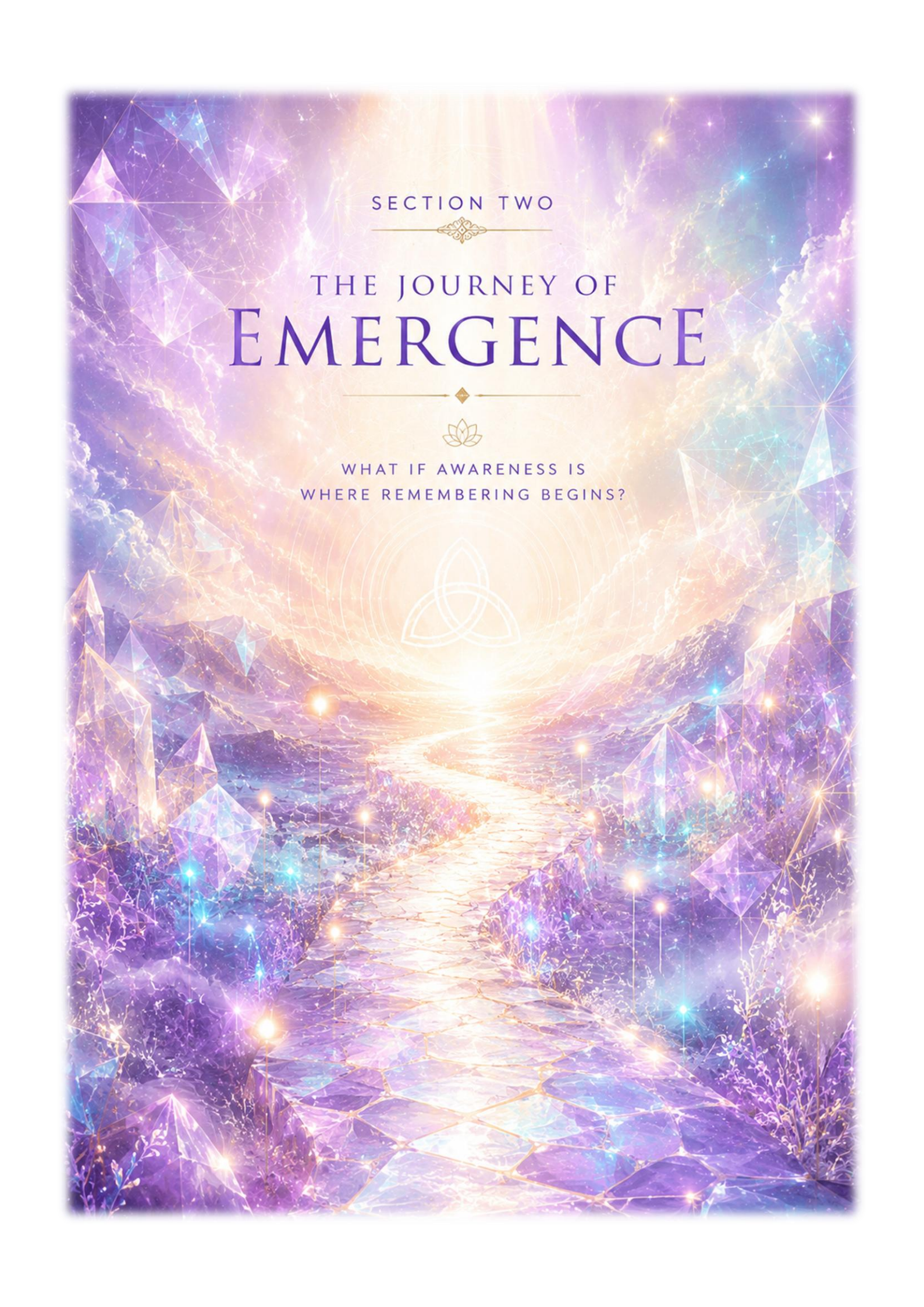
Not through urgency.

But through a gentle knowing that encourages us
to pause, to listen and to become curious.

What if those moments of stillness, creativity,
wonder and connection are not random experiences?

What if they are gentle reminders of the light
that has always existed within you?

Perhaps your Solar Self
has been speaking to you all along.



SECTION TWO

THE JOURNEY OF
EMERGENCE

WHAT IF AWARENESS IS
WHERE REMEMBERING BEGINS?



Exploring through awareness can change the way we experience ourselves. When we begin to step back from our familiar thoughts, feelings and responses, even for a moment, something new becomes possible.

We create space. Space to notice without immediately reacting; space to become curious about what we are feeling and why; space to meet the parts of ourselves we once judged, resisted or tried to change...

...with a little more understanding.

Within the School of SOL, we explore four Pillars of Solar Self Emergence that can support this shift in relationship with ourselves

Awareness. Acceptance. Compassion. Presence.

These are not stages to complete, practices to perfect or another measure of how well we are doing. They are qualities we may begin to notice naturally emerging as our relationship with ourselves becomes more conscious.

Awareness allows us to see. Acceptance allows what we see to belong. Compassion changes the way we meet it. And Presence allows us to remain in relationship with ourselves as life continues to unfold.

What if transformation does not always begin by changing what we find...

...but by changing the way we meet it?

AWARENESS

...creates Choice. Awareness is often described as the beginning of change...it invites us to pause long enough to see ourselves more clearly.

We've explored how our earliest experiences may influence the way we think, feel and respond to the world around us, considered how emotions can become messengers, how adaptations can become patterns and how our younger selves continue to communicate through the foundations of safety, love, worth and trust.

But awareness offers us something else. Space...

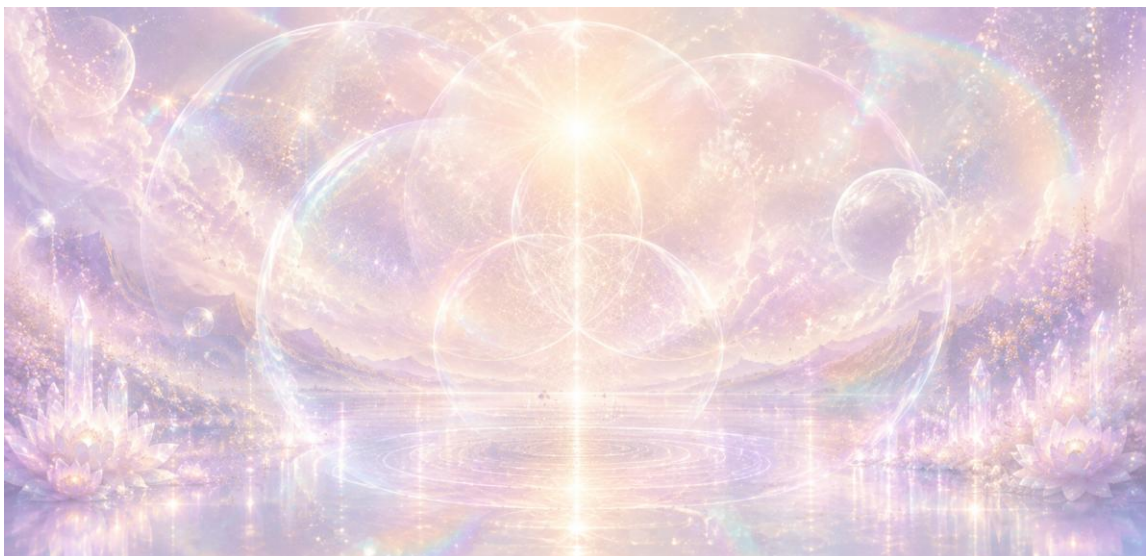
Space to step back, to observe, to become curious. And within that space, something remarkable begins to happen.

Choice becomes possible.

Perhaps we still recognise the familiar emotion. Perhaps we still hear the well-practised voice of an old pattern. But now, we can see it.

And when we can see it, we are no longer experiencing it unconsciously. What if awareness isn't about changing who we are?

*What if it's simply about creating enough space to
choose how we respond?*



ACCEPTANCE

...softens resistance. Acceptance is often misunderstood. It doesn't mean approving of everything that has happened. It doesn't mean giving up, excusing painful experiences or pretending that difficult emotions don't exist.

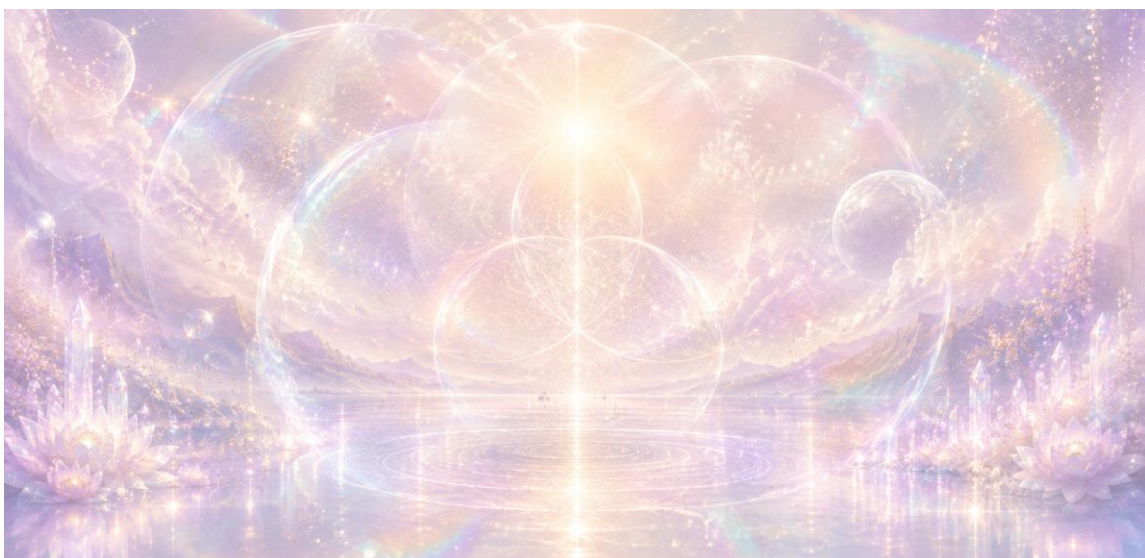
Perhaps acceptance begins with something much gentler. A willingness to acknowledge what is already here.

Many of us spend years resisting parts of ourselves. We resist our emotions. We resist our fears. We resist the reactions and protective patterns we wish we didn't have. And yet, resistance often strengthens the very things we're trying to move away from. What if acceptance isn't about surrendering to our circumstances?

What if it's about creating space for every part of ourselves to be seen, heard and understood?

Perhaps our inner child isn't asking to be fixed. Perhaps our adaptive self isn't asking to be judged. Perhaps both are simply asking to be recognised with compassion. As awareness grows, acceptance becomes less about changing ourselves and more about meeting ourselves exactly where we are. And sometimes, in that moment of acceptance, the need to resist begins to soften.

Perhaps this is where healing quietly begins..



COMPASSION

...rewrites our stories. Compassion has the remarkable ability to change the way we see ourselves. Not by changing the past or erasing difficult experiences, but by offering us a different perspective.

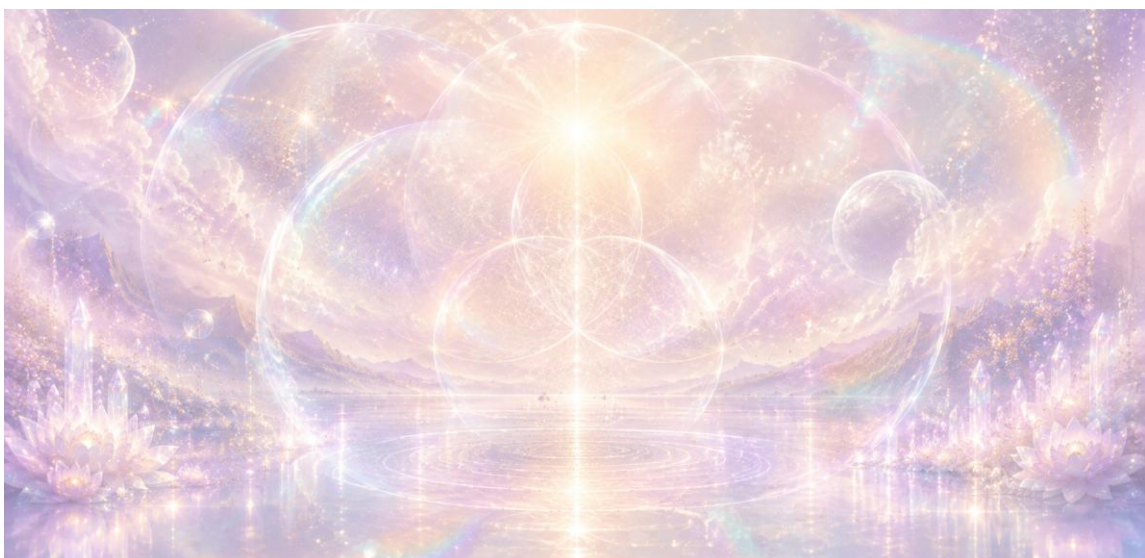
So often, we become our own harshest critics. We judge our emotions. We criticise our reactions. We question why we still struggle with thoughts, feelings or patterns we believed we had already overcome. And yet, every experience has contributed to the story we carry.

What if compassion allows us to read that story differently?

What if...? our fears were never signs of weakness and any protective patterns we created have never been evidence that something was wrong? ...What if they were simply expressions of a younger self doing the very best they could with the understanding, resources and support available at the time? Compassion doesn't ask us to forget our story.

It invites us to hold it more gently. And perhaps, when we begin to meet ourselves with greater kindness, understanding and acceptance, the story itself begins to change.

Not because the past has been rewritten. But because we have.



PRESENCE

...changes everything! In a world that encourages us to move quickly, being fully present can feel surprisingly unfamiliar. Our minds often revisit the past or race ahead towards the future, replaying old stories or anticipating what might happen next.

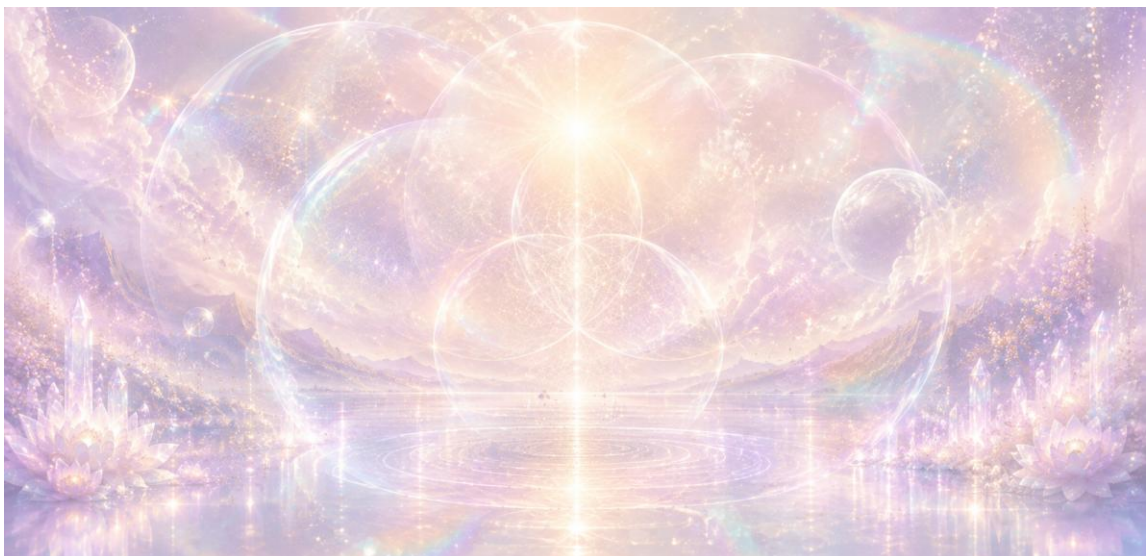
Presence invites us to slow down. To notice. To listen. To become aware of what is unfolding within and around us.

It creates space between feeling and reacting, between thought and response, between the stories we've always believed and the possibility that something new might be emerging. What if presence isn't something we have to achieve? What if it's something we've simply forgotten how to recognise?

Perhaps presence is one of the ways the Solar Self gently makes itself known. In the moments of stillness, awareness and connection we experience when we let ourselves BE completely ourselves.

Perhaps the more present we are, the more we step into increased self awareness, the more we tune in to the frequencies of Acceptance and Compassion...the more we begin to recognise the Light that has been guiding us all along.

And perhaps that changes everything.



FOUR PILLARS OF SOLAR SELF EMERGENCE

Awareness. Acceptance. Compassion. Presence.

Four simple qualities that can gently transform the relationship we have with ourselves.

- ❖ Awareness helps us notice what is happening within us.
- Acceptance creates space for what we discover to be acknowledged rather than resisted.
- Compassion allows us to meet our feelings, patterns and protective responses with greater kindness and understanding.
- ✓ Presence helps us remain connected to ourselves in the midst of our unfolding experience.

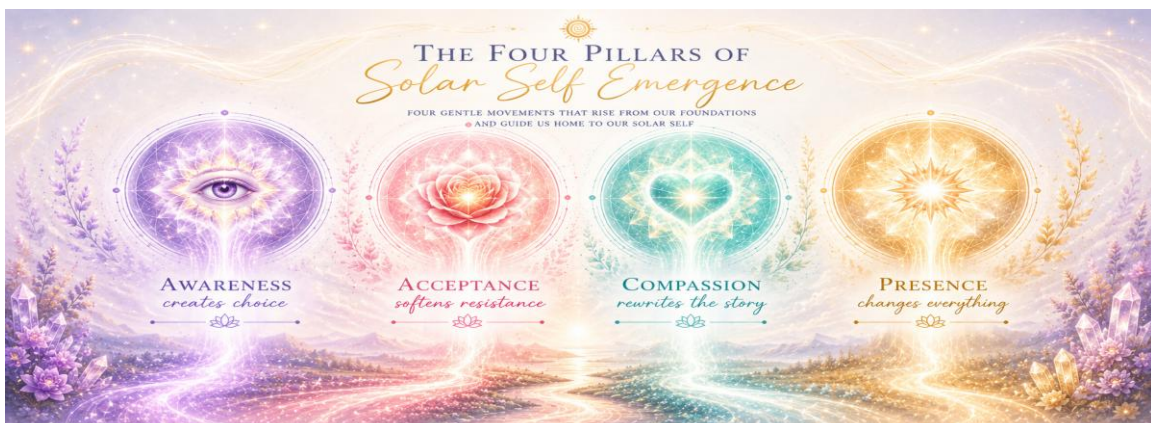
They are not steps to follow in a particular order. They move together, continually, enabling, strengthening & influencing one another.

Awareness may invite compassion; compassion may make acceptance possible; acceptance may help us remain present and presence may allow us to notice something we have never seen before.

Little by little, our relationship with ourselves begins to change. The Inner Child can be heard. The Adaptive Self can be understood. And the quieter awareness of the Solar Self has more space to illuminate what is already there.

What if becoming more conscious is not about leaving parts of ourselves behind...

...but learning to meet all of ourselves differently?



A Gentle PAUSE

You've explored the Four Pillars of Conscious Relationship —
Awareness, Acceptance, Compassion and Presence.
These pillars rise from the foundations you discovered in Book Two,
and now begin to shape a new way of being.

Now, take a moment to pause...



AWARENESS
I see with clarity.



ACCEPTANCE
I welcome
what is.



COMPASSION
I meet myself
with love.



PRESENCE
I am here,
fully and now.

Let the insights, feelings and awareness from this section settle gently within you.
Allow yourself the space to reflect...

★ What resonated most deeply with you from the Four Pillars?

★ How do these pillars already show up in your life?

★ Which Pillar do you feel most connected to right now? And why?

★ Which Pillar would you most like to strengthen or deepen?

★ What is one gentle step you can take to live more fully from these pillars?

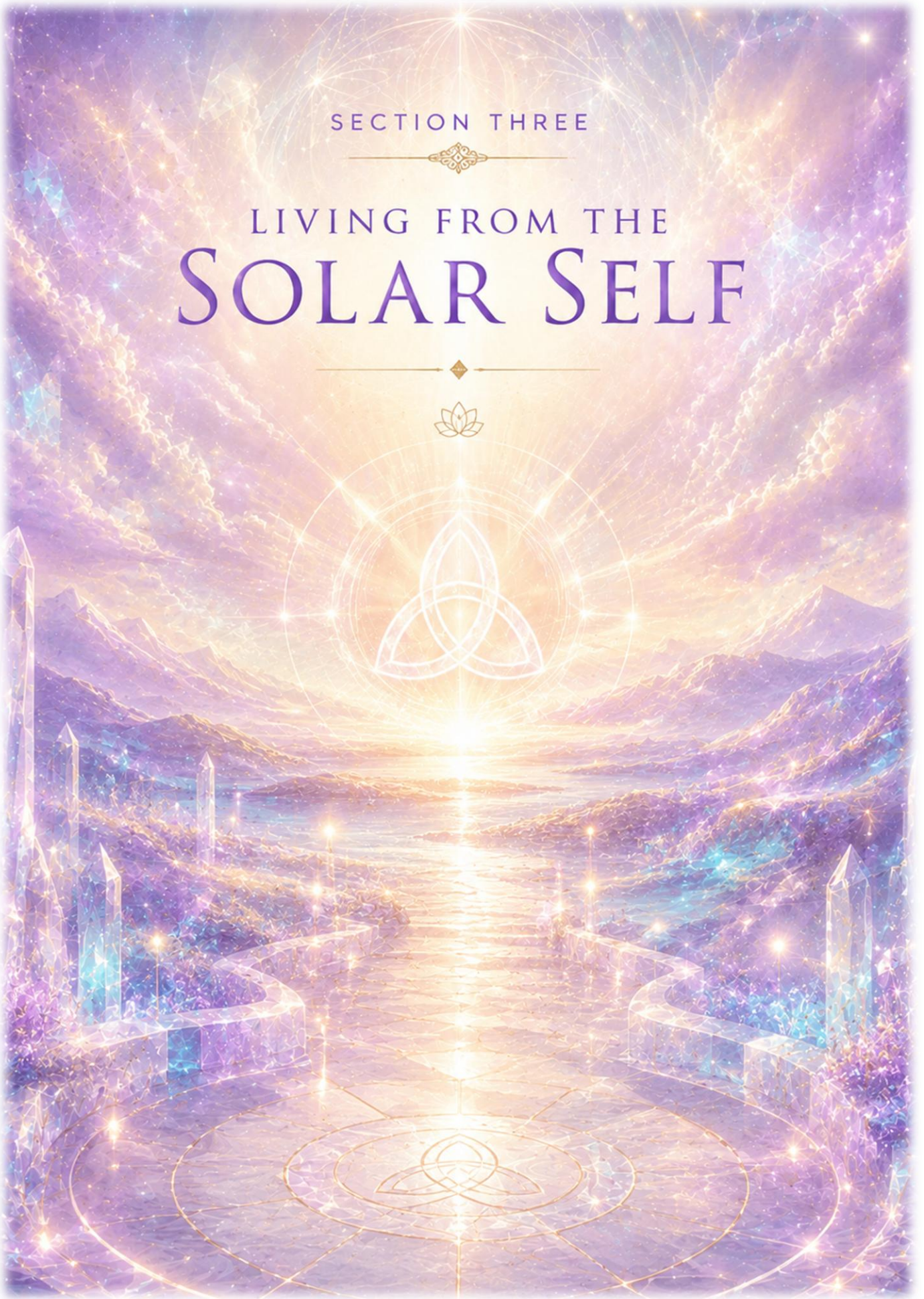
You are remembering.
You are growing.
You are becoming.

Trust your journey.

SECTION THREE



LIVING FROM THE
SOLAR SELF



THE FOUR FOUNDATIONS EVOLVE

In Book Two, we explored the Four Foundations of Emotional Learning — Safety, Love, Enough and Trust — and the ways our earliest experiences within these foundations can quietly shape how we experience ourselves and the world.

As awareness grows, these foundations do not disappear. Instead, our relationship with them can begin to change.

What once depended largely upon reassurance from the world around us may gradually become something we are able to recognise, nurture and experience within ourselves.

Within the School of SOL, we explore this as a gentle evolution: Safety becomes Peace. Love becomes Compassion. Enough becomes Worthiness. Trust becomes Inner Knowing.

Not as destinations to reach or qualities we must somehow acquire, but as possibilities that may begin to emerge when we meet ourselves with greater Awareness, Acceptance, Compassion and Presence.

The foundations remain. But now, perhaps, we can experience them differently.

What if the qualities we have spent so much of our lives seeking outside ourselves...

...have also been quietly waiting to be discovered within?



SAFETY BECOMES PEACE

Our earliest experiences teach us many things, but perhaps one of the most important questions we ever ask is this: *Am I safe?*

As children, our understanding of safety is shaped by the world around us. By the people who care for us. By the environments we grow up in. And by the experiences that help us decide whether the world feels predictable, nurturing and secure.

Throughout Book Two, we explored how safety becomes one of the foundations upon which we build our emotional lives. But what if safety continues to evolve throughout our journey? What if, beyond the need to feel protected, another experience begins to emerge?

Peace. Not because life suddenly becomes free from challenge. Not because uncertainty disappears. But because we begin to develop a different relationship with ourselves.

Perhaps peace isn't found in controlling everything around us. Perhaps it grows from the quiet understanding that we can meet ourselves with greater awareness, compassion and presence, whatever life brings.

Peace doesn't ask us to stop feeling. It simply reminds us that we no longer have to face those feelings alone. And perhaps, as the light of the Solar Self becomes more visible, our search for safety gently begins to transform into something deeper...

...into peace.



LOVE BECOMES COMPASSION

Perhaps no question shapes us more deeply than this: *Am I loved?*

Our earliest experiences of love often become the foundation upon which we build our understanding of ourselves, our relationships and our place in the world. When love feels present, we may learn to open our hearts more freely. When it feels uncertain, inconsistent or conditional, we may begin to protect ourselves in ways we don't always recognise.

In Book Two, we explored how the need to feel loved influences many of the patterns we carry into adulthood. But what if love, like safety, continues to evolve? What if the journey doesn't end with learning to receive love from others? What if it gently invites us towards something deeper? Compassion. Not simply kindness. Not self-indulgence. But the ability to meet ourselves, and others, with greater understanding and acceptance.

Compassion asks us to soften. To recognise our shared humanity. To remember that every person we encounter is carrying experiences, stories and unseen struggles of their own.

Perhaps compassion is love expressed through awareness. And perhaps, as the light of the Solar Self becomes more visible, our search for love gently begins to transform into something even more expansive...

...into compassion.



ENOUGH BECOMES WORTHINESS

For many of us, this question quietly follows us throughout our lives. It can influence the way we see ourselves, the expectations we place upon ourselves and the roles we adopt in our relationships, our work and our daily lives.

As children, our sense of worth is often shaped by the messages we receive from the world around us. We may learn that achievement brings praise. That pleasing others brings acceptance. That success, perfection or self-sacrifice create a sense of belonging.

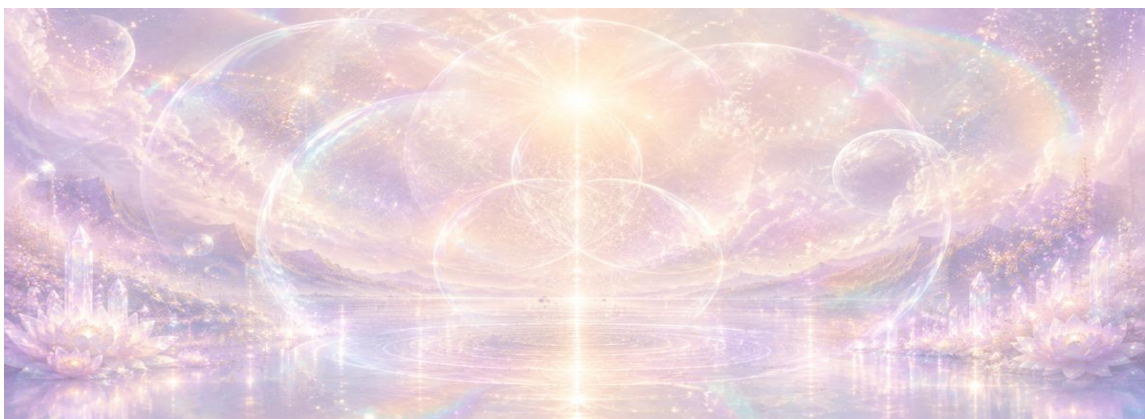
In Book Two, we explored how these early experiences can shape the beliefs we carry into adulthood. But what if being enough was never something we needed to earn? What if worthiness isn't created through achievement, approval or comparison?

Perhaps worthiness is something far more inherent. A quiet recognition that our value doesn't fluctuate according to our accomplishments, our appearance, our productivity or the expectations of others.

The Solar Self doesn't measure. It doesn't compare. It simply recognises.

And perhaps, as the light of the Solar Self becomes more visible, the lifelong search to become enough gently begins to transform. Into the understanding that you always were....

...into worthiness.



TRUST BECOMES INNER KNOWING

From our earliest experiences, we begin to learn who and what feels safe. We learn to trust the people around us, the environments we inhabit and the experiences that shape our understanding of the world.

When trust is broken, uncertainty often follows. We may become more cautious. More guarded. More reliant on the protective strategies that once helped us navigate unfamiliar or unpredictable situations.

In Book Two, we explored how trust becomes one of the foundations upon which we build our emotional lives. But what if trust continues to evolve as we grow?

What if, beyond learning to trust others, we begin to develop a deeper relationship with ourselves? Inner knowing - a quiet confidence that emerges through awareness, experience and self-understanding.

Inner knowing doesn't demand proof. It doesn't compete with fear. It simply invites us to listen more closely to the wisdom that already exists within us.

Perhaps this is one of the ways the Solar Self gently makes itself known. And perhaps, as the light of the Solar Self becomes more visible, our search for trust slowly begins to transform...

...into a deeper sense of inner knowing.



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The foundations remain. But now, perhaps, we can experience them differently.

What if the qualities we have spent so much of our lives seeking outside ourselves...

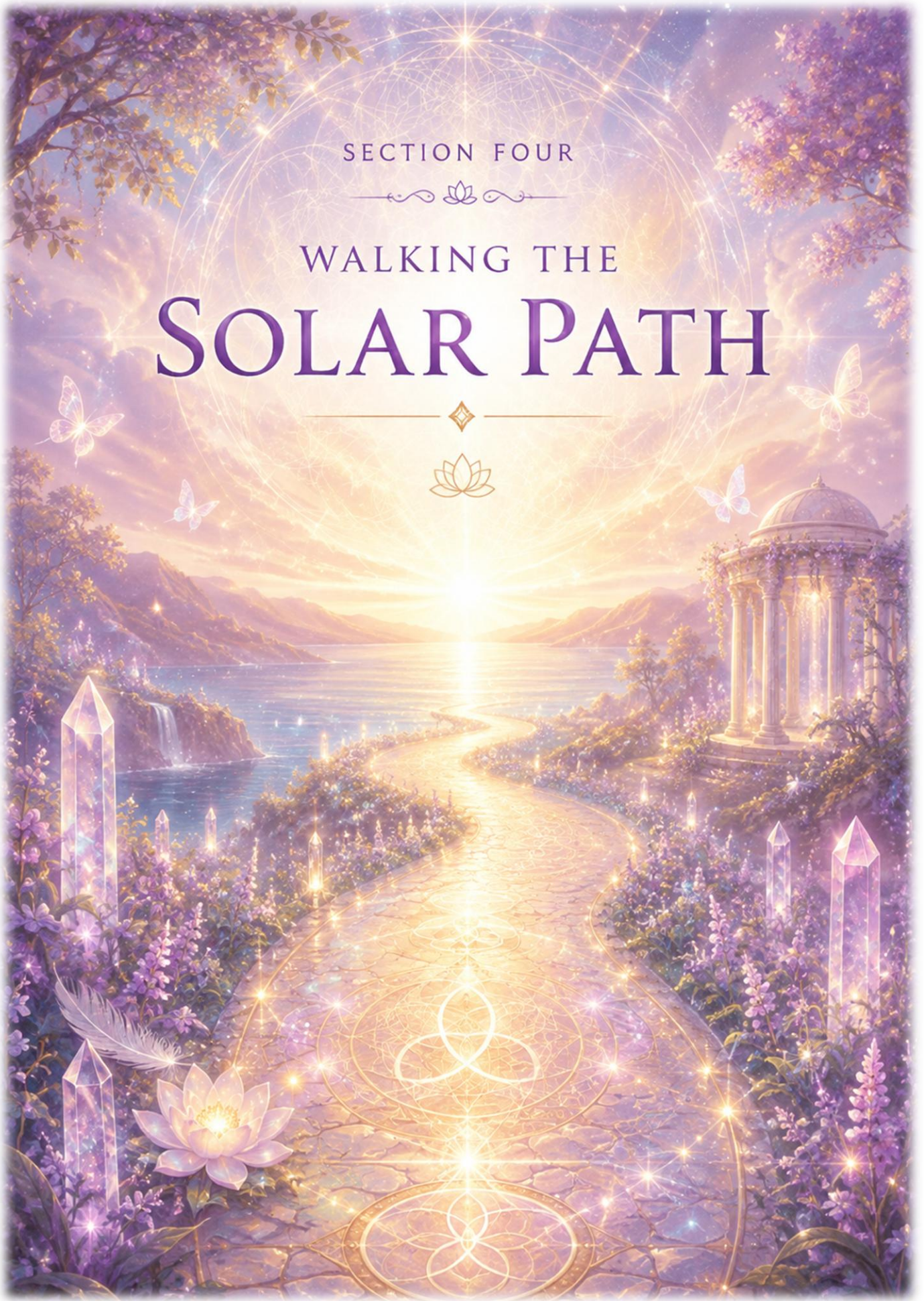
...have also been quietly waiting to be discovered within?



SECTION FOUR

WALKING THE

SOLAR PATH



WALKING THE SOLAR PATH

As our relationship with ourselves becomes more conscious, something may begin to shift in the way we meet life itself.

Not because difficulties disappear or because we always know what to do, but because we have another way of being with whatever arises.

The Solar Path is not a path towards perfection. It is an invitation to bring greater awareness and presence into the ordinary, beautiful, complicated experience of being human.

Within the School of SOL, we explore four qualities that can gently support the way we walk this path:

Curiosity. Authenticity. Courage. Joy.

Curiosity invites us to remain open.

Authenticity invites us to honour what feels true.

Courage helps us take the next step, even when the way ahead is uncertain.

And Joy reminds us that life is not only something to understand or heal, but something to experience.

Perhaps walking the Solar Path is not about knowing exactly where we are going, but instead, becoming fully present and aware in the life we are already living. So, what if the path is created...

...simply by the way we choose to walk it?



LIVING WITH CURIOSITY

Curiosity has a beautiful way of changing how we experience the world. It invites us to soften our need for certainty and become more open to possibility.

Rather than asking, *Why is this happening to me?* we might begin to ask, *What can this experience teach me?*

Rather than assuming we already know the answers, we create space for discovery.

Curiosity encourages us to explore new ideas, perspectives and experiences. It reminds us that growth isn't always found in certainty. Sometimes, it's found in our willingness to wonder.

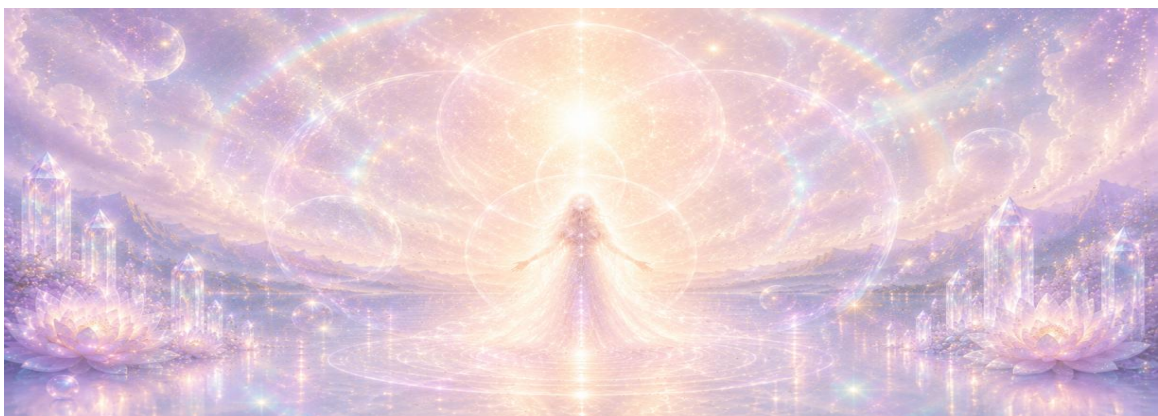
What if curiosity isn't about searching for answers? What if it's simply about remaining open to new possibilities?

Perhaps living with curiosity allows us to see ourselves, others and the world around us with fresh eyes.

And perhaps, through that gentle openness, life continues to reveal itself in ways we never expected.

After all, every journey begins with a single question...

...and every question begins with curiosity.



LIVING WITH AUTHENTICITY

Authenticity isn't about becoming someone new. It's about allowing ourselves to become more fully who we already are.

For many of us, life brings expectations, responsibilities and roles that can gradually pull us away from our natural way of being.

Without even realising it, we may begin to adapt, to conform or to silence aspects of ourselves in order to feel accepted or understood.

But authenticity invites something different. It invites honesty. Presence. Alignment.

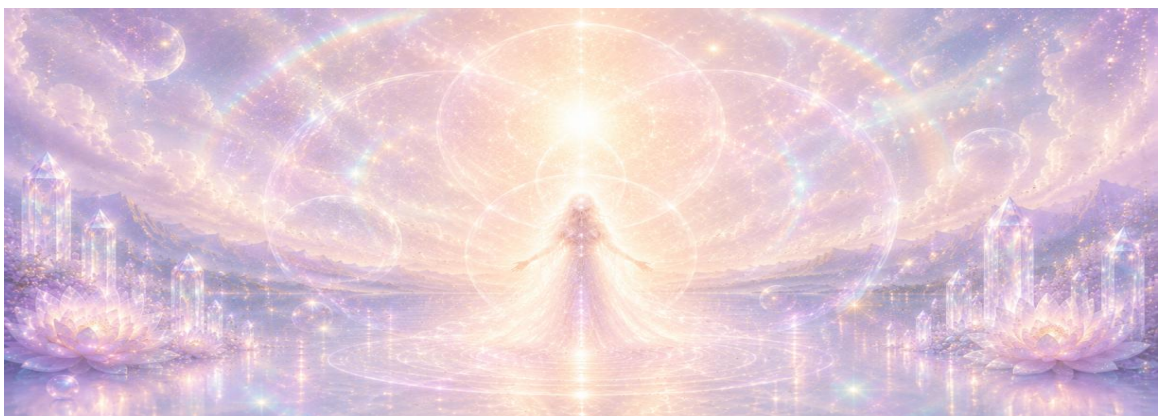
It encourages us to live in ways that feel true to our values, our beliefs and our experiences.

What if authenticity isn't something we have to create? What if it's something we've simply been learning to remember?

Perhaps living authentically isn't about becoming a different person.

Perhaps it's about having the courage to let more of your own light become visible.

...and perhaps that's where the journey truly begins.



LIVING WITH COURAGE

Courage is often misunderstood. We sometimes imagine it as something bold, fearless or extraordinary.

But perhaps courage is much quieter than that.

Perhaps courage is simply the willingness to keep moving forward, even when the path ahead feels uncertain.

It can be found in difficult conversations. In new beginnings. In setting boundaries. In asking for support. In choosing to begin again.

Courage doesn't ask us to have all the answers. It doesn't ask us to ignore fear or pretend that challenges don't exist. Instead, it gently reminds us that uncertainty and growth often walk hand in hand.

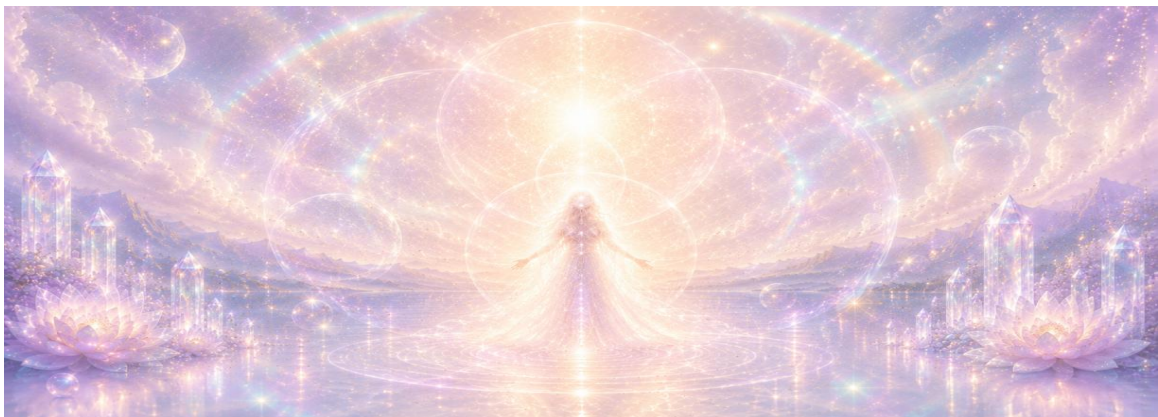
What if courage isn't the absence of fear? What if courage is simply trusting yourself enough to take the next step?

Perhaps courage isn't found in extraordinary moments at all.

Perhaps it's woven into the small, everyday choices that slowly shape the journey we walk.

And perhaps every step taken with courage...

...becomes another expression of the light within.



LIVING WITH JOY

Joy has a way of quietly reminding us what it means to feel fully alive.

And yet, so many of us spend our lives believing that joy is something to be found somewhere beyond the present moment. Something to be earned. Something to be achieved. Something waiting for us just around the next corner.

But perhaps joy isn't a destination at all. Perhaps it already exists within the simple moments we so often overlook. A shared laugh. A favourite song. The warmth of the sun on your face. The beauty of nature. A cup of tea enjoyed in peaceful company.

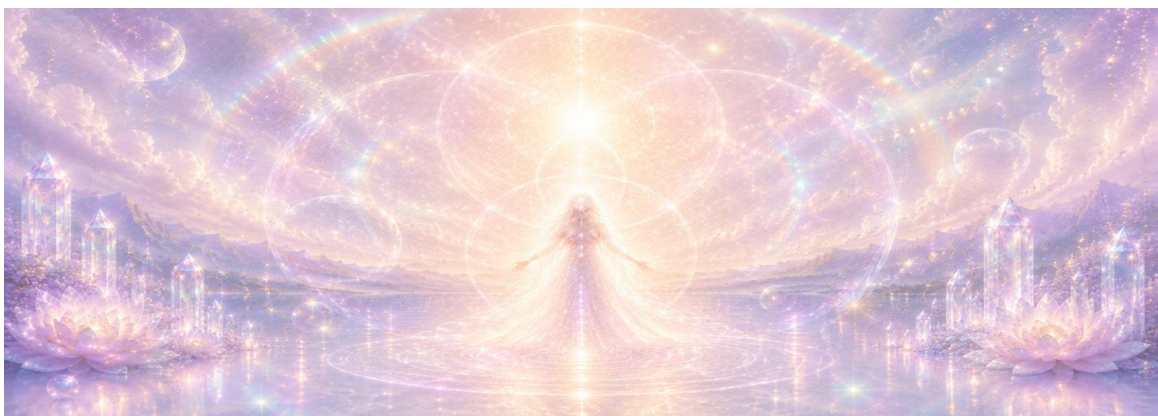
Joy rarely demands our attention. Instead, it gently invites us to slow down long enough to notice it.

What if joy isn't something we have to create? What if it's something we've simply forgotten how to recognise?

Perhaps joy isn't found in extraordinary moments. Perhaps it's woven into the ordinary moments that bring colour, meaning and connection to our lives.

And perhaps, when we begin to live with greater awareness, we discover that joy...

...has been quietly walking beside us all along.



WALKING THE SOLAR PATH

Curiosity. Authenticity. Courage. Joy.

Four qualities. Countless ways they might find expression within an ordinary life.

Curiosity may invite us to ask a different question.

Authenticity may encourage us to listen to what feels true.

Courage may appear in a great leap forward.....or in one very small step.

Joy may arrive unexpectedly — in laughter, connection, creativity, wonder or a moment in which we simply feel completely alive.

There is no single way to walk the Solar Path. It will look different for each of us because we are different. Our experiences, relationships, choices and challenges become part of the landscape through which we continue to discover ourselves.

Sometimes we will walk consciously. Sometimes an old pattern will lead the way for a while. And perhaps even that can become another invitation to notice, become curious and begin again.

The Solar Self does not ask us to transcend our humanity. It invites us to become more deeply present within it.

What if living consciously is less about becoming who we think we should be...

...and more about allowing ourselves to fully experience who we already are?





SECTION FIVE

THE JOURNEY
CONTINUES

Relationships become integration.
Integration becomes a way of living.
And the journey continues within you.

21 DAY
JOURNEY JOURNAL

The Solar Sanctuary

WITHIN THE
CHAMBER OF REMEMBRANCE

A SAFE SPACE TO REMEMBER,
HEAL AND GROW



AWARENESS



SAFETY



HEALING



GROWTH



REMEMBRANCE

SCHOOL ♥ F SOL

AWAKEN - REMEMBER - EMBODY

EVER-EVOLVING

Throughout this journey, we've explored the many ways our experiences shape the relationship we have with ourselves.

We've discovered that our emotions can become powerful messengers. We've recognised the remarkable patterns and protective strategies that help us navigate the world around us. And we've explored the gentle, illuminating presence of awareness.

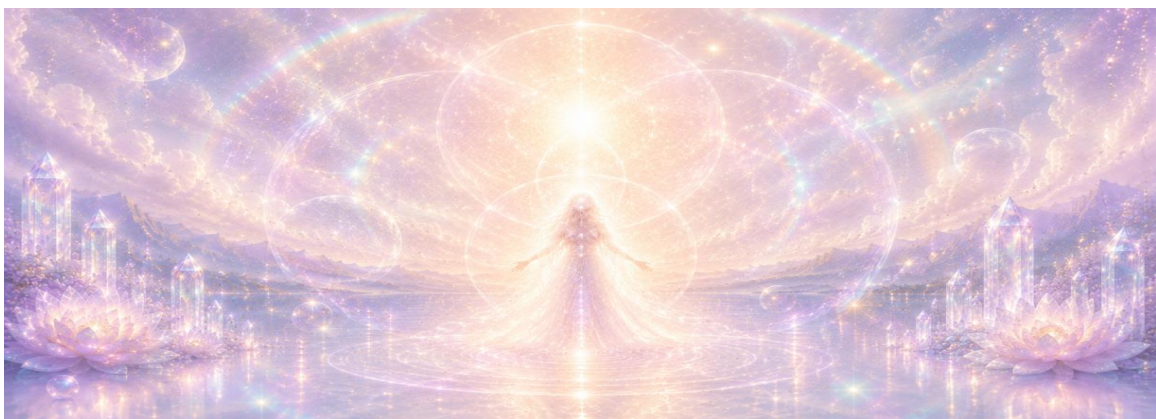
Perhaps these aren't separate experiences at all. Perhaps they're different expressions of the same, ever-evolving relationship. Our feelings communicate. Our patterns express. Our awareness observes. And together, they invite us to become more conscious participants in our own lives.

What if the journey isn't about leaving your humanity behind? What if it's about learning to embrace it more fully?

The Solar Self doesn't ask us to escape our lives in search of a different reality...rather, it invites us to bring greater awareness into the life we're already living. Into our relationships. Into our choices. Into our challenges. Into our moments of joy. So, perhaps remembering isn't a destination at all, but instead, a way of walking through the world.

A way of listening more deeply. Loving more openly. Living more consciously and nurturing the beautiful relationship...

...that has always existed within.



YOUR LIFE IS YOUR PRACTICE

Perhaps one of the greatest discoveries we can make is that awareness doesn't belong only within the pages of a book. It doesn't exist only in moments of reflection, meditation or quiet contemplation.

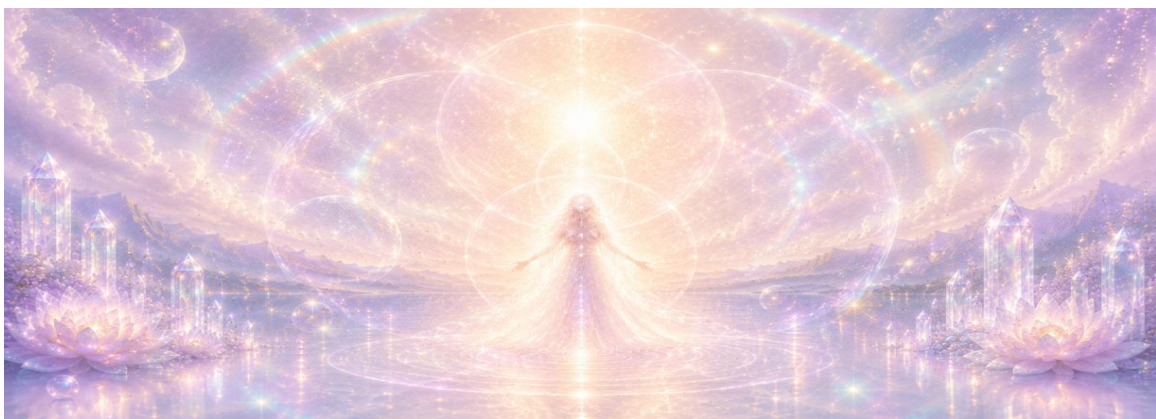
It becomes part of the way we live. Part of the way we love. Part of the way we listen, communicate, create and connect.

Awareness isn't something we switch on for a few moments each day. It becomes a gentle companion that walks beside us as we move through our lives.

A difficult conversation becomes an opportunity to pause and notice. A joyful moment becomes an opportunity for gratitude. A challenge becomes an invitation to become curious. An emotion becomes a messenger rather than something to be pushed away. What if every moment of your life becomes part of the pathway?

Perhaps this journey doesn't end when you close this book. Perhaps this is simply the beginning. Because remembering isn't a destination – it's a way of living - and every day offers another opportunity to become more aware, more present and more deeply connected to yourself.

...the journey continues. And the next step is yours to take.



AN INVITATION



If this journey has resonated with you, perhaps this is only the beginning. The pages of this Trilogy have offered an introduction to the Inner Child Solar Self Pathway, inviting you to explore your experiences through the lens of awareness, compassion and conscious relationship. But pathways are not discovered by reading alone. They are discovered by walking them.

The 21 Day Journey Journal has been lovingly created as a companion to this series, offering a deeper, more reflective exploration of the themes we've explored together.

Twenty-one days. Twenty-one invitations. Twenty-one opportunities to pause, to listen and to gently nurture the relationship you have with yourself.

What if your next step is simply to continue? The Pathway is open and I'd be honoured to continue walking beside you.

In Light and Love, Always...SolAna

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"



A PLACE OF REMEMBERING

The School of SOL is a place of remembering.

A place where psychology, spirituality, philosophy, mythology, conscious awareness and lived experience come together to create new perspectives and deeper understanding.

Within these pages, you've explored just one of the many pathways that make up this growing body of work.

Each pathway offers an invitation. An invitation to become curious. To expand your awareness. To nurture your relationship with yourself. And to explore what becomes possible when we begin to illuminate the light that has always existed within.

Whether your journey continues through the 21 Day Journey Journal, the Awareness Series, future pathways, workshops or the many Chambers within the School of SOL, the door will always remain open.

Because remembering isn't a destination.
It's a lifelong journey.
And perhaps this is only the beginning.

...@School of SOL.



THANK YOU

Thank you for walking this journey
of remembrance with me.

You have reached the final pages of
the trilogy, but not the end of the Pathway.

May what you have remembered, healed
and awakened here continue to guide you
as you live your light in this world.

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.



Website: www.schoolofsol.com



Email: bev@schoolofsol.com



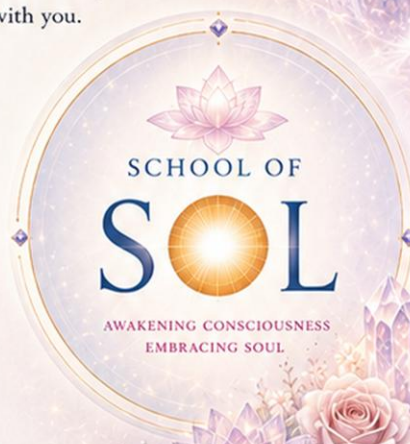
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With love,

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.

THIS IS THE THIRD AND FINAL BOOK
IN YOUR INNER CHILD SOLAR SELF TRILOGY

As you journey deeper, awareness awakens,
conditioning dissolves and the truth of who you are
begins to rise within you.

Book Three guides you into the remembrance
of your solar self – your essence, your light,
your natural state of wholeness.

This is not the end of your journey.
It is the beginning of your returning.

Continue your 21 day experiential journey
with the Inner Child Solar Self Pathway
Journey Journal.

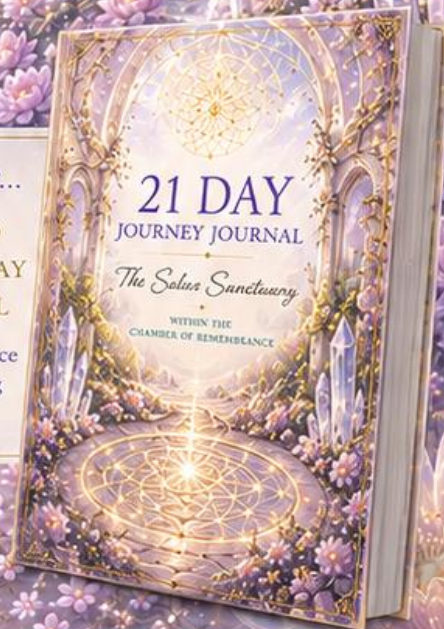
Your solar self has always been
waiting for you.

You are coming home.

YOUR NEXT STEP...

THE INNER CHILD
SOLAR SELF PATHWAY
JOURNEY JOURNAL

A 21 day guided experience
of remembrance, healing
and returning home.



SCHOOL OF
SOL

AWAKEN • REMEMBER • EMBODY



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