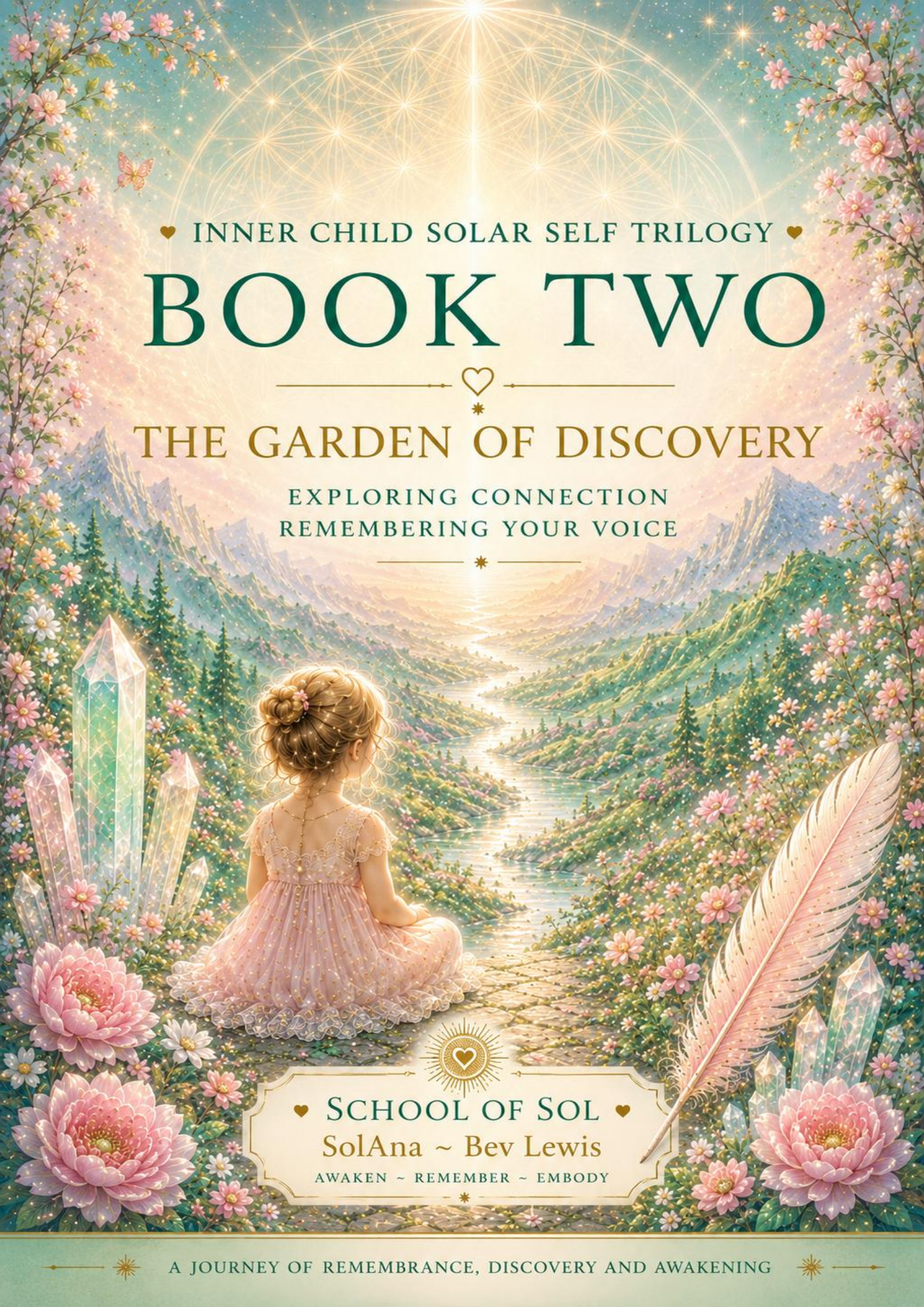




♥ INNER CHILD SOLAR SELF TRILOGY ♥

BOOK TWO



THE GARDEN OF DISCOVERY

EXPLORING CONNECTION
REMEMBERING YOUR VOICE



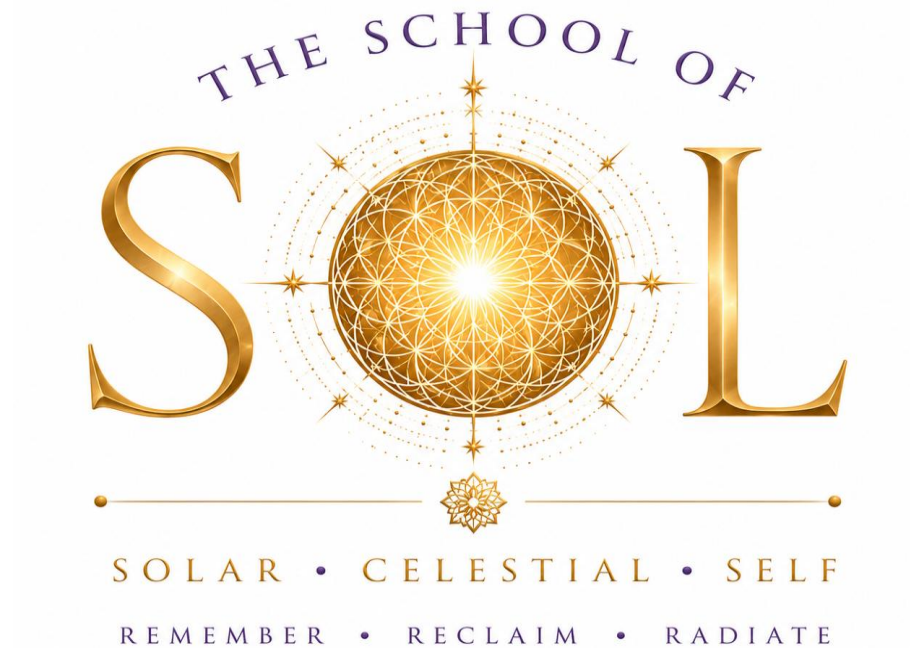
♥ SCHOOL OF SOL ♥
SolAna ~ Bev Lewis

AWAKEN ~ REMEMBER ~ EMBODY

— ✨ — A JOURNEY OF REMEMBRANCE, DISCOVERY AND AWAKENING — ✨ —

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 NEWLY BIRTHED SOUL

We believe that every newborn enters the world carrying an innate longing to feel safe, loved, accepted and free to express the truth of who they are – their soul expression for this life.

When all core needs are met, our Inner Child naturally grows in confidence, curiosity, connection and trust.

Yet life is not always experienced this way.

As we journey through childhood, each of us encounters experiences that shape how we understand ourselves and the world around us.

Sometimes we enjoy experiences that are deeply nurturing.
Sometimes we experience things that create confusion, are painful or difficult to make sense of as a young, developing human mind.

And so, with remarkable wisdom, the experiencing Inner Child

...begins to adapt.



OUR INNER CHILD ADAPTED



We discover ways of protecting our open hearts; to adapt, so that we feel we belong, to avoid pain, distress or discomfort, as we navigate the emotional landscape around us.

We may become quieter,
or shout for attention
We may become brighter,
or hide our light away
We may become helpers or over-achievers, feisty protectors or peacemakers.

Here, we honour these adaptations with compassion and loving acceptance.

We observe them as intelligent expressions of a young soul, navigating life through an open lens, responding to the feelings being experienced.

And in doing so...

...we allow a new perspective to blossom.

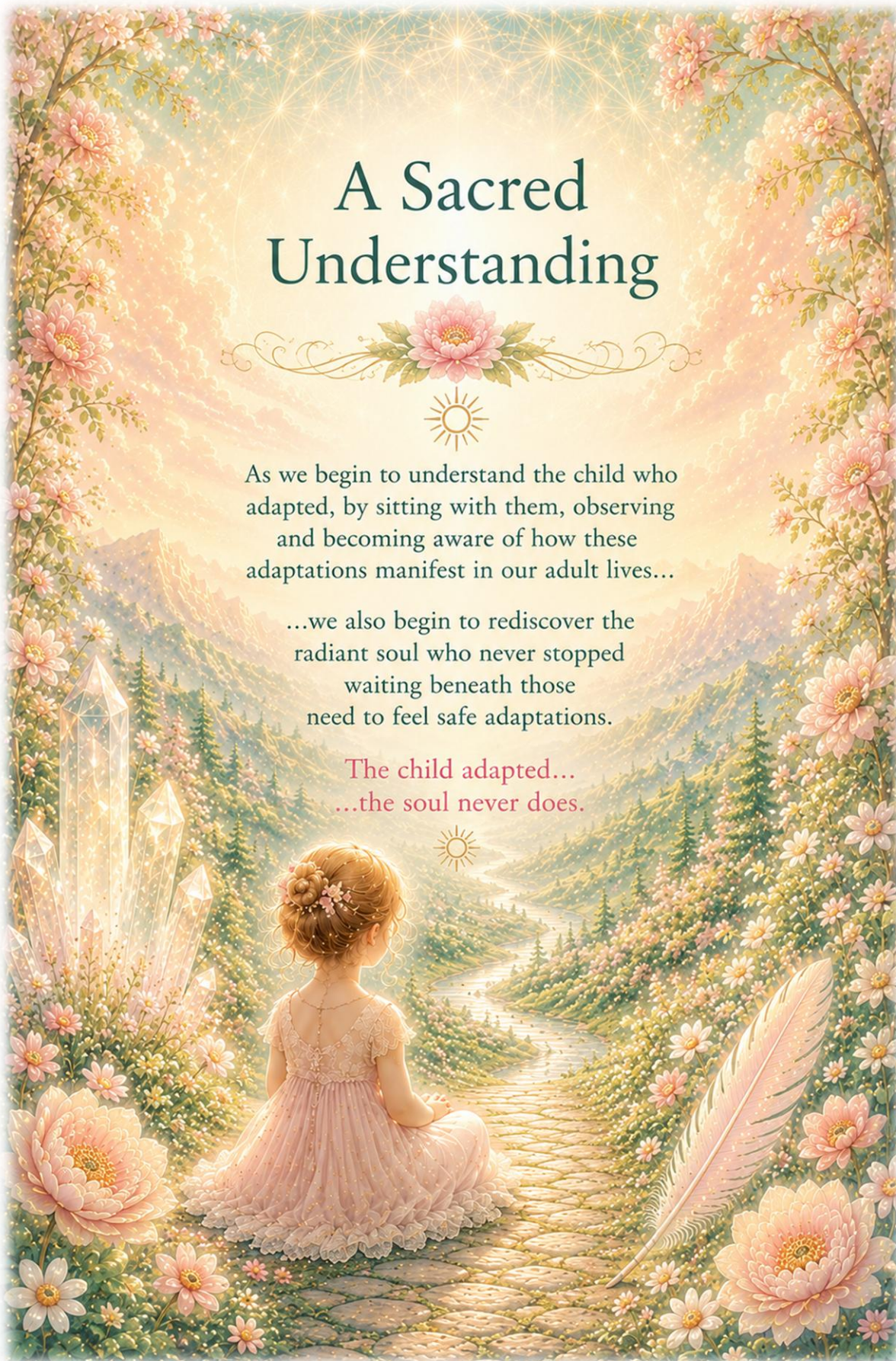
A Sacred Understanding



As we begin to understand the child who adapted, by sitting with them, observing and becoming aware of how these adaptations manifest in our adult lives...

...we also begin to rediscover the radiant soul who never stopped waiting beneath those need to feel safe adaptations.

The child adapted...
...the soul never does.



INTELLIGENT ADAPTATION

As children, we did not consciously choose the ways we learned to think, feel or respond to the world around us.

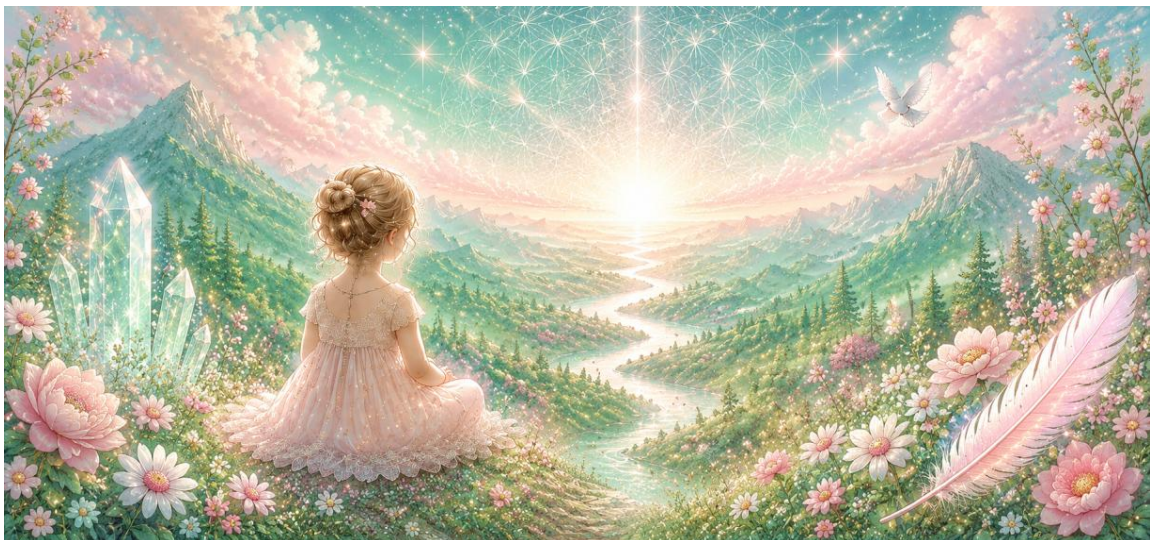
Each protective behaviour developed for a reason.

Every moment of caution, every attempt to please, achieve, stay quiet, remain helpful, withdraw or avoid conflict was the younger self's sincere effort to navigate the emotional landscape of childhood.

Each adaptation carried a purpose.
Each response reflected our Inner Child's natural intelligence, quietly searching for safety, belonging, acceptance or love.
The patterns we carry into adulthood are often not signs of weakness, but reminders of the remarkable ways our younger self learned to survive.

When we begin to recognise this with compassion rather than criticism, something gently begins to change. We stop asking, "What's wrong with me?" and begin asking, "What was this part of me trying to protect?"

*...and in that moment,
understanding begins to bloom*



PROTECTIVE PATTERNS

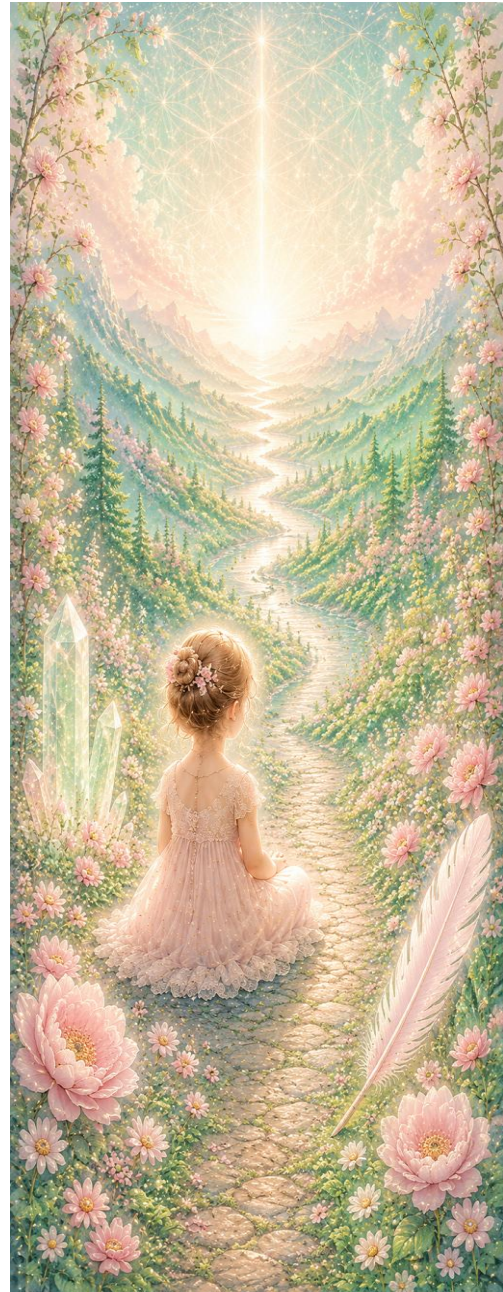
Every child develops unique ways of responding to the world around them.

Some learn to stay small. Some strive to be perfect. Some become endlessly helpful, fiercely independent, quietly invisible or constantly watchful of the needs of others.

These are not flaws, they are protective patterns, intelligent responses created by the younger self to try to feel safe, loved, accepted or emotionally secure.

Many of these adaptations continue into adult life, quietly shaping our relationships, our choices and the stories we hold about ourselves.

When we begin to recognise them with kindness and curiosity, they no longer need to remain hidden and awareness...



...gently transforms protection into possibility.



The Intelligent Child



The Inner Child is remarkably wise.

Long before we have the words to explain
our experiences, our Inner Child is learning how to
read the emotional world around them.

Noticing tone, expression, energy, presence, absence.

Without even realising it, feedback questions arise.

“What helps me feel safe?” “What should I avoid?”
“Who do I need to become to belong?”

Every adaptation is an expression of
this quiet intelligence.

A young heart
doing everything it can
to find safety, connection and love.

Perhaps your younger self was
wiser than you have ever
given them credit for.



THE WOUND IS NOT AN ADVERSARY

Beneath every wound lives our younger self who was simply trying to make sense of their world.

The wound is not seeking to harm you. It is asking to be seen. To be understood. To be met with the compassion it may never have received until now.

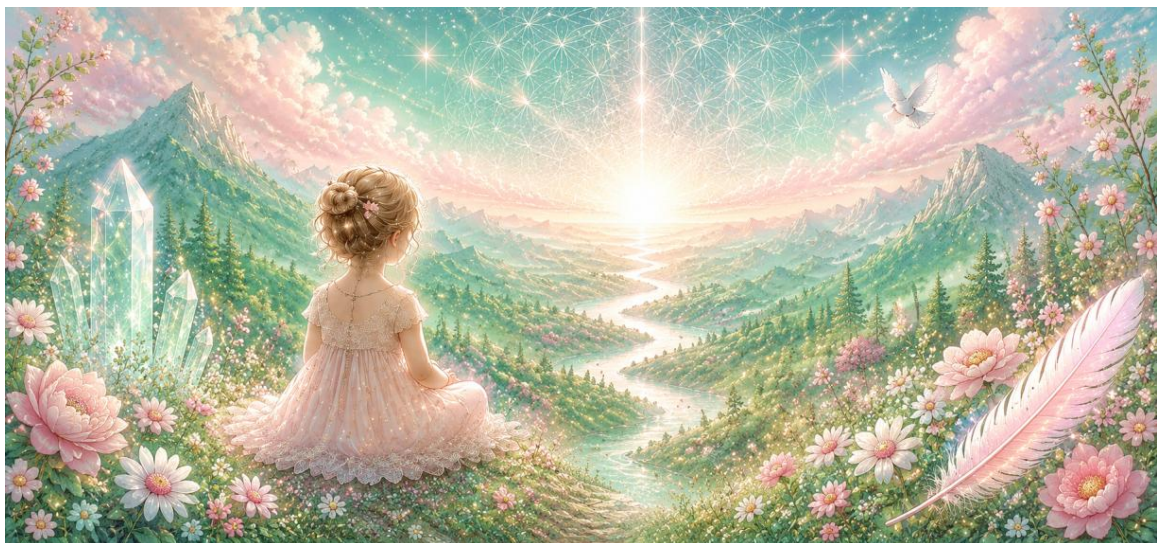
When we stop resisting our wounds and begin listening to what they have been trying to protect, they slowly become pathways to healing.

*What once felt like your greatest burden may become
your greatest teacher.*

Many of us spend years trying to escape what we believe are our wounds.

We judge them, hide them, fight against them or simply wish they had never existed.

*What if we simply observed, listened, acknowledged
and loved them into our Light instead?*



THE GIFTS BENEATH

Every adaptation leaves an imprint, but each also awakens something beautiful.

Sensitivity often grows where there was hurt.

Compassion where there was loneliness.

Wisdom where there was confusion.

Resilience where there was challenge.

The qualities you value most within yourself may not have appeared despite your experiences...

they may have quietly grown alongside them.

In the School of SOL, we do not seek to glorify suffering.

Rather, we honour the remarkable capacity of the human spirit to transform life's most difficult or confusing experiences into understanding, strength and deeper love.

The wound and the gift have always grown together.



THE EMOTIONAL LANDSCAPE



Just as every childhood unfolds through seasons of growth, it also unfolds through moments of emotional learning.

Our experiences can leave us feeling safe, encouraged & connected, or leave us uncertain, misunderstood, unseen or emotionally alone. Whether large or small, these feelings quietly shape the beliefs we begin forming about ourselves, others and the world around us.

Every adaptation carries a story; every story carries understanding & within every understanding lives the beautiful possibility of personal healing and transformation.

As we begin exploring this emotional landscape with curiosity, compassion and acceptance, we discover that what once felt like limitation may...

...become a doorway into greater awareness, wisdom and self-remembrance.



Long before we understand ourselves through words, our Inner Child is quietly learning through experience.

Every interaction, relationship and moment of comfort, encouragement, disappointment or uncertainty helps shape the emotional foundations upon which our understanding of ourselves and the world begins to grow.

*Within the School of SOL, we describe these as
The Four Foundations of Emotional Learning.*

Rather than labels or personality types, they represent four essential areas of emotional experience that quietly shape our beliefs, our protective adaptations and the many personas we create as we learn to navigate life.

As we explore these foundations together, we begin to recognise that every adaptation once served a purpose.

And that beneath each carefully constructed layer, or persona, lives the same radiant essence we first encountered in Book One...

...waiting patiently to be remembered.

FOUNDATION ONE – AM I SAFE?

Every journey begins with the experience of safety.

Within each of us, the Inner Child continues learning through every relationship, every environment and every moment of connection.

As life unfolds, we gradually discover whether the world feels welcoming, supportive and safe enough to explore.

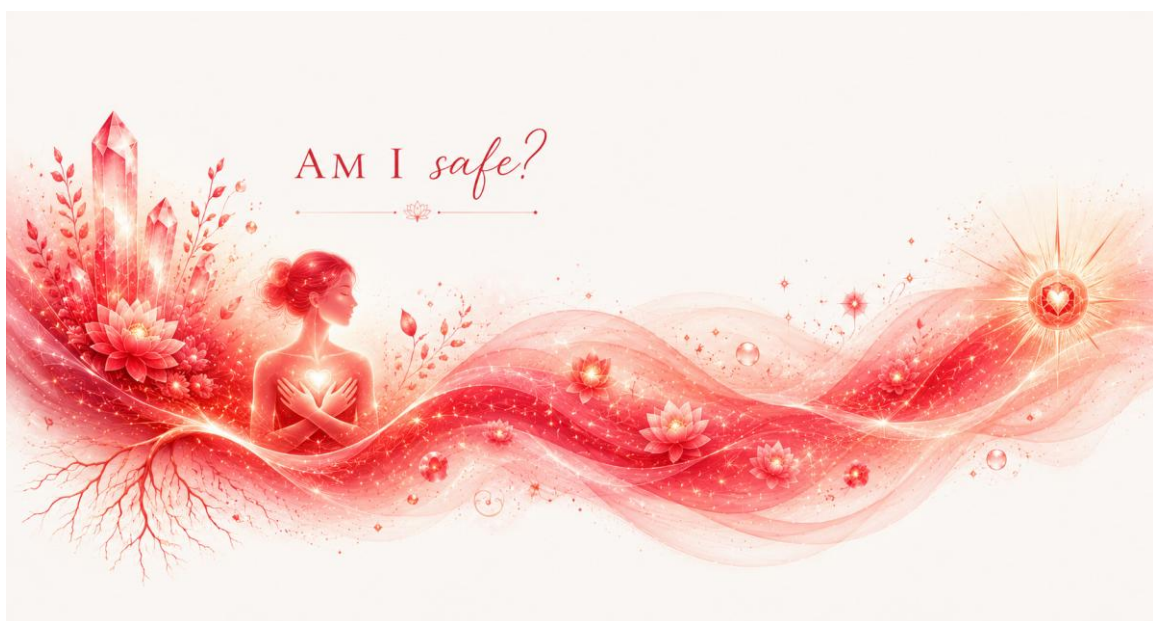
When safety is experienced consistently, confidence begins to grow naturally from within.

When life feels uncertain or unpredictable, the Inner Child simply continues learning...

...creating thoughtful adaptations that offer protection, certainty and a sense of security.

Every adaptation begins as an expression of wisdom, gently helping us navigate the world as we understand it.

*A Remembrance
You are safe. I have never left you.*



REFLECTION



Take a moment to pause.

Breathe softly.

Allow yourself to notice what arises
as you reflect on your experience of safety
in your own early life.



What do you remember?

What do you feel?

What feels important to honour?



"Awareness is the light that brings
gentleness, understanding and new possibilities."



FOUNDATION TWO

As our world expands, so too does the journey of the Inner Child.

Through family, friendships and the many relationships we experience throughout life, we begin discovering what it means to belong.

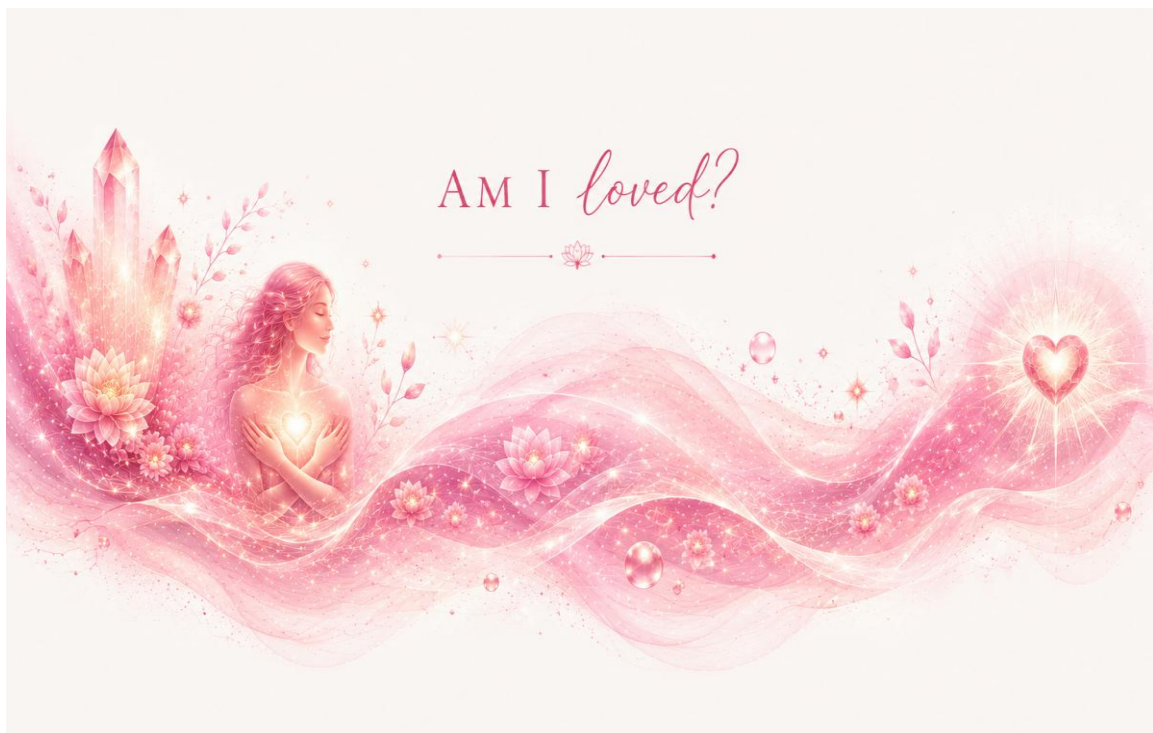
When love and acceptance are experienced freely, connection grows with ease.

When belonging feels uncertain or dependent upon meeting the expectations of others, the Inner Child simply continues learning...

...creating thoughtful adaptations that seek connection, acceptance and a place within the world.

Every adaptation is a loving attempt to remain connected, even when the path feels uncertain.

A Remembrance
You belong. You have always belonged with me.



REFLECTION



Take a moment to pause.

Breathe softly.

Allow yourself to notice what arises
as you reflect on your experience of love
in your own early life.



What do you remember?

What do you feel?

What feels important to honour?



"Awareness is the light that brings
gentleness, understanding and new possibilities."



FOUNDATION THREE AM I ENOUGH?

As life unfolds, so too does the journey of the Inner Child.

Through every experience, relationship and expectation, the Inner Child gradually forms an understanding of who they are and how they are valued.

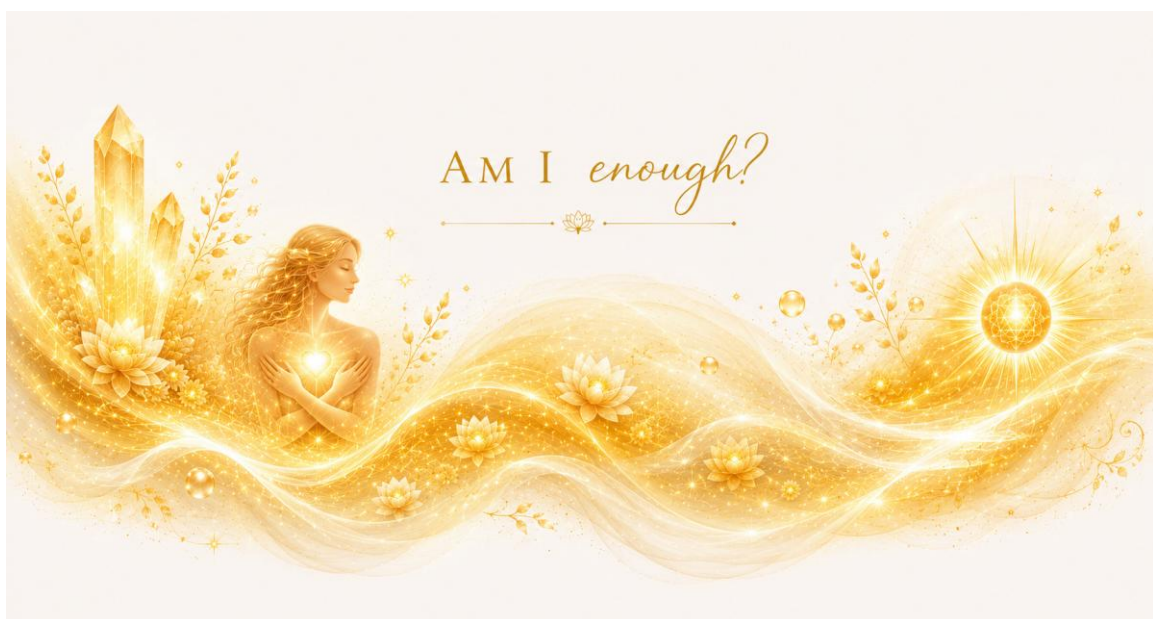
When we feel accepted simply for being ourselves, confidence grows naturally from within.

When approval seems connected to achievement, pleasing others or meeting expectations, the Inner Child simply continues learning...

...creating thoughtful adaptations that seek acceptance, recognition and a sense of worth.

Every adaptation gently invites us to remember a truth that has never changed.

A Remembrance
You have never needed to become enough;
I have always known your worth.



REFLECTION



Take a moment to pause.

Breathe softly.

Allow yourself to notice what arises
as you reflect on your experience of worth
in your own early life.



What do you remember?

What do you feel?

What feels important to honour?



"Awareness is the light that brings
gentleness, understanding and new possibilities."



FOUNDATION FOUR CAN I TRUST?

As we continue our journey, the Inner Child is gently invited into an ever-deepening relationship with life.

Moments of honesty, consistency and kindness naturally nurture trust. Moments of uncertainty or disappointment simply encourage the Inner Child to continue learning...

...creating thoughtful adaptations that offer protection, certainty and a greater sense of control.

With gentle awareness and compassion, we begin recognising these adaptations for what they have always been. Loving attempts to help us feel safe within an ever-changing world.

As understanding grows, these protective layers gradually soften, allowing trust to return, not through certainty, but through a growing relationship with ourselves, with life and with the quiet wisdom that has always lived within us.

*A Remembrance
You do not walk alone.
Together, we will find our way home.*



REFLECTION



Take a moment to pause.

Breathe softly.

Allow yourself to notice what arises
as you reflect on your experience of trust
in your own early life.



What do you remember?

What do you feel?

What feels important to honour?



"Awareness is the light that brings
gentleness, understanding and new possibilities."



FOUR FOUNDATIONS SUMMARY

Every experience leaves an imprint. Across the four Foundations of Emotional Learning, the Inner Child quietly gathers information about themselves and the world around them.

Am I Safe? invites us to explore our relationship with security, stability and belonging.

Am I Loved? gently reveals how we learned about connection, acceptance and being held within relationship.

Am I Enough? shines a light upon the beliefs we formed around our value, identity and sense of self.

Can I Trust? opens the doorway towards self-trust, life itself and the quiet wisdom that has always lived within us.

Together, these Four Foundations become part of the emotional landscape through which we experience life. They influence the beliefs we hold, the protective adaptations we create and the many personas that help us navigate our world.

Here, we recognise these as expressions of emotional intelligence ...creative responses that once served an important purpose. And as that awareness grows, so too does compassion. Rather than judging ourselves for who we have become, we begin understanding **why**.

And within that understanding, something beautiful begins to happen. Not because we become someone new...

...but because we gently remember who we have always been.





CONTINUING *Your Journey*

*The Four Foundations
are only the beginning.*

Within the complete Inner Child Solar Self Pathway, we explore your adaptations, emotional patterns, personas and protective behaviours in **far greater depth.**

Through guided reflection, practical tools and compassionate awareness, you will be supported to understand **the why** behind your patterns and gently transform the beliefs that no longer serve you.

You will learn how to **reparent** your Inner Child with love, reclaim your personal power and strengthen your connection to your **Solar Self**... your true, sovereign essence.

This is more than healing.
It is **remembrance.**
It is **integration.**
It is coming home to **YOU.**



When you feel ready,
the full Inner Child Solar Self Pathway
will be here to guide you.

You are never alone on this journey.



SCHOOL OF SOL
— SOLAR SOPHIA. —

A message from SolAna



If you have recognised yourself within these pages...

...perhaps something inside you has already started your journey to remembering.

Perhaps you recognised a younger part of yourself. Perhaps you saw an adaptation you had never noticed before. Or perhaps, for the very first time, you discovered that your story makes more sense than you once believed.

If so...I would love to invite you a little further.

The Four Foundations of Emotional Learning are only the beginning of this Pathway to self awareness, personal growth and transformation.

They offer a gentle glimpse into the remarkable intelligence of the Inner Child and the beautiful ways we each learned to navigate our world.

AND AN INVITATION



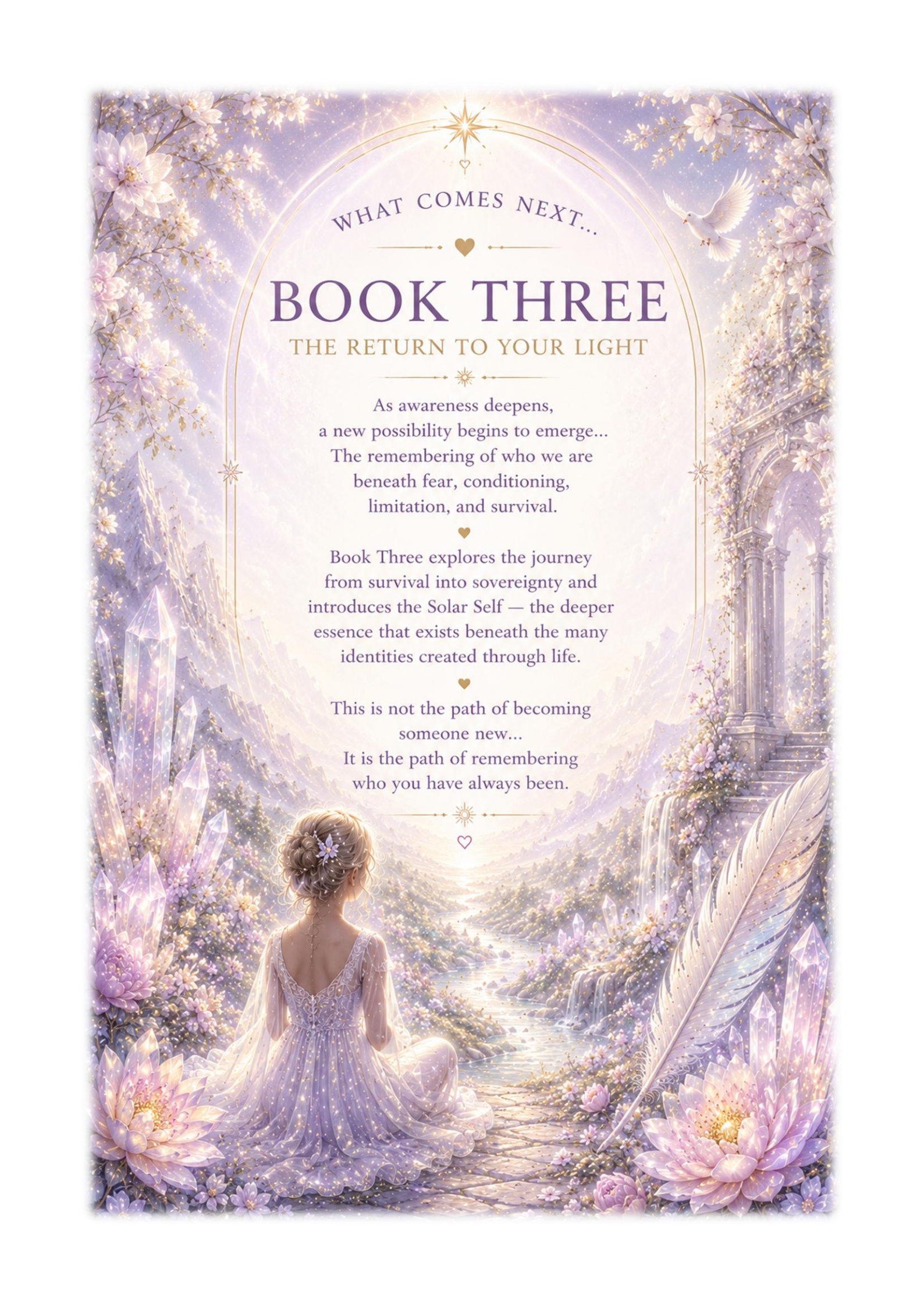
Beyond these pages lies the complete **Inner Child Solar Self Pathway**
...a deeper journey of remembrance, compassionate understanding
and conscious transformation.

Together, we explore the adaptations that once protected us, the emotional landscapes that shaped us and the timeless essence that has quietly remained beneath it all. Not because you need fixing or are broken but because there is something profoundly beautiful about remembering...

...who you have always been.

Whenever you feel ready...I will be here. And together, we will continue the journey home.

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



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 continuing this journey
of discovery, understanding and
remembrance.

May what you have uncovered here
be a loving guide, a gentle 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.



Website: www.schoolofsol.com



Email: bev@schoolofsol.com



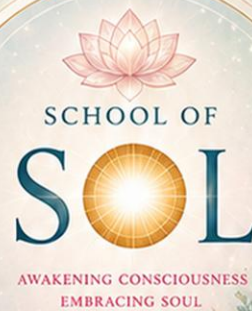
Instagram: [@schoolofsol](https://www.instagram.com/schoolofsol)



Facebook: [SchoolofSOL](https://www.facebook.com/SchoolofSOL)



YouTube: [School of SOL](https://www.youtube.com/SchoolofSOL)



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.

♦ COPYRIGHT & USAGE ♦

© 2026 School of Sol. All rights reserved.

This book and its content are the original work of SolAna and are protected by copyright law.
No part of this publication may be reproduced, stored in a retrieval system, or transmitted
in any form or by any means, electronic, mechanical, photocopying, recording or otherwise,
without the prior written permission of the author, except for brief quotations in reviews.

This book is for your personal use and inspiration only.

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



REMEMBER...

*The child adapted.
The soul never did.*

SCHOOL OF
SOL



Every adaptation
was once a sacred act of survival.
Every emotion holds a message.
Every pattern was trying to protect you.



Here, you are invited to pause,
to listen with compassion and curiosity,
and to honour the younger you
who did the very best they could
with what they knew.



As you explore the four foundations
of Emotional Learning –
Safety, Belonging, Worth and Trust –
you begin to recognise the gifts within
your experiences and the wisdom
within your story.



You are not here to be fixed.
You are here to remember.
You are here to come home
to the love, safety, worth and trust
your Inner Child has always longed for.



AWARENESS • HEALING • REMEMBRANCE
CONNECTION • TRANSFORMATION • RETURNING HOME

SCHOOL OF
SOL

AWAKEN • REMEMBER • EMBODY



ISBN 978-1-0687432-2-8



9 781068 743228



www.schoolofsol.com