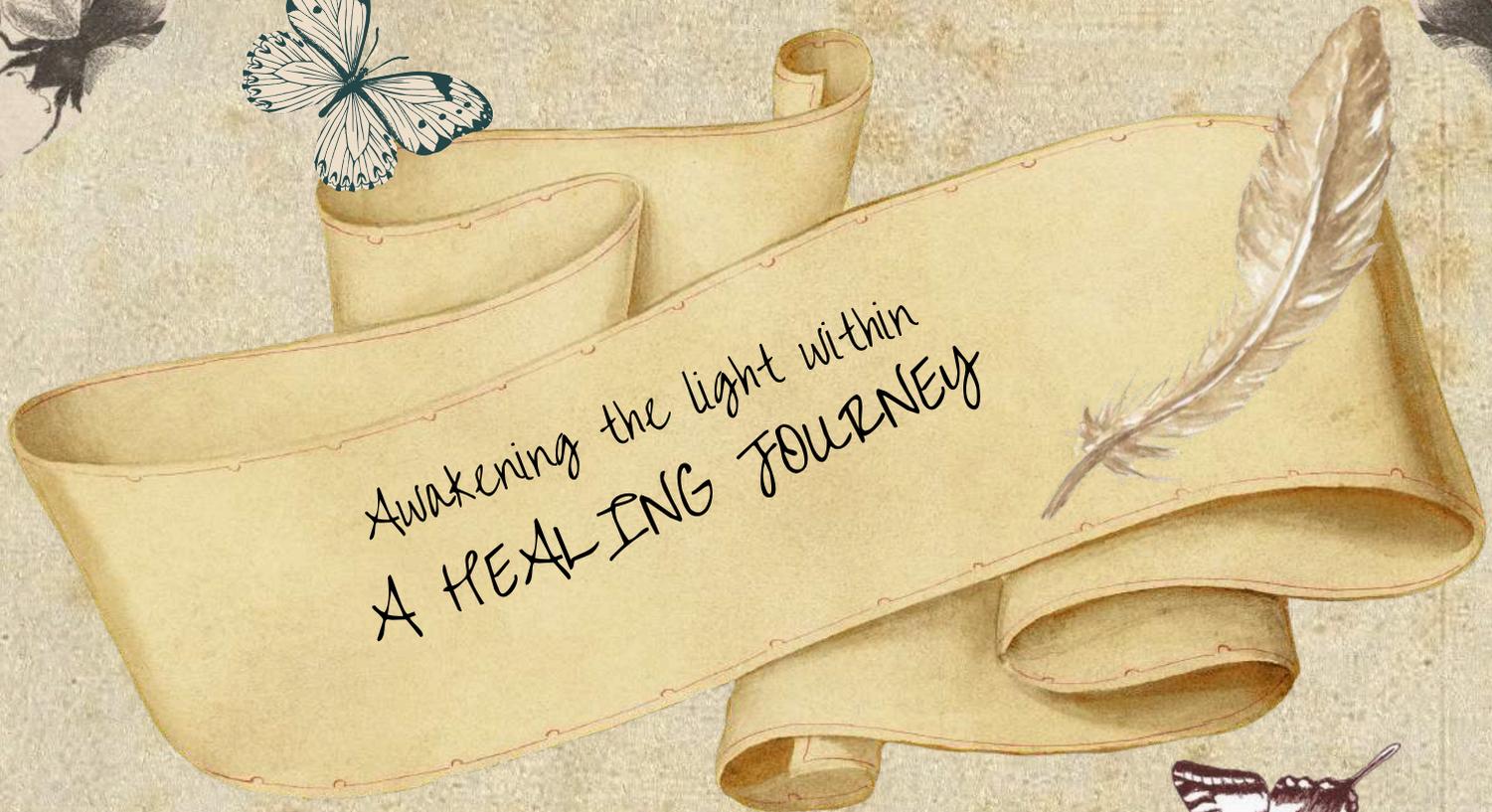


Walter Scott & Co. Ltd.  
London 1948



Time heals



Awakening the light within  
A HEALING JOURNEY



Time has no limits



Do not think a moment's pain is there

Walter Scott & Co. Ltd.  
London 1948



Time heals



A HEALING JOURNEY  
See with inner vision  
Module Five



Time has no limits



Do not think a moment's pain is there



# Welcome To Module Five

See with inner vision

This module is going to feel very different from the previous ones in this course.

Until now, we have done deep healing work together – mirror work, EFT with Ho’oponopono, letting-go exercises, and practices designed to help you process and soften difficult emotions. This module gently shifts the focus. Instead of healing what has been, I am inviting you to turn inward and begin discovering what makes you who you are now.

When we experience grief and loss, we often lose a sense of ourselves. Parts of our identity can feel blurred, forgotten, or left behind. To move forward, we are asked to lean into our own intuition – to trust how things feel, to honour our inner voice, and to know that it is okay to put our needs and feelings first. This is where self-worth begins to grow. This is where we learn that it is okay to say no when something does not feel right, and yes to what supports our happiness and wellbeing.

In this module, we begin rebuilding an identity that feels true and meaningful to you. It is like helping a very dear friend become the best version of themselves – except this time, that friend is you. You are holding a blank canvas, gently exploring who you are becoming and what you would like your life and future dreams to look like.

We will continue to use meditation and grounding practices, as this can feel like a big step. You are not being rushed, and you are not expected to have all the answers. My hope is that one day you will look back on this chapter and say, “I am so proud of myself. I did that.” That you are living a fulfilled life – one that feels aligned, meaningful, and truly deserved.

Lynne pp





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**Solara's Pearls of Wisdom**

**You are not broken  
You are becoming.**





# The Workbook Explained

## About The Workbook

The workbook is designed to support and deepen your experience through the modules of a healing journey.

You'll find the healing videos included both within the workbook and inside the course itself, so you can return to them whenever you feel intuitively called.

This allows for a more personal, aligned, and meaningful healing experience.

The workbooks and modules are meant to work hand-in-hand. Inside, you'll find supportive guidance and tools such as:

- Understanding Intuition
- Mirror work
- Affirmations
- Meditation Practices
- Reflection Questions
- Gentle Planners



**Solara's Pearls of Wisdom**

**Gratitude turns ordinary moments  
into sacred treasures.**

Use the workbook to run alongside module five  
found on the site.





## Understanding Intuition

Intuition is your inner guidance system – the quiet, steady sense of knowing that comes from within you, rather than from overthinking or outside opinions.

It does not rush or demand attention, but gently nudges you through feelings, body sensations, and subtle inner signals.

After grief or loss, this inner voice can feel distant, not because it has gone, but because fear and survival have become louder.

Learning to trust your intuition again is not about becoming mystical or having all the answers; it is about rebuilding trust in yourself.

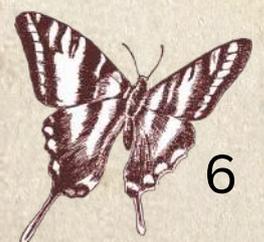
When you listen to what feels right and honour your inner responses, you strengthen self-worth, make choices that support your wellbeing, and begin to reconnect with who you are becoming.

Life continues around us regardless, but intuition allows us to participate in it consciously – choosing alignment over autopilot, and creating a life that feels lighter, more meaningful, and more true to us.



Solara's Pearls of Wisdom

**You are allowed to enjoy your own company  
It is sacred ground.**





## **Noticing Synchronicities** **(Without Overthinking Them)**

Synchronicities are meaningful coincidences – moments where something catches your attention and feels relevant to what you are thinking or experiencing. This could be hearing the same phrase repeatedly, thinking of someone just before they contact you, or noticing a recurring number or theme.

For example, waking up at 3 a.m. and then noticing the number 3 repeatedly that day can be experienced as a synchronicity.

The key is not to assign fixed meanings, but to notice what it evokes for you. Often, synchronicities invite reflection rather than interpretation.

Instead of asking, “What does this mean?” try asking:  
“What am I being encouraged to notice right now?”

Synchronicities help strengthen intuition by encouraging awareness and presence, not prediction.



**Solara's Pearls of Wisdom**  
Healing does not erase who you were  
it reveals who you are becoming.





## **Third Eye Meditation: Awaken Inner Vision**

In this module, we introduce a Third Eye meditation designed to gently awaken inner vision and intuitive clarity.

This practice invites you to connect with your inner wisdom – the steady, knowing part of you that remains present even after loss and change.

By visualising a soft indigo light at the centre of your awareness, you are encouraged to quiet external noise and turn inward with trust and compassion.

This meditation is not about forcing insight or seeking answers, but about rebuilding confidence in your own perception and learning to feel supported by your inner guidance. As intuitive clarity strengthens, so does self-worth – reminding you that wisdom already exists within you.



**Solara's Pearls of Wisdom**

**The body never lies  
it speaks in sensations, not explanations.**



**Watch Me**





## **Inner Vision & the Third Eye** **(A Grounded Explanation)**

When we talk about inner vision or the Third Eye, we are not talking about anything mystical or supernatural. This concept simply refers to your ability to see and understand yourself clearly – your thoughts, feelings, patterns, and inner responses – without judgement.

Inner vision is your capacity for insight. It is the part of you that notices what feels right, what feels off, and what aligns with who you are becoming. It helps you recognise patterns in your life, understand your reactions, and make sense of your experiences beyond surface-level thinking.

The Third Eye is often described as the centre of clarity, awareness, and perception. In everyday terms, it represents your ability to pause, reflect, and see the bigger picture rather than reacting on autopilot. It supports decision-making that feels considered rather than rushed, and helps you connect logic with emotion so your choices feel balanced and authentic.

After grief, stress, or long periods of coping, this inner clarity can feel clouded. Many people describe feeling unsure, disconnected, or unable to trust themselves. Working with inner vision is not about finding answers instantly, but about rebuilding the habit of listening inwardly, recognising your own cues, and developing confidence in your ability to understand yourself again.

Strengthening inner vision helps you move through life with more self-trust, clearer boundaries, and a stronger sense of identity. You begin to respond instead of react, choose instead of default, and live in a way that feels more aligned and intentional.



### **Solara's Pearls of Wisdom**

**Inner vision is the ability to understand yourself clearly and trust what you notice.**





## Keeping Inner Vision Clear & Supported

When we talk about keeping the Third Eye healthy and energised, we are really talking about supporting clarity, awareness, and self-trust. Just as the body needs rest, nourishment, and care to function well, our inner awareness benefits from practices that help us slow down, reduce mental overload, and reconnect with ourselves.

Periods of grief, stress, or prolonged uncertainty can leave us mentally and emotionally exhausted. This can make it harder to trust our judgment, notice inner cues, or feel confident in our decisions. Supporting inner vision is not about doing more – it is about creating conditions where clarity can naturally return.

The tools shared here are optional supports. They are not required for insight, but they can gently signal to the nervous system that it is safe to soften, reflect, and listen inwardly. Over time, this creates space for greater self-awareness, confidence, and emotional balance.

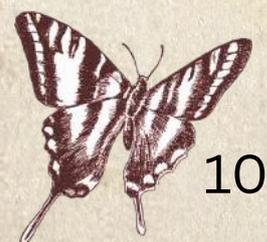
### Optional Supports for Inner Vision & Clarity

#### Essential Oils

Scents like lavender and rosemary can help calm mental noise or increase alertness. Used during meditation or reflection, they can support focus and presence.

#### Crystals

Amethyst and lapis lazuli are traditionally associated with clarity and insight. Whether viewed symbolically or simply enjoyed for their colour and texture, they can serve as visual reminders to pause and tune inward.





### Foods

Deep purple foods such as blueberries, blackberries, and grapes are rich in nutrients and often associated with brain health. Including them mindfully can be a way of caring for yourself and supporting mental clarity.

### Third Eye Self-Healing (Reiki or Gentle Touch)

Place one or both hands lightly over the centre of the forehead. Close your eyes and breathe slowly for a few minutes. This can help soothe mental tension and bring awareness back to the present moment. You don't need to believe in energy work for this to be effective. Gentle touch and focused breathing alone can calm the nervous system and encourage reflection.



**Solara's Pearls of Wisdom**

**Clarity does not shout – it whispers.**





## Inner Vision vs Intuition – What’s the Difference?

Intuition is your immediate inner response.

It’s the felt sense that shows up quickly – a gut feeling, a bodily reaction, a quiet “yes” or “no” before your mind has time to analyse. Intuition operates in the present moment and often appears as sensation, emotion, or instinct rather than words.

Inner vision, on the other hand, is your ability to reflect and understand what that response means.

It’s the part of you that steps back, notices patterns, and makes sense of your experiences over time. Inner vision helps you see the bigger picture – how your feelings, choices, and experiences connect – and how they align with who you are becoming.

A simple way to think about it:

♥ Intuition is the signal

♥ Inner vision is the interpretation

Intuition might say, “Something doesn’t feel right.”

Inner vision asks, “What have I noticed before that helps me understand this feeling?”

Intuition often shows up first, quietly and quickly. Inner vision develops as you slow down, reflect, and give yourself space to notice patterns, values, and needs.

After grief or long periods of stress, both can feel muted – not because they are broken, but because survival mode prioritises getting through the day. Rebuilding them gently helps you move from reacting to life toward choosing how you want to live.



**Solara’s Pearls of Wisdom**

**Intuition helps you feel  
inner vision helps you understand.**





## Inner Mentor Letter

The Inner Mentor Letter is a written practice where you connect with a wiser, compassionate part of yourself – not a perfect version, but one that sees with kindness and perspective.

After grief or identity loss, many people live with a harsh inner critic or a sense of uncertainty. This exercise helps replace that voice with one that is supportive and grounded.

How it works:

Imagine you are writing a letter from your inner mentor to yourself. This mentor might feel like an older version of you, your higher self, or simply a calm, wise presence within.

Prompt example:

💜 What does my inner mentor want me to know about where I am right now?

💜 What reassurance or guidance would they offer me?

The intention is not to “channel” anything mystical, but to access self-compassion and clarity. Often, people are surprised by how supportive and wise their own words feel.

Why it matters:

This practice builds self-trust and self-worth by showing you that you already carry wisdom within.





## Self-Worth Mirror Exercise

This exercise is a continuation of earlier mirror work, but with a deeper, more integrated focus on identity and self-worth. Instead of healing wounds, this practice affirms who you are becoming.

How it works:

You stand or sit in front of a mirror and make gentle eye contact with yourself. You then begin to speak affirmations or reflections out loud, slowly and intentionally.

Suggested phrases:

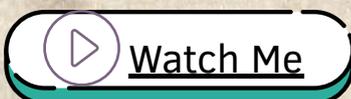
- ♥ I trust myself to grow at my own pace.
- ♥ I am allowed to become someone new.
- ♥ I respect my feelings and inner guidance.

Notice resistance with curiosity rather than judgement.

Why it matters:

Speaking self-worth aloud reinforces internal belief and helps anchor intuition into everyday self-relationship.

♥ Solara's Pearls of Wisdom  
Your inner light was never lost  
only waiting to be noticed.





## **Future Vision Journaling**

Future vision journaling is similar to creating a vision board, but instead of focusing on external goals or achievements, it centres on you. Rather than imagining what you want to have, you are exploring who you are becoming.

In this practice, you gently “step into” a future version of yourself — an older, wiser you who has moved through this chapter of life with greater clarity and self-trust. You are not predicting outcomes or setting pressure-filled goals. Instead, you are noticing how you feel, how you treat yourself, and how you move through the world.

This exercise helps shift focus away from fear of the future and toward a sense of possibility. By imagining the emotional and internal qualities of your future self, you begin to strengthen inner vision and create a relationship with who you are becoming.



**Solara's Pearls of Wisdom**

**You don't need to become someone new  
you are remembering who you are.**





## Self-Worth Through Inner Knowing

Throughout this course, we have been rebuilding self-worth layer by layer – through compassion, awareness, and self-care.

In this lesson, we bring that work together by recognising the role of inner guidance in lasting confidence. Self-worth deepens each time you listen to your inner voice instead of abandoning it to please others, avoid discomfort, or quiet fear.

When you trust what you feel and honour what you know, you begin to treat yourself with the same love and respect you offer to others. Over time, this inner relationship becomes the foundation for healthier boundaries, clearer choices, and more fulfilling connections.

As you strengthen trust in yourself after grief or trauma, doubt softens and confidence grows – not because life becomes easier, but because you no longer leave yourself behind.



**Solara's Pearls of Wisdom**

**Self-worth grows each time you  
listen to yourself and stay.**





## **Mini Meditation for Clarity**

As we move through life, our minds can become crowded with thoughts, worries, expectations, and self-doubt.

This mental noise can make it difficult to think clearly, trust our judgement, or feel confident in our decisions.

This short clarity meditation is offered as a simple, supportive tool to help quiet the mind and reconnect with your inner steadiness. It is not about forcing calm or finding answers, but about creating space – space to breathe, reflect, and hear yourself again.

You can return to this practice whenever you feel overwhelmed, stuck, or in need of gentle clarity.



### **Solara's Pearls of Wisdom**

**Your intuition has always known the way  
you are simply learning to hear it again.**



**Watch Me**





## Intuitive Journaling Audio

Intuitive journaling is a practice that helps to quiet the analytical mind, allowing inner guidance to flow onto the page.

This audio is an optional 5–7 minute guide to gently help you connect with your thoughts, feelings, and subtle inner nudges.

There are no rules, no right or wrong answers — only your personal experience. By showing up with curiosity and kindness, you begin to strengthen self-trust, release doubt, and give yourself space to explore what your inner voice wants you to notice.

You can return to this practice anytime you need clarity, calm, or a deeper connection to your own wisdom.

A few tips before you start.

write freely for 5–7 minutes, then pause.

You can date Your entries to see patterns over time.

Choose a soft, optional soundtrack or natural sounds to enhance calm.

Remember: There is no right or wrong answer — this is a personal conversation with yourself.



Play me





## Module Five Completion Ritual Celebrate Your Inner Vision

### Congratulations

You have journeyed deeply into your intuition, self-worth, and inner vision. Take a quiet moment to honour yourself and the courage it took to show up fully.

### Your Completion Ritual

Create a sacred space:

Light a candle, play soft music, or simply sit in a quiet space. You may place a crystal, journal, or any object that feels meaningful nearby.

Breathe & Ground:

Close your eyes. Take three slow, deep breaths.

Feel your body supported. Feel the steady beat of your heart.

Say silently:

♥ I am here.

♥ I am present.

♥ I am enough.

Reflect & Celebrate:

Open your eyes or keep them closed, and bring to mind all the practices you completed in this module:

♥ Journaling

♥ Mirror work

♥ Meditations

♥ Future self vision

♥ Inner guidance exercises





Notice how far you have come, no matter how small it feels.  
Speak Your Triumphs out loud or in your journal, write or say:

♥ I honour myself for showing up.

♥ I trust my inner voice.

♥ I embrace the clarity and self-worth I am creating.

Anchor the Energy:

Place your hands on your heart and feel the warmth, love, and trust you are cultivating for yourself.

If it feels right, close the ritual by imagining a gentle light surrounding you – protective, steady, and nurturing.

Optional Celebration:

Pour a cup of tea, take a short walk outside, or treat yourself in a way that feels joyful and nourishing.

This is a reward for your dedication to your growth and self-trust.

Closing Thought

This ritual is not an ending, but a pause and recognition: you are building a stronger, clearer, more confident relationship with yourself every day. You may return to this ritual whenever you need to reconnect with your inner guidance, honour your progress, or simply celebrate YOU.



**Solara's Pearls of Wisdom**

**Trust is built in the quiet moments  
not the dramatic ones.**





## Revisiting The Distant Healing Session

Each module of this course takes you through a tender stage of your healing journey. As you awaken your light, release heavy emotions, and begin to heal, you are opening yourself on a deep level—mentally, emotionally, and spiritually. These practices can sometimes stir old memories or bring forward feelings that you've carried for a long time. That's why it is so important to create balance and support after each step.

Distant healing offers this balance. Think of it as a soothing balm for your energy system. When we release emotions or work through grief, our energy field can feel raw or exposed. Distant healing helps to integrate what has been learned, bringing a sense of peace and wholeness. It grounds you gently, helping you feel steady and safe as you move forward.

Another benefit of repeating distant healing after each module is consistency. Just as affirmations and journaling create change through repetition, returning to this practice reinforces your journey. It reminds you that you are not walking this path alone and that support is always available to you.

This healing session can help you relax and encourages the body to restore itself. Clearing away what no longer serves you, helping to release emotions and stress, allowing peace to calm the mind making way for new thoughts to come in.

You can think of it as placing a protective layer of light around yourself at the end of each module—a soft shield of love and support that prepares you for the next step in your journey.



[Watch Me](#)

Your distant healing video





## Closing Thoughts For Module Five

You have arrived at the end of Module Five – a space of gentle discovery, self-trust, and inner clarity. Over the course of this module, you have:

- ♥ Tuned into your intuition through meditation, journaling, and reflection.
- ♥ Explored your inner vision, noticing the subtle guidance that has always been present.
- ♥ Practised mirror work and affirmations to strengthen self-worth and rebuild trust in yourself.
- ♥ Created a connection with your future self, imagining the life and version of you that honours your heart.
- ♥ Used optional supports – breathing, gentle Reiki, crystals, nature, and nourishing foods – to help your mind and body feel calm, present, and clear.
- ♥ Paused to notice synchronicities, subtle nudges, and moments of clarity that remind you: your inner guidance is always available.

All of these practices are threads in the tapestry of your self-worth, confidence, and clarity. Each moment you spent listening, writing, reflecting, or simply being present has helped you reclaim trust in yourself – a trust that no one can give you, and that no one can take away.

Take a deep breath and feel the progress you've made. There is no rush, no perfect outcome – only your ongoing journey of self-discovery and self-love.

*Take care  
Lynne pp*

