

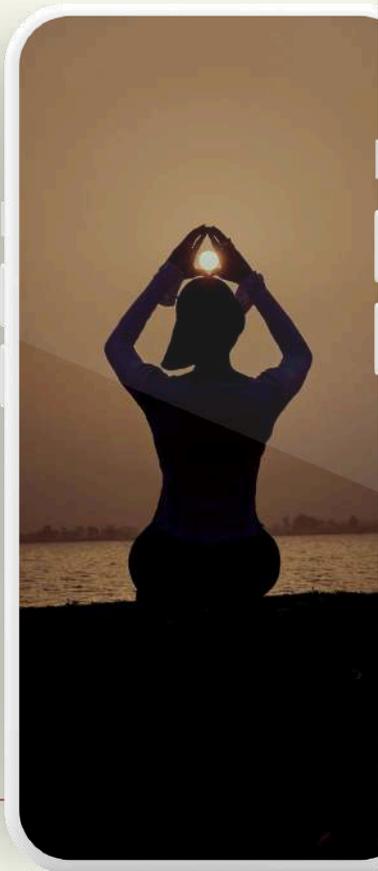


SEE WITH INNER VISION
INTUITION, INNER KNOWING & EXPANDING
SELF-WORTH

WORKBOOK

MODULE FIVE

“When you trust your inner vision, you trust yourself.”





Welcome!

**Welcome to Module Five:
See with inner vision.**



Simply opening this workbook is an act of self-trust. It says, “I am willing to explore what feels true for me.”

Honour yourself for beginning.

This journey unfolds one step at a time and today, you took the first one.

xoxo Lynne



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Solara's Pearls of Wisdom

You are allowed to feel proud of how far you've come.

The Seven Main Bija Mantras and Chakras

Each of the seven main chakras has its own sacred sound:

Root Chakra (Muladhara) – LAM
Grounding, safety, connection to the earth.

Sacral Chakra (Svadhithana) – VAM
Creativity, flow, emotional balance.

Solar Plexus Chakra (Manipura) – RAM
Confidence, willpower, personal strength.

Heart Chakra (Anahata) – YAM
Love, compassion, emotional healing.

Throat Chakra (Vishuddha) – HAM
Truth, self-expression, communication.

Third Eye Chakra (Ajna) – OM (sometimes AUM)
Intuition, clarity, insight.

Crown Chakra (Sahasrara) – Silence or OM
Divine connection, spiritual awareness.

“See With Inner Vision” — Third Eye Chakra

INTRODUCTION (Soft, Warm, Grounding)

Welcome to Module Five, See With Inner Vision.

You’ve travelled such a meaningful path to reach this point.

From grounding your energy... to feeling your emotions... to opening your heart... and speaking your truth.

You’ve moved from the heavier chapters of healing into a gentler, more uplifting stage of your journey.

This module is about stepping into clarity.

It’s about reconnecting with the wisdom that already lives inside you.

It’s about rediscovering trust in yourself — something grief can take away so easily.

The Third Eye Chakra is your centre of intuition, clarity, insight, and inner vision.

It’s where you begin to see yourself again, not through the eyes of pain, but through the eyes of truth, possibility and hope.

WHAT THE THIRD EYE CHAKRA REALLY IS

The Third Eye Chakra sits in the middle of your forehead, slightly above the space between your eyebrows.

Its colour is indigo — a deep, calming, spiritual energy.

But more importantly...

Your Third Eye is the part of you that knows.

It’s your quiet guidance.

Your inner whisper.

Your truth beneath the noise.

It’s the way your soul speaks to you long before you put words to it.

This is not about having psychic visions or dramatic spiritual experiences.

This is about learning to trust yourself again.
To trust your decisions.
To trust what feels right.
To trust the part of you that always knew the way — even when life became dark around you.

INTUITION AND SELF-WORTH

So many people don't realise this, but intuition and self-worth are deeply connected.

When you trust your intuition, you naturally strengthen your self-worth, and when your self-worth rises, your intuition becomes clearer.

But grief, trauma, and emotional pain can disconnect us from our inner knowing.

You may second-guess yourself more.

You may overthink, doubt, or feel unsure.

You may feel like you “lost yourself” along the way.

This module helps you rebuild that relationship.

Intuition is not loud.

It doesn't shout.

It doesn't pressure.

It doesn't demand.

It speaks gently.

It nudges.

It feels like a soft pull, a knowing, a calm certainty.

Intuition is your inner light — always there, even in your darkest moments.

 **I trust what I feel.**

FEAR vs INTUITION HOW TO TELL THE DIFFERENCE

One of the most valuable teachings in this module is learning to distinguish fear from intuition.

Fear feels urgent.

It's loud, anxious, and often linked to past pain or future worry.

Intuition feels calm.

Even when it's guiding you toward a change, it carries a steady, peaceful energy.

It doesn't panic.

It simply is.

Signs it's intuition:

The message repeats gently over time

It feels clear, simple, or obvious

It's not emotionally charged

It feels like relief, even if it scares you a little

Signs it's fear:

Racing thoughts

Tightness in the body

"What if" spiralling

Urgency or pressure

Part of this module is helping you trust the calm voice again.

HOW INTUITION SUPPORTS GRIEF AND HEALING

When you're grieving, the world feels unfamiliar.
Your identity shifts.
Your heart breaks open.
The future can feel blurry.

Intuition helps bring direction back into your life.
It guides you to what feels nourishing.
It shows you what you're ready to release.
It helps you reconnect with meaning and purpose.
It supports your healing by reminding you that you are never truly lost.
Many people say grief gave them a deeper spiritual awareness.
Not because the pain was good — but because it made the inner world louder than the outer one.
You may already feel this happening.
You may feel more sensitive, more connected, more aware.
This module helps you develop that safely and gently.

A SIMPLE DAILY PRACTICE - THE INTUITIVE YES/NO

Here is a practice you'll learn in this module:

Place one hand on your heart

Place the other on your Third Eye

Close your eyes

Ask a simple question and pay attention to your body.

A “yes” often feels like:

expansion

lightness

warmth

a breath of relief

A “no” often feels like:

contraction

heaviness

tightening

a subtle discomfort

This is how intuition speaks through the body.

The more you practice, the clearer it becomes.

SIGNS YOUR THIRD EYE MAY BE BLOCKED

You may be experiencing a Third Eye imbalance if you notice:

Overthinking

Doubt or indecision

Difficulty trusting yourself

Feeling disconnected from purpose

Mental fog

Feeling “stuck” or unclear about your next steps

Constantly seeking reassurance from others

The beautiful part is...

All of this shifts when you reconnect with your inner knowing.

OPENING TO INNER VISION

As we move through this module, you will learn how to:

Clear mental fog

Strengthen intuitive awareness

Connect with your higher self

Recognise intuitive nudges

Build trust in your inner wisdom

Receive clarity about your choices and your future

This is a very empowering chapter of your healing.

It’s where things begin to make sense again.

Where your direction returns.

Where you start seeing yourself through the eyes of possibility, not pain.

A MESSAGE FOR YOUR HEART

As you go deeper into this module, I want you to remember this:
You are not becoming someone new.
You are remembering who you were all along.
Your intuition is not outside of you.
It has lived in you since the day you were born.
Grief may have dimmed it.
Pain may have clouded it.
But your inner light was never lost.

This module — this chapter of your journey — is where you begin to see again.

Finally

Thank you for being here.
Thank you for showing up for yourself.
You are stepping into a clearer, more aligned, more empowered version of you.
Let's continue with your exercises, your journaling, and your meditation — all designed to open, strengthen, and awaken your inner vision.
Your light is rising.
You are ready.

Solara's Pearls of Wisdom

You don't need all the answers to take the next loving step.

Why The Work Matters

We lose our identity multiple times throughout our lifetime. We are our parents' child, a sister or brother, a niece or nephew, a cousin, a friend, a partner, a wife or husband. We become someone's parent, someone's carer, someone's friend and sometimes, through love, responsibility, and loss, pieces of who we are quietly fall away.

After a significant breakdown of identity — especially through grief — we are left holding the pieces, unsure of how they fit together anymore.

But this moment also holds a possibility.

As we begin to rebuild, we have a choice. Rather than returning to who we were, we can gently explore who we want to be now.

This module invites you to approach that process with curiosity and compassion. To rebuild not from obligation or fear, but from intention. Why not create a version of yourself that feels supportive, kind, and aligned? A version you would enjoy spending time with. After all, we spend more time with ourselves than anyone else.

This is not about becoming someone new. It's about consciously shaping the next chapter of who you are — with awareness, self-trust, and care.

Why We Practice Intuition

Intuition is your inner guidance system — the quiet sense of knowing, that lives within you.

After loss or periods of big change, this voice can feel distant, not because it has gone, but because life has asked you to focus on survival.

The practices in this section are not about finding answers or getting things “right.” They are gentle invitations to notice how your body is feeling, and notice any inner responses communicating with you. As you begin to listen and trust what you notice, self-belief and clarity grow naturally, helping you reconnect with yourself and move forward with greater ease.



Solara's Pearls of Wisdom

**Self-belief is not certainty
it is choosing yourself even when you feel unsure.**

Module Five – Exercise Pages

We are going to explore different exercises to learn to trust our intuition.
Some of these might not resonant with you and that is ok.
Follow what feels right.



Solara's Pearls of Wisdom

“Intuition is not about having all the answers — it is about learning to trust yourself enough to take the next gentle step.”

Exercise One

Body Yes / No Practice

Reconnect with your inner voice through your body.

Instructions:

Place one hand on your heart and one hand on your forehead (Third Eye area).

Close your eyes and ask a simple, clear question:

“Can I do something that supports me today?”

Pay attention to how your body responds:

Yes: expansion, lightness, warmth, or calm

No: contraction, tension, heaviness, or discomfort

Record your observations below. Don't overthink. Just notice.

My observations:

Question asked: _____

Body response: _____

Thoughts/feelings noticed: _____

Exercise One

Optional Daily Note

Use this small section for any insight, observation, or gratitude from the exercises above:

Today I noticed / learned / felt: _____



Solar's Pearl of Wisdom:

You don't need to trust yourself all at once — trust grows one gentle step at a time.



Affirmation:

I allow trust in myself to grow gently and naturally.

Exercise Two

One Decision a Day Practice

Build trust in yourself through small choices. This is incredibly grounding.

Instructions:

For one small decision each day, pause and ask: “What feels right?” Then choose without second-guessing.

Examples:

- ♥ What to eat,
- ♥ Which music to play,
- ♥ When to rest.
- ♥ What route to take

Afterward, reflect on how it felt to follow your intuition.

My decision: _____

How it felt to trust myself: _____

What I learned about myself: _____

Why it works:

Self-worth grows when we stop abandoning ourselves in the small moments.

Exercise Two

Optional Daily Note

Use this small section for any insight, observation, or gratitude from the exercises above:

Today I noticed / learned / felt: _____



Solara's Pearl of Wisdom:

Your inner voice has been with you longer than fear.



Affirmation:

I listen to my inner voice with confidence and care.

Exercise Three

Soul Curiosity Journaling

Rediscover what brings you joy and interest.

Instructions:

Answer these prompts in your own time:

What am I naturally curious about lately? _____

What makes time disappear for me? _____

What do I enjoy when no one is watching? _____

What small thing today brought me a sense of wonder? _____

Exercise Three

Optional Daily Note

Use this small section for any insight, observation, or gratitude from the exercises above:

Today I noticed / learned / felt: _____



Solara's Pearl of Wisdom:

Clarity comes not from forcing answers, but from learning to listen.



Affirmation:

I give myself permission to explore without pressure.

Exercise Four

Signs & Synchronicities Log

This is a lovely little exercise to notice subtle guidance from life around you.

Instructions:

Today, be aware of repeating numbers, symbols, songs, unexpected conversations or gentle coincidences.

Write them down and note how they made you feel.

Why this helps:

It strengthens trust in intuition without forcing meaning.

It also brings a sense of wonder and lightness.

Exercise Four

Optional Daily Note

Use this small section for any insight, observation, or gratitude from the exercises above:

Today I noticed / learned / felt: _____

Solara's Pearl of Wisdom:

Every time you pause and notice, you are rebuilding trust with yourself.

Affirmation:

I notice the subtle guidance around me and trust what I feel.

Exercise Five

Meet Yourself Again – Self-Reflection

Reconnect with your identity and self-worth.

Prompts:

If I met myself for the first time today, what would I notice _____

What would I admire about myself? _____

What do I want to nurture or explore in myself moving forward?

What brings me a sense of alignment and lightness? _____

Exercise Five

Optional Daily Note

Use this small section for any insight, observation, or gratitude from the exercises above:

Today I noticed / learned / felt: _____



Solara's Pearl of Wisdom:

Intuition speaks softly — it asks only that you are willing to hear it.



Affirmation:

I am open to hearing and trusting my inner guidance.

Exercise Six

Future Self Vision Journey.

Gently imagine who you are becoming.

Instructions:

Close your eyes and imagine your happiest, most confident self.

What do they look like?

How do they feel?

What are they doing?

Write freely about what you notice and the guidance they give you.

My future self message: _____

Feelings/insights: _____

Exercise Six

Optional Daily Note

Use this small section for any insight, observation, or gratitude from the exercises above:

Today I noticed / learned / felt: _____



Solara's Pearls of Wisdom

The version of you you are becoming is already walking beside you.



Affirmation:

I trust the path unfolding before me and welcome the person I am becoming.

Intuition Expansion Practice

The Three Inner Whispers Technique

The Three Inner Whispers is a simple daily practice designed to help you notice intuitive guidance without pressure or overwhelm. It works by creating space to listen rather than forcing answers.

Each morning, before checking your phone or engaging with the day, take a quiet moment and ask yourself three gentle questions. These are not questions that require logical planning — they are invitations to notice your inner response.

The Three Inner Whispers Prompts:

-  What does my body need today?
-  What would support me emotionally today?
-  What is one small thing that would help me feel more aligned today?

Notice the first response that comes to mind. It may be a word, an image, a feeling, or a simple thought. There is no need to analyse or judge it. Write it down if you can. Over time, you will begin to recognise how your intuition speaks to you personally.

This practice builds trust by teaching you that guidance often comes quietly and simply.

Inner Vision

Inner vision is your ability to understand yourself clearly — your thoughts, feelings, and inner responses — without judgement. It helps you notice what feels right or wrong for you, recognise patterns in your life, and make choices that feel more aligned with who you are becoming. Strengthening inner vision isn't about finding perfect answers; it's about learning to pause, reflect, and trust what you notice within yourself.

Exercise: Clearing the Inner

This exercise helps you practise inner clarity by slowing down and noticing your internal responses.

♥ Step 1:

Sit somewhere comfortable and take three slow breaths. Allow your body to settle.

♥ Step 2:

Bring to mind a recent situation where you felt unsure, overwhelmed, or conflicted.

♥ Step 3:

Without trying to fix anything, gently ask yourself:

What was I feeling in my body at that moment?

What thoughts were running through my mind?

If I could pause that moment again, what would I need most?

♥ Step 4:

Write freely for a few minutes. There are no right or wrong answers — only observations.

Closing Prompt:

What does this situation show me about what matters to me right now?



Solara's Pearls of Wisdom

Clarity grows when you give yourself permission to pause

Journaling Prompts: Intuition vs Fear

These prompts help you distinguish between intuitive guidance and fear-based thinking.

Reflection Prompts:

Does this thought feel calm or urgent?

Is this feeling based on the present moment or a past experience?

Does this thought expand me or contract me?

If fear were not involved, what would I choose?

What feels supportive, even if it feels unfamiliar?

Intuition often feels steady and clear, even when it challenges you.

Fear tends to feel repetitive, loud, and focused on avoiding discomfort.

Inner Vision vs Intuition

Intuition

(The Signal)

Shows up quickly

Often felt in the body or emotions

Feels like a gut reaction or inner
“yes/no”

Happens in the present moment

Alerts you that something matters

Example:

“Something about this doesn’t feel
right.”

Inner Vision

(The Understanding)

Develops over time

Involves reflection and awareness

Helps you recognise patterns

Connects feelings with meaning

Supports long-term clarity and
direction

Example:

“I’ve felt this before, and it usually
means I need stronger
boundaries.”

How They Work Together

Intuition sends the message

Inner vision helps you understand it

Together, they guide thoughtful, aligned choices

Intuition helps you feel; inner vision helps you understand.

Meditation



In every module I will include a meditation because of the benefits.

A little reminder meditation:-

- ♥ Helps to reduce stress, helping you to have a better night's sleep.
- ♥ Helps to control anxiety and depression.
- ♥ Improves your emotional health.
- ♥ Enhances self awareness.
- ♥ Lengthens attention span.
- ♥ Improves memory.
- ♥ Decreases blood pressure.
- ♥ Helps to calm the mind.

. Your inner wisdom has always been present — you are simply learning to listen again.

This meditation ties intuition, inner vision, and self-worth together so beautifully.

♥ **Solara's Pearls of Wisdom**
Joy returns through curiosity, not pressure.

Meditation



“Awaken Inner Vision”

Find a comfortable position, either seated or lying down.

Allow your body to settle and gently close your eyes if that feels safe for you.

Take a slow breath in through your nose...and release it softly through your mouth.

With each breath, allow your shoulders to soften, your jaw to relax, and your body to feel supported where it rests.

Now bring your awareness to the space between your eyebrows — the centre of your forehead.

This is often referred to as the Third Eye, or your centre of inner vision.

There is nothing you need to do here.

Simply notice this area with gentle attention.

Imagine a soft indigo light beginning to glow in this space.

Not bright or overwhelming — just calm, steady, and reassuring.

This light represents clarity, awareness, and inner wisdom.

With each breath, allow this light to become a little clearer, as if a lens is gently being cleaned.

There is no rush.

Nothing to force.

As the indigo light steadies, imagine it spreading softly through your mind,

Meditation



clearing mental fog, quieting doubt, and creating space for understanding.

Now bring to mind the part of you that knows — the part that has carried you through everything you have faced.

You may think of this as your higher self, inner wisdom, or simply your deeper awareness.

Silently say to yourself:

♥ I trust my inner guidance.

♥ I trust myself to see clearly.

Allow these words to settle.

Notice any sensations, feelings, or images that arise. There is no right or wrong experience.

Simply noticing is enough.

Rest here for a few more breaths, held in calm, clarity, and self-trust.

When you are ready, begin to gently bring your awareness back to your body.

Feel the surface beneath you.

Wiggle your fingers and toes if you wish.

When it feels right, open your eyes.

Carry this sense of inner clarity with you,

knowing you can return to it whenever you choose.



[Watch Me](#)

Meditations

Reminder : Every win and milestone should be recorded. You may add new pages as needed.

	BEFORE	AFTER
How did the meditation make you feel?		
What were your thoughts?		

Reflection – Integrating Inner Vision

After completing the meditation, take a few quiet moments to reflect. You can use the grid above or write a few words after these questions.

There is no right or wrong experience — this space is about noticing, not judging.

You may wish to write, draw, or simply sit with these questions.

Reflection Prompts:

- ♥ What did I notice during the meditation (sensations, thoughts, emotions, images)?
- ♥ How did my body feel before the meditation, and how does it feel now?
- ♥ Did anything feel clearer, calmer, or more settled?
- ♥ What does my inner wisdom want me to know right now — even if it's very subtle?
- ♥ How can I support this sense of clarity in my daily life?

Gentle Reminder:

You don't need to understand or interpret your experience. Awareness alone is enough. Inner vision strengthens each time you create space to listen.



Solara's Pearls of Wisdom

Clarity grows through kindness, patience, and trust.

“Your Soul’s Language” Discovery

Ask yourself, do you receive intuition through:

feelings?

images?

words?

body sensations?

This exercise is valuable because it demonstrates that intuition is personal and not a one-size-fits-all.

Future Vision Journaling

Future Vision Journaling helps you gently explore who you are becoming — without pressure, timelines, or expectations.

After loss, the future can feel frightening or blank. This exercise reframes the future as something that can be felt before it is planned.

How it works:

You are invited to imagine yourself a year or two from now, living with greater clarity, confidence, and peace. You don't need details about jobs or outcomes — just how life feels.

Prompt example:

- ♥ How do I move through my days?
- ♥ How do I treat myself?
- ♥ What feels different about how I make decisions?

Why it matters:

This strengthens inner vision and gently reconnects you with hope and possibility, without bypassing where you are now.

♥ Solara's Pearls of Wisdom

Future vision journaling is like a vision board for your inner world rather than your outer life.

Third Eye Reflection Page

The Third Eye Reflection Page is a quiet integration space rather than an exercise to “do.”

It allows you to reflect on how your inner vision and intuition have been showing up for you in real life. After completing the practices and meditation.

Reflection prompts might include:

- ♥ How has my relationship with my inner voice changed during this module?
- ♥ Where do I notice more clarity or confidence?
- ♥ What feels more aligned now than before?

This page encourages noticing progress without needing dramatic transformation.

Why it matters:

Reflection consolidates learning. It helps you recognise growth that might otherwise go unnoticed.

♥ **Solara's Pearls of Wisdom**

There is wisdom in gentleness and power in softness.

Grounded Support for the Third Eye



Digital pauses

reducing screen time before reflection or sleep



Journaling by hand

slows the mind and improves clarity



Time in nature

especially walking without distraction



Adequate rest and hydration

essential for mental insight



Breath awareness

slow breathing to reduce mental chatter

Reflection

♥ Which tools feel supportive to me right now?

♥ How do I feel after using them?

♥ What helps me feel clearer or calmer?

♥ Affirmation

I create space for clarity and trust my inner awareness.

♥ Gentle Reminder

Insight grows when the mind and body feel supported.

Reflection Page – Self-Worth & Inner Trust

Reflection Prompts:

- ♥ Where have I learned to ignore my inner voice in the past?
- ♥ What has it cost me when I didn't trust myself?
- ♥ How does it feel when I do listen and honour what I know?
- ♥ What would change in my life if I consistently trusted my inner guidance?

Mirror Work Exercise Rebuilding Self-Worth & Trust

Find a quiet space where you won't be interrupted.

Stand or sit comfortably in front of a mirror.

If making eye contact feels uncomfortable at first, that's okay.

You can begin by looking softly at your reflection or even at one eye only.

Take a slow breath in...
and gently release it.

Allow your shoulders to soften.

There is nothing you need to change in this moment.

Now, look at yourself with curiosity rather than judgement.

You are simply noticing.

Silently say to yourself:

💜 I am here with you.

Pause for a moment.

When you're ready, gently say the following phrases out loud, or adapt the words so they feel true for you:

💜 I acknowledge everything I have been through.

💜 I honour the strength it has taken to reach this point.

💜 I am allowed to change and grow.

💜 I trust myself to take the next step, even if I can't see the whole path.

If emotions arise, allow them, this is a safe space to feel.

Now place a hand on your heart or chest and say:

♥ I am learning to listen to my inner guidance.

♥ I respect my feelings and my pace.

♥ I am becoming someone I am proud of.

Take another slow breath.

Before finishing, offer yourself one kind sentence, something you would say to a dear friend who has been through a lot.

When you feel ready, gently look away from the mirror.

Notice how your body feels.

Self-worth grows each time you meet yourself with kindness.



♥ Affirmation

I trust myself to grow, change, and become who I am meant to be.

♥ Solara's Pearl of Wisdom

The relationship you have with yourself shapes every other relationship in your life.

✎ Reflection Prompt

What did I notice about myself during this practice — and how can I meet that part of me with kindness?

Meditation



“Light of Clarity” Mini Meditation

Find a comfortable position where your body feels supported.

You may sit or lie down — whatever feels right for you.

If it feels safe, gently close your eyes.

If not, soften your gaze.

Take a slow breath in through your nose...and exhale gently through your mouth.

Allow your body to settle.

Now imagine your mind as a busy space —thoughts moving quickly, overlapping, competing for attention.

There is nothing wrong with this.

This is simply the mind doing what it does.

With your next breath, imagine a soft, clear light above your head.

This light feels calm, steady, and reassuring.

As you breathe in, allow this light to slowly move down into your mind.

Not to push thoughts away, but to create space between them.

Each breath allows the light to gently clear mental clutter, like mist lifting in the morning sun.

If thoughts arise, notice them... and gently return your attention to the light.

Meditation



Now imagine this light settling behind your forehead, bringing clarity, focus, and ease.

Silently say to yourself:

♥ I allow my mind to quiet.

♥ I allow clarity to return.

Rest here for a few breaths.

You may notice a sense of space, calm, or simply a pause.
Whatever you experience is enough.

When you are ready, gently bring your awareness back to your body.
Feel the surface beneath you.

Take one final slow breath.
Open your eyes when it feels right.

Carry this sense of clarity with you, knowing you can return to this practice whenever you need to reset and refocus.



Affirmations

Say these affirmations, take a deep breath and then write how they made you feel.



I trust what I know.

Write your answer here

My intuition is a loving guide.

Write your answer here



I respect my inner voice and honour my feelings.

Write your answer here



Affirmations

Say these affirmations, take a deep breath
and then write how they made you feel.

Self-worth grows each time
I stay connected to myself.

Write your answer here



Clarity flows to me with ease.

Write your answer here

Intuitive Journaling (5–7 Minutes)

Welcome.

Find a quiet space where you can write freely.

Take a moment to settle into your body, allowing yourself to feel supported and present.

You may close your eyes for a moment, or keep them softly focused on your page.

Take a slow, deep breath in...and gently release it.

Notice your shoulders softening, your jaw relaxing, your hands resting comfortably.

Now bring your awareness to the question:

“What does my inner voice want me to notice today?”

You do not need to answer with your mind.

Just begin to write — let your pen move, without censoring or judging. Even if it starts as a word, a sentence, or simply a feeling, allow it to flow.

If your mind tries to take over, gently return to the question.

Remember: this is about noticing, not solving.

There is no pressure for insight or perfection.

After a few moments, you may want to try a second question:

“Where in my life could I listen to myself more fully?”

Write freely. Allow surprises, images, or even single words to appear.

Finally, bring your awareness to:

“One small step I can take to honour my inner guidance today.”

Notice any ideas, feelings, or intuitions that arise — even subtle ones.

Write them down.

Take a deep breath in... and slowly exhale.

Gently put your pen down if it feels right.

Pause for a moment and notice how your body feels, how your mind feels, and any sense of clarity or calm.

Before ending, silently say to yourself:

💜 I trust my inner voice.

💜 I honour what I know.

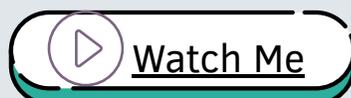
💜 I am learning to listen with kindness.

When you're ready, return to your day, carrying this gentle connection to your intuition with you.

Remember, this practice is always available whenever you need to reset, reflect, or simply listen.

💜 **Solara's Pearls of Wisdom**

**You are not behind
you are unfolding.**



Reflection Prompts

Intuitive Journaling

After each journaling session, pause and reflect using these prompts:

- ♥ What did I notice when I allowed myself to write freely without censoring?
- ♥ Did any thoughts or feelings surprise me today?
- ♥ What messages from my inner guidance felt strongest?
- ♥ How does listening to myself in writing make me feel in my body or mind?
- ♥ What is one small action I can take today to honour what I've noticed?

These prompts are short, open-ended, and self-compassionate, encouraging integration rather than overthinking.

♥ **Affirmation:**

I trust my inner voice and honour the guidance it gives me each day.

♥ **Solar's Pearl of Wisdom:**

The more you listen to yourself, the clearer your path becomes.
Self-trust grows one gentle choice at a time.

Daily 5-Minute Journaling Habit

Purpose: To build a consistent connection with inner guidance, clarity, and self-worth.

How to do it:

- ♥ Set a timer for 5 minutes — no longer, no shorter.
- ♥ Find a quiet space, breathe, and place your pen on paper.
- ♥ Use one of the daily prompts:
 - ♥ What does my inner voice want me to notice today?
 - ♥ Where in my life could I listen to myself more fully?
 - ♥ One small step I can take today to honour my inner guidance.

Write freely — don't judge spelling, grammar, or content.

End by reading what you wrote, taking a deep breath, and saying your affirmation:

I trust my inner voice and honour the guidance it gives me each day.

Tip: Try to journal at the same time each day — morning before starting the day, or evening as reflection.

This creates a gentle ritual that strengthens self-trust over time.

Reflection

Journaling Prompt:

Take a few minutes to write freely, remember there is no right or wrong answer. This is your space to notice, celebrate, and gently guide yourself forward.

What is one thing I noticed about myself in this module?

What small step of trust can I take for myself today?

How did it feel to connect with my intuition, even a little?

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 encourage the body to restore itself. Clearing away what no longer serves you, helping you release emotions and stress, allowing peace to calm the mind, and 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.



Daily Planner

● ● ● ● ● ● ●
M T W T F S S

Date _____

Things To Do

Inspirations

Reminders

Notes

Weekly Planner

Date _____

Thursday

Monday

Friday

Tuesday

Saturday

Wednesday

Sunday

Monthly Overview

For the Month of : _____

How did I feel today? 😊 😐 😞 😭 😡 😴

M	T	W	T	F	S	S

ON HAND TASKS

COMPLETED TASKS



Thank you!

For allowing me to be part of your healing journey.

Self-trust and inner clarity are not destinations — they are practices, moments, and choices that you return to again and again. Module Five has given you tools, experiences, and gentle encouragement. Carry them forward, knowing that each time you listen to yourself, you strengthen the foundation for confidence, joy, and a life lived intentionally.

Celebrate every step, no matter how small.

You are doing extraordinary work. You are enough. You are seen. You are loved.

Follow for more inspiration and healing guidance

Healing energy and light

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