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LOVING YOURSELF

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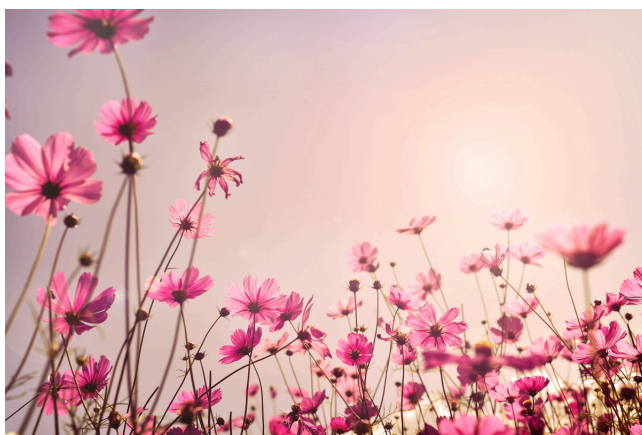


ABOUT

Though many of us have been educated and conditioned through the lens of polarity and separation, this is changing. As we attain new senses and sensibilities, we naturally yearn for harmony and coherence – both for our perceptions and actions in the world.

This publication provides a simple review of love as the fundamental operating system of life. It also extends a gentle invitation to consider living from its wisdom.

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RECONSIDERING WHO YOU TRULY ARE

Most of us have never considered the conditions and conditioning that informed our lives, nor how this conditioning shaped and reinforced the ways we think and feel about ourselves and others.

The unique attributes, influences, and challenges that inform each human life and soul journey, as well as the historical patterns that continue to inform them today require our gentle review.

CONSIDERING YOUR FEARS, CONDITIONING, AND VICTIM PATTERNING

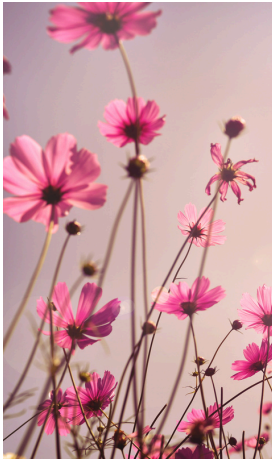
Learning to love ourselves requires that we understand and even embrace our fears, our anger, and our own victim patterning. Shifting out of our own reactive mindsets requires radical self-awareness and a willingness to take ownership of our beliefs, feelings, and responses, even when circumstances feel unfair to us.

Noticing what any person or narrative activates *in you* is the first hint that part of you is hooked in some way. Does it bring you lightness and comfort or does it activate or perpetuate division (war) in you?

What am I afraid of?

Practicing self-compassion, setting healthy boundaries, and focusing on the **peaceful choices** available to you, no matter how small, helps you step into a more productive and wise way of being.

CRITICISM: THE CALL TO NOTICE YOUR SHADOWS



We criticize what we don't ***appreciate, understand, or wish to overpower***-- and that includes ourselves. Criticism is deeply embedded in our psyche, culture, and is culturally-reinforced through media and society-at-large.

Yet beneath this common urge to project our disdain or dislike of self or others, there's a deeper invitation awaiting our discovery. That's because criticism is a projection of our own inner-conflict-- a shadow that's being activated in us.

Criticism is a symptom of individual and collective unawareness – an occlusion—one that blocks our ability to see that anything **we criticize** in others is something we're attempting to overcome (overpower), or understand in ourselves.

While criticism does indeed serve to reduce our anxiety, it is an **unproductive behavior pattern**. Criticism is a *symptom* that you're stuck in your own swirls and mind loops.

Conflict is a signal. The purpose of any conflict is to lead you towards self-awareness and understanding so that **you** can wisely nurture what is out of tune in **you**.


From criticism to compassion for self and others: Once we see and experience enough criticism in our lives, we naturally replace its 'feedback' with a more evolved mechanism—compassion. We realize that those who criticize others do so because they're projecting their ignorance and the belief that they are better, smarter, worthier than the subject or object of their criticism. And, when we notice ourselves being critical, we realize we're doing the same.



TURNING THE LENS ON YOU

Consider how each of these seemingly random things informed or continues to inform you-- *your personality self*. What do these unique aspects tell you about your past and your life today? Most importantly, consider **who you are** without any of these attributes. (**hint:** a soul having a human experience)

- Place and time of your birth
- color of your skin
- your genetics-- DNA
- your thoughts about the physical conditions of where/how you grew up
- your emotional intelligence – EQ
- your understanding of systems (systems intelligence)
- your family constellation and your awareness of your family dynamics
- parent's level of self-awareness & EQ
- your sibling's level of self-awareness
- the energetic nature of each family member
- the general themes of what your family strived to overcome (consciously or unconsciously)
- general themes of addiction or behavioral patterns
- what your parents and family feared
- the villains in your family's story
- how sexism, nationalism, racism, or any exclusionary mentality informed you
- family religion (if any)
- family rituals of meaning
- your special abilities and/or disabilities
- the languages you know, understand, or speak
- the ways you perceive and see the world
- your elemental nature
- your multi-dimensional nature
- your astrological blueprint
- your dreams and desires
- what you (your authentic self) values
- what you still fear (hate)
- what you love



You are **both** your unique attributes **and** the living, conscious awareness beneath it-
- we all are.



THE INTELLIGENCE OF LOVE

Love is both an emotion and intelligence-- an energy imbued with information well beyond that of our rational minds. We can access love anytime. We can apply love any time. We can expand love anytime, too. Our love is so powerful that it can transform anything ordinary into something beautiful.

Generally, behaviors and endeavors conceived from the energy of love have a different quality to them. That's because love is a higher frequency of reality. You can think of it as advanced human software.

Just like choosing the time to update our phones, operating from a loving and unifying software is an individual choice. Only you can decide how to live your life and from what source. No one can force anyone to operate from the frequency of love-- it is a choice that only you, each one of us, can make.

“Love is the grounding of our existence as humans and is the basic emotioning in our systemic identity as human beings. Love is the only emotion that expands intelligence.”

Humberto Maturana

HARMONY: THE CALL TO LIVE A SACRED LIFE

Life continually beckons us to notice ourselves and our perceptions. We often forget that:

- Love is not separate from us or something we have to earn.
- We are love-- love is simply this aspect of us coming 'to light' – meaning, coming into conscious awareness
- Unconsciousness is "trapped" light/love
- You can consciously access and amplify love's intelligence through meditation, contemplative practices, spiritual practices/health behaviors, and self-awareness.

- Our physical heart is a unique and powerful center of intelligence
- Our heart has its own communication system (in and outside our bodies)
- If your mind is open and receptive, your heart can and will inform your mind
- Our heart has a powerful and unique role in healing our biology/our bodies
- Physiological harmony (reduced dis-ease) is created when the mind is in-sync with the body (e.g. "mind, body and spirit")





You are love in human form.

