

A close-up photograph of a person's hands in a prayer position (Anjali Mudra). The hands are pressed together, and a gold heart-shaped ring is visible on the ring finger of the right hand. The background is a soft-focus outdoor scene with warm, golden light. A vertical white line runs down the center of the image, and a grid of white dots is overlaid on the upper right portion of the hands.

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EMBRACING YOUR WHOLENESS

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ABOUT

Most of us were educated and conditioned through the lens of polarity, separation, and objectification. As we attain new senses and sensibilities, we naturally yearn for wholeness, harmony, and to weave this deep inner-knowing and wisdom into our lives and work.

For comments, collabs, or support please contact
mayra@solarapublishing.com



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YOUR WHOLENESS

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 our bodies, 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 anytime we feel *unease, fear, or pain*.

EMBRACING YOUR SHADOW(S)

Learning to embrace our wholeness *also* requires that we understand and even embrace our fears, anger, and victim patterning. By understanding their roots, we can begin to take ownership of our beliefs, feelings, and responses.

Shifting out of our own reactive mindsets liberates us from mind-loops and anxiety.

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? ***Consider this an invitation, not a test.***

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 coherent way of being.

CRITICISM: SPLITTING OURSELVES APART



Criticism is deeply embedded in our psyche and is culturally-reinforced through media and society-at-large. Because of this, overriding its programming requires patience and intention.

When we don't appreciate our own wholeness-- the totality of our being, we often resort to criticism. But, 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 an objectification of someone or something that's an inherent part of a system-- a whole we cannot see. Criticism keeps us swirling in mind loops.

Criticism is a symptom of unawareness – an occlusion—one that blocks our ability to see that anything **we criticize** in others is something we're attempting to integrate in ourselves. **A criticism is a confession.**

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--- **trapped in your own separation**. Insight comes from the inside-- not from arguing or attempting to change anyone's mind.

If you're fighting or arguing with anyone or anything, you're literally fighting yourself.

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 us do so because they're projecting their separation and fear on us.

ELEMENTS OF YOUR YOU-NESS

Do you know/understand how these aspects shape *your* reality and view of our shared world? The more we know and understand about ourselves, the more choices we have to create peace and harmony in our lives.

- 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.

CHOOSING HARMONY & WHOLENESS

Our human physiology is like a finely-tuned machine made of cells, tissues, organs, and systems. These parts work together to keep us (you) alive, healthy, and functioning well-- in harmony. Attuning to this awareness alone can bring a deep and profound appreciation for the Source that made us-- God, and the natural world around us.

If we have no peace in our hearts it is because we have forgotten we are not alone and have been told that everyone and everything is an enemy-- that we are not safe.

Consider the intention of every messenger who preaches fear, war, and separation. Consider the intention of every messenger who preaches unity and love. Which is true? ***What you make real is what is real for you.***

Your emotions/emotional intelligence is your rudder. Without emotional intelligence you will continue to choose fear, war, and separation because it is what you know.

Without this rudder, your lifeforce and energy are freely given away—outsourced in every moment without your consent.

If you succumb to fear, know that you are choosing it-- succumb knowingly, but know that you can change your mind anytime.

Harmony continually calls us into coherence with ourselves-- and it won't stop until you get in-tune with you.

GETTING IN-TUNE WITH YOU

When we expand our way of being in the world, we recognize that all of us matter and that each of us plays a unique role in God's infinite universe.

The lens of wholeness and integration is the lens of wisdom and our acknowledgement of a Higher Intelligence at work in and through YOU.

These practices direct us back to ourselves and help bring coherence and harmony between the physical, emotional, mental, and divine planes of our existence.

- Awareness
- Acceptance
- Balance
- Compassion
- Contentment
- Creativity
- Empathy
- Equanimity
- Faith
- Forgiveness
- Generosity
- Graciousness
- Gratitude
- Humility
- Inclusion
- Integrity
- Kindness
- Letting go
- Love
- Mindfulness
- Patience
- Presence
- Reflection
- Respect
- Self-regulation
- Self-acceptance
- Serenity
- Solitude
- Surrender
- Stillness
- Tolerance
- Tranquility
- Trust





"We don't go through
suffering to be toughened,
but to be softened;
to become compassionate
and kind towards
ourselves and
others requires a
fundamental shift in our
thinking."

Mayra Porrata

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