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EMBRACING YOUR HUMANITY

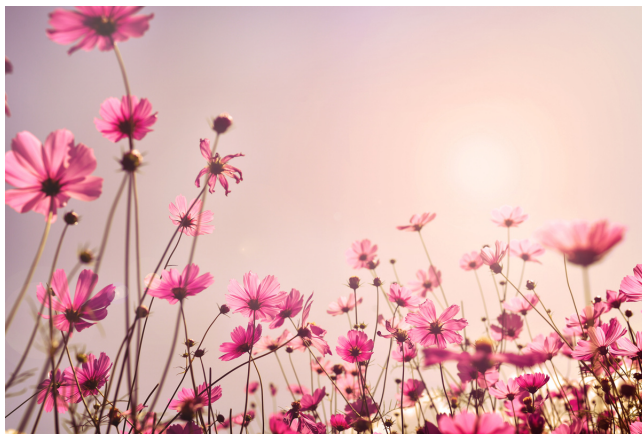
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ABOUT

Though most of us were 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 in our lives and our actions in the world.

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RECONSIDERING YOUR STORY & 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 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.

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 liberates us from mind-loops and anxiety. It is only through radical self-awareness and a willingness to take ownership of our beliefs, feelings, and responses, even when circumstances feel unfair to us, that we're able to see clearly-- to truly see the wholeness of things.

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.

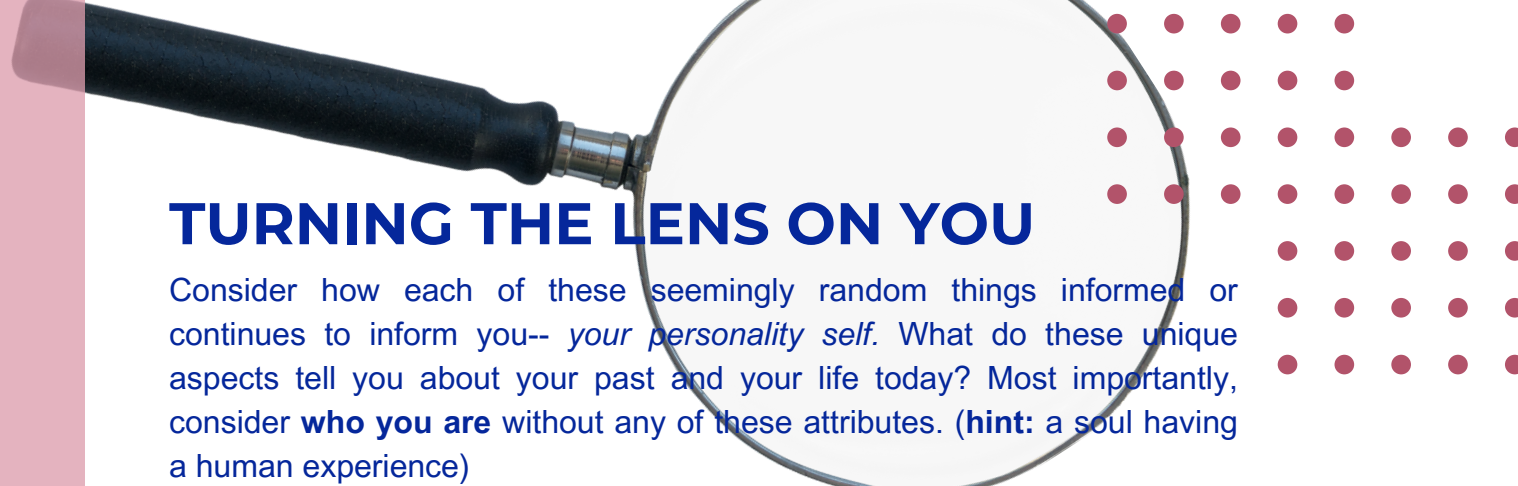
Yet beneath this common urge to project our disdain or dislike of self or others, there's a deeper invitation awaiting our discovery. That's because criticism is a projection of our own inner-conflict-- a shadow that's being activated in us.

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.

CHOOSING HARMONY OVER HARM

Collectively, we've been living from historic narratives and beliefs that are out of sync with our hearts and inner-knowing. We're literally incoherent-- **thinking** (and believing) that the next leader, strategy, or technology is going to save us.

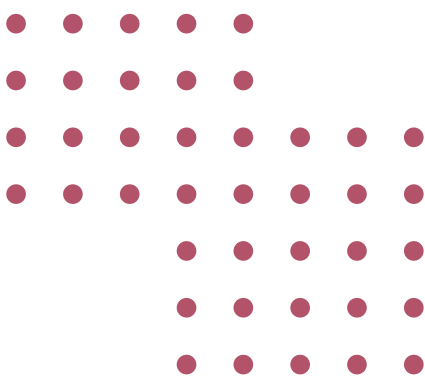
You are the technology, the strategy, and the leader you need!

To see clearly and independently requires critical thinking and deep respect for yourself. It also demands that we consider the motives of any system, institution, or individual against the knowing of **our heart's intelligence**. If it causes you constriction or fear, or pits you against others, please reconsider. Motives aligned with **your** Higher Self/Higher Knowing (God) feel different in our body-- they feel coherent and invite us into harmony, not harm.



LEADERSHIP CRISIS: Exclusion as a strategy to minimize anxiety by maintaining the illusion of control.

- **To consolidate power** – By framing themselves as protectors against an "enemy" (whether political, religious, or ideological), leaders maintain strong loyalty from their base.
- **To distract from failures** – Instead of addressing operational, economic or social issues, they shift blame to external or internal "threats."
- **To control the narrative** – By polarizing the community, they justify actions and their opposition to voices that differ from their own.
- **To undermine others** - By framing themselves as the "only ones" with unique knowledge and power they distort narratives in order to undermine vulnerable citizens.



EMBRACING YOUR HUMANITY & LOVING YOURSELF

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

The lens of shared humanity - of wholeness and inclusion, is the lens of wisdom and our acknowledgement of a Higher Intelligence at work in and through YOU.

Breaking free from conditioned biases, systemic inequalities, and co-building a just world is a living (and loving) practice. Here are 3 simple ways to begin:

- **Listen** – Approach your own self-talk and conversations with curiosity rather than judgment.
- **Learn** - Read books, watch films, and engage with media from cultures and communities different from your own.
- **Notice** - Notice exclusionary language, blaming, shaming, and criticism. This level of self-awareness helps dissolve old programs and breaks the cycle of division/war in *you*.

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“It is only in the heart
that one can see rightly;
what is essential is
invisible to the eye”

Antoine de Saint-Exupéry,
The Little Prince

