



S.O.A.R.

To achieve a higher level of Spiritual growth, to fully embody your True Self, it takes a willingness to continually observe & examine your choices, behaviors and actions, which takes courage, dedication & perseverance.

S.O.A.R. is a self-participatory exploration that starts with two basic **KNOWINGS**:

- You are *Spirit*; your *True Self* is always neutral, without emotions – just pure peace, passion and joy
- Emotions are a choice – they are not of Spirit; you get to choose which ones you do or do not want to play and interact with at any moment

When you start to experience uncomfortable feelings or emotions...

Invite yourself to pause – take a few deep breaths, relax & soften. Meet yourself unconditionally where you are in the moment – emotionally, mentally, and physically. Drop into your Heart center; the football-shaped felt sense just below your chest plate and be fully open and transparent with yourself. Welcome whatever feelings of vulnerability are showing up – maybe you're craving love, recognition, strength, to be heard, etc. Hold space for all of it and **KNOW** that the feelings you're experiencing are not of *Spirit*.

Consider that your circumstances don't dictate your experience; your *state of Being* does. Open to the possibility that you can give yourself what you're seeking – really feel that Truth. Remind yourself that *Spirit* knows only unconditional love and complete acceptance – you are wholly and completely perfect, flawless!

Once you've settled into the moment...give yourself permission to **SOAR** to a higher level of consciousness!

SELF-RESPONSIBILITY

- Acknowledge and be ok with the uncomfortable
- Hold & cradle judgment
- Choose to explore all the emotions & sensations
- Meet & greet your True Self – see yourself from that perspective
- **Know** that your Spirit wants to help, support and assist you
- Step into your *Power* – your personal sovereignty
- Take ownership in the moment for your personal evolution and self-discovery

When you feel empowered to proceed...

OBSERVE

- Open up to self-exploration – be curious
- Notice and observe yourself through the eyes of *Spirit*
- Suspend any thought – let it “hang” there, detach from it, and don’t “login” (*Spirit* DOES NOT think)
- Hold space for yourself to calmly examine the thoughts – they are not yours
- Create separation from identifying with thoughts and the mind ‘thinking’ – it’s not *you*
- Let all thoughts dissipate and dissolve

When you’re feeling ready...

ALLOW

- Be in the present moment; in the now
- Allow what *is* with complete neutrality, no judgment, no expectation
- Go beyond any filtered interpretations and restrictive limits of the mind
- Self-reflect on what’s really happening – with clear seeing
- Accept what is and focus on what’s true – you’re a *Spirit* contained in a human body

Then, choose how you want to...

RESPOND

You can choose to:

- **Be** reactive – in the mind (reacting to past events and experiences)
- **Be** proactive – in the now (with *Spirit*, where there’s no time)

What **W**ould **S**PIRIT **D**o?

How does your unconditionally loving *Spirit* want to respond – pivot, turn around, let go & flow, etc?

Will your response be from...

- *Heart or mind*
- *Now or past*
- *Love or fear*
- *Want to or have to*
- *Highest excitement or indifference*
- *Freedom or obligation*
- *Certainty or ambivalence*
- *Life-affirming or life-denying ("[Nietzschean* affirmation](#)")*

Friedrich Nietzsche

“Suppose that we said yes to a single moment, then we have not only said yes to ourselves, but to the whole of existence. For nothing stands alone either in ourselves or in things; and if our Soul did but once vibrate and resound with a chord of happiness, then all of eternity was necessary to bring forth this one occurrence – and in this single moment when we said yes, all eternity was embraced, redeemed, justified and affirmed.”

Coming from this perspective, we have the opportunity to see the collective ripple our responses create when we make proactive choices and say “yes” to our True Self. Each and every choice, small or large, creates a pattern recognition for the mind to only be the translator for the Heart.

Eventually this process becomes seamless. Choices will be as intentional as breathing – breath doesn’t require thought. Like breathing, choices become just one preferred now-moment after one preferred now-moment where you are creating from your Heart center and experiencing only what you *want* to experience.

You can choose to take it one step further and...

Be a thought-swatting ACE, and learn to thwart them before they take flight...

Acknowledge

- Triggers, narratives, thought-loops, habits, etc. – be grateful for their service in your personal evolution

Connect with Source

- The flow of Source Energy is through your Heart center
- True Power comes through your heartfelt inspiration and intention
- True Self expression doesn’t have boundaries or limitations – what, where or how you are is up to **YOU!**

Evolve

- Heal beyond judgment and expectation
- Embrace the process not the outcome
- Form a new foundation of Being
- Alchemize lasting change – transmute & transform to your True Self

Your True Self is a creative force that never stops expressing and experiencing itself through an abundance of endless choices.

“I am going to get up and create an experience today. There’s nothing more to life.” ~ Q

BE YOU!
You’re amazing!
LOVE, LAUGH & PLAY!



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