

A cluster of colorful stars in shades of pink, purple, yellow, and orange, scattered in the top left corner of the page.

Sol Heals

WISE WORDS &
TOOLS TO RESTORE
MENTAL HEALTH

Healing Wisdom

A cluster of colorful stars in shades of pink, purple, yellow, and orange, scattered in the bottom right corner of the page.

2022

EMPOWERED HEALTH
WWW.SOLHEALS.COM

When I take the time to
breathe deeply into silence
listening to my inner voice &

DEEP REST

surrendering to nothingness,
everything becomes crystal
clear. Reality is changeable.
Labels are just words and
feeling guilty is my own
punishment. In the still
quiet of my breath, I can
find peace and rest.



TOOLS: COMFORTABLE PJ'S,
HOT BATH, TEA BY
CANDLELIGHT, COCOA BY THE
FIRE, COMPLETE AND UTTER
SILENCE, SLOW DOWN TIME
TO RENEWS THE SOUL.

When I can stop trying to get
things and people, and begin
seeing my true value,

GRATITUDE

loving myself and others,
giving just to give without
expecting, I can feel
abundance in my heart for
what I do have, I can
consider opening my energy
to receive more of what my
heart wants.



TOOLS: GRATITUDE JOURNAL,
LIST OF ALL MY WANTS,
MANTRA: I AM VALUABLE,
LOVEABLE AND I BELONG
HERE. PRACTICE PATIENCE
AND RECEIVING ENERGY.

When I stop judging myself
and others, I open up space to
feel support from the
universe.

S U P P O R T

This support is always
present and builds my trust,
but I have to get out of my
own mind to notice it. As I
meditate, this support
strengthens. I am grounded,
secure and determined to do
what I came here to do.



TOOLS: DAILY GROUNDING
MEDITATION, IMAGINE
FLOATING ON WHITE CLOUDS,
LOOK AT THE MOUNTAINS. TEND
TO A GARDEN OR TAKE A WALK.

When I stop trying to fix
others and turn my focus on
my own healing & forgive.

KINDNESS

I can heal myself and help
others to heal too. First, I
have to allow myself to feel
my pain in relaxation, with
acceptance & curiosity. The
heart will heal if it is tended
to with kindness.



TOOLS: BREATHING IN DEEPLY
AND OUT WITH LONG SIGHS,
SMELLING PEPPERMINT,
IMAGINING MEDITATING WITH
THE TREES & PLANTS OF THE
FOREST, SMELLING THE
FRESHNESS OF IT AFTER A RAIN.

When I let go of fixations &
drop away half of my
seriousness, I feel so much
lighter.

CELEBRATION

Adult responsibilities can
cause stress from the
seriousness of it all. By
reconnecting to the playful &
curious spirit of my inner child,
spacious freedom is within my
reach to live the life of my
dreams. Make more time to play
& celebrate life.



TOOLS: DO ACTIVITIES THAT
CAUSE YOU TO FEEL JOY &
PLAYFULNESS. WATCH A GOOD
COMEDY. BLOW BUBBLES OR
PLAY BALLONS WITH YOUR
CHILDREN. BUY YOURSELF A
NICE BOUQUET OF FLOWERS.

To give credit where credit is
due, the wisdom of this work.

REFERENCES

Kim Lincoln, Terrain of Essence
Teachings on Soul Substances
for Whole Healing.

A.H. Almaas (2002)
Spacecruiser Inquiry.



YOURS IN LOVE & LIGHT,

Bethany Latimer, M.A., LMHC
www.solheals.com
Bethany@solheals.com
FB Page: Sol Heals

Sol Heals