



The Soular Power System

DAILY PROCLAMATION

As a Soular Powered being, Invironmental Awareness and Self-Sustainability are my priority; so that I can optimize my production and be of highest and best use to myself, my loved ones, and the world in general. Today I will serve Soular Power, and it will sustain me.

The basic principles of Self-Sustainability can be found in the twin trilogies of eat/move/sleep and think/feel/act. As with many things, practice makes permanent.

I hereby commit to the following:

Eat- I am what I eat, and how I eat it. Therefore I eat healthy, fresh and living foods with enormous gratitude. I listen to my body and honor my intuition. Never shall I bite with anxiety or hurry. Rather I will eat slowly, and mindfully. I will share, and I will savor. I will take small bites. Every morsel is a gift, and a treasure to be celebrated. Therefore I bless my food, my water, and everything else that I put into my body.

Move- My posture is my physical tone. It tells the story of my bearing and what I bear is what I bring to the table. My body is beautiful just as it is, and today I will enjoy it. I will move with purposeful appreciation and deepen into the rhythm of my breath. When I feel tense, I relax my shoulders, and open my heart. When I feel shy or nervous around others, I make loving and unapologetic eye contact. I smile. I remain rooted, strong in my core, feeling my feet and my connection to the earth. I see, smell, listen, and touch with loving presence. I stretch and walk and dance for joy.

Sleep- Sleep is my sacred time of restoration, and when I am tired, I rest. I allow my mind to relax and my body to find peace. I don't take unresolved issues to bed with me; instead I take time to release my concerns on paper, in words, or in prayer. I honor my dreams. I fall asleep with a smile in my heart, and awaken with a clean slate of appreciation for a new day.

Think- With my thoughts I produce my reality. Every thought counts and I embrace my power to give, receive, create, strengthen, heal, and build. Today I will slow down so I can hear myself think.

When I notice my thoughts become fearful, judgmental or critical, I embrace the opportunity

to release personal attachment and direct identification with my mind. Anything negative my mind has to say about somebody or something else is simply teaching me about my own ego. Offense and defense is a game that only my ego plays. Awareness knows that we are all on the same team. With my awareness, I create space for new thoughts. I make myself at home in every situation.

I will not inhabit or invade the psychic space of others, attending only to my own internal sphere of influence. I will not dwell in regret of the past, for the past is the perfect predecessor to the present, and the present is a gift. I am thankful for every step—from the lightest to the heaviest—that brings me to where I am, right now. When I catch my thoughts running carelessly ahead, I anchor my attention in the magical mystery of the moment.

With my thoughts I love and support myself at all times. I drop any mental story that limits or impairs my capacity for freedom, self-expression, and authentic connection. Today I will *be*. All of me is welcomed and celebrated.

Feel- My feelings are a direct reflection of my Environment, and I take full responsibility for my feelings. Good or bad, happy or sad—these are fleeting interpretations in a subjective world. Nevertheless, I will honor my feelings, for they provide constant communication with my body-mind.

Today I consciously cultivate feelings of gratitude and love, for all circumstances, especially those that challenge me. Whenever I feel burdened by external pressures, I invite Soular Power to enlighten me. Whenever I feel afraid of losing something precious, I remember that nothing is ever lost, but simply changes form—and I am grateful to know it exists. Whenever I feel anxious about the future, I focus my trust in the present. Whenever I feel doubtful of my own abilities, I remember that I am created uniquely and specifically to accomplish my personal mission in this world. Whenever I feel that what I have is not enough, I remember that I am perfectly blessed. When I feel disappointed, frustrated, or angered by the behavior of others, I compassionately return to my own strength and responsibility. If at any moment I feel overwhelmed, I will stop—and take a deep, relaxing breath. I am getting exactly what I need for today. Indeed Life is here FOR me; everything serves my expansion. I have confidence that each circumstance is designed to support my highest good, nudging me into greatness.

Act- Every action leaves an impression. Therefore, I will take all necessary and appropriate action and I will do what is right—as if the whole world can see me, does see me, and needs me to do the right thing. One choice at a time, I will do the right thing.

Even the smallest tasks can be done with awareness, becoming a meditation in their own right. Indeed great progress is the result of many small right actions. I do not act for personal gain; rather I do what needs doing for its own sake, with patience and purpose. When fossil-fueled attachments grasp for my attention, I focus on the power of my Soul. I keep my tools sharp and custom-grip firm. Today I will.... (*insert personal practices: do yoga, pray, meditate, serve, be mindful, exercise, journal, dance, sing, smile, clean, make love, play, etc.*)

Relationships are my greatest wealth and I keep the space between myself and every other living thing as clear as possible. I never act from a place of darkness or negativity, fear or frustration. In difficult times, I retreat and center myself—acting always to build, serve, and heal. Every path is unique; therefore it doesn't matter how I seem to anybody else, and it doesn't matter how anybody else seems to me. Unconditional love is the only true sustainability.

I communicate with integrity and honesty in every interaction. Words create powerful vibrations, and I will speak with intention and sensitivity. I will catch words like "I/you shouldn't" or "I/you can't" and replace them with affirmative phrases. Whenever I am confronted with gossip, I remain quiet or change the subject. I use my words to express love and gratitude, to clarify, to appreciate, to encourage, and to uplift.

TODAY I AM RENEWED. I use my energy to build the reality I want, and I visualize this reality at all times. I generate Soular Power because it's what I'm made of. I say YES to everything as it arises in my path and embrace the opportunity to work with it, for I am an instrument in The Big Hand, and with its guidance I will extend my reach. Today I surrender fully to this faith.

I release dependence on external and ever-shifting sources of temporary and non-renewable energy, whether from person, place or thing. Rather than consuming, I focus on producing. With an open mind I enter every endeavor and hold space for the success of myself and others. It's possible to be better every day, and today I will be the best I have ever been!

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