

LOVELOCITY

A Poetic Odyssey into the Mystery

Solara Sophia Rose

4.13.19

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- 0:00 - Waking Up Inside the Mystery
 - 0:55 - Mirror Sessions (Results)
 - 2:35 - Remembering to Be a Scientist
 - 3:30 - Stories That Move Through Us as Surprise
 - 4:00 - Aloneness + Lucid Surrender
 - 4:55 - Where Does Free Will Play into Surrender?
 - 5:30 - Surrender vs. Active Surrender
 - 6:20 - The Very First Step of Creating
 - 6:55 - Surrendering the Mind to Higher Genius
 - *7:30 - The Science of Binary Consciousness
 - 8:30 - Personality (Mind) + Design (Body)
 - 9:00 - Passenger (Mind) + Vehicle (Body)
 - 9:35 - Establishing Roles for the Body + the Mind
 - 10:10 - Allowing the Mind to Relax + Enjoy
 - 10:30 - The Mind Is Not the Leader in Manifestation
 - 11:00 - The Soul in Manifestation (Solara)
 - 11:20 - What Is "Doing" the Manifesting?
 - 11:45 - A Disclaimer About Providing "Answers"
 - 12:10 - A Deeper Knowing, Ancient Wisdom
 - 12:30 - Cooperative Bodies of Consciousness
 - 12:45 - Relaxing, Witnessing, Partnering with Life
 - 13:25 - Making Music Like a Flute
 - 14:40 - Is It Possible to Embody Superconsciousness?
 - 15:45 - Duality vs. Nonduality
 - 16:20 - Holding Duality + Nonduality Simultaneously
 - 16:40 - There's No Escaping Duality
 - 17:25 - Transcendent Realms Are Not Separate from Us
 - 19:10 - The Maintenance Man Interrupts Our Call
 - 21:00 - Is the Process of Evolution Built-In to Existence?

22:20 - Shadow Doesn't Exist in the Higher Realms (Solara)
23:20 - Asking: What is Love? (Solara)
24:00 - Allowing the Light to Shine (Solara)
24:15 - Practicing Erotic Embrace (Solara)
24:50 - Radical Self-Acceptance + Shadow Alchemy (Solara)
26:30 - The Evolution of a Process
*27:45 - Transcending Leadership / Alternative "Parenting"
31:35 - The Ever-Present Reward
32:00 - Taoism + Doing Not-Doing
33:15 - "I'm Not Thinking About Anything!" (Solara)
33:40 - One of the Greatest Practices (Solara)
*34:45 - Listening + Body Listening
35:35 - Remembering Listening / The Ultimate Metaphor
36:35 - The Acoustic Nature of Reality
37:55 - Multidimensional Expansion
38:25 - The Orchestra + the Master Maestro
39:00 - The Ongoing Process of Continuous Surrender
*39:30 - Elevating the Baseline
40:00 - Rapid Elevation + the Pulse of Expansion
40:40 - Beginning "Blunders" on the Theme of Control (Solara)
42:05 - Carrying Tension + Trying to "Hurry Up"
43:40 - A SPECIAL MESSAGE: Breath + Receiving (Solara)
44:15 - Contriving Our Own Awakening Process (Solara)
45:30 - Defining Acceleration + a Paradox (Solara)
46:10 - The True Magic of Life is Relaxation (Solara)
46:25 - Aligning to Our Own Natural Rhythms (Solara)
*47:00 - Slowing Down Accelerates the Process
47:40 - The Paradox Lives Through Us: It Is Not New
48:00 - The Most Obvious Truth is Our Greatest Surprise
49:50 - Using Human Design as a Tool
50:40 - Losing the Essence to Dogma
51:25 - Deconstructing the Dogma
52:35 - Developing Sensitivity = Overcoming Victimhood
52:55 - Updating the Quality of Our Relationship to Life
*54:25 - Discussing Free Will: Internal + External Dimensions
55:30 - Learning to Say "Thank You" to Discomfort
*56:05 - CHOICE: Regaining Connection to Our Own Center
56:40 - Embodying the Position of Choice (Solara)
59:10 - The Transformative Power of Love (Solara)

59:45 - Learning to Dance with Discomfort
1:00:05 - The Impact of Stepping into Our Own Shoes
1:01:15 - Practicing Foundational Empathy (Solara)
1:02:55 - Solara's Visual (Fractal Wave)
1:03:20 - Becoming the One at Choice (Solara)
1:04:35 - True Power Will Always Be Held By...
*1:05:00 - Discussing the Difference Between Force + Power
1:05:30 - Our Strategies Typically Depend Upon Force
1:06:20 - Force is Hardness, Power is Soft (Solara)
1:07:00 - Magic Happens Naturally When We Soften (Solara)
1:08:00 - Elegance = Effortless Power + Intention
1:08:30 - Elegance vs. Eloquence
1:10:10 - Emperor/Empress; Masculine/Feminine
1:11:45 - Solara's Visual (Golden Dragonfly)
1:13:00 - Living as Art, Art Moving Through Us
1:14:50 - Liquid Nirvana + Human Design (Mirror Sessions)

<https://youtu.be/Q1x9JXOAO-s>