



SOL-ACADEMY™

For conscious life.

A weekly practice for consciousness – live-online, 90 minutes, together with like-minded people. No prior program required.

[Book a free 30-minute call](#)

THE WEEKLY SESSION

One evening a week, three parts.

90 minutes, live-online, every week – structured around three simple practices.

EXCHANGE & INSIGHT

Reflect & Share

Real conversations on what's working, what isn't, and conscious manifestation in daily life.

STILLNESS

Guided Meditation

Quieting the mind, expanding awareness – a shared moment of stillness before practice.

PRACTICE

Remote Viewing & Intuition

Exercises to sharpen perception and intuition, done together in the group.

Nearly four years of practice, archived.

Recordings, protocols, and handbooks from almost four years of SOL-Academy sessions – always available to members, searchable whenever you need them.

OPEN TO EVERYONE

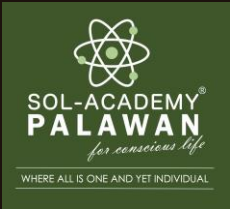
Membership is open with or without a prior Coaching, Therapy, or Seminar program.



Where all is one, and yet individual.

Free. Confidential. No obligation. A first conversation makes clear whether, and which, next step makes sense for you.

[Book a free 30-minute call](#)



SOL-ACADEMY™ Palawan · for conscious life