

SOL-STILLNESS™

# The Path to Inner Clarity, Lasting Peace and Self-Determined Action.

A structured consciousness transformation program – developed by Stephan Beck, Founder of SOL-Hypnosis® Palawan and SOL-Academy™ Palawan — for those ready to take the next step.

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## What It's About

Some changes cannot be achieved through strategic clarity or operational action alone. They require work at the source - on the unconscious patterns that shape decisions, relationships and one's experience of reality.

SOL-Stillness™ addresses precisely this. Not as a therapeutic program, but as a precisely structured transformation process - four sequentially built SOL-Hypnosis® protocols that identify, resolve and permanently re-anchor deep-seated blockages.

The outcome is not temporary relief. It is the opening of a state in which inner stability, clarity and natural capacity to act become the foundation - independent of external circumstances

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## The Four Phases

The program follows a clear inner logic, inspired by the Yoga Sutras and modern consciousness research. Each phase addresses a specific level - from the foundation of trust through to lasting inner stability.

### 01

#### Self-Confidence

*Śraddhā — Yoga Sūtra I.20*

The first phase strengthens the inner foundation: trust in oneself - beyond doubt, self-sabotage or external dependency on validation. Where śraddhā is absent, decisions remain incomplete and actions lack weight. This phase lays the groundwork upon which everything else is built.

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### 02

#### Presence

*Abhyāsa — Yoga Sūtra I.13–14*

The second phase clarifies what has previously prevented sustained action in the here and now. Past experiences and anticipated future scenarios lose their paralyzing force — not through suppression, but through dissolution of the underlying attachments. Conscious action in the present moment becomes possible once more.

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## 03

### Detachment

*Vairāgya — Yoga Sutra I.12–15*

The third phase addresses attachment — to outcomes, roles, expectations, other people or particular states. Vairāgya is not indifference, but the capacity to be fully present without holding on to a specific result. From this arises lightness and genuine inner peace.

## 04

### Stability

*Sthairya / Upekṣā — Yoga Sutra II.47 & I.33*

The fourth phase anchors what has been achieved in a lasting way. Inner equilibrium - Sthairya - and complete equanimity - Upekṣā - become the natural state. External events lose their power to disturb the inner foundation. What emerges is sustainable capacity to act from a stillness that requires no external condition.

## Scientific and Philosophical Framework

SOL-Stillness™ bridges Vedic science with modern principles of consciousness research. The program works on two levels of Samādhi:

<b>Asamprajñāta Samādhi</b> <i>Yoga Sutra I.18</i>	Situational inner stillness - the entry point the program intentionally enables: deep states of rest in which unconscious patterns become accessible and open to transformation.
<b>Dharma-Megha Samādhi</b> <i>Yoga Sutra IV.29–31</i>	Stable, lasting stillness - the program's destination: a state in which peace, clarity and awareness no longer depend on external conditions.

## The Process – Five Steps

- 1 Online Self-Assessment**  
Mapping of the current consciousness profile – as a starting point and orientation.
- 2 Complimentary Initial Consultation (30 min.)**  
Clarification of the current situation, goals and fit. Non-binding and confidential.
- 3 Anamnesis (Intake-) Questionnaire**  
Individual preparation of the sessions – for maximum precision and effectiveness.
- 4 Four Live Online Sessions (60–90 min. each)**  
Deep consciousness experiences and targeted transformation in one-to one work – structured, precise, sustainably effective.

## 5

### Follow-Up Support - 1 Month

Experience sharing, Q&A and integration into daily life - in a confidential online group setting.

# Frequently Asked Questions

#### How long does the program take?

The SOL-Stillness™ program comprises four individual sessions (approx. 60–90 min. each) plus one month of follow-up support. The overall process typically takes four to five weeks. In principle, a single SOL-Hypnosis® session per phase is sufficient — in exceptional cases a follow-up session may be required.

#### What happens in a session?

You are guided into a deep state of rest in which, through precise questioning technique, the causes of blockages or limitations are identified (regression). The resolving transformation is then anchored threefold in the subconscious mind - for lasting effect.

#### What are the prerequisites?

The decisive prerequisites are inner readiness (free will) and trust in the process. In addition: a completed intake questionnaire and a preparatory conversation to establish individual goals prior to the first session.

#### What distinguishes SOL-Stillness™ from other approaches?

SOL-Stillness™ works at the root cause - not at the symptom level. SOL-Hypnosis® addresses deep-seated unconscious patterns that block conscious, free action. The result is not temporary relief, but a structural change - lasting and with direct relevance to life and decision-making.

#### What does the program cost?

As every situation is individual, the program is tailored accordingly. The total investment is communicated transparently in the complimentary initial consultation — including the optimal solution for your particular situation.

### Ready for your next step?

Begin with the complimentary initial consultation - confidential and without obligation. Or start directly with the self-assessment to gauge your current level of inner clarity.

**Schedule a consultation:** [www.sbcompetence.com](http://www.sbcompetence.com)

**Anamnesis Intake Questionnaire:** [tally.so/r/wLAyj1](https://tally.so/r/wLAyj1)

**Online Self-Assessment:** [tally.so/r/npjRdJ](https://tally.so/r/npjRdJ)