



## EXALTED SOL

Offerings from this series aid in the process of *becoming*, lighting the way toward whatever success looks like for each Individual. They promote inner and outer coherence, spurring action in service to achievement, self-improvement, and the realization of personal milestones. They elevate and illuminate the Heart, Mind, and Spirit, simultaneously cleansing energies and diminishing negativity. Useful for emotional regulation and performance enhancement of all kinds.

**Can be used for:** Steadying the mind; unifying the head + heart; holding together from within; supplementing the Hero's Journey; cultivating Championship; improving sportsmanship; converting "anxiety" into excitement + anticipation to perform; managing stage fright; self-improvement; self-development; achievement; diurnal support; Solar remediation; smoothing the Martial current; healing patrilineal lineages + figures; improving relationships with men, people of a masculine nature, the Sovereign + powerful (as well as one's own inner yang/ animus); purification of the Heart, Mind, and Spirit; clearing/ dissipating dark, low grade energies in space and the auric body; banishing lingering or unwelcome Dead; illumination; facilitating personal congruence; coming into one's own; doing one's best; natural energy + concentration boost; focus; physical activity; graciousness; promotion; achievement; fame via merit; &c.

**For Solar Remediation + Observation:** Apply offerings from this series or give as an offering to the Sun on Sundays and/ or the Sun's planetary hour. Anoint or present offerings with the Sunrise. Can also be keyed to Mars' days and hours.

**In Ritual + Day-to-Day:** Use before Solar rites, rituals, or mundane activities for Championship, improvement, achievement, and Becoming. Anoint sigils; use the powder or oil to dress candles, etc.

**Side effects:** Physically heating. Eat fresh veggies/ fruit/ yogurt, drink from a copper vessel, take cooling herbs/ teas, or use in conjunction with cooling/ moderating series (Asclepius included) if necessary. A cloth or piece of jewelry can be anointed and carried on one's person to create an intensity buffer, rather than applying directly. May cause sleep disturbance.

*Hear golden Titan, whose eternal eye with broad survey, illumines all the sky.  
Self-born, unwearied in diffusing light, and to all eyes the mirror of delight:  
Lord of the seasons, with thy fiery car and leaping coursers, beaming light from far:  
With thy right hand the source of morning light, and with thy left the father of the night.  
Agile and vig'rous, venerable Sun, fiery and bright around the heav'ns you run.  
Foe to the wicked, but the good man's guide, o'er all his steps propitious you preside:  
With various founding, golden lyre, 'tis mine to fill the world with harmony divine.  
Father of ages, guide of prosp'rous deeds, the world's commander, borne by lucid steeds,  
Immortal Jove, all-searching, bearing light, source of existence, pure and fiery bright  
Bearer of fruit, almighty lord of years, agile and warm, whom ev'ry pow'r reveres.  
Great eye of Nature and the starry skies, doom'd with immortal flames to set and rise  
Dispensing justice, lover of the stream, the world's great despot, and o'er all supreme.  
Faithful defender, and the eye of right, of steeds the ruler, and of life the light:  
With founding whip four fiery steeds you guide, when in the car of day you glorious ride.  
Propitious on these mystic labors shine, and bless thy suppliant with a life divine.*