



MODULE 13 -- REVIEW

Welcome to our final gathering of the Sovereign Woman Program! It has truly been an honor to be with you and share this knowledge with you. My intention is to review all that we have covered in the last six months, answer any questions that you may have and discuss opportunities to continue to support you and grow together as Sovereigns in this world.

THE ART OF BEING SOVEREIGN - QUOTE (slide)

“There is only one life, and we are all interdependent and interactive units of that one life. Life is simply a vast system of relationships. Therefore, our well-being, our happiness, our success, are entirely dependent upon our skill in relating, firstly to ourselves; and secondly to the world around us.”

I hope that through all of the modules, this deep truth has come through for everyone. We are all interconnected and related throughout all time and space. Each one of us here has gathered with intention and purpose, to expand the understanding of the entire cosmic universe. Our awareness increases the awareness of all that is. Nothing would be the same without each of us here, as witness, creator, friend, ally, sister, mother, daughter, niece, woman.

Every teaching, every tool carries with it the ability to tap into and expand our awareness of ourselves and the world around us. We can now move with intention and purpose, power and grace. There is nothing out there that we cannot address inside ourselves first. That is power that few ever understand.

QUOTE (slide)

Possibly one of the most powerful aphorisms we’ve discussed in this program is the following:

“Nothing is as it appears to be.”

The Sovereign Warrior really lives by this aphorism. If you are upset by something, nothing is as it appears to be. If you knew the answer, you wouldn’t be upset. If we remember that no thing is as it appears to be, it really opens up the full power of our spirit and our intuition.

CHECK IN (slide)

1. How has it been going with the dreaming & creative mastery
2. What were the most powerful tools and teachings in this program for you?
3. What's going on in your life right now and how can we support you?

REVIEW – CREATION (slide)

Let's review what we've learned in this program, beginning with creation. In the beginning, was the **VOID**. No thing. Nothing. No thing-ness. Nothing at all, right? This equates to when you have control over your awareness. When you are fully in the beauty of action, when there is nothing going on and you are really just potential waiting. At that moment, you are **IN** the awareness of your **Dreamer**.

And then....something stirs. Something happens. There was no thing and then we have some thing. Maybe that something is a mirror with your coworker or friend or stranger. It's a back door to a house. It's something unknown to you. It just feels bad. Whatever it is, now there is something.

We want to remember that this is the **feeling principle** in action, the feeling principle of **INTENT**. Now that we have some thing happening, we want to use **POWER**, the feeling principle of **INTENT**, to **navigate the unknown** as it is presented in this moment. We can bring to mind what it is that we need to remove or shift, or bring the light of awareness to, so we can go back to no thing.

Using this process actually mirrors the process of creation because there is a **VOID**, there is **INTENT**, and then there is **MIND**. Mind is the known. It's also your mind.

In the moment where you experience No Thing, the **VOID**, you feel confidence, power, feeling, beauty, everything that your Dreamer is. And then, all of the sudden, there's some thing. When there is some thing, you've forgotten your Dreamer, you've forgotten who you really are because that some thing took control of your awareness. This is why **STOPPING THE WORLD** is so critically important. We use **FEELING, INTENT**, and **POWER** to bring to **MIND** what it is that we need to do, see or understand.

When we say "nothing is as it appears to be" we are acknowledging the unknown always at work in everything. No thing points us to some thing and then we inquire to make it known.

REVIEW – THE CENTERS (slide)

The Central Channel and Centers of the body are critical to navigating the world as a Sovereign Woman. Learning to **STOP THE WORLD** (or the **DIALOG**) is the first step to aligning with your **DREAMER** and the **HEART** Center.

Remember to drop your awareness into your **SOLAR PLEXUS** to break the control of the mental chatter. It allows us to step into the **VOID** of creation as creators ourselves. From this moment, there is a pause, space where we can bring awareness to a feeling or an unfolding situation. With this awareness, we can move into the **DAN TIEN** to ground or the **HEART** to connect to unconditional love or align all four **CENTERS** with the **THIRD EYE** and perceive beyond what is apparent in front of us. Learning to align these **CENTERS** inside of us with the macrocosm around us, is a huge, huge feat of **SOVEREIGN MAGIC** and **POWER**. From here, we know that nothing is as it appears and we can observe, wait, and move with far more precision and **INTENT** than in any other mode of operation.

SOVEREIGN PROCESS (slide)

Imagine something upsetting happens in your life. Here is the process I might use to address it:

1. Stop the dialog
2. Take control of awareness
 - a. Move your awareness into solar plexus
 - b. Then move awareness into heart center
3. Check to see if it's a mirror
4. Do I need to cut cords between myself and others?
5. Is there a story that you need to release? (new or old story that returned in some way)
6. Is there a pattern here?

It's all about energy. We sometimes agree to or accept stories that are not in alignment with who we really are and that dissonance causes discomfort, pain and suffering. Is there a current or new story to release? If you find a mirror or story, use the same protocol, write it down and burn it. Or blow it into a stone and leave the stone in nature. Use the elements in some way or talk to someone about it to vent, or to a tree, etc.

Remember that a Sovereign doesn't care if she's heard or understood. It's about releasing the energy.

Is there a pattern? Go back and review the pattern protocol. You have access to all the documents we've used in the members area. Use the elements, helpers, your intention, to release and shift anything that you no longer desire. Create! Use the creation tools to move towards healing, a solution, clarity, understanding. Envision a new future timeline with mutually beneficial outcomes.

After you have released any negative energies, it's about integration. What are you trying to learn?

Always be gentle with yourself. Be patient and gentle.

SOVEREIGN TOOLS (slide)

- Stop the Dialog
- Take control of your awareness
- Recognize and remove patterns
- Release your story (old and new)
- Mastery of Time – change relationship with your past
- Removing stress and anxiety
- Read the Mirrors & be aware of projections
- Communicating from your power centers
- Dreaming & Visioning (trance)
- Sovereign Magic (creation)
- the Dreamer you ARE

SOVEREIGN MAGIC PLAYGROUND (slide)

What do you want to do with your one precious life?

Remember that TIME is not what most people think. A Sovereign Warrior can shift the momentum and trajectory of her threads of possibility simply by doing this work and being aware that we are a microcosm of the macrocosm. Our future is as expansive as we can imagine it.

SOVEREIGN MASTERY (slide)

The work continues...

- Private Coaching packages – please contact me if you are interested in continuing with the knowledge here. Support and accountability has been very important in my life so I really understand what a service it is.
- Future checkins with this group?
- Sovereign Woman VIP retreats – how does that sound?
- Feedback – schedule one on one follow ups soon

HOME PLAY (slide)

- Create a practice
- Play and have fun
- Always be gentle with yourself
- Stay in touch