



MODULE 1 - SOVEREIGN SECRETS

Thank you for being with me for the Kick off of the Sovereign Woman Program! These teachings and tools completely altered my life and I'm honored and thankful to share them with you.

SOVEREIGN WOMAN PROGRAM© (slide)

The ***Sovereign Woman***© knows that she is a powerful being. She is aligned with her Spirit (Dreamer) and knows how to tap into that power in an instant to shift anything she encounters.
~Lisa Merrai

The ***Sovereign Woman Program***© is six months of the most effective and powerful secrets I've ever learned. I will be teaching these, derived from ancient wisdom and modern metaphysics, that really do transform everything, allowing you to create a life of your dreams. You will find that with some work and commitment, you will see massive shifts in your life that simply eluded you until now.

We all get this one life to accomplish our Dreamer's mission, the Toltec idea of our Soul or Spirit purpose. Far too many of us get stuck in programs and ideas that aren't even ours. We dutifully work ourselves to the bone for someone else's dream. It's time to change that. We are all co-creators of this reality. It's time for your dreams to be born and bless this earth and all of us with your unique gifts and magic. This program offers a map to get there.

HOUSEKEEPING (slide)

Let's do some housekeeping!

ZOOM LIVE VIDEO CALLS -- Please be on time to the class if at all possible. Please try to keep background noises to a minimum. I can mute as needed. Every call will be saved and uploaded to the member's area of the website.

MEMBERS ONLY -- The program website can be found at www.lisamerrai.com. There is a members area where you will find all links to recordings, pdfs and exercises. Contact me for your login information if you don't already have it.

SOCIAL CONNECTION – We have a secret group on Facebook where I will share reminders and even live recordings. You are welcome to leave questions or share about your experiences.

SUPPORT -- Above all, please reach out to me when or if you ever get stuck during the course of this program. I am available by phone, text, email, any time.

TELL US ABOUT YOU (slide)

Let's introduce ourselves to each other now.

I'm Lisa Merrai, founder and creator of the Sovereign Woman Program©. I am a mom to four beautiful beings. I live in Park City, Utah. I had a career in film, multimedia and business development before kids. I studied documentary photography with Frank Espada, a distinguished civil rights era photographer and humanitarian. I am a writer and have been published in non-fiction and online webzines. I am editing a young adult novel that I hope to publish soon. I created the Sovereign Woman Program© after over a decade of my own personal development work with a variety of healers and teachers. The core of this program comes from the Toltec Medicine Wheel and my teacher John English, who is part of a long lineage of Q'echua teachers in this (mostly) oral tradition.

Let's go around now....

QUOTE (slide)

“Life is not an intellectual process. Life is a feeling.”
~The'un Mares

One thing that I want to introduce to you right from the beginning is the idea that we human beings are not thought machines, we are FEELING BEINGS. Our feelings are *almost* more important than any thought we may think we have.

Why?

Because our feelings are deeply connected to our entire experience of being alive and being human. And feelings tend to arise from our intuitive connection to all of life. Feelings are not necessarily rational or predictable and yet they hold deep truths for us to uncover and bring to our growing awareness. As women, our feelings are often minimized or even ridiculed so many of us have learned to feel shame or even fear with our feelings. The Western world domesticates humans to be heavily reliant upon the mental and linear realm of thought. The problem with thought is that the majority of our thoughts are not even ours! I will get more into this later, but I want you to be aware that LIFE is not something we think. It's something we feel.

QUESTION – WHO OR WHAT OWNS YOU? (slide)

I have an important question for you;

Who does it threaten if you are truly happy?

Who benefits from you playing small? Who reacts when you assert yourself or reach for your dreams? Who or **what** holds you back?

Think about this for a minute.

Our awareness of this question is a critical step in the journey towards awareness of ourselves as Sovereign Beings. Owning your joy, your dreams, is your birthright. Only YOU can decide what those are. And only YOU can create the boundaries that allow you to live the life you are truly meant to live.

WHAT ARE YOUR INTENTIONS? (slide)

Please think about what your intentions are with this program. Here is a suggestion:

“To shift all self-sabotaging energies and CREATE a powerful vision of life that I choose for myself.”

SOVEREIGN GOALS & TOOLS (slide)

Here are some of the powerful tools and techniques I will share with you in this course:

- Stopping the internal dialogue or mental chatter
- Learning to control our awareness
- Heart Centered meditation to connect deeply to our essence and unconditional love, the ultimate force in the cosmos.
- Understanding our energy centers, and how to change states
- Working with our identities and roles
- Learning about will and intent
- Shifting self-sabotaging patterns for good
- Working with energy and the elements
- Eliminate triggers, stress and anxiety
- Time mastery
- Remove pain and suffering from the past
- Relationships, perceptions, mirrors and projections
- Dreaming and visioning
- Being Creative

BEFORE AND AFTER (slide)

What is the 'Before and After' of this program?

- Unhappy to Joy
- Anxious to Excited
- Depressed to Hopeful
- Angry to Determined
- Stuck to Brave
- Overwhelmed to Relaxed
- Confused to Clarity
- Intimidated to Fearless
- Timid to Powerful
- Flaky to Focused
- Lack to Abundance
- Victim to Goddess/Sovereign/Queen/Warrior of Light/Love/YouNameIt

STOPPING INTERNAL DIALOG (slide)

Let's start by talking about taking control of our awareness. The very first step is to STOP THE DIALOG or mental chatter, or self-talk. To take control of our awareness, we need to understand what's happening with it and why there's so much noise in our heads.

"There is no knowledge like knowledge of the SELF"
~Toltec Aphorism.

Ego has two sides; the side that serves itself and the side that works FOR our Dreamer Self, for our divine/higher purpose. The ego is ultimately a servant, as is the mind. Unconscious or conscious, is up to us. But the vast majority of people are not aware that their ego is attempting to be in charge, to think about everything and masticate endlessly on the known world. It is the ego that creates stories that we then believe and operate from. Much of what we believe about who we are is in fact just another ego story. Most of us are trapped in an identity crisis because we haven't learned to discern the difference.

The ego is the little self (small "s"), the boat load of personalities, opinions, beliefs, ideas, that we gather on our journey from the first breath. Little ego tends to take control of awareness by this process we know as, "talking to yourself"! This is the internal dialog or self-talk, mental chatter, etc. It's one of the targets of much meditation, to learn how to see/hear/ignore it.

Taking your awareness back from little ego monkey mind is a huge accomplishment and act of **POWER**. Simply noticing it, stepping back and back and back...and learning to listen to the **STILL MIND** will leapfrog your ability to navigate life with power and intent. And it will all appear to be magic to those who haven't yet begun this journey.

But it is a process, and it does take some time and practice. Your ego will keep trying to control your awareness. It's very important to be gentle on yourself as you begin to understand, notice and practice. This first step will get you farther in your process of self-mastery than the vast majority of people on the planet.

Once you have established the process to stop the constant dialoging, the ego's ability to control your awareness will never be the same.

THE POWER OF LIFE (slide)

Ancient wisdom keepers across the globe were studying creation and power for a long time. Typically, this knowledge is taught to an apprentice of the Toltec medicine path, after a couple of years of being personally mentored. This is high level. But it directly relates to our intention of taking control of our awareness. Nearly all wisdom keepers describe a "trinity" of forces at work in creation. We will use the Toltec version of the trinity because it is non-religious, straight forward and simple.

This is a cosmological layout of the beginning of creation. The **VOID** – No Thing, the unmanifest which is all potential but no thing. **INTENT** – In nearly all traditions, they speak of something happening, the big bang, something stirred in the void. This is the power of the universe, god, energy, or whatever you want to call it. The Toltecs call it **INTENT**. It is the **power principle**, a **feeling principle**, the heart, intuition. It is a force that is misunderstood even today and we know very little about it.

The men and women of knowledge are referred to as **Toltecs** have been studying it for thousands of years. By their own admission they will say they know very little about it even from when they first started studying it. They do know it is the feeling principle, it is always moving, all things are made of it, animated by it and made alive. The most simplistic explanation they have for it is **UNCONDITIONAL LOVE IN MOTION**. Christians refer to it as *Christ* energy. Hindus call it *Prana*. Zen masters call it *Qi*. South Americans call it *Kausay*. This power resides in the **heart** center, which we will get into in a minute.

Once **INTENT** is stirred in the **VOID**, the **ONE SPIRIT** becomes **AWARE** of itself. This is the birth of **MIND**. Or *Divine Mind*. This was almost simultaneous, but it definitely happened after **INTENT** which is power stirring the **VOID**.

It's very important to note that **MIND** at this level of manifestation is complete stillness yet at the same time connected to all things. **YOUR MIND** is part of the **DIVINE MIND**, which is the **MIND** when Spirit is aware of itself. The **MIND** aware is the thinking principle that triggers thought and thus matter.

Then **INTENT** entered into **MIND** and the MIND extended itself and the entirety of the physically manifested universe took place. **INTENT** is still entering into and putting pressure on **MIND** and that's why the universe and all of **LIFE** continues to expand.

Essentially this is the pressure you feel to move forward in your life. This is the pressure of your **DREAMS** which come from your **DREAMER** Self.

WHY SHOULD I CARE ABOUT THIS? (slide)

You are a thinking and feeling **BEING**, a reflection of this cosmic dynamic and how the universe operates. In the Toltec view of the world, you are a microcosm of the macrocosm. **YOU** stir the **VOID** of potential with your very **BEING**, your thinking and feeling **POWER**.

This knowledge is central to working with **POWER**, and life to make **YOUR** dreams a reality.

How can I use it?

We will come back to this in the program. For now, just know that this is how the major energies of **LIFE** operate.

STOPPING INTERNAL DIALOG (slide)

And now, the moment we've all been waiting for....

How to stop the internal dialog so you can have the stillness, peace and power of creation at your disposal!

Many people don't know, and it has taken me some time to figure out that the beginning of creation and its power lives right inside **YOUR** physical body!

There are three energy centers involved in shifting the inner dialogue. There is a central channel of energy that runs right along your spine, connecting your **HEART**, **SOLAR PLEXUS** and the **DAN TIEN**.

The Heart Center (**INTENT**) is where **UNCONDITIONAL LOVE** focuses in the body and is a beautiful compass to navigate the world from. The Solar Plexus (the **VOID**) is home to a gentle stillness, where massive potential resides. This is home to your **WILL**. The Dan Tien (the physical universe - **MATTER**) is from Chinese medicine, and lives 2 inches below the navel and 2 inches inside the body. This is not a chakra.

Focusing your attention in the Dan Tien gives you a connection to the **POWER** of manifestation on the physical plane. Focus your attention on the Dan Tien when you really need to shift awareness off the mind. I find it feels very grounded.

Focus your attention on the Solar Plexus for immediate relief of the inner dialog. There is a sense of peace and stillness there and a connection to the vastness of the **VOID**.

Focus your attention on the heart center to connect to unconditional **LOVE** and a feeling of radiant love within your body and extending outward. This is the most loving and expansive center where you will feel directly in touch with your higher **WILL** and ultimately **INTENT**.

HEART CENTER MEDIATION (slide)

We have a beautiful heart meditation available in the members' area. It was originally created by leadership and ancient wisdom coach John English. Please use this mediation as often as you can. Daily would be ideal. This meditation is 10 minutes long and will quickly shift your energy.

REMEMBER: You are after the feeling.

THE CENTERS & HEART MEDITATION (slide)

The heart center meditation and regular practice of shifting your awareness to these channels will really help to slow or stop the inner dialog.

LEARN to focus your awareness on the channel running down your spine:

1. Move your awareness or attention to your **SOLAR PLEXUS** to stop the dialog instantly, even if for just a moment.
2. Then, shift your awareness or attention to your **HEART CENTER**, to remember, radiate and **FEEL** the creative power of unconditional love in motion.

Your entire life will get easier with just this intentional practice.

LIFE IS A FEELING (slide)

Returning to the question at the start of this module, who does it threaten if you are happy?

You may think of someone in your life or family or the culture at large? Perhaps you have beliefs and programming around your happiness that give all the reasons happiness eludes you.

But the truth is that no one is truly threatened by your happiness. Only egos may object because egos have stories and fears that are never, ever satisfied. We all have egos, but no one IS their ego. Happiness is a birth right of every soul and our worst enemy is not anyone in our lives. Our own worst enemy is that ego voice running around in our minds when we aren't paying attention.

Learning to stop the inner dialog, move your awareness into the stillness of your true essence will give you the keys to true happiness and a way to share that with others who will surely be curious about your transformation.

Your joy, happiness, and dreams are critical to the flow of LIFE for all of us.

HOME PLAY (slide)

For your homework or home play as I like to call it, please check out the Heart Center Meditation on the member's website. Try to do this daily if you can. It's only 10 minutes. You can listen to it while you are taking a short rest or break from your daily tasks.

Whenever the mental dialog starts, practice moving your awareness to your central channel (spine) and your solar plexus, and then into your heart.

Practice changing your state by shifting your awareness to your heart center as often as you can.

Begin making a list of what triggers you and allows the ego to take control of your awareness. Triggers are anything that creates stress, anxiety, anger, etc. Triggers mean that you are not in control of your awareness and emotional state. Triggers are a powerful mirror to help us see where we are losing power/energy.

Stay in touch! If you ever feel stuck and have questions, please reach out.