

Divine Personal Sovereignty - Introduction

Let's start with some working definitions, so we are all on the same page.

1. Sovereignty (in general) - free will, supreme authority, freedom from external control, autonomy

2. National Sovereignty - a nation is free from the external control by any other entities - i.e. France can't tell Italy how to run it's nation and vis versa.

3. Living Soul - A Being who has consciousness and self-awareness.

4. Carrie's working definition of Divine Personal Sovereignty:

- a. All Living Souls have the Birth Right to Be, Do, Have, Believe and Choose what is best for them,
- b. Without ANY outside judgement, criticism, coercion, manipulation, etc.,
- c. While Accepting Complete Responsibility for their Choices and Actions.

Why call it Divine?

What about not causing harm to others?

5. Below are perspectives on Personal Sovereignty that Q has shared me:

"I am a Spirit that came to have an experience of what it's like to be a human being, and I have a seating process called the Soul. How my Light Body seats itself in my Soul is the expression of myself. And, **I get to express myself however I want in the body I chose, the genetics I chose and the geography in which I live.**

I get to choose what I am, where I am and how I am. I own that all day long!

Anyone who tells you what you are, where you are, or how you are is living in the past."

6. How your relationships either stifle or foster shared experiences of Honoring Personal Sovereignty:

The type of relationship you and another are in will either negatively impact each person's Personal Sovereignty or foster it, along with increasing connection, compassion, cooperation and collaboration.

A. Codependence - a circular relationship in which **one person needs the other, and the other needs to be needed** - this type of relationship can negatively impact one's sovereignty and can easily lead to one person losing their sovereignty in favor of the wishes and demands of the other - sadly, this type of relationship is dominant in many marriages and relationships today.

B. Independence - free from outside control, **not dependent on another's authority** - being in a state of independence can support one's sovereignty...it can also cause challenges with others, if we are not honoring their Sovereignty while we embody our own Sovereignty

C. Interdependence - a close personal relationship involving **reciprocal support** -this type of relationship can positively impact sovereignty, when each party honors the sovereignty of the other and it can support strong unions between partners

D. Mutually Supportive Sovereignty - **both parties are Aware of Personal Sovereignty, Embody it for themselves and Honor it for each other**

7. How does Consciousness impact our experiences of Sovereignty?

A. Individual Consciousness - your individual awarenesses of yourself, and the world around you - staying consciously focused and aware (paying attention) can foster one's Sovereignty because that keeps one in touch with their truth

B. Collective Consciousness - humanity's shared beliefs - focusing too much on the beliefs of others can diminish one's sense of one's Personal Sovereignty. We are currently in a huge transformation of our collective consciousness, which will bring us into a more heart centered experience and alignment with each other.

C. Heart Intelligence - the flow of intuitive awareness, comprehension and inner guidance that only comes from The Knowledge Center in Our Heart...

How do we access this resource?

How do we move from mind and ego based thoughts to heart centered intuition and guidance?

For starters, we can Use the Head to Heart Drop...we'll address this in a bit...

In the next few days, ***spend some time creating YOUR working definition of YOUR Divine Personal Sovereignty - only your definition for you matters.***

8. Attributes that foster Embodying and Honoring Personal Sovereignty:

A. Authenticity - BEING genuine, true to your Spirit, honest...
The other is able to “feel” you as being the true you.

B. Transparency - BEING open, without secrets...
The other is able to “see” you as being the true you.

C. Vulnerability - BEING accessible, defenseless, express one’s true feelings
Able to stay in connection without fear of what the other will say or do...
Willingness to be seen and known for who you truly are...
The other is able to “experience” you as the true you.

Interacting with others from a place of Authenticity, Transparency and Vulnerability automatically opens the way for Personal Sovereignty to be honored and shared, especially in what might be considered challenging situations.

9. Now, let’s explore some practical tools that will assist you in Embodying your own Personal Sovereignty as you Honor that of others...

A. First, How can we use The Heart Center of Our Divine Personal Sovereignty to guide our life, communications, relationships, service, projects and business?

And, if this is new to you, how do we even gain access to Our Heart Center in the first place?

Focus your Awareness on your Heart, Create an Intention to BE in your heart, Breathe into your Heart until you feel your focus anchored there, and then use the Head to Heart Drop Command...

This is my version of the Head to Heart Drop:

“I command My Spirit and Prime Creation to continuously move the thoughts in my head to my heart, dissolve them there, and make me real, NOW!”

Say it **OUT LOUD 3 times**, then slowly count down from 10 to 1, as you imagine this command anchoring itself in your heart, and then say **NOW!** as you snap your fingers or clap your hands on **NOW!**

Once in that state you are **“Within”**, and you can now hold your focus on maintaining that feeling and connection with your heart...

If you wish, create a personal Head to Heart Drop command, to give it the most meaning and alignment for yourself.

B. Staying On Our Side of The Net - a tennis visual

Typically a player or his/her racket is not allowed to cross over the plane of the net...

If a player crosses or touches the net, while making a play, it is considered a fault, and the player loses a point...

We often **“cross the net”** in our relationships when we **“think we know better”** or when we give **“unsolicited advice”** or when we are in **“judgement”** over another’s choices...

In What situation did you “cross the net” with another?

What reaction or defense did that create?

How did that impact the quality of your connection with the other?

C. Using “I” statements, “Opening Phrases” and Invitation Conversations

a. “I” Statements: When we **express ourselves from our own experiences, rather than from what we think someone else has done**, we are not only **taking responsibility** for our own experiences, but we are **Embodying our own Personal Sovereignty** as well as **avoiding blame, criticism, judgment and all other forms of separation.**

When we express from “you”, we automatically point a finger at the other...
You did this, You did that, You hurt me, You let me down, etc.

That form of communication almost immediately creates defense from the other and separation within the relationship.

Conversely, when we say: I need, I wish, I choose, I felt, I feel, I trust...etc., we open up lines of communication without creating that defense and separation...

b. "Opening Phrases": An Opening Phrase is **a way to start a conversation that allows both parties to stay present, out of "reaction" and in true communication.**

Here are some examples:

Last time we went to visit _____, I felt uncomfortable because _____, could we do something different this time?

When I heard you say _____, I felt hurt out because _____, so is it possible for us to change our way of speaking about that topic?

Is it possible that we _____, instead of _____, so that I can feel better about _____?

As you can "feel" in each of those examples, the speaker is coming from neutrality - from a place of peace, while at the same time expressing their needs.

c. Using Perspectives, Experiences & Preferences to stay in connection:

From my perspective, _____ What's yours?

From my perspective, _____ and, i feel _____ What's your perspective? And, how do you feel?

I'd love to hear your perspective about _____, and see where we are in alignment to start from.

In my experience, _____. What is your experience about _____?

In my experience, _____ and i feel _____. What is your experience and how do you feel about _____?

My preference is to _____. Is there a way both of our preferences can be part of _____?

My preference is to avoid _____. How do you feel we can avoid that and honor your preference too? _____

What other ways can you express from Perspective, Experience & Preference?

10. You can begin to explore “Being” in your life from The Heart Center of Your Divine Personal Sovereignty by completing the following sentences:

A. If I were living from my Personal Sovereignty, my life could positively change because _____

B. If I were living from my Personal Sovereignty, I might experience challenges (opportunities) because _____

C. If I were communicating from my Personal Sovereignty, my relationships could improve because _____

D. If I were working, or offering my services, from my Personal Sovereignty, I could be more effective because _____

11. Some types of relationships to explore in light of Personal Sovereignty:

How can you both Embody your own Personal Sovereignty while Honoring that of the other in these types of connections?

A. Parent - Child: _____

B. Siblings: _____

C. Guardian - Animal: _____

D. Friends: _____

E. Employee - Employer: _____

F. Coworkers: _____

G. Adult Child - Parent: _____

12. We Embody our Divine Personal Sovereignty when we Consciously Choose to do so...

Making the Change to Living In and Through
The Heart Center of Our Divine Personal Sovereignty
comes with **Practice...**

and, that Change starts when we:

Pay Attention to how we are “BEING”
(Paying Attention is Highly UNDERated)
To How we Feel
And, Then Make A Decision to “BE” Different...

**We feel centered, empowered, creative,
naturally compassionate,
loving and FREE.**

***Embodying and Honoring Personal Sovereignty
FEELS REALLY WONDERFUL!***

So...in the coming weeks, PRACTICE, PRACTICE, PRACTICE these tools & techniques:

Dropping Your Thoughts from Your Head to Your Heart and then Staying In Your Heart for as long as possible - and just repeat the command as needed

Staying On Your Side of The Net

Using “I Statements” and “Opening Phrases” and Perspectives, Experiences, Preferences to create open communications as much as possible

Connecting with others in Authenticity, Transparency and Vulnerability

And every time you feel upset, frustrated, disappointed, critical or judgmental of something or someone, recognize that those are not emotions from your heart...you are being hijacked...those thoughts are not your own...

Unless and until we return to
Our Heart and the Embodiment of our Personal Sovereignty,
we can be impacted by energies that are not our own...
and, that are not of the Light.

Your Highest Excitements are the Emotions that Come From Your Heart !

Excerpt From “The Sovereign Knot” by Marisa Goudy

“You are called to stand Sovereign in your own life.

When you are Sovereign, you **know who you are and what you want.**

You know how **you are called to show up, heal, and serve this world.**

It is your sense of agency and your ability to **exert a healthy measure of control over your thoughts, your actions, and your destiny.**

Your Sovereignty is your inviolable (divine) right to physical, emotional and spiritual freedom.

When you Embody your Sovereignty, you have full access to your **creative potential, and as you will soon see, you’ll use those gifts to make the world more equitable and more enchanting for all.”**

The more we practice Embodying and Honoring Personal Sovereignty, even if those around us are not yet aware of that consciously, the more we are all going to feel like this:

