



Sovereign/Queen of Energy

This month we're playing with what it means to be the Queen or Sovereign of our own energy.

As I talked about last month, we're going to do both top-down (from the mind → the body and energy) and bottom-up (from the body and energy → the mind) exercises as we explore this topic. The prompts below will guide you through some top-down processing, and we'll do a lot of bottom-up practices on Wednesday's call.

Instead of saying a lot here, I'm going to go ahead and guide you through the writing prompts. I think a lot will emerge for you as you respond to them.

Let's go.

When I think of Sovereigns and Royals, what comes to mind is:

At their very best, a Queen/Sovereign:

To me, responsibility means (or can means):

If I identified with my sovereignty, some things would be different, like:

To me, energy is:

If I identified with being the Queen/Sovereign of Energy in my own life, then:

Thoughts/feelings that come up to block, diminish or negate my embodying the Sovereign/Queen of Energy include:

If I fully own being the Queen/Sovereign of Energy, a typical day will look like this:
