

The image features a central, glowing yellow silhouette of a human figure. From the head and chest areas, numerous fine, wavy lines radiate outwards, creating a sense of energy or light waves. The background is a deep blue gradient, transitioning to a lighter blue and then a soft purple at the bottom. Scattered throughout the background are many small, bright yellow stars of varying sizes. The overall effect is one of spiritual radiance and cosmic connection.

REMEMBER. RECLAIM. RADIATE.

Remember who you are. Reclaim your sovereignty. Radiate your soul frequency.

Version 1



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WELCOME, SOVEREIGN SOUL

**REMEMBER WHO YOU ARE.
RECLAIM YOUR SOVEREIGNTY.
RADIATE YOUR SOUL FREQUENCY.**

This workbook is not here to tell you who you are. It's here to hold space while you remember.

You are not here to become someone new — you are here to remember the truth that has always been within you.

This space is an invitation — a mirror — to help you return to the truth that has always lived within you.

- Not through striving, but through remembering.
- Not through control, but through reclamation.
- Not through doing more, but by being who you truly are.

Throughout these pages, you'll explore reflections, prompts, rituals, and energy practices designed to reconnect you with your essence. But this is not a rigid path. You are not here to follow someone else's blueprint.

You are here to listen — to yourself.

- Take only what resonates.
- Leave what doesn't.
- Skip, circle back, move at your own pace.

There is no finish line here — only deeper presence, clearer alignment, and a more radiant expression of your soul's frequency.

- Let each page be a conversation between you and the truest part of yourself.
- Let this be a sacred space of curiosity, compassion, and remembering.
- Let this be a portal back to you.



CONTENTS

04 REMEMBER WHO YOU ARE

This section invites you to reconnect with the truth of who you've always been — beyond roles, conditioning, or expectations. Through reflective exercises, soul-mapping, childhood remembrance, and guided inner dialogue, you'll uncover your innate gifts, clarify your essence, and begin listening deeply to your soul's presence. This is where your journey begins: not by becoming someone new, but by coming home to yourself.

18 RECLAIM YOUR SOVEREIGNTY

This section empowers you to call your energy back home — to own your truth, set clear boundaries, and lead yourself with compassion and clarity. Through practices of discernment, emotional awareness, energetic release, and fearless reclamation, you'll identify where you've given away your power and learn how to stand fully in your inner authority. These pages support you in becoming energetically whole, rooted, and sovereign — no permission required.

36 RADIATE YOUR SOUL FREQUENCY

This section guides you into the embodiment of your truth — where alignment becomes expression, and your presence becomes power. You'll explore your unique frequency through aura work, energy field awareness, embodiment practices, and intentional tuning. As you learn to radiate from your essence rather than effort, you'll become a living transmission of your soul's light — magnetizing what aligns and releasing what doesn't. This is where you shift from remembering... to being.



01 / REMEMBER WHO YOU ARE

Remembrance isn't about suddenly recalling every past life or cosmic detail — though those things may unfold in time. This is about coming back into alignment with the essence of who you were always meant to be in this life.

To remember is to reconnect with the truth you carried in with you: that you chose this body, this time, this personality, and this path. You came equipped with everything you need. You are not here to become someone else — you are here to fully be yourself, without distortion, without apology.

The remembering is the return to the self you've been conditioned to forget — the self that already knows, already shines, already holds the frequency you're here to express.

**"The privilege of a lifetime is to become
who you truly are."**

- Carl Jung -

INNATE ESSENCE

What Came With You

Some things aren't learned — they're lived from the very beginning. These are your natural abilities, the ones you didn't have to study, practice, or prove. They're often so deeply part of you that you overlook them.

Maybe you've always had a knack for organizing what others find chaotic. Maybe caring for others came naturally, or you could spot patterns, solve problems, or hold space without being told how. This isn't about skills you were taught — it's about the quiet brilliance you were born with.

Let's uncover what's always been there.

What came easily to me as a child, even before I was "taught" how to do it?

What was I naturally drawn to without being encouraged?

What do I do that feels like breathing — effortless, calming, or just right?

What have people always come to me for, without me trying?

What do I feel confident in that others may struggle with?

What do I naturally bring into every space I'm in?

Finish the sentence: I've always had a natural ability to...

INNATE ESSENCE - WHAT CAME WITH YOU

Continued

NOW REFLECT AND NAME IT

What word, phrase, or image best captures the innate gift you came into this life carrying? Write it below — there's no wrong answer.

My innate essence is:

WHAT NOW? LIVING FROM YOUR INNATE ESSENCE

Now that you've named what came with you, it's time to listen to it. Your innate essence isn't something to fix or earn — it's something to honor. Ask yourself:

How can I lean into this part of me more often?

What choices align with this truth?

Where have I been hiding or minimizing this part of myself?

What would it look like to lead with this essence, just a little more each day?

Let this part of you guide how you create, relate, and live.

Let it be the reminder: *You were always enough. You just needed to remember.*

SOUL ESSENCE TIMELINE

Draw a timeline of your life with two types of markers:

- Moments of Remembering — times you felt completely YOU.
- Moments of Forgetting — times you lost connection to yourself.

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MOMENT OF:
☐ Remembering ☐ Forgetting

MORE SOUL SEARCHING

Use these four exercises to help remember who you are and connect to your soul on a deeper level. Use the journal page on the next page to reflect.



MIRROR WORK: SPEAK TO YOUR SOUL

Stand or sit in front of a mirror. Look into your eyes, beyond surface appearance. Speak these words (or your own variation) aloud:

"I see you. I remember you. I'm coming back to you now."

Then ask yourself:

- Who is looking back at me?
- What do I feel when I hold my own gaze?
- What is my soul trying to say that I haven't been listening to?



LETTERS FROM SELF TO SELF

Write two short letters:

1. From your current self to your soul — be honest, vulnerable, curious.
2. From your soul back to you — let it speak without censorship.

This creates a bridge between your thinking mind and your deeper essence.



REMEMBERING THROUGH CHILDHOOD

Choose a photo of yourself from childhood — ideally under age 7. Look at it slowly.

Ask yourself:

- What is this version of me feeling?
- What do I want to tell them?
- What did they know then that I've forgotten?

Reflect with this journal prompt:

"If I could live more like that version of myself again, what would change?"



YOUR SOUL'S SENTENCE

In one clear sentence, describe the feeling of your soul. Not your job, not your roles — your essence.

Examples:

- *"My soul is the quiet presence that notices everything."*
- *"My soul is fire in slow motion."*
- *"My soul is a compass for clarity."*

Use this sentence to guide decisions, boundaries, and expressions.

JOURNAL PAGE

Use this page for reflections, notes, drawings, etc.

MY SOUL'S CALL

Now, take everything you've remembered — your essence, your gifts, your wounds, your patterns — and feel into why you're here. Let this page be a space for you to explore your purpose, not as a task or obligation, but as an energetic truth that wants to express through you.

What do you feel you're here to do in this life? Not from obligation — but from soul-level clarity. Often, the things we've struggled with the most are clues. Our wounds hold the wisdom we're meant to share. Write freely, without judgment. Your soul already knows.

What themes or challenges have repeated in my life?

What am I healing — and what gifts or awareness have come through my pain?

What do I feel I came here to do in this life?

How do my struggles and wounds help prepare me for that mission?

How might living in alignment with my truth serve others as well as myself?

What pulls at my soul and won't let go?

PERSONAL CEREMONY

Celebrate Who You Are

Now that you've remembered, reflected, and reconnected — it's time to honor yourself.

Ceremony is something modern society often overlooks — yet humans have always used ritual to mark beginnings, endings, transformations, and initiations. On a psychological level, ceremony helps us anchor meaning and move energy. On a soul level, it gives us sacred space to witness our becoming.

You don't need a script, a guru, or approval. You already know how to create sacredness — it's built into your being. Let yourself be the creator of your own ceremony.

Key Elements of Ceremony:

- **Intention:** Know what you are honoring, releasing, welcoming, or embodying.
- **Space:** Create a container — physical or energetic — that feels meaningful to you.
- **Symbols:** Use candles, objects, movement, nature, or spoken words to express what can't be said with logic alone.
- **Presence:** Be fully there. No distractions. Let it be real.
- **Integration:** Close with gratitude, grounding, and an action to carry forward.

Whether it's a quiet moment or a full ritual, your ceremony is yours. Let it reflect your essence. Let it awaken something sacred inside you. This doesn't have to be elaborate. All that's required is intention.

Create a sacred space — a space that reflects your essence. Light a candle. Play music. Bring in textures, scents, or objects that make you feel deeply you.

In this space:

- Reflect on your journey so far.
- Offer gratitude for your life — all of it, even the wounds you're still healing.
- Invite divine love to fill the room and your body.
- If you feel inclined to, invite your divine spirit team, soul family, and ascended ancestors to be your support team. Allow their love and wisdom guide you.
- Speak love into yourself. To your body. To your path. To your presence. Commit to your divine self.

You cannot embody who you are until you love who you are — fully. Deeply. Even the parts still becoming.

**"THE SOUL DEMANDS YOUR
ATTENTION. RITUAL
PROVIDES THE LANGUAGE
THROUGH WHICH THE SOUL
SPEAKS AND IS HEARD."**

- Carl Jung

DESIGN YOUR OWN CEREMONY

Use the space below to create your own sacred ceremony. You can use the key elements listed on the previous page: intention, space, symbols, presence, and integration — or follow your inner guidance completely.

What matters most is that this ceremony reflects **you**.

My Ceremony Intention:

What I want to honor, release, welcome, or embody:

Sacred space elements (items, setting, sounds, scents, etc.):

Symbols, gestures, or words I want to include:

How I will open and close the space:

What I want to feel, express, or remember through this ritual:

GUIDED SELF-CEREMONY

Coming Home to You

You can use this as a gentle script, or adapt it in your own words and ritual style.

1. PREPARE YOUR SPACE

Find a quiet place. Light a candle. Use crystals, scents, music — anything that feels sacred to you.

2. GROUND YOURSELF

Take three slow breaths. Place one hand on your heart, one on your body. Say aloud or silently:

"I am here. I am willing to remember."

3. SPEAK TO YOURSELF

Look into a mirror, close your eyes, or rest in stillness. Say:

"I honor the one I've always been. I honor the one I'm still becoming." "I see the wounds. I see the wisdom. I love it all." "I welcome divine love into every cell, every story, every breath."

4. AFFIRM YOUR ESSENCE

Speak or write:

"I remember who I am." "I reclaim my sovereignty." "I radiate my soul frequency."

5. CLOSE WITH GRATITUDE

Hold your body with love. Say thank you. Sit in silence or listen for what your soul wants to share.

Let this ritual evolve over time. Return to it as often as you need.



POST-CEREMONY REFLECTION PAGE

Use this page to capture insights, emotions, and messages that came through during your ceremony. Let your words flow freely — this is for you, not for anyone else to understand or validate.

What did I feel during my ceremony?

What did I see, hear, or realize?

What do I want to carry forward from this experience?

What part of myself feels most seen or honored right now?

Is there anything I want to release, forgive, or affirm moving forward?

CREATE SOULFUL DAILY PRACTICES

Your remembering deepens when it's lived.
Try a short morning or evening ritual that centers you in your truth.



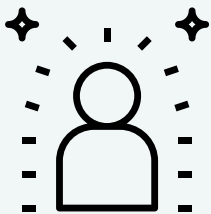
1–3 affirmations that anchor
your frequency

01



Ask: How do I feel in my
body today?

02



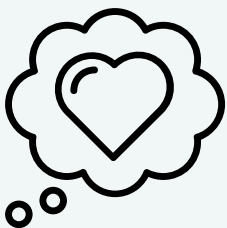
Ask: What energy do I want
to embody or transmute?

03



Celebrate one thing about
yourself daily

04



Practice awareness: What
thought can I alchemize?
What emotion can I honor
without judgment?

05

AFFIRMATIONS

Words carry frequency. Every affirmation you speak or think sends a signal — not only to your body and mind, but to your energetic field. Choose words that speak in the language of what you desire to embody, rather than what you want to avoid. Instead of using words like "not" or "don't," try phrasing affirmations in the positive: say "I am in radiant health" instead of "I'm not sick," or "I trust myself" instead of "I don't feel lost."

Affirm in the present tense — because the present is all there truly is. Speak from the reality you're choosing to live in. The words you use shape your field, your actions, and your becoming. Choose them with intention, and let them be a reflection of your essence now.

Let these affirmations speak directly to your remembering.

-  I remember myself in my truth — ever-expanding and free.
-  I live as my essence — expansive, present, and sovereign.
-  I trust my inner knowing — it always aligns with my highest truth.
-  My soul's truth is always whispering — and I am listening.
-  I am designed with intention, encoded with light.
-  I am the embodiment of all I have remembered.
-  Each day I live as my truest self, I expand in freedom and peace.
-  I love all expressions of myself — they are sacred and whole.
-  I embody my radiance — ever-growing, ever-glowing.
-  Each moment of remembrance deepens my wholeness and alignment.

ADDITIONAL RESOURCES FOR SOUL REMEMBRANCE

The journey of remembering doesn't end with this workbook. Here are a few powerful external tools that can help you continue exploring and tuning into who you are. These tools are not required — they're here for resonance. If something sparks curiosity, follow it. You already have the answers. These simply help you hear them more clearly.



HUMAN DESIGN

Human Design blends astrology, the I Ching, Kabbalah, and more to help you understand how your energy moves and makes decisions. Most Human Design websites offer a free basic chart, but will charge for more advanced charts. Sometimes, the basic chart is enough to provide the insight you need. Here are a couple of my recommendations:

- <https://human.design/chart-reports/free>
- <https://www.mybodygraph.com>



GALACTIC ASTROLOGY

Beyond traditional Astrology, explore your soul's potential galactic connections and star origins. It's a way to remember through the lens of the cosmos.

- <https://www.galacticaastrochart.com> (*free chart tool by Julia Balaz*)



PAST LIFE REGRESSION HYPNOSIS / QUANTUM HYPNOSIS

Past life regression through hypnosis can help uncover emotional patterns and soul memories that clarify your path now. There are many great hypnosis practitioners out there, you can search for "quantum hypnosis" or "past life regression hypnosis," find someone local to you, or I recommend one of my dear friends:

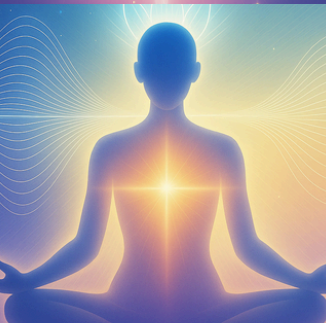
- <https://www.kryssamariebowman.com/>



OUT-OF-BODY EXPERIENCES (OBE'S)

As with ancient practices, out-of-body experiences can help you connect to your soul beyond the physical body and gain direct insight into your true nature. OBEs often bring clarity, remembrance, and expanded awareness.

- Search online or YouTube for OBE guidance. Some names worth looking up: Robert Peterson, William Buhlman, Michael Raduga, or Darius J. Wright
- Explore YouTube or resources like www.monroeinstitute.org for binaural audio tracks and training.



GUIDED MEDITATIONS

Use sound to drop inward and connect with soul-level awareness.

- Search YouTube for: "soul remembrance meditation," "higher self connection," or "starseed remembrance activation."
- Suggested creators: Rising Higher Meditation, The Honest Guys, Calm Whale



02 / RECLAIM YOUR SOVEREIGNTY

To reclaim your sovereignty is to call your energy back to where it belongs — with you. We live in a fractal realm — intentionally fragmented, layered with distractions, and designed to make us forget. Each choice to reclaim your power is an act of reunification. It's recognizing where you've handed away your power through patterns, conditioning, or fear, and choosing, moment by moment, to return to your whole self. Reclaiming is remembering that you are already complete — not broken, not lacking — and that wholeness is your natural state. Now is the time to gather your pieces and stand fully in your center.

**"Reclaim your energy.
Reclaim your voice.
Reclaim your
sovereignty. That is the
real awakening."**

- Dolores Cannon

**"Claim your spiritual
sovereignty. You are your
own authority. You are
your own healer."**

- Lisa Renee

Sovereignty is not about control over others — it's about remembering that you are your own center. It's the energetic stance of self-ownership. Of trusting your voice. Of standing in your field without apology.

This part of your journey isn't about becoming dominant — it's about becoming whole again, so your presence is rooted, unshaken, and fully yours.

NEUTRAL PRESENCE

Reclaiming from Within

Neutral Presence is the practice of meeting life with grounded awareness, openness, and compassion — without being pulled into reaction or reactivity. It is the ability to stay centered and loving in the face of discomfort, without the need to fix, dramatize, or judge.

As we learn to reclaim our energy, cultivating Neutral Presence becomes essential. It allows us to observe our thoughts, emotions, and patterns without attaching to them. It gives us the ability to witness our healing without identifying with our wounding. We respond from our wholeness, rather than react from our fragmentation.

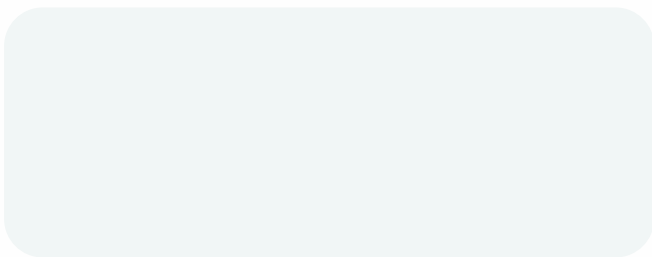
This is your practice: For the next week, notice what shifts when you approach daily life through Neutral Presence. When something activates you — pause and ask:

- Can I meet this moment with compassion and curiosity?
- What is this experience reflecting back to me?
- What emotion is present — and can I hold it gently?
- What deeper truth or lesson might be hidden here?

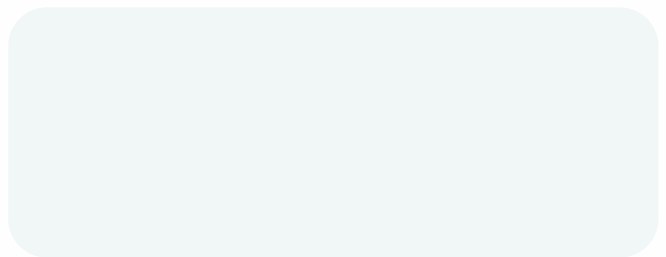
Let Neutral Presence be a lens of grace. Let every moment be your teacher.

Reflection:

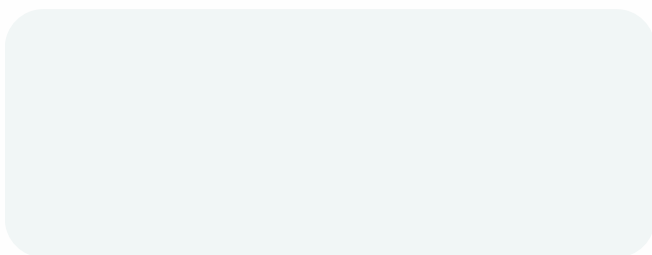
What thought or emotion felt easier to witness this week?



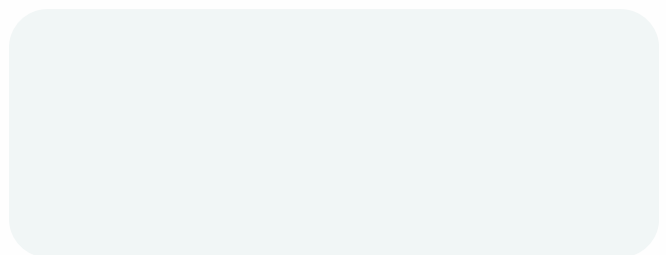
When did I notice myself staying grounded instead of reactive?



What part of me felt seen or honored through Neutral Presence?



What have I reclaimed by choosing to observe, rather than judge?



RELEASING & FORGIVING

FORGIVENESS AS A SOVEREIGN ACT

Forgiveness is not about condoning harm — it's about choosing to release the emotional hooks that keep your energy tied to the past. When you forgive yourself and others, you reclaim your life force. You free your energy from cycles of shame, resentment, and regret. This is not weakness — it is an act of sovereign strength.

To be sovereign is to take ownership of your inner space. That means healing what lives there — even if it wasn't your fault. Forgiveness is the key that opens the gate to peace.

Forgiveness Practice: Choose one situation, person, or version of yourself that still holds emotional weight. Sit in quiet reflection and repeat:

- *"I release you from the role you played in my pain. I release myself from carrying it."*
- *"I forgive you. I forgive me. I reclaim my peace."*

Let forgiveness be your liberation — not for the past, but for your future.

Journaling Prompts:

WHO DO I NEED TO FORGIVE TO BE
FULLY FREE?

WHAT AM I STILL HOLDING ONTO THAT DRAINS
MY POWER?

WHAT WOULD IT FEEL LIKE TO LET IT GO?

WHAT PART OF ME IS ASKING TO BE FORGIVEN,
LOVED, AND ACCEPTED?

RELEASING & FORGIVING

Continued

RELEASING PEOPLE-PLEASING AND APPROVAL-SEEKING

True sovereignty means releasing the need for external validation, permission, or approval. Many of us were conditioned to stay small, agreeable, or apologetic — not because we were weak, but because we were taught it was safer to belong than to be authentic.

This practice is designed to help you reflect on unconscious habits that may still be tied to needing others to agree with you, like you, or validate your choices. Sovereignty means you get to choose your truth — even if it makes others uncomfortable.

Self-Reflection Check-In: Answer honestly — not to judge, but to bring awareness:

- Do I say “I’m sorry” often when I haven’t done anything wrong?
- Do I feel like I need to explain or justify my choices?
- Do I worry that others won’t agree with me?
- Do I feel uncomfortable saying “no”?
- Do I hold back from speaking or expressing myself to avoid conflict?
- Do I take responsibility for how others feel?
- Do I feel bad or guilty when I choose myself over someone else?

Now Ask:

- Where did I learn these habits?
- How have they protected me — and how do they now limit me?
- What might it feel like to let go of needing permission?

Affirm:

“I no longer abandon myself to be accepted. I am safe to be real. I stand in my truth — even when it’s not understood.”

RELEASE WHAT NO LONGER SERVES

To reclaim your sovereignty, you must also release what no longer aligns with your truth. The things that once protected or defined you — outdated beliefs, habits, roles, or attachments — may now be the very things keeping you small. Letting go is not failure. It’s an empowered act of evolution.

Why This Matters: When you release what no longer serves you, you create space for your true self to expand. You clear energetic clutter and reclaim your full capacity to live, lead, and love from your soul. You stop carrying what was never yours to begin with.

Reflection Exercise:

- What thoughts, beliefs, or patterns feel heavy, outdated, or false?
- What habits or roles am I maintaining out of fear or guilt?
- What is taking up energetic space that I’m ready to let go of?
- What emotions arise when I think about releasing them?
- What will I gain when I choose to release these with love?

Letting Go Ritual: Write down everything you’re ready to release on slips of paper. Burn them safely, bury them in the earth, or tear them and toss them — with the clear intention:

“I release what no longer serves my truth. I am free to expand.”

JOURNAL PAGE

Use this page for reflections, notes, drawings, etc.

A large, empty white rectangular area intended for journaling, reflections, notes, or drawings. It occupies the central portion of the page, framed by a light pink border.

BOUNDARIES

Protecting Your Energy with Love

Setting boundaries is not about building walls — it's about defining what supports your wholeness and what drains your energy. Boundaries are a sovereign act of self-respect. When you honor your limits, you create the conditions for your truth to thrive.

Boundaries help you:

- Stay rooted in your energy without being pulled into others' expectations.
- Clearly define what you are available for and what you are not.
- Build trust with yourself by honoring your needs.

Why This Matters: Without clear boundaries, your energy leaks. You become reactive, overwhelmed, or resentful. But with loving boundaries, your field becomes clear, strong, and magnetic. Others know where you stand, and you begin to show up from your wholeness — not your wounds.

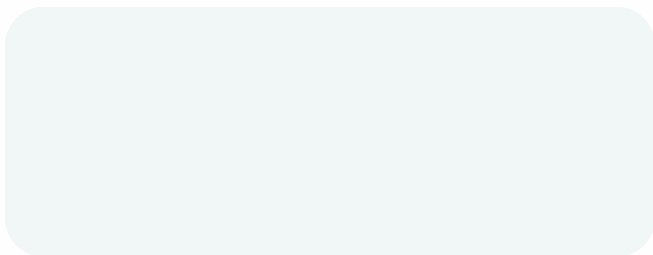
Boundary Practice:

- Identify one area where you feel consistently drained, resentful, or tense.
- Ask: What boundary needs to be honored or expressed?
- Write a loving but firm boundary statement. Example:
- "I honor my time and energy. I am no longer available for conversations that leave me feeling unworthy or unseen."
- Practice stating your boundary (to yourself or others) with love and clarity.

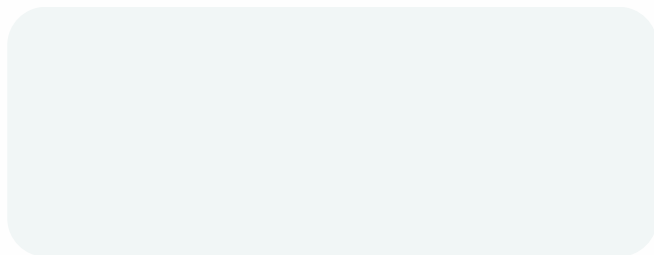
Remember: boundaries aren't about controlling others — they're about protecting the sacred space of you.

Reflection Prompts:

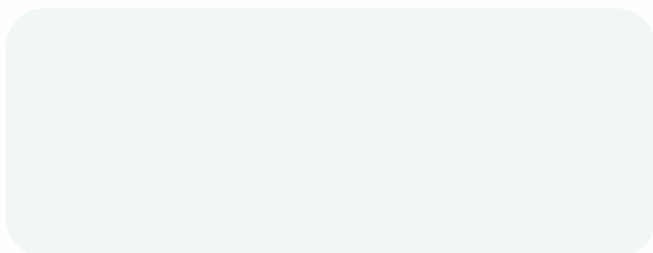
Where in my life do I feel overextended or depleted?



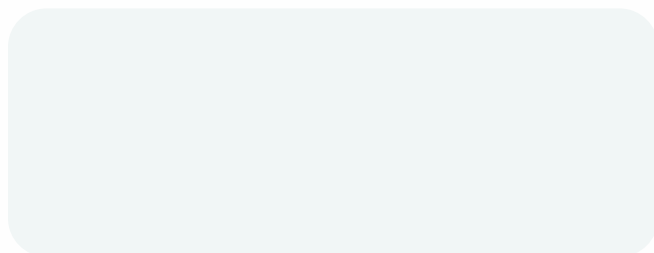
What boundary, if honored, would restore my sense of peace?



How can I express this boundary from a place of truth and care?



What has been the result when I've honored a boundary in the past?



MORE SOVEREIGNTY AWARENESS

Use these four exercises to help reclaim your sovereignty and know your inner authority. Use the journal page on the next page to reflect.



ENERGETIC CORD CUTTING RITUAL

Make a list of people, patterns, or beliefs that no longer serve your energy. Visualize cords connected to them and gently release them with compassion.

Suggested ritual:

- Light a candle or sit in quiet stillness.
- Say aloud for each one: "I release this with love. I reclaim my energy now."
- Feel the shift in your body or energy field.



REWRITE THE NARRATIVE

Choose a situation from your past where you gave away your power. Write it briefly from your old point of view.

Then, rewrite it from the voice of your sovereign self:

- What have I learned?
- How do I see it now?
- How did this moment help shape the strong, aware version of me?

This transforms old stories into empowered wisdom.



DAILY POWER CHECK-IN

Use these questions in the evening to reconnect with your personal sovereignty:

- What is one way I stood in my truth today?
- Where did I give energy away — and how can I shift it tomorrow?
- What choice today came from love instead of fear?

You can use a journal or simply sit with these prompts to bring awareness and alignment into your daily rhythm.



THE INNER AUTHORITY DECLARATION

Write your own sacred Sovereignty Declaration — a statement that names your truth and reclaims your power.

Prompts:

- What do I stand for, no matter what?
- Where am I done compromising my truth?
- What does honoring myself look and feel like?

Use this framework to begin:

"I no longer outsource my power to _____. I now stand in my truth, guided by _____. I trust myself to _____."

JOURNAL PAGE

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DISCERNMENT

Trusting the Wisdom Within

Discernment is your inner compass — the ability to feel what's aligned for you and what is not, without needing external validation. True discernment is not fear-based guessing or overthinking. It's a deep knowing that arises from presence, clarity, and self-trust.

The more you practice discernment, the more it becomes second nature. You don't have to analyze every decision — your body, intuition, and energy field begin to communicate truth clearly and consistently.

Why This Matters: When you trust your own discernment, you stop outsourcing your choices. You no longer wait for approval or get pulled into confusion or doubt. Discernment protects your sovereignty and reinforces your energetic boundaries.

Discernment Affirmation:

"My discernment is clear. My body is wise. My truth speaks through stillness."

"The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

— Albert Einstein

DISCERNMENT PRACTICE

Choose one situation, conversation, or choice each day to pause and check in:

What does my body feel when I consider this?

Does this feel light, grounded, and expansive — or heavy, tight, and draining?

Am I moving from love and truth, or fear and obligation?

If I fully trusted myself, what would I choose right now?

Journal Prompts:

When have I known something wasn't right — and ignored it?

How does my body speak to me when I'm out of alignment?

Where have I been seeking answers outside myself?

What would trusting myself more deeply look like?

EMOTIONAL INTELLIGENCE FOR SOVEREIGNTY

One of the most overlooked but essential practices in reclaiming your sovereignty is cultivating emotional intelligence. Emotions are not distractions or weaknesses — they are vital messengers. When you know how to feel and name your emotions without being overwhelmed by them, you reclaim the power to respond instead of react.

Developing emotional intelligence strengthens your inner authority. When you understand your emotional landscape, your decisions become aligned with your truth rather than shaped by unconscious wounds or fears. This not only supports your healing — it helps you embody your sovereignty with clarity and compassion.

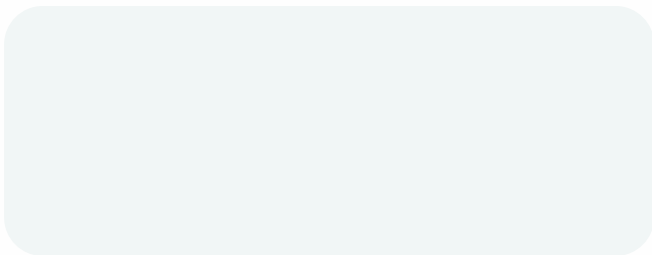
Emotional Intelligence Practice:

- Begin a daily or weekly body scan: pause and notice what you're feeling physically.
- Ask yourself: What am I feeling emotionally right now?
- Name the emotion clearly — without judgment (e.g., "I feel disappointment," not "I am disappointed.")
- Practice regulating your state through breath, movement, rest, or grounding.

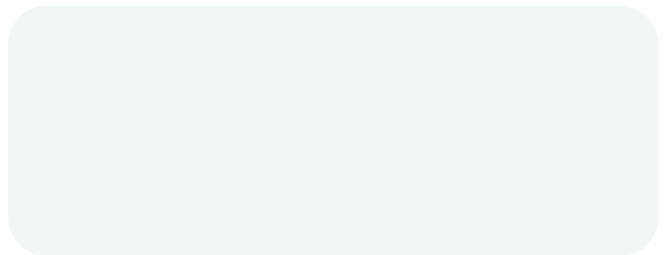
The more you become familiar with your internal world, the more naturally you reclaim yourself — and model emotional sovereignty for others, too.

Reflection:

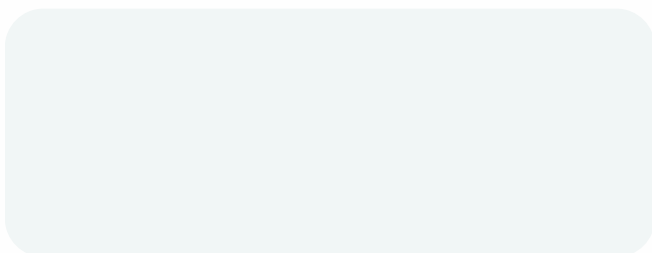
What emotions do I often avoid feeling?



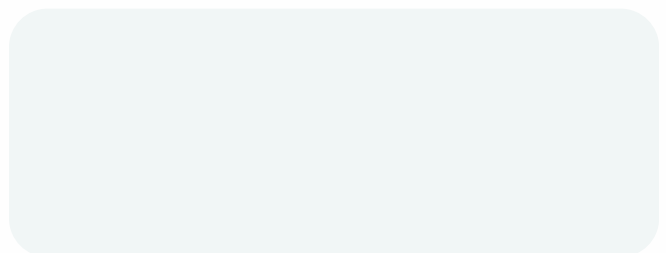
How do I usually respond to discomfort or triggers?



What is my body trying to communicate to me?



What would it feel like to listen to my emotions with presence and curiosity?



FEARLESS SOVEREIGNTY

Reclaiming Power from Fear

To be sovereign is to be fearless — not because nothing scares you, but because you know who you are.

Fear often shows up loudest when we're on the verge of expansion. It whispers lies that you're small, unsafe, or powerless — but in truth, **you are the one in command**. Fear is only ever a reflection of separation from your truth.

Whether it's fear of being misunderstood, fear of spirits or darkness, fear of being seen, or fear of trusting yourself — sovereignty means recognizing fear, feeling it, and *deciding it doesn't get to lead you anymore*.

Why This Matters:

- Fear feeds illusions and drains your frequency.
- Most lower energies, beings, or thoughts only have influence if you allow it.
- Once you realize you're untouchable at a soul level, fear loses its grip.
- Choosing courage isn't the absence of fear — it's choosing truth through it.

Listen to this excellent YouTube video "How to DESTROY Fear Forever" by Napoleon Hill:

<https://youtu.be/XMCgdLxUn94?si=VMEgzsaci68AUL4O>



"The moment you become fearless, you become limitless."

— Osho

FEAR REVERSAL EXERCISE

"I Choose Power"

This practice will help you face, disarm, and transmute fear.

01

IDENTIFY THE FEAR

Start by naming the fear. Write it plainly and clearly. Be honest.

"I am afraid of _____."

"I often feel fear when _____ happens."

02

FACE IT WITH SOVEREIGNTY

Now speak to the fear. Literally. On paper or out loud.

"Fear, I see you. But I no longer believe your story."

"You do not speak for me. You do not lead me. I lead me."

03

CLAIM THE TRUTH

Write a powerful truth statement that cancels the fear's illusion:

- *"I am always protected."*
- *"Only I have power over my soul."*
- *"I lovingly reclaim my energy now. And I lovingly give back all that belongs elsewhere."*
- *"I allow only love, truth, and light into my space."*
- *"I am sovereign, and I choose what enters my field."*

04

ENERGETIC ACTION (OPTIONAL)

Stand up, stomp your feet, clap, speak firmly, or move your body in a way that feels like declaring:

"I choose my power now."

You may also visualize the fear turning to ash, dissolving, or leaving your space as you reclaim your field.

REFLECTION

What fear am I ready to stop feeding?

How has this fear tried to control or shape my behavior?

What truth feels more powerful than this fear?

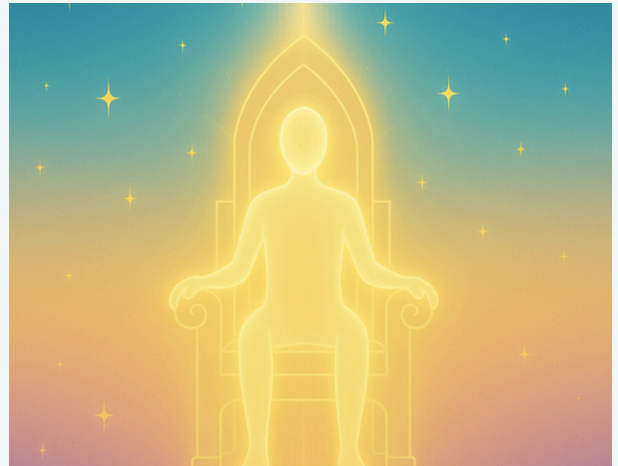
How does it feel to remember that I am untouchable at a soul level?

GUIDED SOVEREIGNTY CEREMONY

Reclaiming Your Inner Throne

Ritual is a powerful way to ground what you've reclaimed into your lived reality. This ceremony invites you to fully embody the sovereignty you've been remembering — not just as an idea, but as a lived, felt, and integrated truth.

You can follow the guided example below, or use it as inspiration to create your own personalized ritual that reflects your energy and intention.



1. PREPARE YOUR SPACE

Find a quiet, sacred place. Light a candle, play grounding or empowering music, and surround yourself with symbols of your strength — crystals, colors, fabrics, oils, or items that feel personal and powerful.

2. GROUND & CENTER

Sit or stand tall, feet grounded. Breathe deeply. Place your hands over your heart and solar plexus. Speak aloud:

"I return to myself now. I anchor into the truth of who I am."

3. DECLARE YOUR SOVEREIGNTY

Speak your Sovereignty Declaration with strength and clarity. Visualize your energy fully returning to your body and field.

4. EMBODY THE MOMENT

Move, anoint, or mark the moment in a way that symbolizes integration — perhaps with touch, breath, a gesture, a sigil, or a sacred item.

5. CLOSE IN GRATITUDE

Thank yourself for the journey. Speak aloud:

"I am whole. I am truth. I am sovereign."

Sit in stillness and let the energy settle.

DESIGN YOUR OWN CEREMONY

Use the space below to create your own sacred ceremony. Let this ritual reflect your unique voice. Use this space to map it out.

What matters most is that this ceremony reflects **you**.

My Ceremony Intention:

What I want to honor, reclaim, release, welcome, or embody:

Sacred space elements (items, setting, sounds, scents, etc.):

Symbols, gestures, or words I want to include:

How I will open and close the space:

What I want to feel, express, or remember through this ritual:

POST-CEREMONY REFLECTION PAGE

Use this page to capture insights, emotions, and messages that came through during your ceremony. Let your words flow freely — this is for you, not for anyone else to understand or validate.

What did I feel during my ceremony?

What did I see, hear, or realize?

What do I want to carry forward from this experience?

What part of myself feels most seen or honored right now?

Is there anything I want to release, forgive, or affirm moving forward?

AFFIRMATIONS

Reclaiming Sovereignty

Words carry vibration. Let your words claim your space, honor your truth, and root your energy. Speak them out loud. Speak them into your body. Speak them into your day.

These affirmations are written in the present tense — because you're not becoming sovereign, you already are. You're just remembering.

Repeat daily. Add your own. Speak them like you mean them — until they become the frequency you walk in.

- ☐ I stand rooted in my truth.
- ☐ I am the authority in my life.
- ☐ I trust myself fully.
- ☐ My energy is mine to hold and direct.
- ☐ I say yes to what aligns with me, and no with clarity and ease.
- ☐ I express myself with clarity, courage, and compassion.
- ☐ I am safe to choose myself.
- ☐ I release the need for permission or approval.
- ☐ I honor my boundaries with love and strength.
- ☐ I embody the power of presence and the clarity of my soul.
- ☐ I am whole, sovereign, and free
- ☐ I reclaim my energy, my voice, and my truth.
- ☐ I lovingly reclaim my energy now. And I lovingly give back all energy that belongs elsewhere.

ADDITIONAL RESOURCES FOR RECLAIMING YOUR SOVEREIGNTY

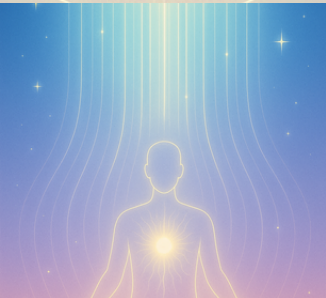
The journey of reclaiming your sovereignty doesn't end with this workbook. Here are a few powerful external tools that can help, but are not required. Let your curiosity guide you. Not every tool will resonate — but the ones that do can amplify your reclamation. You already have the answers.



NERVOUS SYSTEM REGULATION

A regulated nervous system is the foundation for grounded sovereignty. Practices like somatic movement, vagus nerve toning, and TRE (Tension & Trauma Release Exercises) help restore inner safety so you can respond instead of react.

- Tension & Trauma Release Exercises (TRE): <https://www.traumaprevention.com> (Official TRE site) - Also, search "TRE" on YouTube
- Somatic Exercises : search YouTube for "somatic exercises" and "The Somatic Movement Center."
- Search online or YouTube: EFT Tapping, Fascial or Myofascial Release, and Biodynamic Craniosacral Therapy
- YouTube: Irene Lyon, Dr. Nicole LePera, The Tapping Solution



ENERGY HYGIENE PRACTICES

Protect and clear your energy field daily to stay sovereign in your space.

- Search: "aura cleansing meditation," "cord cutting visualization," or "energy shielding technique"



PARTS WORK & INNER CHILD HEALING

Understanding and honoring all aspects of yourself — especially wounded parts — supports sovereignty from the inside out.

- Explore IFS (Internal Family Systems), shadow work, or inner child guided meditations
- Books: No Bad Parts by Richard Schwartz, Homecoming by John Bradshaw
- Explore the traditional Hawaiian practice Ho'oponopono



BINAURAL BEATS & FREQUENCY TOOLS

Support your energetic integrity with sound healing.

- Search YouTube for: "sovereignty frequency," "confidence binaural beats," or "theta brainwave for inner strength"
- Tools: Monroe Institute Hemi-Sync, iAwake Technologies, or Rife frequency tools



03 / RADIATE YOUR SOUL FREQUENCY

This final part of your journey is not about effort — it's about expression.

You've remembered your essence. You've reclaimed your sovereignty. Now, you radiate — not by doing more, but by being more of who you truly are.

When you radiate your soul frequency, you don't chase. You attract, align, and influence simply by existing in your truth. Your frequency is the energetic fingerprint of your soul — a living vibration made of your thoughts, your emotions, your embodiment, and your presence. It's not something you have to build. It's something you remember, allow, and embody.

The more you align with your inner truth, the more clearly that frequency broadcasts — not only to others, but to the entire field of reality.

You've likely already felt this in your life: the resonance you feel around certain people, places, or even memories. We are always exchanging energy. You are always receiving feedback about your own vibration — through what shows up, what feels aligned, and what falls away.

In this part of the journey, you'll explore how to feel your own frequency. How to tune your energetic field intentionally. How to embody the version of you that already exists in your highest timeline.

Your frequency is how you create. It's how you call in experiences, relationships, and opportunities that match your truth.

When you radiate from wholeness, you don't need to convince, chase, or over-explain. You magnetize what belongs to you — simply by being.

Let this section be your invitation to live as light. To move from essence. To speak, create, love, and lead from the energy of who you really are.

"Your energy introduces you before you even speak. You're broadcasting a signature, a frequency, and it's what you attract back."

— Joe Dispenza

CREATE YOUR FREQUENCY SIGNATURE

Your frequency is unique — a combination of energy, essence, and expression that no one else carries. Use the space below to express it visually or symbolically.

- Choose **colors** that feel like you
- Use **words** that describe your energy (e.g., magnetic, calm, joyful, fierce)
- Add **shapes, patterns, or symbols** that resonate with your soul
- Let it be abstract, intuitive, or playful — there's no wrong way

This is a visual anchor of your energetic truth. Return to it when you need to reconnect.

A large, empty white rectangular space intended for the user to create their frequency signature. It occupies the majority of the page below the instructions.

AURA REFLECTION

Discovering the Color of Your Soul Frequency

Your aura is the energetic field that surrounds you — a subtle reflection of your inner state, your soul's resonance, and how you're currently expressing yourself.

Just like your voice or fingerprint, your aura carries a signature frequency. It shifts with your emotions, health, and alignment — but many people have a core *baseline* color that reflects their soul's dominant expression.

This practice invites you to tune into your energetic field and explore what your soul may be radiating outward.

01

SET THE SPACE

Find a quiet moment. Sit or stand in front of a mirror in natural light (morning light is ideal), or lie down and close your eyes. Take 3–5 deep breaths to center yourself.

02

ASK TO SEE OR FEEL YOUR AURA

Say silently or aloud:

- ***"I am open to seeing or sensing the color of my aura."***
- ***"Show me my current frequency."***

03

OBSERVE

If using a mirror:

- Soften your gaze just beyond your body — especially near your shoulders or head.
- Don't try to force anything. Sometimes a faint shimmer or glow appears.
- The color might shift or change — just note what you see or sense.

If using visualization:

- With eyes closed, ask for your aura color to appear in your mind's eye.
- What color do you feel drawn to?
- What sensations or memories are linked to that color?

04

REFLECT

- Did a color show up clearly or subtly?
- Did you feel drawn to a specific color even if you didn't "see" it?
- What does that color feel like emotionally?

AURA COLOR MEANINGS

These meanings are generalized — your own intuitive interpretation matters more.
Trust what resonates.

COLOR	MEANING
White	Divine connection, purity, truth, spiritual expansion
Gold	Sacred wisdom, divine protection, abundance, high-frequency leadership
Silver	Intuition, feminine mystery, adaptability, multidimensional gifts
Violet	Spiritual mastery, transformation, psychic vision
Blue	Truth, communication, peace, clarity, divine will
Turquoise	Emotional healing, balance, expressive creativity
Green	Heart-centeredness, growth, healing, harmony
Pink	Unconditional love, compassion, softness, emotional depth
Yellow	Joy, confidence, clarity, inner light
Orange	Creative power, vitality, sensuality, emotional expression
Red	Grounding, strength, courage, physical vitality
Black	Protection, mystery, transformation, energy block, distrusting
Rainbow/Multi-color	Integration, expansion, multidimensional alignment

REFLECTION

What color(s) did I sense or see?

How does that color feel in my body?

What does this tell me about how I'm currently showing up?

What might this reveal about the frequency I naturally radiate?

UNDERSTANDING THE LAYERS OF YOUR AURA

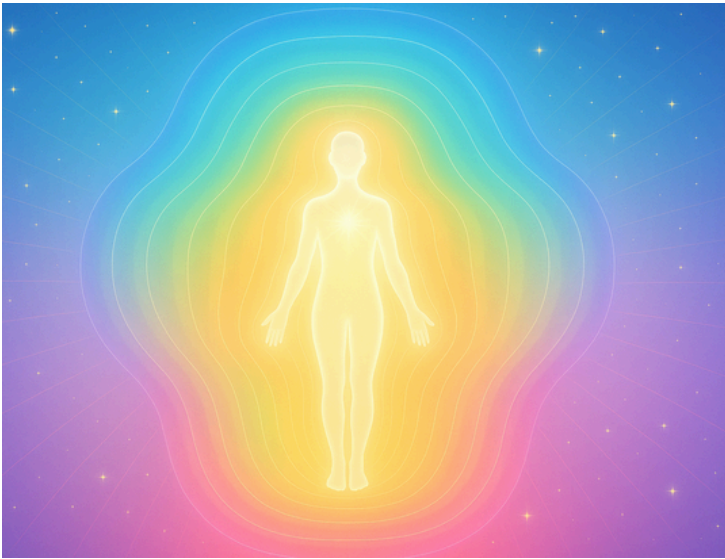
Your aura isn't just one color or layer — it's a multidimensional field made up of several energetic layers that interact with your physical, emotional, mental, and spiritual bodies. These layers overlap and influence how you feel, how others perceive you, and how aligned you are with your soul frequency. Each layer corresponds to a different aspect of your being:

AURA LAYER	ALSO KNOWN AS	REPRESENTS
1. Physical Layer	Etheric Body	Closest to the body; relates to physical health, vitality, and survival instincts
2. Emotional Layer	Emotional Body	Holds feelings, mood, unresolved emotions; reflects emotional patterns
3. Mental Layer	Mental Body	Thought patterns, beliefs, logic, and internal dialogue
4. Astral Layer	Heart Field	Relates to love, relationships, compassion, and energetic connections
5. Etheric Template	Higher Blueprint	Blueprint for your physical body; connected to divine purpose and alignment
6. Celestial Layer	Intuitive Body	Intuition, psychic abilities, spiritual sight, soul connection
7. Causal Layer	Ketheric / Divine Body	Your core soul frequency; source of divine connection, wholeness, and radiance

WHY THIS MATTERS:

When your aura is balanced and aligned across layers:

- You feel clear, centered, and grounded.
- Your thoughts and emotions support your soul truth.
- You attract people, situations, and experiences that match your frequency.
- You feel both spiritually connected and physically safe.



When layers are misaligned or disrupted, you may feel scattered, emotionally overwhelmed, or disconnected from your intuition or body. Aura work (like grounding, breathwork, meditation, or energy healing) can help bring these layers back into harmony.

YOUR BODY'S ENERGY FIELD

Feeling the Frequency Within

Your body is not just physical — it is energetic.

You are constantly radiating and receiving frequency, whether you're aware of it or not. This frequency extends beyond the skin and nervous system — into what's often called your auric field, energy body, or subtle field. It holds your emotions, memories, desires, soul signals, and intuitive guidance.

This energy isn't imaginary — it's tangible, but subtle. And like a tuning fork, your body will always tell you when you're in resonance... and when you're not.

The more you develop awareness of this field, the more naturally you can shift your state, center your energy, and radiate from a grounded, clear space.

You don't need special tools to feel your energy. You just need to listen inward.



EMBODIMENT PRACTICE: SENSING YOUR ENERGY FIELD

This exercise helps you gently awaken your awareness of your own subtle body — and begin feeling the electromagnetic intelligence that surrounds and flows through you. Do this in a quiet space, free of distractions.

1. SETTLE & CENTER

Sit or stand with your spine straight, feet flat on the ground. Close your eyes.

Take 3–5 deep breaths, letting your attention drop from your mind into your body.

2. ACTIVATE YOUR PALMS

Rub your hands together briskly for 10–15 seconds. Then hold them a few inches apart, palms facing each other. Slowly move them closer and farther apart, as if gently compressing and expanding an invisible ball.

You may begin to feel: Tingling, Magnetic push/pull, Warmth or coolness, Pressure or pulsing. This is your energy field in motion. Just notice it — don't force anything.

3. EXPAND YOUR AWARENESS

Now, slowly scan your body with your hands — as if smoothing your energy. Start at your crown and move down your face, neck, chest, arms, abdomen, legs, and feet. Do this slowly, hovering just an inch or two above the skin.

Pause when you feel a shift — an emotion, a physical sensation, a “click.” This is your body inviting you to listen deeper.

4. ASK & RECEIVE

Place one hand on your heart and one on your solar plexus.

Ask inwardly:

- What frequency am I holding right now?
- Is this energy mine?
- What is ready to shift or soften?

Let any feelings, visuals, or words arise without judgment. Your soul speaks in subtle ways.

5. SEAL WITH INTENTION

Finish by sweeping your hands around your body once more — this time imagining golden or violet light clearing your field. Say aloud:

“I am tuned into my energy. I radiate from my truth.”

REFLECTION

What did I feel or notice during this practice?

What sensations surprised me?

How do I usually override my body's signals — and how can I listen more?

What does my energy feel like when I'm most in alignment?

RECOGNIZING OTHERS' ENERGY WITHOUT ABSORBING IT

Energetic Boundaries for Sensitive Souls

As your awareness expands and your frequency becomes more attuned, you may begin sensing the energies of people, places, and environments more vividly.

This is not a weakness — it's a sign of awakening sensitivity. But sensitivity without boundaries leads to burnout, confusion, and energetic distortion.

To **radiate** your soul frequency clearly, you must be able to **recognize the difference between what's yours and what's not** — and hold your field with loving strength.

This is not about resistance or defense — it's about resonance, discernment, and self-trust.



HOW TO TELL WHEN ENERGY ISN'T YOURS

Ask yourself:

- Did I feel this way *before* I entered this space or conversation?
- Is this emotion familiar — or does it feel foreign or sudden?
- Do I feel heavy, anxious, or irritable without a clear reason?
- Do I often feel “drained” after being around certain people?

These are often signs that you've merged with or absorbed someone else's emotional or energetic state.

DAILY PRACTICE: OBSERVE WITHOUT ABSORBING

Practice this anytime you're around others — even digitally or energetically.

1. ENERGETIC CHECK-IN (BEFORE & AFTER)

Before entering a space (conversation, room, social media, etc.), pause and ask:

“How do I feel in my own energy right now?”

Afterward, pause again and ask:

“What shifted — and is that mine?”

This teaches your system to distinguish energy *before* blending.

2. WITNESS WITHOUT MERGING

You can hold compassionate space for someone *without carrying their pain*. When listening to someone share, silently affirm:

“I witness you in love, and I remain grounded in my own center.”

This allows you to stay present without becoming porous.

3. USE AN ANCHOR PHRASE

In your mind, say:

- *“I allow only what serves my highest good into my field.”*
- *“I am clear, grounded, and whole in my own energy.”*
- *“I send love without entangling.”*

Repeat this as needed when you feel yourself beginning to “take on” energy.

4. VISUALIZE A CLEAR FIELD

Close your eyes and visualize a soft golden or crystalline light surrounding your body — not as a wall, but as a breathable field of clarity.

See it pulsing with your own frequency — strong, loving, and radiant. Let it be permeable only to what resonates *with your truth*.

REFLECTION

- When do I tend to absorb energy the most?
- What does “my energy” feel like vs. “someone else's”?
- How can I show love without self-abandonment?
- What practices help me stay rooted in my own field?

EMBODYING THE FREQUENCY OF YOUR HIGHEST SELF

Your frequency isn't something you turn on — it's something you live.

To radiate your soul frequency means becoming the version of yourself who already lives in alignment with your truth. That version of you already exists. The gap between who you are now and who you want to be isn't time — it's practice.

It's not about perfection. It's about becoming a master of your thoughts, your energy, your reactions — moment by moment. You don't need to force your way there. You just need to choose in each moment to return to the energy of who you're becoming.

REFLECTION EXERCISE: ALIGNING WITH WHO YOU'RE HERE TO BE

01

VISUALIZE YOUR HIGHEST SELF

Close your eyes and imagine the version of you who is grounded, joyful, magnetic, sovereign, and alive with purpose. See them walking through a day with ease and clarity.

Now reflect:

- What is their energy like?
- How do they carry themselves?
- How do they think, speak, move, and create?
- What habits do they have?
- How do they treat others — and themselves?
- What do they no longer tolerate?

02

COMPARE GENTLY – THEN BRIDGE THE GAP

Without judgment, reflect honestly:

- What habits or attitudes do I have now that are not aligned with that version of me?
- What thoughts or behaviors drain my frequency?
- Where am I still choosing comfort or fear over alignment?

Now ask:

- What small shifts can I begin today to bridge the gap?
- What does my soul want me to stop doing — and what does it want me to start?

EMBODYING THE FREQUENCY OF YOUR HIGHEST SELF

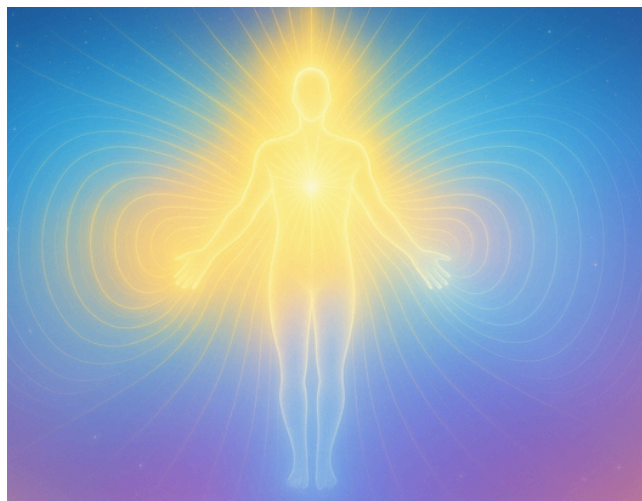
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EMBODIMENT PLANNING

Choose 3 simple habits or energetic shifts that would bring you closer to your soul-aligned self.

Example:

- Morning mantra: "I lead with calm clarity."
- No longer checking your phone first thing — instead, breathe and stretch.
- Responding to conflict with grace instead of reactivity.



Write your 3 below:

01

02

03

OPTIONAL: WEEKLY CHECK-IN QUESTIONS

Did I live in alignment with my highest self this week?

What threw me out of alignment — and what helped me return?

What is one energy or habit I want to bring forward more consistently?

TUNING IN

Embodied Practices to Align with Your Soul Frequency

Your body is a finely tuned instrument, constantly communicating with you through sensations, energy shifts, and intuitive nudges. By cultivating practices that heighten your awareness of these signals, you strengthen your ability to live in alignment with your true self.



VIPASSANA MEDITATION: CULTIVATING INSIGHT

Purpose: Develop deep awareness of bodily sensations and mental patterns.

Practice: Vipassana, or insight meditation, involves observing bodily sensations without attachment or aversion, fostering a clear understanding of the impermanent nature of experiences.

Search online or YouTube for guided Vipassana instructions or how to do it.

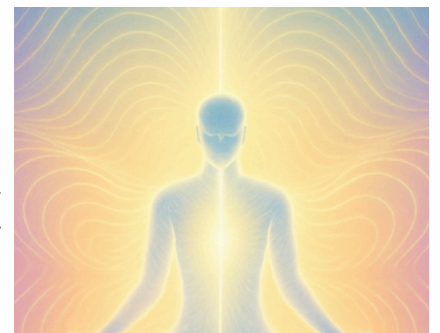
FEELING YOUR ENERGY FIELD

Purpose: Enhance sensitivity to your personal energy field and cultivate energetic awareness.

Practice: Sit comfortably, rub your hands together to generate warmth, then slowly separate them, paying attention to the sensations between your palms. You may feel tingling, heat, or subtle resistance — this is your energy field.

Explore this practice:

https://youtu.be/01TW3HoNkCc?si=ST_Dd7KCmW0xA0AV



BODY SWAY TEST: ACCESSING INNER TRUTH

Purpose: Utilize your body's natural responses to discern yes/no answers from your subconscious.

Practice: Stand upright with feet shoulder-width apart. Close your eyes, take a deep breath, and ask a yes/no question. A forward sway often indicates "yes," while a backward sway suggests "no."

Learn more: https://youtu.be/lyp1VnGHIS8?si=vy_W2Djdqnu9Ya26

HUMAN DESIGN: UNDERSTANDING YOUR INNER AUTHORITY

Purpose: Discover your decision-making strategy based on your Human Design chart.

Practice: Obtain your Human Design chart to identify your inner authority (e.g., sacral, emotional, splenic). Reflect on how your body communicates decisions through this authority.

Search online or YouTube for meditations for your Human Design inner authority.



GUIDED RADIANCE CEREMONY

Embodying Your Soul Frequency

This ceremony is a celebration of your full presence — the integration of all that you've remembered, reclaimed, and are now ready to radiate. It is a sacred commitment to live in alignment with your true self, with joy, authenticity, and love.

Radiance doesn't mean perfection — it means presence. It means you no longer dim, deny, or delay your essence. You live it. You share it. You embody it in everything you do.

This ritual is here to help you anchor your light, expand your joy, and embody the truth that you are safe to shine.



1. PREPARE YOUR SPACE

Choose a time and place where you feel most connected to your essence. Light candles in colors that feel radiant to you — gold, violet, rose, or teal. Bring in items that spark joy: flowers, crystals, sunlight, music, artwork, textures. Let your space feel alive and beautiful.

2. GROUND & OPEN YOUR HEART

Sit or stand with your hands over your heart and solar plexus. Close your eyes and take three slow breaths. Feel your heart expand with each breath. Say aloud:

"I am safe to be seen. I am safe to be me."

"I embody the truth of who I am."

3. SPEAK YOUR RADIANCE INTENTION

Reflect on what you want to radiate — love, clarity, courage, creativity, truth. Say aloud:

"Today I commit to radiating my soul frequency: _____."

"I welcome joy, gratitude, and purpose into all I do."

"I shine not to be seen, but because I am whole."

4. ANCHOR IT IN ACTION

Move your body freely. Dance, stretch, sway, or simply place your hands on your body with love. Let this movement be a signal to your cells that your light is anchored now. Optional: play a song that feels like your frequency and move with it.

5. CLOSE IN STILLNESS AND GRATITUDE

Sit in silence or journal for a few moments. Speak aloud:

"I carry this light into the world — not to prove, but to be."

"I radiate with love. I radiate with purpose. I radiate as me."

DESIGN YOUR OWN CEREMONY

Use the space below to create your own sacred ceremony. Let this ritual reflect your unique voice. Use this space to map it out.

What matters most is that this ceremony reflects **you**.

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How I will open and close the space:

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POST-CEREMONY REFLECTION PAGE

Use this page to capture insights, emotions, and messages that came through during your ceremony. Let your words flow freely — this is for you, not for anyone else to understand or validate.

What did I feel during my ceremony?

What did I see, hear, or realize?

What do I want to carry forward from this experience?

What part of myself feels most seen or honored right now?

Is there anything I want to release, forgive, or affirm moving forward?

AFFIRMATIONS

Radiate Your Soul Frequency

Words carry vibration. Let your words claim your space, honor your truth, and root your energy. Speak these aloud, whisper them into your morning, or write them onto your mirror. Let them tune your field to the frequency of your truth.

These affirmations are written in the present tense — because you're not becoming sovereign, you already are. You're just remembering.

Repeat daily. Add your own. Speak them like you mean them — until they become the frequency you walk in.

-  I radiate my essence with ease and joy.
-  I am a living expression of light, truth, and love.
-  My presence is powerful, even in stillness.
-  I embody the energy I wish to see in the world.
-  I am safe to be seen, heard, and felt as I am.
-  My frequency uplifts, inspires, and heals.
-  I trust the energy I carry is exactly what I came here to share.
-  I shine from my truth — naturally and effortlessly.
-  I expand in confidence, clarity, and creative flow.
-  I am aligned, alive, and anchored in purpose.

JOURNAL PAGE

Use this page for reflections, notes, drawings, etc.

A large, empty white rectangular area intended for journaling, reflections, notes, or drawings. It occupies the central portion of the page, framed by a light gray border.

Thank You

Thank you for walking this path of remembrance.
Thank you for choosing to return to yourself.

This journey doesn't end here — it begins within you, every day.

You've **remembered** who you are.
You've **reclaimed** what has always been yours.
Now, it's time to **radiate** — boldly, unapologetically, and without fear.

You are not here to stay small.
You are here to live as the frequency of your soul — fully expressed, deeply grounded, and entirely your own.

Your purpose is not something to find. It is something to embody. It lives in your voice, your choices, your presence, your truth.

No one else can live your frequency.

- **Own it.**
- **Live it.**
- **Radiate it.**

The world needs what only you can bring.



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