



SOVEREIGNTY & THE WOMB

TEMPLE OF THE WOMB APPRENTICESHIP

SOVEREIGNTY & THE WOMB

Stepping into the embodiment of your sovereignty requires addressing how you relate to yourself and others.



The way you relate to yourself is reflected in how you relate to the world around you and the people in your life.

The system has not taught you how to be empowered and well, but how to be disempowered. This conditioning teaches you by default to relate through unconscious agreements and contracts that can only stay alive if you remain disempowered.

Because of this conditioning, the idea of stepping into one's power is often seen as stepping up against "other".

This leads you to face resistance, misunderstanding, accusations, blame, and shame when attempting to step into your power.

The truth is, this "power against" is just another version of the old world belief systems at play.

SOVEREIGNTY & THE WOMB

We haven't seen many examples of people standing in their power in right relationship. We have seen the patriarchal way of someone on a pedestal in a position of power, and when this is the case it means others are subservient.

We have not made room for the possibility that power is inclusive, and that one's power does not take away from another's.



One reason why we don't see many people stepping into their power in right relationship is that with stepping into your power comes great personal responsibility, something that we are not comfortable with and haven't seen many examples of in the world.

People often give their power away because they don't want to take responsibility for it. It is easier to project your power out than to own it. Stepping into your power requires you to have clarity around the overt and subtle ways you are relating to yourself and others, and then take responsibility for the ways you aren't in right relationship.

SOVEREIGNTY & THE WOMB

The Wise Womb Way teaches you to relate in right relationship with yourself and others. It honors the sovereignty of all beings and does not work from assumption or distorted power dynamics.

Distorted power dynamics often play out in the healing community as well. The healer is seen as having all the answers, and the client often looks to the healer to provide them. Rather than being directed towards your own sovereignty, inner knowings, and solutions, you are taught to override your power and look to others for what is true.



SOVEREIGNTY & THE WOMB

5 THINGS YOU NEED TO CULTIVATE IN ORDER TO TRULY STEP INTO YOUR POWER IN RIGHT RELATIONSHIP:

- ★ The understanding that when you have a need and are standing in your power you're not taking anyone else's power away
- ★ The willingness to be vulnerable
- ★ The willingness to know yourself and honor your boundaries
- ★ The willingness to stand for your non-negotiable sacred needs
- ★ The ability to honor other people's boundaries and sovereignty

The benefits of standing in your power are worth the consequences that keep you from doing so. Standing in your power is the greatest gift you can give yourself, your life, others around you, and the world at large.

Standing in your power is how you, as an individual, can take real steps towards dismantling the harmful effects of society, and **create a new way of being rooted in sovereignty and honoring.**

SOVEREIGNTY & THE WOMB

What does Sovereignty mean to you?

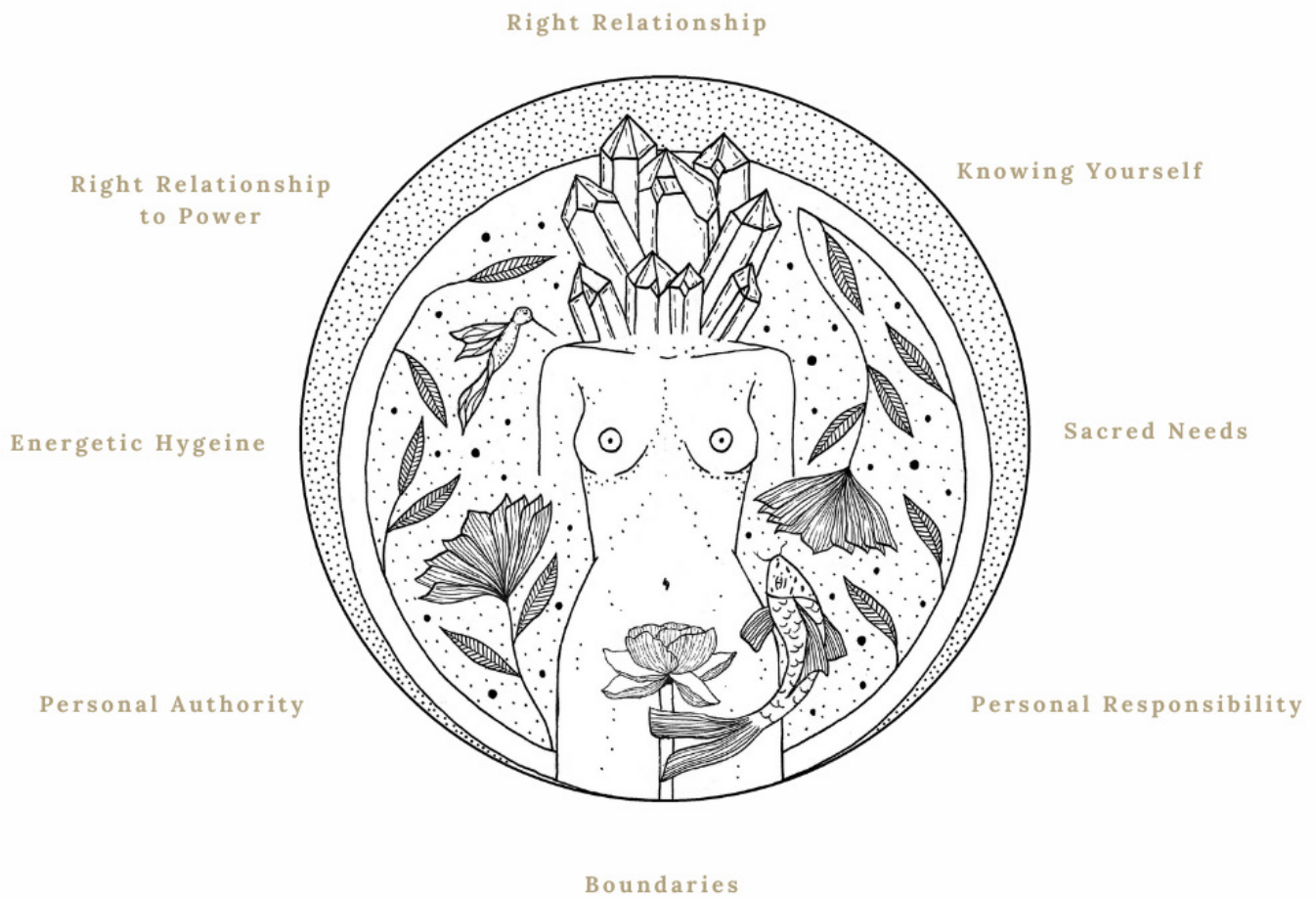
What does being Sovereign feel like to you?

What does Sovereignty have to do with the Womb?

SOVEREIGNTY & THE WOMB

Wise Womb Way

Key Ingredients for Sovereignty



SOVEREIGNTY & THE WOMB

THE KEY INGREDIENTS FOR STEPPING INTO TRUE SOVEREIGNTY:

- ★ Knowing Yourself
- ★ Art of Right Relationship
 - ✧ Honoring Your Sacred Needs
 - ✧ Boundaries
 - ✧ Energetic Hygiene
 - ✧ Personal Authority
 - ✧ Power
- ★ Personal Responsibility
- ★ The Full Embrace Perspective

CHI SHAKING PLAYLIST

KNOWING YOURSELF

Knowing yourself is a lifelong journey. It seems the older you get the more you start to really get to know yourself.

Life is always showing you, you. It is through your experiences of life that you have the opportunity to learn who you are. Life is the great teacher. By showing you how you internalize experiences and events and how you relate to yourself and others, you begin to know yourself.

The more you are able to tune into your true self, your subtle nature, the more you are able to differentiate between your S self and your s self.

Making space in your life to truly get to know yourself is a key to being able to step into Sovereignty.

How well do you know yourself?

KNOWING YOURSELF

When you learn something about yourself, do you shift your life and/or choices to support that?

*Do you know the visceral difference between **self** and **Self**?*

*What are the sensations in your body when you are identified with the **s** self?*

KNOWING YOURSELF

What stories does this part of you (the little s self) tell?

*What are the sensations in your body when you are identified
with the S self?*

THE ART OF RIGHT RELATIONSHIP

The Art of Right Relationship has many ingredients to it as well, and each of the ingredients is also KEY to stepping into Sovereignty.

Let's start with YOU and how you relate to yourself. Then we can then look at how you relate to the world, your worldview, and how you relate with others.

When you don't have a healthy relationship with yourself this is then reflected back to you by the world around you.

The way you relate to yourself is a KEY ingredient towards resilience and optimal health. This in turn shows you what your worldview is based on, and how you perceive and believe this reality to be.

What is your relationship to yourself?

THE ART OF RIGHT RELATIONSHIP

*How do you talk to
yourself?*

*What stories do you tell
yourself, about yourself?*

Who do you believe yourself to be?

WORLDVIEW & YOU

Another aspect of The Art of Right Relationship is to understand the way you perceive or believe reality to be.

Many limiting beliefs need to be questioned. In order for you to truly step out of them, you must see them and bring healing to them so that you can take the steps towards being free.

You don't see the world as the way the world is, you see the world as you are. You experience the world the way you perceive it to be.

Assessing your worldview is important because if you have a distorted worldview it is going to create suffering and unrealistic expectations.

For example, if you believe you should always be happy and are always searching for it, then when you are not happy you will be upset at yourself and believe that there is something wrong.

You may put these expectations upon others too, and make it impossible for them to live up to your standards or desires. You will feel let down in these circumstances, and this will continue in an unending cycle if unchecked.

WORLDVIEW & YOU

What limiting beliefs need to be questioned related to how you perceive the way this world works?

What type of universe do you live in?



HONORING YOUR SACRED NEEDS

Your Sacred Needs are the needs that won't rest until they're met.

They keep coming up over and over again. They show up repeatedly, especially in your relationships.

What are your Sacred Needs?

Where do you override your Sacred Needs?



HONORING YOUR SACRED NEEDS

Why do you override your Sacred Needs? What story is there?

In what ways can you honor your Sacred Needs?

BOUNDARIES & ENERGETIC HYGIENE

Honoring your boundaries & honoring others is another important aspect of the Art of Right Relationship.

Most of us have an interesting relationship to boundaries.

We don't understand them in their majesty, because most of us have had some societal conditioning that has taught us to override our boundaries. Trauma experienced, especially as a little one, can also create an unhealthy or unclear relationship to how boundaries work.

Boundaries are fluid. They are not meant to keep others out per se, rather, they are meant to keep you in.

They serve to create enough of a safe container inside and around yourself so that you are able to stay in your sovereign energy and others can then do the same.

Most of us have a defense mechanism of merging with our surroundings or with people as a way to stay safe by energetically blending in. This has created some issues here on the planet. It has obliterated the clarity of true relating from a sovereign place.

The Art of Boundaries also requires taking Personal Responsibility for yourself.

BOUNDARIES & ENERGETIC HYGIENE

Most of us are accustomed to feeling into others or taking on what is not yours, which then means you are not honoring their sovereignty or your own.

This tendency is not your natural state. It was born from the patriarchal conditioning we have all been infiltrated by.

An aspect of honoring your sovereignty is being able to stay contained inside of yourself, and allowing another the same respect.

Cultivating safety inside of yourself is a huge part of being able to do this. The reason many of us feel into others or into environments is to assess whether we are safe or not.

Stepping into your boundaries requires that you know yourself and that you honor your Sacred Needs.

It is through cultivating each of these key ingredients that you are then more resilient and more able to truly step into your sovereignty.

Tending to yourself on a daily basis means you are better able to maintain resilience and build an adaptogenic energy body that has homeostasis and is able to flow with the ever-changing environment.

BOUNDARIES & ENERGETIC HYGIENE

*What do boundaries
mean to you?*

*What is your relationship
to boundaries?*

How are you at setting and maintaining boundaries?

BOUNDARIES & ENERGETIC HYGIENE

How do you respond to others having boundaries?

Do you feel into others without their permission?

What is one simple way you can honor your boundaries?

PERSONAL AUTHORITY & POWER

Giving your authority away is another way we tend to avoid stepping into ourselves.

When you give your authority away you are giving your power away. We often do this because at the core we are afraid to trust ourselves.

In order to trust yourself, you have to cultivate the circumstances in which you can build a rich and more trusting relationship with yourself.

Inner Alchemy & a Wandering Practice are two really easy and simple ways to begin to build this relationship with yourself.

What is your relationship to power?



PERSONAL AUTHORITY & POWER

*What does it mean for you to step into yourself as your own
Personal Authority?*

*Where do you follow what someone else tells you to do, think, or
believe that overrides your deep knowing?*



PERSONAL RESPONSIBILITY

I am responsible for what I experience inside of myself, in relationship to the world.

When you give your authority away, you are avoiding taking responsibility for yourself. This then sets up the circumstance where you can blame who you gave your power to, which sets them up as well to let you down.

Where do you need to step more fully into responsibility for yourself?

PERSONAL RESPONSIBILITY

*What areas of life
do you avoid taking
responsibility in?*

What are you afraid of?

Where do you blame others for your experiences?

THE FULL EMBRACE PERSPECTIVE

All of these ingredients are needed to step into what it means to truly be Sovereign.

The last of the KEY ingredients is the FULL EMBRACE. **This is the understanding that you are everything.**

It is from this understanding that you see that in order to go up you have to go down. In order to have light you also have dark.

You understand that this is a dualistic plane of existence. In that knowing you can't only be one thing. You then have to be everything.

This means that if you believe you suck, then you also have to be amazing. If you think you are only amazing, you are not seeing the whole picture that you are also fucked up.

You see - you are everything. You are as equally fucked up as you are amazing. And you must EMBRACE this so you can stop hiding the parts you don't like from yourself.

This is the full embrace of ALL of you. This is how you are able to step into your sovereignty, your power, your authentic self, your true nature...

This is how you are everything...