

Sovereign Pearl: The Radiant Pearl

Reflection journal

A journaling companion for Parlor Nine. These prompts invite you to name your radiance, tend your magnetism, and carry the pearl you have become into the world.

Stay with the body as you write. Softness is part of the work.

How to use this guide

- Read one section at a time. Answer what is alive today.
- Skip what is not ready. Return when you feel held.
- Bring anything that wants witnessing to our next gathering.

The Radiant Pearl and Sovereign Power

Journal prompts

- Are there any wounds or armor that have blocked your natural connection to love?
- Moving forward, how will you hold your grace amidst struggle?
- Staying connected to the wisdom held within your feminine body, what is the grit that has polished your pearl?

Feminine Magnetism and the Microcosm

When we are frazzled and disconnected, this ripples from the microcosm into the macrocosm, shaping our experience.

Journal prompts

- Moving forward, how will you stay connected to your inner world in a way that enhances your feminine magnetism?
- How are you tending to your microcosm, and what ripples are you sending into the macrocosm?

Crown Chakra: Sovereignty and Divine Connection

The crown chakra represents the union of our inner and outer realms, the meeting point of sovereignty and divine connection.

Journal prompts

- How does this land for you at this point in your life and journey?

Restful Awareness and the Radiant Crown

Reflect on the Yoga Nidra: a journey to restful awareness and the radiant crown.

Journal prompts

- How did this practice land for you?
- If you are working with the yoni egg, describe any sensations or insights you had during the Queen's Pearl yoni egg practice.

Carrying the Radiance Forward

Journal prompts

- As you complete this journey, how will you carry your radiance out into the world?
- Remember, you are the Queen of your own island, connected to all other Queens. You are the Pearl. You are the Queen.

Closing

You are the Pearl. You are the Queen. Carry your radiance with softness and fire.

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