

Sovereign Pearl: Embody Sovereignty

Reflection questions and journaling prompts

A journaling companion for Parlor One. These prompts invite you to meet sovereignty as a lived practice, not an idea.

Write what is true, even if it is unfinished. Go slowly. There is no prize for rushing, and no wrong answer.

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

How to use this guide

- Read one question at a time. Answer what is alive today.
- Skip what is not ready. Return when you feel held.
- If strong emotion rises, pause, breathe, place a hand on your heart, and come back gently.
- Bring anything that wants witnessing to our next parlor gathering.

Sovereignty

Journal prompts

- What does sovereignty mean to you now?

Obstacles and Blocks

Journal prompts

- List three obstacles, aversions, or blocks that limit you from connecting to your sovereignty.

Wounds Asking for Love

Journal prompts

- Are there any places, or wounds, surfacing that need your love and attention during this course? If so, please list them.

Receiving Support

Journal prompts

- What words describe what it feels like to receive support from yourself, others, or the universe?

Grounded Support

Journal prompts

- How would your experience shift if you embodied and connected to the element of grounded support every day?

Closing

Sovereignty is not a destination. It is the way you return to yourself, again and again, with presence and care.

www.nectarme.com/sovereignpearl