

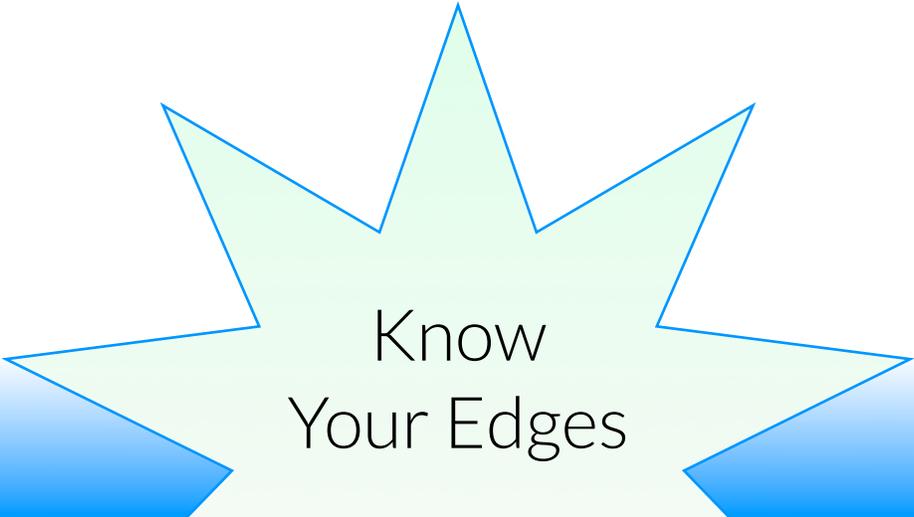


THE POWERHOUSE PROGRAM

A S N E A K P E E K

SOVEREIGNTY

MASTER CLASS 6



Know
Your Edges

Your Reservoir of Power

Imagine if you will a large body of water... an ocean. A sea of energy that is in perpetual motion. Waves tumbling and crashing. Unseen currents rolling to and fro. Now imagine that in the center of that powerful surge of energy is an island of rock. A volcanic formation hundreds of thousands of years old containing a bubbly hot power within. It hasn't erupted for centuries, but there is a fire stirring at its very core. It's always there... and it always will be. The ocean moves continuously... rolling against its beautiful shores, crashing into cliff faces. Over these many years, the island has been shaped by the power of the water, yet it holds steady to its natural time and essence. Change happens gradually and in conjunction with the island's vision for itself.

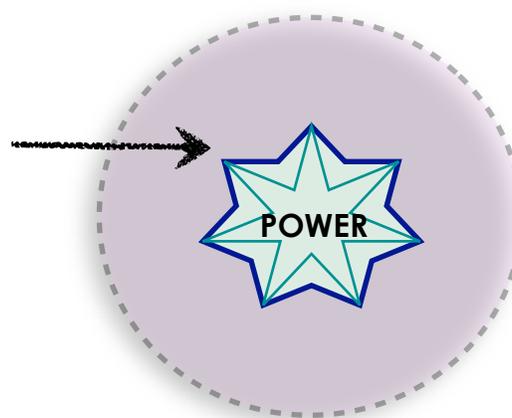
And so it is with self-sovereignty. Inviting awareness of the core power within you that is yours. It is power and authority that is held just for you... it is not to be given away. This is your infinite reservoir of power and you decide how to use it.

Keeping in mind the various phases of boundary development defined in the previous pages, I would like to offer you a new model of containment. One where you are able to open yourself fully to life, without giving it all away. Sovereignty strikes a balance between you and other... allowing you to consistently own your experience and support others in doing the same. Sovereignty is fodder for both interdependence and mutuality of intimacy. Your space is permeable to connection (heart filter active), yet there is a limit to how much you will give away. Your inner boundaries expand and contract in relationship, but never are they overtaken nor do they cease to be.

BOUNDARY/EDGE
surrounds
power reservoir
keeps you sovereign.
core power morphs
thru expansion and
contraction

— expansion

— contraction



HEART FILTER
allows for
vulnerability and
openness without
giving it all away.
relationship is
welcome in.

SOVEREIGNTY

DIGGIN' THIS?

Get the entire Master Class when you sign up for
The Powerhouse Program™



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