

Parlor One

Sovereign Pearl: Reflection Questions & Journaling Prompts

1. *What does sovereignty mean to you now?*
2. *List three obstacles, aversions, or blocks that limit you from connecting to your sovereignty.*
3. *Are there any places, or wounds, surfacing that need your love and attention during this course? If so, please list them.*
4. *What words describe what it feels like to receive support from yourself, others, or the universe?*
5. *How would your experience shift if you embodied and connected to the element of grounded support every day?*