HOW TO RECLAIM YOUR SOVEREIGNTY & BEGIN TO RULE YOUR WORLD FROM THE INSIDE OUT

HIRO BOGA
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Sovereignty

Your life is your kingdom,  
to cultivate and cherish.  

Sovereignty is the sphere of love,  
personal power, appreciation  
and personhood, within which  
prosperity, freedom  
and relationships flourish.  

You create a sovereign life  
through your daily choices  
and actions.

► AUDIO: Reclaim Your Sovereignty

Remember the last time you walked into a family gathering that felt ... overwhelming?

Take yourself back there, for a moment.

Your dad’s just burned a pan of potatoes and is hauling them out of the oven – burning his hand in the process and cursing under his breath.

The TV’s blaring in the family room, where your wild young cousins are throwing popcorn, fake-wrestling, spilling drinks on your mother’s Persian carpet, and carrying on a raucous conversation over top of the announcer’s voice.
Your sister’s huddled in a corner of the living room, sulking, the way she used to when she was fourteen.

Your three-year-old nephew is howling – hungry, tired, or both, and demanding attention.

Maybe nothing dramatic is happening – just an atmosphere dense with tension, leavened by moments of playful teasing.

**And there you are, in the thick of the fray.**

A few hours of this, and you’re swirling in an old, familiar vortex of unspoken resentments and decades-old stories. Maybe you feel heavy, burdened, short of breath – as if you’re holding everyone else’s feelings and energy in the container of your body.

That’s because you are.

Take a step back. Back into your body, now. Back to your breath, the thud of your heartbeat, the rhythm of your pulse.

The good news is: you can return to yourself quickly and easily. You can clear your body of energy that’s not your own, and feel the immediate relief of being unburdened. Even better, you can change the atmosphere around you by taking loving care of yourself and your inner kingdom.

In this guide, I’ll offer you a vivid example of what it looks like to effect such a change in your personal ecology, as well as in any situation in which you may find yourself. I’ll provide you with a transformative, yet simple, practice to help you begin reclaiming your innate sovereignty. And I’ll invite you to take this practice further.

Sovereignty is one of the capacities and qualities of your soul. You are born with it – it is already within you, as a seed or potential.

Let’s begin, right now, to awaken that potential.
WHAT DOES IT MEAN TO BE SOVEREIGN?

When you are sovereign, you establish clear, conscious, semi-permeable boundaries that are an expression of your most cherished values. These filter out energies that are not in harmony with your well-being, and welcome those people and situations that truly love, support and enhance your life.

When you’re sovereign, you craft a container of integrity and coherency to safely hold your heart, your creativity, your life, your business, and the immense power of your soul.

**When you are sovereign, you’re able to rule your world from the inside out.**

“As Hiro teaches it, the metaphysical turns out to be very practical business, because, in her words, our sovereignty lives in the choices that we make in the day-to-day. Hiro is a masterful guide of dimensions and intentions. What she offers is the luminosity that will help you – in the midst of crisis or creative tension – to see precisely where your power lies. It’s certain, it’s unlimited, and it’s calling you.”

Danielle LaPorte, Bestselling author, speaker, and creator of The Desire Map

We are born sovereign, but as with any of our innate gifts and capacities, we grow in sovereignty by cultivating this quality through dedicated practice.

Throughout our lives, we are impacted by our relationships with people, situations, and social, political, economic and other systems, and the world around us. These relationships either enhance or diminish our sovereignty.

When you’re not ruling your world and you lose your sovereignty to people or situations around you, it throws off your inner compass – the GPS system that keeps you attuned to your soul’s true desires.
Often, this loss of discernment is accompanied by shaky or fragmented boundaries. You might find yourself feeling lost, empty, bewildered or exhausted as you pursue dreams that aren’t your own and that can never fill your heart or nourish your soul.

**Here’s how that might show up in your life.**

- You misread situations and people, and repeatedly make choices that hurt or diminish you, your business, your health, relationships or livelihood.

- You act out of fear of being criticized, disapproved of, abandoned, shut out or judged, rather than choosing what feels truly right and good to you.

- You have trouble making clear decisions about important aspects of your business or your life, and have difficulty following through with purposeful action.

- You feel numb, out of touch with what you really want, confused or unclear about your true desires.

- You begin things with enthusiasm, but quickly lose focus and direction and fail to bring them to completion.

- You procrastinate and drift with the prevailing currents. Meanwhile, the things that are most important to you don’t receive the full care and attention they need in order to flourish.

- You have trouble asking for what you want, and then resent people for not giving it to you.

- You take on the role of caretaker, in your relationships. You give more than you want to, then feel angry, hurt, used and taken for granted.

- You feel pushed, overridden, unheard, or unseen in your relationships. You grieve the lack of true connection and communion in your life.

- You feel overwhelmed by the gap between the way your life is right now, and the way you long for it to be.

- You feel paralyzed by self-doubt, afraid to begin creating the life you desire for fear of not being enough – good enough, smart enough, experienced enough, talented enough, strong enough, *something* enough.
If you find yourself nodding Yes! as you read through this list, give yourself a hug – be kind to yourself.

Most of us lose and find and lose our way over and over again until we get truly clear about who we are, what we want, how we want to live, and what we are willing to do to build an authentic, regenerative life.

We start out on a path that feels true, joyous, and aligned with our deepest desires. Then, life has its way with us. Our to-do lists get longer, and there’s never enough time to nurture our creative hearts, or do the things that make us happy.

We wake up one day and realize we feel ... numb. Wrung out. Empty of the joy and juice that once made us glad to greet the morning, and replete as we laid our heads down at night. We’ve shoved ourselves – our tender feelings and luminous thoughts, our needs, our joy, our desire for adventure and creative play – to the bottom of a mouldy laundry hamper filled with shoulds and musts. We’ve fallen into daily habits that are not aligned with our values. We’ve stopped trusting ourselves and acting to fulfill our brightest dreams.

We’ve become so tired, disillusioned and unsure of ourselves that we end up drifting, being ineffective, or doing nothing at all. Or, we find ourselves doing everything for others and nothing for ourselves.

In fact, we become so good at shutting out our heart’s desires that we close the door on the very things that makes us who we really are.

**If you’ve read this far, it’s likely because you don’t want to live this way anymore.**

You know you want change. You know you want to rule your inner world, and create a life you love. You’re ready to learn how.

You’re ready to:

- Develop a profoundly loving relationship with yourself and your soul, one that will sustain you through success and failure alike, one that will give you the courage to live your dreams on your own terms.

- Trust yourself, have confidence in your choices, discernment, and wisdom, so you can move forward without fear or hesitation.
• Stand unshakably in your power and presence, no matter what life throws at you.

• Cultivate clear boundaries, so your heart can breathe and your desires can flourish.

• Experience, each day, the peace, freedom, creativity, inspiration and joy that are your birthright.

• Grow in love, tenderness, and the capacity to cradle yourself kindly, so you can take creative risks, express your gifts fully, and experience the joy of contributing your artistry to help shape a more beautiful, loving world.

• Make friends with your body and your feelings, meeting them with skill and heart. Learn how to distinguish between your own energies and those that don’t belong to you, so you can free your emotional energy to fuel the projects that truly matter to you.

• Cultivate your capacity to express and embody power, prosperity, freedom and sovereignty, so you can act effectively and create a life, community and world that you love.

If this is you, I’d like to offer two suggestions:

#1: Read (or listen to) each word in this guide. It’s an offering of nourishment and strength for you, in loving service to your deep desire for sovereignty in life.

Don’t think of this as more information to be swallowed hastily in search of a quick-fix solution to whatever problem you’re facing.

Savor this offering as you would a bowl of nourishing soup, the enticing aroma of which has been flooding the kitchen for hours. It’s time to fill your bowl. To sip slowly, drink in the goodness, let it warm your belly and soothe your hunger.

#2: Act on your discoveries. Do the practices. Sink deep into the meditations. Experience what happens when your day-to-day actions and choices emerge from your powerful, sovereign self.
Rather than waiting until a crisis forces change, begin to lovingly craft new pathways, new daily habits, to transform your life and to rule your world from the inside out.

Each day, connect with your soul, your heart, the wisdom and truth of your body and your inner being. Get to know and articulate your deepest desires – for yourself, your life, your world. Choose one or two that are closest to your heart, and make a promise to yourself to bring them into being, starting now.

Make a vow, in the name of your own sacred life, to take small, consistent daily actions that will move you in your chosen direction. Choosing your desires, and honoring your commitments to them each day, builds self-trust, confidence, strength, courage and power. It also creates new energetic imprints that attract help and support from the subtle energy realms, re-patterns your neurobiology, and builds new neural pathways. All of this builds momentum, which makes it easier to continue to take focused, intentional action.

Meet your own fear, resistance, doubt, or hesitation, with loving kindness. Get to know those vulnerable, young, fearful aspects of yourself that show up when you act powerfully on your own behalf. Make friends with them, learn to hold, cradle and reassure them so they feel safe enough to accompany you on your chosen adventures.

Ask for and get support for building your new creative habits. Join a writers’ group, a yoga class, a hiking community, a neighborhood meal exchange. Create rituals that anchor and support your daily practice. Light a candle, say a prayer, call on the Devas, your ancestors, or lineage holders in your chosen art-form, before you begin your practice for the day.

The sacred becomes practical when we practice. I’ll show you, a little later on in this guide, how you can go further with the transformation you’re about to experience.

For now, let’s take the first step. Let’s begin with a story about...

**How to transform the energy of any gathering by first nourishing your inner world.**

One winter afternoon, several years ago, I’d just returned home from an exhausting, exhilarating six-week trip to India. My refrigerator was empty, so I went to a Costco warehouse near my home, to stock up on essentials. Jet-lagged and sleep-deprived, I walked into the store less energetically prepared, more open and vulnerable than is usual for me.
It was that week between Christmas and New Year, when the wave of excitement leading up to the holidays had crested and was now on the verge of collapse, ready to crash against the cold shore of reality. Bleary-eyed shoppers were wheeling giant shopping carts around the store, looking dazed as they grabbed glazed hams and cans of pumpkin filling.

I’d entered the store feeling tired but happy, looking forward to preparing and eating dinner in my own kitchen for the first time in weeks. But minutes later, I found myself standing in the nearest aisle with my chest heavy and my throat aching, consumed with grief. I wanted nothing more than to curl up on the concrete floor and cry, inconsolably, for losses I could neither identify nor relieve.

The feeling was sudden, overwhelming, inescapable, inexplicable.... I realized, in that moment, that I was experiencing a great flood of other people’s energy. Disappointment. Regret. Fear. Emptiness. The Four Horsemen, liveried in the *oughts* and *shoulds*, that gallop through the holidays, crushing tender hearts beneath flashing hooves.

It felt like being engulfed by a tidal wave, or a thick, heavy fog. I wanted to cry myself to sleep.

Instead, I turned around and walked out the door, back to my car. Settling into the driver’s seat with the heat turned on, I grounded, centered, breathed deeply into my belly, and cleared everyone else’s energy out of my body.

A solar shower of golden light through my head and neck, torso and limbs. In and through my muscles, nerves, arteries and veins, organs, bones and cells. It quickly vaporized everything that didn’t belong to me, leaving me clear-hearted, feeling like myself again.


Then, I asked myself simple questions about my own desires and intentions. Why was I here? What did I want, from this foray into Costco? To get some basic provisions, quickly and easily, so I could sleep in, the following day. To take care of myself by buying food, cooking, and feeding myself. To get this done while I was still awake enough to drive, and shop.

I felt my weariness, my urgent desire to start the car, drive home and come back for groceries another day. I cried a little, wanting to be a child again, to lay my head down
and sleep. To have someone else take care of grocery shopping and cooking – to have someone else take care of me.

So, I cradled my tired self tenderly, gently. Stroked my belly, my throat, my cheeks. Promised myself a bowl of delicious soup, an early night snuggled under my very own down quilt, in my very own bed. Just a half-hour of grocery shopping first. A container of butternut-squash soup, a loaf of good bread, a stick of butter, a wedge of creamy Havarti. Fruit. Yogurt. Nuts. Dinner, then bed. I promise!

Feeling calmer now, more present, I tuned into my soul. It welcomed me home. Reminded me to gather up my energy and bring it back from all the places I’d been. Reminded me that, once I’d taken care of myself, and restored harmony in my inner kingdom, I’d have the strength and power to choose what to do next.

So, I called on my inner Queen, pulled my energy back – from India, from the airplane, from all the people I’d met and places I’d been – and gathered it into my body. I breathed deeply into my belly, and expanded my awareness out into my energy field, arms-width all around my body. I flexed and strengthened the boundary of my energy field so I felt safely held, contained in a powerful, flexible, receptive but protective container in which my heart could breathe.

I filled my body and heart, my energy field and boundary with the soul qualities I wanted to experience and express most, right then – love, sovereignty, peace, power, ease, belonging, communion, delight. I attuned to the Deva, or soul, of Costco, and asked for its help in establishing a field of grace within and around the store, so everyone there would be held in a container of radiant blessing too.

Instantly, I felt the power of the Deva of Costco joining with my own, and with that of the Devas of the soul qualities I had invoked. Together, we created a clear boundary around the store, its parking lot, and the city block it occupied. We filled that space with golden light, with sovereignty, peace, ease, communion and delight.

Feeling much stronger, I walked back into the store. There was already a palpable change in the energy there – a fresh breeze of love and sovereignty enlivened the air.

As I wheeled my cart through the aisles, I silently welcomed and embraced the spirit of Love and Sovereignty in every shopper and clerk, and in each object on every shelf. I stopped to help a tired-looking young woman pick up the contents of a diaper bag she
had dropped when she bent down to wipe her toddler’s sticky face; hugged a friend I bumped into in the produce section; and chatted with a man stocking bags of rice, wearing a Swayambhunath t-shirt – identical to one I’d brought home from a trip to Nepal thirty years earlier. He told me he’d recently returned from Kathmandu, where he worked as a volunteer in a mobile eye-clinic, operated by an organization I’d long been involved with. Small, beautiful, loving world!

By the time I’d made my way to the checkout line, both the store and I were utterly transformed, bathed in a tangible radiance of love, delight and presence. There were smiles and playful teasing in the lineups at the checkout counters. People with carts piled high graciously waved those carrying only a few items, into the line ahead of them. Cashiers joked with customers; babies napped, slumped over peacefully in strollers. An atmosphere of kindness and goodwill pervaded the store. Light, playfulness and buoyancy had taken the place of the earlier, heavy undertow of grief and regret.

Together, as a community, we had transformed emptiness and overwhelm into something infinitely more wholesome, nourishing and kind.
Every moment of each day, we are immersed in an energetic soup that bubbles away in a variety of settings – our homes and workplaces, neighborhoods, schools, shops, restaurants, banks, gas stations and more.

As we move through our day, we encounter the energies of places, situations, and people: family, friends, colleagues, clients, staff. If we’re online, we’ll experience the energies that converge on Facebook, Instagram, and other social media hangouts, the energy of websites we visit, of people we’re connected with online, many of whom we may never have met.

We learn, early in our lives, to get along by blending or merging with our parents, teachers, friends and siblings, the other kids at school or in our neighborhood. We continue this pattern as adults, matching the frequency of the dominant energies in our environment, never quite realizing the reasons why we’re so wrung out at the end of an ordinary day.

We are affected by situations with which we may have no direct connection. Traumatic events that happen across the globe, that profoundly alter the lives of people and places we will never know, impact us too. Wars, genocide, terrorist attacks, viral plagues, famines, floods and other natural disasters – these generate energy fields that drift around the world in great, toxic clouds of violence and emotional pain.

These clouds of toxic energy envelop and impact us in a variety of ways. They alter our central nervous systems, our bodies, our biology. We quite literally feel the fear and pain held within them, though its effects on us are filtered through our own history and experiences. We may not know why we’re so anxious, stressed, frazzled, overwhelmed – we just know that we are.

**Often, we have no idea that the feelings we’re experiencing are not our own, so we act on them, and they on us, perpetuating the suffering from which they emerge.**

All this is to say that we are in constant, energetic relationship with everything around us, and with the many other life forms with whom we share our planet. In addition to the rest of the
natural world, we participate in the energetic footprints of the generations who have gone before us, and the ones who will be born long after we ourselves no longer walk this earth.

Each of these encounters shapes us in ways we cannot predict or control, but which we can navigate with greater or lesser skill, discernment, ease, and sovereignty. Each encounter has an energetic impact on us – as we do, on everything and everyone in our personal ecology.

Sometimes, the impact is immediately obvious – like my experience in the Costco store that wintry afternoon, or like your own experiences with less-than-salubrious family and other gatherings.

But too often, we learn to adapt to our environment by tuning out its effects. We become numb to our own body’s signals, to our own feelings, desires and needs. We override or ignore those tender, vulnerable inner aspects of ourselves until they despair of ever being loved and cared for in the way that they need.

Then, the next time you want to start a new project, build a new habit, head off in a brave new direction, or take a creative risk in your life, art or business, those ignored, bullied-into-submission inner selves will stop you in your tracks. They’ll use any means at their disposal, because they don’t trust you. They don’t trust you to love them, to take care of them, or to keep them safe.

You’ll experience their effects in a number of ways.


**These are all symptoms of neglect and disarray in your inner kingdom.**

It doesn’t have to be this way. Sovereignty – building, nurturing, and cultivating a peaceful, happy, inner kingdom – is the key to living a truly creative, joyful life, one that fits you perfectly. It is also the key to healthy, mutually nourishing relationships.

Sovereignty is the basis for differentiation. It is what makes you, you, and makes me, me.

And differentiation is the basis for communion, collaboration, co-creation, and genuine relationship. When we are in touch with who we are, what we want, what we feel, what we need, and we act to meet our desires with love, with devotion, we become more available to life, more able to function as sources of goodness and blessing in our world.
Sovereignty defines and celebrates our uniqueness, as well as the individuality and uniqueness of others, and honors the spaces between us. It is in the encounter between our differences that new creations, new ways of being and doing, of meeting the challenges of our world, emerge.

When we are each fully ourselves, we bring our gifts and skills, our vulnerabilities, strengths, and the fruits of our experiences to bear on redressing the wrongs, and alleviating the sorrows that besiege us and our world.

Our diversity is our strength. Your experiences, genius and skills are different from mine – thank goodness for that. It means that each of us is responsible – not for carrying the world on our hearts, but for doing our part, knowing that others will do their part too.

Together, we transform our communities in ways that none of us can do alone. Together, we create practical miracles. We can’t do this by merging into a universal energetic soup. When we lose our individuality, we lose the very gifts that bless and transform our world.

So, the next time you’re out and about – in a store, at a ball game, at a family gathering – practice sovereignty. Invoke your inner king or queen, commune with the sovereign spirit of the places and people you encounter, and invite them to join you in creating a shared space that enhances and embraces all of you, that supports each of you in being fully yourselves.

Wherever you’re going – or not going – this week, you can choose which qualities & gifts you wish to bring to each gathering.

Choose with a discerning heart.

Choose love. Choose sovereignty. Choose the differentiation that leads to true communion. Choose to do your part in creating a world that works for everyone.

**So, how do you do this?**

Spiritually, sovereignty is one of the capacities and qualities of your soul. So it is inherent within you – it’s an aspect of your being. It’s always available to you. You can call on it, nurture it, practice it, and build your capacity to express it in your everyday life.

If you want to live in a world filled with kindness, love, safety, respect, creativity and compassion, then cultivate those qualities in your inner kingdom first. As you embody
them in your own life, you become more sovereign. You shape your personal ecology around your values, which changes you, and changes the world around you.

Let’s get a taste of how this works to transform a situation in your own life, in which you feel less than sovereign.
MEDITATION:
AWARENESS & PRESENCE

Identifying How You Feel When You’re Not Sovereign

Think of a situation that’s active in your life now, in which you feel small, fearful, subtly or
not-so-subtly diminished.

Maybe you feel ashamed, embarrassed or afraid to be all of who you are, in this situation. Maybe you feel as though your goofy sense of humour, your sensitivity and depth of feeling, your incisive mind, your passionate heart, your playfulness, or your ability to see all points of view are liabilities – things that are wrong with you, that you must fix, rather than things about you that are glorious and worthy of celebration.

Maybe your situation is about a relationship in which you find yourself shrinking instead of expanding. Or one in which you consistently take most of the responsibility for making things happen, and you feel resentful, hurt, angry or unappreciated. Yet, if you ask for what you want you feel like a nag, a bully, or a scold – no fun to be around.

Maybe you’re exhausted from anticipating and meeting everyone’s needs but your own, and you simply feel defeated.

Maybe you’re dying to create something new, and paralyzed by fear and self-doubt masquerading as procrastination.

Or maybe your situation is something else entirely. What matters is that the situation or issue feels bigger than you, as though it – or something within it – has more power than you do, over your own life.

Whatever it is for you, as you think about this situation, pay attention to the sensations in your body. Notice the quality of your breath. Is it shallow, irregular? Are you holding your breath, or sipping air into just the upper part of your chest?

Don’t try to change anything – just notice what’s happening in your body as you think about this situation in which you are less than sovereign.
Do a quick internal scan of your body. Are your shoulders hunched up? Does your chest feel heavy, or has it collapsed inward to shelter your heart? Do your hands and feet feel numb, cold, or far away? Is your head buzzing, or do you feel light-headed? How does your throat feel – open and free, or tight, constricted, or something else? How about your back, your neck, your belly?

When you’ve lost your sovereignty, you experience the loss in your body.

Notice your feelings. Don’t try to change them in any way, just notice, and name them if you can. Do you feel sad? Angry? Hopeless? Defeated? Regretful? Are you grieving? Do you feel like you want to run away, or kick something?

Notice your thoughts. Notice what you say to yourself as you’re thinking about this situation. Are you mad at yourself for feeling this way? Frustrated that you’re here, again, still? Telling yourself you should be further along than you are? Replaying a scene from your last encounter with this situation or person, wishing you’d said this or done that instead?

Remember, you’re not trying to change anything. Just step back enough to notice what’s happening in your body, what you’re feeling and thinking, what you’re saying to yourself in this not-so-sovereign place.

Awareness of what is, is the first step to transformation.

**Cultivating Presence & Reclaiming Sovereignty**

Now, get comfortable. Lie down, if you like. If you choose to sit, please sit comfortably in a chair, with the soles of your feet flat on the floor, your hands resting palms-up in your lap, and your back reasonably upright.

Gently close your eyes, and bring your awareness about a foot above the top of your head. Now, drop your awareness straight down through the top of your head into the center of your head – behind your eyes and up a bit. Let your awareness radiate out from there through your whole body, right down to your fingertips and the soles of your feet.

Place the palm of one hand softly on your chest, covering your heart. Place the palm of your other hand gently on your belly. Take a deep breath in – follow the air as it enters your nostrils; stay with it as it flows through your chest, all the way down into your belly, and back out again. Feel your hands on your chest and belly lift and drop with each breath.
Take another deep breath – into your belly...and out again. And another.

Become aware of the sensations in your body. The touch of the air on your upper lip. The pressure of your feet on the floor, of your bottom against the seat of your chair. The texture of your clothes against your skin. The weight of your eyelids on your eyes.

Listen to the whoosh of your pulse; the rhythm of your heartbeat; the hum of your organs and cells; the deep bass note of your bones. Just listen – without straining or trying – with relaxed awareness.

Taste the flavors in your mouth and on your tongue.

Pay attention to the smells you encounter – the scent of your own breath; of your skin; of the room around you.

Be aware of what you’re feeling right now. Make room in your heart for your feelings, and give them permission to just be.

Feelings are energy, just as all things are energy. And energy naturally flows, unless it is restricted, denied or bound. Give your feelings room to breathe, room to flow.

Notice your thoughts, and let them float by like white clouds in a clear blue sky – without clinging to them or pushing them away. Just let them arise and disappear, as they will if you simply make room for them without identifying with them.

You are not your thoughts. You are not your feelings. You are not the sensations in your body. Yet all of these are elements of your incarnate being. All these aspects of your being are composed of energy, and energy is constantly moving and changing.

You are a living, incarnate, embodied soul.

Feel your soul’s presence, within you and all around you. Let go of any received ideas about what soul is, what you are, and simply maintain a state of relaxed curiosity, of open-hearted, inquisitive attention.

Your soul is vast, and extends into many dimensions. But there is an aspect of it that is incarnated in your life now. You can experience this aspect of your soul in your body and in your energy field, all around your body.
It requires no effort to experience your soul’s presence. Effort is a body energy, and it has its place in your life. It’s great for digging in your garden, or building a house, or riding a bike. But effort doesn’t exist in the realms of subtle energy where much of your soul resides.

So let go of any tension or trying-to-do, and simply invite your soul to flow more fully into your body through the back of your heart, between your shoulder blades. Let it fill your heart, and flow up through your spine into your head, and down your spine into the bowl of your pelvis.

You know what presence feels like. You experience the presence of people you encounter every day. You get a felt sense of who they are, from the very first moment you meet them. And they, in turn, know you by your presence, even if they’ve never met you before.

For now, feel your soul’s presence radiating from your spine out through your whole body – into your chest and belly, into the bowl of your pelvis, through your hips and legs, right down to the soles of your feet. Feel your presence radiating down your arms and hands, and into your fingertips. Feel your soul embodied in your skin and muscles and bones. Feel the light of your soul infusing every cell of your body.

Feel your extended soul radiating out all around your body, into your energy field and beyond. Feel it flowing down into the earth to meet the soul of the earth. Feel your deep love for the earth flowing from your heart into the heart of the earth. Feel the earth’s love for you, flowing up through the soles of your feet, into your heart.

Feel your soul radiating upward to meet the soul of the cosmos. Feel your love for the cosmos – for the sun, moon and stars, the galaxies and universe. There is a pattern that holds all of these celestial bodies in harmonious relationship with each other and with you – feel the presence of the holder of this pattern.

As your love radiates out into the cosmos, feel the love that the soul of the cosmos has for you. Feel it flowing in through the top of your head, into your heart.

As you anchor into these energies of earth and cosmos, your presence – that aspect of your soul that’s present in your body – becomes more powerful, vibrant and available. And your presence is what you bring to the world. It’s what makes your life rich, full, creative, joyful, and successful.

Feel your soul’s light vibrating in every organ and cell of your body.
The whole of your body and your energy body is a field of vibrating particles. Feel the shimmer and flow of these vibrations, inside your body and in your energy body around you.

Now extend your awareness into your energy field, all around you. (I use this term interchangeably with “energy body”, to describe the bioelectric field that surrounds you). Staying centered in your spine, fill your energy field with your soul’s radiance.

Your energy field extends out all around your body, about the distance of your outstretched arms. So, stretch your arms overhead, and then sweep them out on either side of your body to get a felt sense of where your boundary lies. Your boundary is like a second skin, arms-length away, all around your body. It forms an egg-shaped field around your body.

As you breathe in, feel the boundary of your energy field expand a little. As you breathe out, feel it contract ever so slightly, just the way your skin expands and contracts as you breathe in and out.

Stay aware of this pumping action of your energetic boundary, flexing and expanding as you breathe out, as you breathe in.

Your boundary defines where your personal space ends, and the rest of the world begins. It forms the container for your soul, and for the energy flow of your life. Healthy boundaries begin with a clear awareness of your energetic boundary. When your energetic boundary is strong, flexible, and semi-permeable, it becomes much easier to know who you are and what you want, and to act effectively to create the life you desire.

Pause here for a moment. Take all the time you need, to get a clear sense of your boundary.

In my self-study program, Rule Your World from the Inside Out, we explore energetic boundaries in different ways, and in great depth, so you can develop the skills to keep yours healthy, flexible, and strong. For now, just get a sense of how you feel when you’re centered in a clearly defined, boundaryed space of your own making.

This is the center of your kingdom, the heart of your inner ecology. Your incarnate soul. Your body. Your energy body. Inside the container of your innermost boundary.

The only energy that belongs in here is your own. So take several deep breaths, and, each time you inhale, imagine any energy that doesn’t belong to you compressing into a dense
ball in your lower belly. When you feel as though you’ve gathered up all the energy that isn’t yours into your belly, exhale with a great whooooosh! and imagine catapulting this ball out of your body and your energy field, beyond your boundary, all the way out to the far horizon. See it dwindling into a tiny speck, as it spins further and further away from you, and disappears over the horizon.

Breathe, and notice the creative energy and power that’s been liberated within you. Let your joy, love and delight, strength and power, courage, adventure, and inspired creativity fill the space inside your boundary, filling your energy field and making it rich and dense with your soul’s presence.

Notice how you feel now. Notice the quality of your breath. Notice how your spine feels, and your back, your neck, your shoulders, your head. Notice the flow of energy circulating throughout your body, through your chest and belly, your arms, legs, hands and feet.

From this place of fullness, call on your inner monarch – that Queen or King who lives within you, who has accompanied you since before you were born. Ask her or him to take a seat on the throne of your life, centered in the center of your head, heart, and belly. Feel the top of your crown linking you to the power of the cosmos, the base of your scepter linking you to the power of the earth. Feel your majesty, your supremely sovereign self stepping into the center of your life.

Now, invite the situation that had dethroned you, to approach. Command it to stay outside the boundary of your energy field.

Stay centered. If you find yourself moving out to your boundary, bring yourself back. You can do this by moving your awareness up above your head, and dropping it down through the top of your head to the center of your head. Take your energy back from this situation. Imagine that your heart is a magnet, tuned only to your own energy, and let it magnetize your energy effortlessly, back to your heart, back to your body.

Straighten your crown, lift your head high, straighten your spine. When you feel ready, have a conversation with this situation. Ask it to tell you about itself. Why is it in your life? What does it want from you? What gifts of learning, growth or understanding does it hold, for you?

Then, it’s your turn. Tell the situation about yourself. Tell it how you feel when you’re not in sovereign relationship with it. Tell it how you want to feel. Tell it why you’re in its life. What
a sovereign relationship means to you, what it looks and feels like to you. Declare your intentions. This is how you will relate to it from now on. Your inner Queen, your inner King, will lead the way in this relationship.

When you’ve had enough, thank the situation for its gifts, and ask it to return to wherever it belongs. See it turning and moving away from the boundary of your energy field.

Take a few minutes to jot down brief notes about what you know about it now, and what actions you will take to be in sovereign relationship with it in your life.

Put your hand on your heart again, and invite every part of you – your inner Queen or King, your younger, more vulnerable selves, your angsty teens and your wise inner elders – to join you in a circle in your heart.

Talk with them about the change you’ve just made. Ask for their love and support. Ask them how they feel about this shift into greater sovereignty in relationship to your specific issue. What do they want you to know, that you don’t yet know? What do they need from you, in order to fully support this transformation?

Every part of you – including your younger, more vulnerable selves – holds an aspect of your soul. You need all of your inner selves to come along on this journey, so one aspect of you isn’t fighting another. To end the civil war, be prepared to do what it takes. To arrive at consensus among inner selves who may be at different stages of development, and have different needs and wants, will call on your reserves of time, patience, listening, understanding, and love.

Notice how you feel now. Take a moment to love, honor, and express your appreciation for yourself – for all of your inner selves too – for being willing to explore this difficult situation, to change your relationship with it, and to take the first steps towards greater sovereignty and freedom.

**Moving Into Inspired Action**

Ask your wise Queen or King what you need to do next, to continue to become more sovereign in your life. Becoming more sovereign in this one situation will help you develop greater sovereignty in other aspects of your life as well.

Once you’re clear about what you need to do, write down three practices that you commit to doing each day, that will help you change your mind, your actions, and your behavior,
to anchor this shift in your everyday life. Three practices that will help you become more sovereign. If you find yourself overwhelmed by all the things clamoring for your attention, choose the three that will make the biggest difference in your life right now.

Make your practices specific and concrete. What will you do each day? How long will you do it for? How will you know when you’ve done it?

Make each practice bite-sized and easy to do. Not “I will write my novel in the next thirty days” but “I will work on the draft of my novel every day for 45 minutes.” Not “I will quit my job tomorrow and become a millionaire entrepreneur” but “For the next week, I will spend 30 minutes each day getting clear about the kind of work I want to do, and researching the skills and resources I will need in order to create a successful business around it.”

You can and will build on your practices, but begin with the smallest, most meaningful thing you can do to move in your chosen direction.

Finally, set up the conditions that will best support you in fulfilling your commitments. One of the three practices I’m committed to right now is working on the draft of my next book for one hour each day.

To support me in doing this practice, I’ve created a structure that both supports and cues my inner selves, my body-mind, to get to work. Mornings are my most creative time, so I keep my calendar clear in the mornings, for writing. I shower, dress, have breakfast, meditate, and go upstairs to my study. I bow to my commitments, and pull two Deva cards from my online deck. Then, I sit down and write. My writing room is lovely, light-filled, free of clutter, simple, elegant, inviting. I love being there, and as soon as I sit down at my desk, I’m eager to get to work.

You don’t need a dedicated space for your practices, though it helps if you can do them someplace where you won’t be disturbed. You can light a candle or ring a bell at the beginning of your practice, as an invocation and a signal that you are opening sacred space, devoting this time to the art and practice of your sovereignty. Cues come in many forms, so get creative, and choose ones that work for you.

Then, honor your commitments. Make steady, consistent progress in developing greater sovereignty, strength and freedom in your life. Wear your crown each day, knowing that when you do, you create a life that’s true to you – one that embraces and expresses all of who you are. Do this, and your life will be a gift and blessing, to you, and your world.
GO FURTHER

The practice you’ve just experienced is only a taste of what’s possible for you when you approach life from a place of sovereignty.

If you’ve grown weary of wrestling with your circumstances, floundering in your relationships, and yielding to your fears; if you’re ready to watch your life transform as you step into your sovereignty on a day-to-day basis; if you want to learn energy alchemy skills and practices that will support you profoundly in making these changes...

Then I invite you to take the time right now to explore my self-study program, Rule Your World from the Inside Out: Sovereignty and the Art of Soul Leadership.

This transformative, self-guided program, which I taught live for many years, is designed to help you lay the foundation for a lush & joyful inner world.

As the lessons unfold for you, you’ll enter a new era of creative sovereignty where you’ll refine your ability to discern what your kingdom requires in order to flourish & grow. You’ll also strengthen your capacity to take focused, purposeful action to fulfill your most cherished desires.

By the end of the program, you will have learned skills and tools to manage your own energy, take loving care of yourself in any situation, and clarify and transform patterns that get in the way of creating a life that’s true to you.

You’ll experience a deep connection with your soul and your world, and you’ll know, in your bones, the web of love and belonging in which you are held.

You’ll trust yourself more, make clearer choices in alignment with your heart, and embody more of your own wisdom, power, beauty, clarity and discernment.
Past students have experienced profound benefits from this work, such as:

- Transforming failing marriages
- Rediscovering passion and joy in their work
- Becoming pregnant after trying unsuccessfully for many years
- Tripling their income
- Starting new businesses
- Signing successful book contracts

And many, many other positive results.

I can’t promise that your experience will be the same as that of my past students, but I can promise you this.

As with anything you do, you’ll get out of this program what you put into it. The more deeply you dive into this material, the more it will transform your life.

The tools and skills you’ll learn in this program are meant to serve you for a lifetime, so this eight-lesson journey is only the beginning of a great adventure.

Here’s what some of my students have said about their experience:

“Hiro has created a masterpiece – simply reading or listening to this will change you. If you feel overwhelmed, unsure of what you want, unable to get on with your “thing”, How To Rule Your World will help you find your way. Truly this is so good, so lovely, a true heart-transmission.”

Jennifer Louden, Best-selling Author & Teacher | Jenniferlouden.com

“Rule Your World has given me the tools to live with power and to create my world with openness and love. What I really wanted from this course was to find a new foundation for my personal life – which it did, beyond measure. But my relationships and business are also flourishing. My life is forever changed because I have the tools now to change it.”

Vikki Spencer | TheMomWhisperer.com
“Though I’ve worked with spiritual material for 25 years, I’ve never encountered a teacher who articulates the landscape of the psycho-spiritual realm so beautifully. The material in Rule Your World from the Inside Out is deep and rich and vivid – a thorough and beautiful reexamination of the energy anatomy of the body and soul. I offer a bow of humblest gratitude to a master teacher.”

Amy Oscar, Writer and Teacher | Amyoscar.com

If you’re ready to begin ruling your world from the inside out, visit this page to learn more.

Through this program you’ll experience greater wholeness, peace, spaciousness, self-trust and ease in every aspect of your life. And you’ll leave equipped with everything you need to live a free, joyful, prosperous and vibrantly creative life.

Rule Your World from the Inside Out today.

Love,

Hiro