



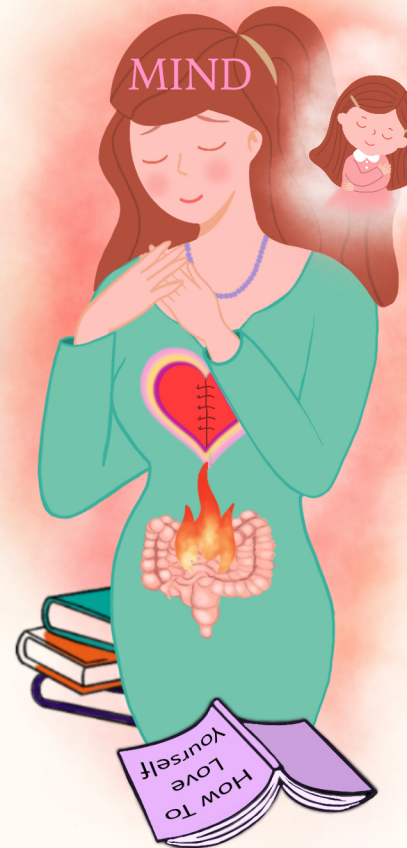
SOVEREIGNTY THERAPY

STEP 1: Identify
Dysfunctional
Patterns

STEP 2: Make Room
to Transform
(remove stuck feelings,
toxic patterns, etc.)

STEP 3: Ignite the
Internal Flame &
Intuition

STEP 4:
*Embodiment
(Freedom, Joy, Delight!)



*Embodiment = to bring Life, soul energy, and empowered emotions into the physical body