





# Maintaining Personal Sovereignty

## Every Practitioner's Personal and Professional Responsibility

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**S**overeignty is everybody's business. Personal sovereignty is a universal right; just as is the right to full and complete power over your own body, spirit, soul, mind and heart without interference or intrusion from any other physical or energetic source or being. Every single living person or being within the multiverse possesses a universal right to sovereignty; a right given to all beings by Source.

Regardless of your profession or position in life, if you lack full and complete sovereignty you are suffering vital life force loss. If you recognize this as provoking, it should be!

### **Practitioner Sovereignty: A Moral and Ethical Responsibility**

Practitioners have a critical moral and ethical responsibility to ensure personal sovereignty. When you work on behalf of others, you are working to better their condition or situation. As a practitioner, if you are not sovereign, you are not a clear channel for healing energy. Worse, you could place your client or patient in jeopardy of receiving the energy that, in fact, violates your own personal sovereignty.

Many types of energy can violate or obstruct personal sovereignty. Within shamanism and shamanic practice, there is recognition of "non-ordinary reality." Professional shamanic practitioners

work within the non-ordinary realm, where often energetic beings reside, including disincarnate humans and other beings, living conscious beings, non-living intrusions and other thought forms. These various forms of energy and/or beings can take up residence within you, your field, spirit and/or soul. They can also be within your office or home and energy can be corded to you.

These energies may be generated by you, others or from the collective unconscious. While not typically malevolent, most disincarnate beings or intrusions are opportunistic in nature. They come to you because they recognize you as a vehicle or connection to help them cross. They can see your gifts, whether you are aware of the gifts you have or not. However, when they are with you, in any of these ways, your universal right to sovereignty is being violated and your vital life force power compromised. In addition, your power to heal, transform or better a client's condition or situation is, at best, being obstructed.

### **The absence of sovereignty is a potentially dangerous condition.**

Meet Spirit, who I am channeling as I write. "Should I really use the word Danger?" I ask. "Absolutely!" Spirit answers. Spirit minces no words in the conversation around personal sovereignty.



Your living body and spirit vibrate on a different frequency than all other energies. Middle world energies that exist in the non-ordinary-dimensions — disincarnate, sentient and conscious beings, as well as other non-ordinary-dimension energies — are not compatible with living, human energy-bodies. If these energies come to be with you, they introduce imbalance and dis-ease into your spiritual and physical bodies. Some energies are more precarious than others. Some energies can hang out with or within you for a while before the impact causes a noticeable problem. Other energy is so toxic you may notice a more immediate impact.

We live in an energy world. Everything is energy. Like-energy attracts like-energy. If you are carrying a particular energy vibration with you, sadness for example, you have a very high probability of attracting energy that vibrates on the “sadness” wavelength. If you happen to be in the vicinity of a sad ghost, guess what? You may be at risk of becoming the new homestead for the melancholy ghost.

Energy moves around. It likes a host with lots of energy. While it vibrates on a different wavelength than you do, it needs energy to give it power. Your energy is finite. As it is depleted, your ability to sustain health and a clear channel is depleted. As your vital power is depleted and your resistance lowers, more energies move in.

Let us take another look at the sad ghost who moved in to keep your sadness company. What other energetic vibrations is the ghost carrying? First, she does not know she is dead. She is sad because she has cancer and she is dying. . . Oh, she has cancer? Cancer is energy, too. It also vibrates and attracts like-energy. Like-energy attracting like-energy quickly begins to take on a different level. What energies is your “sad ghost” attracting?

Energy that does not belong to you and does not serve your highest good can come even if you are not carrying a similar vibration. For many reasons, practitioners are exceptionally exposed to picking up

energy of every kind from clients and patients. It can happen for no obvious reason whatsoever. Minding your sovereignty is vitally important for you as a human. Preserving your sovereignty is imperative as a practitioner.

### **No Sovereignty. No Personal Power.**

Throughout life as humans, everyone experiences personal negative emotions and less-than-positive feelings. Having these feelings and emotions is your right. Yet, given everything is energy, when processing these emotional energies you also have a universal responsibility to ask Spirit to transmute them to light. Otherwise, the negative energies are “breathed” and “sent” out into the world, to be absorbed by another.

Expressing or allowing your personal emotions and feelings to be released into the world has an extraordinary impact on all living things, including other humans, the food we eat, plants, animals and more.

*When you “exhale” your emotions into the world, you are affecting every living thing, including that which you cannot see.*

Learning to be responsible for your feelings and emotions can preserve the health of others and the planet. It can also keep you from attracting more of the same negative energy and finding yourself in a much worse place than where you started.

For the same reasons, you also have a responsibility to cross disincarnate or displaced beings into the light or back to where they belong.

Sovereignty is a slippery slope. The moment it is



compromised, you have a life-force (power) leak. Your power may be leaking in many ways. First, it is being consumed by the energy that has come to be with you. The sovereignty violators seek your prime energies and at some point, your highly intelligent body begins to sense it is running low on power and your adrenals releases high-voltage energy.

If sovereignty is not secured quickly, the loss of vital power becomes a drain to your physical, emotional and energetic bodies. The good news? It does not need to get to this point. Ever.

### **How to Achieve, Preserve and Protect Your Sovereignty**

Sovereignty is a right and it is yours to claim and protect. On behalf of all creation, Source enacted for every single being — of every kind — a divine ordinance of sovereignty. Every being throughout the multiverse is aware of this divine right.

Below, are the key sovereignty allies, who can be engaged to assist, protect and maintain sovereignty.

### **Soul Guardians**

You have been given the resources to achieve, preserve and protect your sovereignty. Every human has a Soul Guardian, who has the responsibility to provide you with spiritual and physical protection, wisdom and direction.

You do not have to be a shamanic practitioner or even highly intuitive to ask your Soul Guardian for help. If you are able to “connect and communicate” directly with Spirit, I recommend you ask to meet your Soul Guardian and get to know them. Your Soul Guardian will be an enlightened and compassionate being from the Upper and/or Lower World. They will never be a middle world spirit.

If you have not learned to “connect and communicate” with Spirit, no worries! Simply ask to connect with your Soul Guardian, greet them with gratitude and request they clear you of all energy that:

- Does not serve your highest good
- Is not protective
- Is violating your sovereignty
- Is not of the True, the Good and the Beautiful (i.e. an enlightened and compassionate Upper or Lower World helping spirit)

### **Ambassador of Sovereignty**

Every person has an Ambassador of Sovereignty Helping Spirit (AoS). Your AoS is your personal sovereignty bodyguard. Always present and similar to your Soul Guardian, your AoS is available to protect and defend your sovereignty.

It is sometimes possible for energy to get past your AoS; however, when you employ your personalized spiritual hygiene and sovereignty practice, anything that gets through will not be able to stay.

### **Archangel Michael**

Archangel Michael is not only renowned; he is fabulously powerful. He is as kind and loving as he is capable of securing your sovereignty. When you say his name, he is there.

Archangel Michael is a tremendous sovereignty ally. If you need to be cleared of energies that do not belong with you, simply ask Archangel Michael. You do not need to be formal or wait until you are sitting in a quiet place. You can ask him while you are working with your client or shopping or driving. He is fast and he is thorough.

### **Body Protectors and Power Stacking**

You do not have to know who your helping spirits are to get help from your enlightened and compassionate body protectors. Regardless of your ability to connect to the non-ordinary realm, everyone has body protectors. Respectfully request your Soul Guardian bring to you the needed body protectors to insure your protection and sovereignty.

### **Source Light**

Certainly not last, nor least, Source Light is the most powerful provider and protector of personal sovereignty and healing. Connect with Source Light



to request both. Address Source directly and be specific about what you need. Share your heartfelt gratitude and rest in your sovereignty.

### Memorizing Your Own Energy Signature

Once you have achieved a sovereign state, sit with it. Ask Archangel Michael to help you “feel” what it is like to have your spirit and your body all to yourself. It is very quiet.

Once you know what your unique and sovereign energy signature feels like, you will know when energy that does not belong moves in.

When this happens, I call on Archangel Michael, my Soul Guardian and my Ambassador of Sovereignty and ask to be cleared, healed and restored. I often use my hand to show them where I am feeling the energy, but that is not really necessary. I know I am clear when my own energy signature is all I feel and hear.

*Maintaining sovereignty is sort of like keeping your garden weeded. Installing protective barriers and routine weeding keeps weeds at bay. Likewise, a routine sovereignty hygiene practice keeps that which does not belong out!*

### The Importance of Daily Sovereignty Hygiene

Developing and maintaining a routine sovereignty and spiritual hygiene practice is your best defense. My helping spirits say that clearing once per day, prior to bedtime, is the minimum frequency. If you are a practitioner of any kind or you work with people, you may likely need to clear


many times throughout the day. Checking in with your energy signature will inform your need.

Your Sovereignty Team will work with you to secure and maintain your sovereignty. There may be times when conscious or unconscious energy makes its way in. This is why a daily sovereignty protocol is required, especially for practitioners. Establishing a relationship with your Sovereignty Team will help you effect and maintain your sovereignty.

Occasionally, energy will come to us that requires a 3rd party practitioner to witness and clear it. If you are unable to clear the energy yourself through the processes I have provided, seek out a qualified shamanic practitioner.

Protecting and embracing your sovereignty will absolutely improve your life.

You will become better at everything you do when you are a fully clear channel.

- You will hear Spirit clearly
- You will not confuse the thoughts of intruding beings for your own thoughts
- Healing energy will flow through with much more potency
- Your relationship to your helping spirits will be clearer and more powerful
- You will enjoy a higher level of physical health and well-being 

Download Your Sovereignty Prayer

<https://theshamanicpractitioner.com/sovereignty-prayer/>



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