

The Sovereign Story Ritual

Prepare Your Sacred Space

- Light a single candle.
- Place your journal or parchment before you as an offering.
- Anoint your hands with a few drops of oil if desired, whispering:
'These hands write the story of my resurrection.'

Breathe into Your Throne

- Close your eyes.
- Take three deep, slow breaths.
- Visualize a golden crown settling lightly onto your head with each inhale.
- Anchor into your sovereignty.

Whisper the Royal Invocation

Softly speak:

'I anoint my story with grace.

I awaken my crown with truth.

I ink my resurrection with love.'

Begin the Sacred Scribing

Reflect and write upon these prompts:

- What parts of my story are ready to be crowned with love today?
- Where have I risen from the ashes?
- What wisdom do my wounds whisper back to me?
- If my life is a resurrection, what chapter am I writing today?

Seal the Session with a Royal Blessing

- Place your hands over your writing and affirm:
'This is not just ink. This is resurrection.'

The Sovereign Story Ritual

This is not just paper. This is my palace of power.

My words are sovereign. My story is sacred. My crown is eternal.'

- Gently blow out your candle.
- Rise in remembrance, crowned anew.