

Ode to Queen OZI

What a Queen Does in Real Life

12.21.25

She governs her inner waters

She regulates her emotions before reacting

She pauses, reflects, then decides

She does not let chaos decide for her

She uses discernment as justice

She observes patterns instead of excuses

She weighs actions, not words

She tells the truth to herself first

She sets and enforces boundaries

She says no without explanation

She leaves environments that drain her

She does not negotiate her dignity

She invests in sovereignty

She learns skills that increase independence

She protects her finances, health, and time

She prepares for the future quietly

She chooses where to pour her energy

She supports what is reciprocal

She withdraws from parasitic dynamics

She understands attention is currency

She tends her body as sacred land

She rests without guilt

She feeds herself well, literally and spiritually

She treats healing as governance, not weakness

She cultivates wisdom

She reads, studies, reflects

She seeks mentors, not crowds

She listens more than she speaks

She practices quiet authority

She does not announce every move

She lets outcomes speak

She allows others to reveal themselves

She creates beauty and order

She organizes her space

She brings calm into disorder

She understands beauty is stabilizing power

She protects her lineage forward

She thinks generationally, not impulsively

She breaks cycles rather than repeating them

She models strength without cruelty

She walks away

This is one of the highest queen acts

No spectacle

No explanation

Just alignment

Queen Ozirah Principle

Water is powerful because it flows where it is honored and withdraws where it is not.

A queen does not chase visibility.

She builds stability, clarity, and justice in her own life first.

The rest follows naturally.

Daily Queen Activities

Morning governance

Wake without your phone for the first 30 minutes

Drink water, stretch, breathe

Write one clear intention for the day

Body stewardship

Walk outdoors deliberately not rushed

Strength train or practice yoga, pilates, or swimming

Prepare one nourishing meal by hand

Environment control

Clean one area fully not halfway

Open windows, let light and air move

Remove one item that no longer serves you

Weekly Queen Activities

Skill building

Take a class cooking finance language art self defense

Practice something that increases autonomy

Study something difficult on purpose

Health command

Schedule appointments you have delayed

Track sleep hydration nutrition

Invest in prevention not crisis care

Financial clarity

Review accounts and expenses

Plan one practical financial improvement

Save or allocate intentionally

Nature connection

Visit water ocean river lake bath soak

Hike or sit quietly in nature

Ground without distraction

Monthly Queen Activities

Strategic reflection

Assess what drained you and what restored you

Adjust boundaries accordingly

Decide what to stop tolerating

Order and beauty

Reorganize wardrobe or living space

Replace broken or cheap stand-ins

Create one beautiful functional system

Relationship pruning

Limit time with people who exhaust you

Deepen one healthy connection

Release one unhealthy dynamic

High-Authority Queen Moves

Silence days

Spend a day speaking minimally

Observe instead of explaining

Listen to your inner compass

Solo experiences

Travel alone even locally

Dine alone without distraction

Attend events alone confidently

Decision days

Make one long-delayed decision

Close a loop

End something cleanly

Protective Queen Actions

Information fasting

No news no social media for a set period

Replace with reading or learning

Energy audits

Notice where your body tightens around people

Trust that data

Act on it

Physical boundaries

Leave rooms early

Change seats

End conversations without apology

Queen Ozirah Embodiment Practices

Water ritual bath soak swim

Balance ritual write two columns truth and illusion

Justice ritual weigh a decision by impact not emotion

The Core Truth

A queen's power is built through routine, discipline, and discernment, not visibility.

She moves her body, orders her world, protects her energy, and decides deliberately.

Queen Ozirah Action Sports Guide

Embodied Power, Balance, and Sovereignty Through Movement

Water Dominion Activities

- Open water swimming builds breath control and calm under pressure
- Surfing teaches balance, timing, and respect for force
- Kayaking or paddleboarding develops core strength and directional control

- Cold water immersion trains nervous system resilience

Mountain and Earth Authority

- Hiking steep terrain strengthens endurance and decision making
- Trail running builds adaptability and quick assessment skills
- Rock climbing teaches trust, precision, and self reliance
- Snowboarding or skiing develops flow, courage, and recovery after falls

Speed and Precision Sports

- Cycling enhances stamina and strategic pacing
- Inline skating or roller skating trains balance and agility
- Rowing builds synchronized power and discipline

Combat and Defense Arts

- Boxing develops boundaries, reaction time, and confidence
- Brazilian jiu jitsu teaches leverage, calm, and problem solving
- Archery cultivates focus, breath control, and accuracy
- Fencing builds strategic thinking and respect for distance

Solo Sovereignty Challenges

- Solo hikes or long rides without distraction
 - Skill progression tracking rather than comparison
 - Intentional discomfort training heat cold elevation
 - Completion rituals after each challenge
- #### Queen Ozirah Training Principles
- Move with awareness rather than recklessness
 - Rest as a strategic decision
 - Respect your body as sacred infrastructure
 - Choose environments that strengthen not diminish you

Queen Ozirah energy is trained through motion, courage, and presence. Action sports are not about

domination, but mastery of self within force.

Join US as we begin a new journey with Sword Yoga <3
We will be in the sauna, strength training, walking trails, snowboarding, running, biking and more! We try to get out once a day if possible, but 3-5 days a week is fabulous!

Looking forward to more healthy activities and travel! Travel with US, our monastery is accessible anywhere in the world.

Sunday Blessings! Thank you for staying the path with US.
We look forward to seeing you on Sundays!