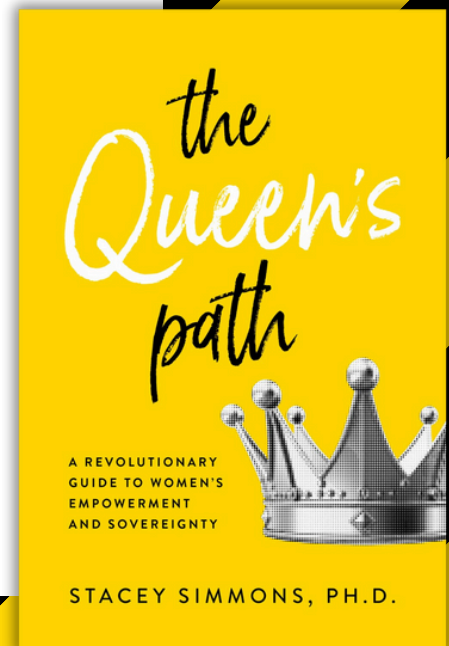


# On Simmons's The Queen's Path

A Revolutionary Guide to Women's  
Empowerment and Sovereignty

- Sovereignty is the ability to conceive of, and direct one's own life with full ownership.
- The Queen's Path is not a feminist idea, although it aligns with feminism. Sovereignty is the foundation of EVERY woman's right to make her own choices.
- In this work, Dr. Simmons connects the threads of the Queen's Path with examples from ancient Greek and Roman mythology, Disney films like Frozen and Maleficent, and the lives of her patients.
- Women have a wholly different route to authority, independence, and freedom than men.
- Sovereignty is something women are actively denied- the word itself is rarely used or discussed. In its place we use the term "equality" which is given by someone else.
- Joseph Campbell described his discovery of the Hero's Journey as a monomyth. He called it an archetypal journey that every person goes through in life, but even he acknowledged there was no path for women on the Hero's Journey.
- A woman CANNOT take a hero, or heroine's journey in the same way a man does. She must first take an archetypal journey that identifies the constraints placed on her from a childhood that trains her to be a beautiful object.
- Women are bumping up against toxic structures, and we do not have an effective vocabulary. We need new terms to describe our lived experiences.
- In this work, Dr. Simmons reveals an ancient archetypal pattern hidden in plain sight for over 5000 years. The pattern can be turned effectively in the service of women's sovereignty once understood.
- THE QUEEN'S PATH supports women-driven storytelling, appealing to those in every creative domain by helping professionals- from screenwriters to psychologists—think in new ways about narrative, the inner journey, and character.



THE QUEEN'S PATH: A Revolutionary Guide to Women's Empowerment and Sovereignty  
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Stacey Simmons, MA, PhD, LMFT is a licensed psychotherapist. Her practice focuses on  
helping creative professionals with everything from trauma to creative blocks.