



embody truth

The sacred alchemy of the heart



Sovereignty – and the power of presence

Yesterday is history, tomorrow is a mystery, and today is a gift;
that's why they call it the present – Eleanor Roosevelt

Welcome!

This book is a powerful introduction to a method of developing Sovereignty, an embodied presence. This way of 'meditation' is like a fast path to states of consciousness that used to take yogi's years in a cave to master. It is offered here to you as an invitation, to support all of us in co-creating a better world. A life and a world that inherently understands, and reflects, that the nature of reality is interconnected, and unified.

Thank you for joining me.



Many people today have learned to meditate, and it has been shown to be extremely beneficial for maintaining health, a sense of wellbeing and reducing stress.

Most meditation technologies teach us to witness either what is happening with the breath, or a mantra (an object of focus). However, while keeping stress levels down is a great idea, some of you may be aware that meditation can also be an escape, a way of not truly being in life.

Many people who are on a spiritual journey are actually using their spiritual journey to bypass the reality of being human. While this opting out, may of course reduce stress, it most certainly falls short of the many possibilities available to living our fullest potential in life. I have been there myself, and looking back I can see how it was really another coping strategy. It was a way of avoiding facing some of the challenges and opportunities that were obviously arising in life. Hindsight is 20/20!

Yet life has a way of calling us forward, we are not here to avoid it, we are here to live it fully. Sometimes the call is subtle, or if unheard for a while, may sound, and feel, like a freight train passing through us with its whistle

blowing loud and clear. I unconsciously took the freight train approach, and my personal level of disconnection at that time, and subsequent avoidance were such that I ended up quite sick. This was indeed the wake up call that life was asking me to face. Obviously nobody is going to consciously choose to be sick.

The long and the short of it is that this journey of healing, had me realize that illness was the body's way of speaking, telling me that all was not well in my life and my world... and that I needed to pay more attention and decipher it's message.

Going back to meditation and spiritual journeys and how we go on them to avoid life, I realized how this is quite paradoxical, as meditation is the foundation of most great spiritual traditions; traditions which are idealized as journeying toward salvation, enlightenment, or freedom. We are not just ascending up to the God realm; we must also descend into the human realm. Ultimately we come to realize that there are not two realms, that as we integrate the two they become one; whole and integrated.



Matter is Spirit moving slowly enough to be seen

Spirit and matter are really just different energetic frequencies on a scale between spacious and dense. Space being empty of existence, and dense being the physical dimension of existence. Crossing this bridge is existential... Heaven is right here on earth.

So over this journey, through a spiritual awakening experience, and several years of poor health, most of which was labelled incurable, I learned a whole new language and way of being. I learned to read energy and decipher truth through the heart amongst all the lies and ideas I had previously believed. I learned how to integrate the nervous system, and

meditate in such a way that I was no longer trying to escape life. Much of this I learned the hard way, as stubborn habits can be hard to break, and as I had no idea what I was doing, where I was going, or how to go about it. It was very much like being blind. Yet everywhere, sometimes seen, there was inspiration and guidance. Through this 'unknowing' I found my innocence, and with that and sincerity I fumbled into realizations which arose naturally from integrating the subconscious unresolved past experiences, wherever they originated.

. . . And let me tell you some of them were from the ancestors, and some from lives before this one.



Now rather than getting hung up on the science and reality of that statement, which might require another book, I'd like to say it doesn't matter ... ***if it is felt in your body, it is your responsibility to heal it.*** Looking back, I see how I was granted grace and all the resources to guide me, though at first I was resistant and a slow learner and it all seemed like a bother and a curse.

I want to share these methods with you, as I realize it is now my soul's purpose to do so. The journey itself was intertwined with this purpose and as I write this I feel the gratitude and awe of having been given the gift of life.

There is a way to meditate, which I believe is easier, and requires a combination of what I call Sovereignty, and Embodiment. Both these

aspects go hand in hand, and support a journey to health, healing and awakening . . .

. . . through opting in, instead of opting out.

Sovereignty:

The word, Sovereignty is inadequate to describe what I really want to say. As a word, it is going to do its best to just point at the experience that it is endeavouring to describe. As such please just use these words as inspiration, they're all I have through the medium of book ... instead I invite you to read between the lines and feel into the felt sense of what I am trying to point at.

In general terms Sovereignty is about knowing who you are, owning the responsibility of that, and being able to respond from it.



Its about being available to life in the present moment, and knowing your own integrity and boundaries, so you know the truth of where you stand, and you can respond, and speak from that connection with truth.

Sovereignty is about being your own authority, the author of your life, in full recognition of the consequences of your actions to yourself and others. There is no co-dependency in Sovereignty, and there are no projections, there is a sense of a unified experience of you as part of the whole of life. But wait, I don't want to jump too far ahead too soon.

The whole topic of Sovereignty is vast, and I have spent many years developing workshops and courses to support people having the experience of it, which helps them heal themselves, and become more connected with owning their life, and expressing their gifts. Think of this book as a first step guide, and hopefully an inspiration to your own journey. Whether you are seasoned in meditation skills, or this is your first experience; I invite you to arrive here with innocence and openness. Trust that as you journey this way, more and more will be revealed to you, through the direct experience of your own soul. Your own light will show you the way.

Think of this as ‘How to become Present 101’.

Sovereignty goes hand in hand with embodiment (more on that later). You can think of Sovereignty as the development of a connection with your *felt sense* experience. This is a body oriented, somatic approach to noticing the whole you. The *felt sense* is a direct energy experience of your inner state. So rather than focusing on just the breath or a mantra you are focusing on your soul (or the subconscious mind). This experience includes all the senses and the breath, and anything else that arises within that container of the whole you. And yes, that might include aches and pains, thoughts and ideas, colours, images, sounds, smells, feelings and emotions.

It is hard to put any of this in the context of what you already know, as anything you know isn't it, just as nothing I know is IT either 😊. I trust that the audio journey and the direct experience of Sovereignty will put you right in touch with an unshakeable **knowing** which makes sense of these words which may at the moment seem abstract to you. This challenge is important to mention, as all the time we are reading or hearing words, we are always taking them in through the filters of our mind, which is trying to put them in the context of something you already know. This is just not going to work in this situation. Why...? Well... it's because it is not about knowing.

It's about *not* knowing!



Sovereignty will take you through a doorway; a doorway beyond the mind and what you already know.

Recognize that everything you 'know'; has got you everything you've got. If that is working well for you great, if not, are you ready to ***unlearn what is limiting you*** and find a new way of being that is going to serve your health, wealth and happiness?

Important in Sovereignty is the differentiation between what is 'you', and what is 'not you'. Through the feltsense energy you can discern what is you, your soul, through accessing the subconscious mind. Ultimately Sovereignty is about engaging and connecting with 'you'. This is not about who I think I am, a bunch of labels, concepts and ideas; this is a direct experience of energy. It is within this feltsense connection that there is a clear discernment of what I am responsible for, and what I am not. This way I can know what I am reacting to, and own it as mine, so that I might respond to life more powerfully.

Inherent in knowing through the direct experience of Sovereignty, is being able to differentiate and discern, and thus ***know*** our own integrity and clear boundaries, through the direct experience of them. It is about fully inhabiting our self.

Being Sovereign is important as it can change how we perceive, which in turn affects how we experience and therefore react, respond and make choices in life. ***This is the gold we have been looking for.***

Sovereignty heals us, it provides the ability for the nervous system to integrate (or reintegrate) mind and body connections that may have become separated through past traumatic experiences, and which remain unresolved within the nervous system. As we become more Sovereign we support the ongoing effort of the nervous system to recalibrate back to a

homeostasis, which is balanced and integrated; and where it can find equilibrium.

It is within this experience of balance that we feel safe, and yet able to grow and express the gift we are here to share.

Sovereignty is not just a meditative and passive experience. It is a way of being in life. Sovereignty is a full engagement, with awareness of the feelings, emotions and sensations that are informing your being in each moment. Sovereignty is about making the subconscious conscious in an alive, and moment, by moment, way.

Sovereignty is a path for healing, and also a path for living.

Much of the experience that you might be having in each moment is primarily subconscious or unconscious. The divine intelligence of the body is taking care of a lot of things for you. It is fully engaged with its environment in a feedback and feed forward loop. It is noticing what is going on outside you, and also what is happening within. From all the information it is receiving it is calling on what it is holding from the past also, in order to keep you safe.

If you have unresolved subconscious material from the past, that can be affecting you adversely. It is limiting you even though you may be unaware of it in this moment. It is likely we have written a bypass to avoid it, since we haven't been able to resolve it. This has taken us out of our potential, out of the present moment, and out of our authenticity and created an adaptation to compensate. Being Sovereign is going to help you resolve the past, so you no longer need to be inauthentic, adaptive and cope with life. You can start really living it instead. There is a lot of energy tied up in these unresolved past experiences, a lot of our passion lives inside them... wouldn't you like to have that available?

Most everything, which the body is processing for you is happening unconsciously, and handled by the autonomic nervous system. Heart pumping, blood moving round, breathing, that sort of thing. Yet in its effort to find balance and homeostasis anything, and everything unresolved, any past threat that might happen again for example, is taken into

consideration. It doesn't work on logic. It works on association. It's not about reasoning and knowing, it's about feeling and sensing. If it bumps into a feeling that is familiar and was in the past perceived as a threat, it will react instantly to save your life.

An example of this pertains to veterans who were in combat, and many years later the sound of a car back firing creates an instant instinctual reaction. It may have them duck for cover, raise their heartbeat and create a surge of adrenalin, in order that they are ready for fight or flight... and so that they might survive. This has value of course as far as it goes.... However, that threat is an implicit memory living within you and triggered through association of the sound, without any use of your prefrontal cortex.

This is a perfect example of how something from the past, affects you in the present. This sort of experience can create havoc in a nervous system, making you anxious, and afraid, creating nightmares or sleepless nights... until it is resolved. Well Sovereignty is the first part of the method of resolving it. There are other parts, which are beyond the scope of this topic and covered more under the trauma healing programs of Embody Truth technology.

Sovereignty is about creating a conscious container where the unresolved past can arrive to be seen, transformed, and reintegrated back to a homeostasis of harmony. As a result your relationship with life, others, and the world transforms.



SOVEREIGNTY
be yourself !

Embodiment:

Being Sovereign actually implies embodiment, however this piece is so important and also the big difference to most common ways of meditating that it calls to be highlighted. **Embodiment is a way of meditating which integrates the conscious and subconscious mind.** Instead of there being a witness separate from what is being perceived, the quality of embodiment is where we are fully embodied in the experience, so we are one with it. At its best it is an integral experience of all there is, and in this experience and realization it brings harmony to the present moment.

***embodiment is active not passive;
it's a dynamic engagement in 'now'***

Sometimes this is easier said than done. While a simple concept, there may well be a whole host of challenges between who you think you are . . . and who you really are, and these can get in the way.

Who you think you are is made up of implicit (unaware) memories that start right back in the womb and through the first few years of life, when much brain development is happening and we are being shaped for survival by the environment; parents, society, culture, we are about to arrive in. This is where we are learning from what we sense outside us, and how the outside is reacting to us. Additionally, any experiences that couldn't be resolved or integrated through our nervous system also shape us; I call this trauma and Embody Truth has a course in healing trauma to work through these experiences using Sovereignty as a base. All these experiences imprint our subconscious mind and shape 'who' we think we are. They create adaptations, and coping strategies to help us get through life safely.



**It is our memories, which
create a sense of time.
Without a memory we
become eternal.**

All these memories, have association, and are clustered together to form a coherent sense of self and they feel so much like us we don't even notice them, or recognize that there is another way of perceiving. This is what can arise in the endeavour to embody the present moment. Yet it is actually the embodiment of them, through the felt sense, which clears them . . . given that you're Sovereign of course. It is also the embodiment of them, which shifts our perception and opens up new possibilities in life to go forward. It is like being able to see something, which was previously hidden. It's like each memory is a doorway to releasing something that was created back in that past moment.

Energetically it is possible to notice whether we are embodied or not, and this becomes a guide to the work we are doing. While this is beyond the scope of this introductory book, it is most definitely something to look forward to.

This embodiment is what I refer to as the ***non-dual*** aspect of the work. Embodiment is a way of being in the present moment, where there is no witness separate from what is being witnessed; duality. It is experience, experiencing itself; unity. This is consciousness, aware of itself. No separation. No trauma. Trauma therefore can be considered separation, and recognize that in separation we create fear. Without separation there is no fear, there is only a direct experience of the self. If you turn this around a bit, you can welcome trauma as a gift and gateway to finding your true self, and that is exactly how we work with it.

There is always more to say, and more to learn about being Sovereign and embodied, it is a process and a practice. Practising Sovereignty brings huge rewards, and I would encourage you to include it in your day as a way to start, in conjunction with the Heart Connection book offered on the website www.embodimenttruth.com; free to subscribers.

As part of your practice, take pauses and deep breaths throughout the day to check into the felt sense of you, to notice what is going on for you at all levels. Lots of little pauses, along with a few practice sessions will have an exponential affect on your Sovereignty levels. Ultimately you will just live in Sovereignty, and this is a remarkable way to journey in life.

Expanded Consciousness:

Most people are unaware, that where you are perceiving from, and the location of your perception is affecting the experience you are having. This observing awareness, for some, may even be outside the body. Perceiving just from your third eye, or head for example will offer a different experience from perceiving from your heart space, or belly. Ultimately the whole body is conscious and able to perceive. When we perceive this way all the parts of us become an integrated whole, and we perceive from our wholeness.

In this method of Sovereignty there are many benefits to developing this expanded way of perceiving. For example when we perceive just from the head, there is already a sense of separation. As if the head is perceiving the body as separate. There is a two-ness in it! Two-ness or duality is creating separation, there is now a relationship between the two, instead of a one, integrated co-operation and co-creation. Perceiving from the head is common and here we are usually more aligned with the ideas and identification of who we think we are. When we sense something from here we are in a duality, separate from what we are sensing. There is like a filter that we look through which is affecting what we see. Usually unrecognized by us, we are actually creating that tension in our own body!!



Moving into a perceptual quality of openness and anchored in the whole body feltsense, actually changes the experiences we are having.

When you perceive in this expanded way, there is less identification, and attachment to a sense of self, which is creating the challenges you might usually have. Instead you are cultivating a quality of engagement with the whole of yourself and the whole of life. From here many new options and journeys become possible.

When you are expanded, the big problem, will seem a lot smaller 😊

So here are some of the basics pieces, which go along with the audio, to support your journey to Sovereignty and a powerful embodied presence.

- Start by breathing yourself into yourself.
- Take some time following the breath into your feltsense experience so that you land and anchor into yourself.
- Choose an alignment, for example breathe in 'openness', or breathe in 'I'm here to see the truth'.... Or any combination that feels right for you.
- Feel and notice what openness, or your chosen alignment feels like.
- By sensing and feeling, Discern if you are open.
- If you are not, sense the part that isn't; feel it.

- When you feel the energy qualities of that part, just acknowledge, and honour it (do not judge it); it has been serving you in some way. It is one of your protectors.
- Keep looping through this process until you feel in alignment with your choices and intentions.
- Feel into the feltsense of the whole body, head to toe.
- While anchored in the feltsense, feel the breath move through it, as if the breath has eyes... all the while making connection with the canvass of you.
- Anchor in; this means stay connected to whatever you have seen/sensed as you continue to see and sense more and more information. It is about being a feltsense canvass, anchored to that canvass and noticing and making space for whatever arises. That is openness. There is no limit to how open and inclusive you can be.
- Remember what you are sensing is dynamic and changing, so noticing changes is how the information comes to you.
- Inherent in being open, sensing and feeling, is a claiming or ownership of everything that you meet along the way. No resistance, just allowing. A sort of 'this is me' acknowledgement.
- The more you anchor in, the more sovereign you are, the more you see and sense ... the easier it becomes. EnJOY.
- As you hold the spacious field, or feltsense canvass of you, you are being inclusive to anything that arises on it.
- Notice any parts that are calling you... perhaps there is some tension or pain. Breathe into these parts; meet them with the feltsense and the breath. They are part of the colours on your canvass, open to them, honour and allow them. They have gifts for you.
- Keep working in this way, including all that arises on your canvass until you feel connected, anchored, present and here. You might feel a sense of harmony, balance, spaciousness... or anything else?
- Noticing changes is important, that is what gives us truth about what is going on. Truth arises as realization out of the feltsense. You don't have to do anything to find it. Just what is described above.
- Place one hand on your heart centre. Invite your being to breathe into a deep sincerity... notice how that feels.
- From this deep sincerity, say to yourself, 'I'm here for me'... mean it. Notice how it feels.

This practice is really the beginning of the Heart Connection Journey. Once you have arrived in the energetic field of you, the felt sense; the next part I would recommend is the Sacred Journey to the Heart. That book/audio is offered free for those wishing to subscribe at www.embodytruth.com

There is so much more I wish to share with you. I hope you will choose to stay engaged, provide feedback, and choose to take more and more journeys into your heart. I look forward to being of support in your endeavours, in a way that feels right for you, and wish you all that you wish yourself.

From my heart to yours, Leanora

Leanora is the founder of Embody Truth. Through her own healing and realization she chooses to follow the path of her heart. Being guided from an embodied place of 'not knowing', and trusting. Her passion is to develop method and experiences to support the direct realization of truth through developing presence. She shares her work through online programs, one-on-one sessions, and workshops.

Embody Truth . . . using a non-dual approach to healing and life, we can reclaim our power from the unresolved past, and embody our essence to become the love that we are.

The circumstances of our world are calling all of us to shift our world-view and recognize the inherent interconnectedness of all life; everything and every one of us affects everything and everyone else. The work of Embody Truth is an invitation to recognize and embrace the responsibility of this wonderful gift we have been given, and learn to understand energy, heal yourself, master your life, and to live and become the change, which helps us all co-create heaven on earth. In this journey we come to a realization, of our unique authentic self-expression as part of the undivided unified field; here we can own our souls, and live our wholeness. www.embodytruth.com

