

Our Inner Queen - our Inner Authority



Our inner Queen is our inner authority; she is our inner guide. She wants only the best for us, indeed only she truly knows what is the best for us.

Over the years, we allowed others to stifle her voice, suppress her authority and eventually silence her. We learnt to distrust her and only listen to the outside world, only listen to external authorities. We let others take away our power and lead us in their direction.

By connecting back with her, we reclaim our magnificence, we reinstate our awesomeness, we own

our uniqueness. We take back our authority and rule our empire - our sacred domain, our sacred space, our sacred garden, our sacred temple.

When we step into our Queen, when we step into our own authority, we automatically accept full responsibility for ruling every aspect of our lives; our inner and our outer life. We take responsibility for our bodies and our health; we take responsibility for our thoughts, words, feelings, beliefs and behaviour; we take responsibility for our actions, finances, mistakes and ideas, and all their consequences; and we take responsibility for our home, workplace, contacts, and relationships.

We finally become the Sovereign leader of our own lives. We are no longer ruled by the beliefs, expectations and approval of others. We value our own personal truth and listen to our own needs and desires.

It takes an act of great love to go within, trust and honour our own heart and listen to our inner Queen. It takes an act of great courage to let go of our old self, embrace our authentic self and begin the ascension into a confident and compassionate queen. When we finally do so, and listen to our inner voice and voice our own truth, we begin to walk with more dignity and grace; we stand empowered in the knowledge of who we are.

Our inner Queen is a powerful leader. She leads herself, she knows who she is; she knows her strengths and challenges and limitations. She knows what is right for her, she knows what she needs, she lives her vision and follows her purpose. She moves and works with love and fortitude for the highest good of all. Are you ready lovely one? Are you ready to assume your throne?

Put your hands together at your heart, as in prayer, and repeat:

- **I now assume my throne.**
- **I AM the Sovereign leader of my life.**
- **I AM responsible for every aspect of my life.**
- **I listen to the voice of my inner Queen and confidently follow her wisdom.**
- **I walk with grace and stand empowered in the knowledge of who I AM.**