

A UNIVERSAL GUIDE TO

SOVEREIGNTY
ABUNDANCE
LIMITLESSNESS



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Table of Contents

Chapter I: Physical Sovereignty	04
Chapter II: Emotional Sovereignty	05
Chapter III: Mental Sovereignty	07
Chapter IV: Energetic Sovereignty	08
Chapter V: Spiritual Sovereignty	09
Chapter VI: Relationship Sovereignty	10
Chapter VII: Universal Abundance	11
Conclusion	12

CHAPTER I

Mastering Physical Sovereignty

Dissolving All Attachments

Physical sovereignty is the art of learning how to BE your own God Self, without relying on co-dependent behaviors with other people, places + things. The shadow aspect of Humanity which prevents their sovereignty is attachment. When we are attached to people, places + things, we believe that without them, we cannot sustain on our own. It is essentially never evolving out of the toddler phase.

Attachment often presents itself through people. When we are attached to certain people in our lives, we allow them to dictate our choices, behaviors and feelings, thus giving our power away. When we are attached to things, we often are co-dependent on these "things" to make us feel better or feel happiness. We usually refer to this kind of attachment as addiction, yet many believe they are not addicts because their choice of addiction is not drugs or alcohol. All of Humanity are addicts in one way or the other. We can be addicted to our phones, food, sex, sleep, possessions, or any "tools" we use such as alcohol, marijuana, coffee, supplements, etc. To be clear, any "thing" can be used in divine alignment when there is no attachment, regardless of what that thing is.

We can also become attached to certain places or environments in our life and feel that without that environment, we cannot function. This could be attachment to our "hometowns", jobs, places we live, certain areas or cities. We have become co-dependent on this place or environment, thus giving our power away and staying inside the comfort zone.

Physical sovereignty starts by observing the attachments you have to people, places + things. How do they dictate your decisions, emotions and actions? Make a list of all the things you feel you have an attachment to, by asking yourself, "if I did not have this person, place, or thing in my life, would I feel like I could not sustain?"

The best way to begin anchoring in physical sovereignty is to anchor in mastery of your own body + behaviors. Detoxing, fasting, or going without a certain thing for a specific period of time, allows you to re-evaluate the relationship you have with that person, place or thing. It is never the person, place or thing that is the issue, it is always our relationship + co-dependency on that thing that is the problem. When we detox from any attachments, we come to find our true sense of self, and then we regain our sovereign relationship with the external world.

When we have physical sovereignty, we also feel capable + have inner strength to move through challenges + gain resilience without using crutches.

CHAPTER II

Mastering Emotional Sovereignty

Dissolving All Control Dramas

The Control Dramas are the main ways that we as Humans stay co-dependent on one another emotionally. These were first coined by James Redfield in his Book, *The Celestine Prophecy*.

4 Types

1. The Intimidator takes energy from others by seeking to control them through fear, intimidation, powering over, and abuse.
2. The Victim takes energy from others by never taking accountability for themselves, blaming, + seeking sympathy from others.
3. The Interrogator takes energy from others by intruding, incessantly asking questions, always needing to know what someone is doing/who they are with/what time they'll be home, etc.
4. The Aloof takes energy from others by running, escaping, refusing to communicate + open up, and by creating a false sense of isolation.

By identifying your type of control drama and/or the control drama used by others around you, they become easy to dissolve + move past.

When we are emotionally co-dependent, we not only rely on others for emotional feedback + validation, but our emotions become dictated by the emotions of others. Additionally, if we do not learn how to process + digest our own emotions, they can overtake us and we thus give our power away to our emotions.

Mastering emotional sovereignty begins with understanding + fully feeling your emotions. Often, this may require you to practice solitude and spend moments by yourself in order to feel, process + discern what emotions you are feeling versus what others are feeling.

Once you begin to truly get in tune with your emotions, you can begin to pinpoint what the emotions are. It is helpful at this stage to reference the Vibrational Scale of Consciousness in order to see what vibration of emotions you are experiencing. When we understand what the emotion is, we allow ourselves to feel it, we can then begin to learn to process our emotions + alchemize them into higher states.

For example, anger is a powerful emotion that often gets stuffed down and is not properly transmuted or released in a positive way. Anger can easily be alchemized into the higher emotional state of passion, which allows us to take inspired action rather than succumbing to bitterness.

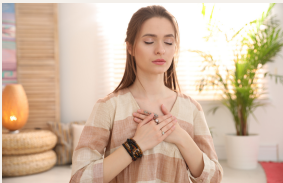
CHAPTER II

Mastering Emotional Sovereignty



Full Feeling

Part of mastering emotional sovereignty is allowing yourself to fully feel your emotions. Most of us have been taught to escape, hide, suppress, or run away from our emotions. This leads to sickness in the body + spirit, and often keeps us in loops of lower emotions. When you first begin to turn your feeling centers on, it can become overwhelming. Allowing the full release of your emotions through crying, movement, journaling, expressing, etc., is key.



Identifying + Processing

Once we begin to fully feel our feelings and allow them to pass through us, we begin to identify how WE feel, and discern this from how others are feeling. By nature, we are all feeling beings and thus we absorb emotional energy from one another on a daily basis. Without being able to discern our own emotions from others, we stay in a state of confusion and overwhelm. Write down how you are feeling, how your body is feeling, + identify the source of those emotions.



Responding versus Reacting

All of the control dramas take energy by getting us to react to one another. Reactions + triggers are a sign of emotional co-dependence. Either we are giving our power away to our own emotions, or to the emotions of others. By working with our bodies + our emotions, we learn how to process them, digest them, + alchemize them into higher emotional states such as peace, compassion, understanding, joy, and love. This allows us to respond versus react.

CHAPTER III

Mastering Mental Sovereignty

Dissolving the EGO Programmed Mind

The EGO programmed mind is a cluster of belief systems, fears + dysfunctions that have been implanted into Humanity through the lower thought system. It is through our fears, wounds + traumas that the EGO programming feeds off of and keeps us trapped into giving our power away, co-dependency + illusion.

When we dissolve our EGO programmings, we free ourself from limited thought + behavior patterns and opens ourselves up into limitless thought and sovereign behaviors.

The first step in dissolving the EGO is having the awareness of it, as awareness transforms into consciousness. The second step is identifying the programmings that are hijacking us and how they are keeping us in limited and co-dependent thought.

Mastering mental sovereignty takes time, as these programs are deeply imbedded into our DNA. We must dissolve many ancestral wounds + dysfunctional belief systems in order to regain our sovereign mental bodies. This is the process of cutting chords with lower thoughts, mastering our thought system, + releasing all external opinions + projections.

The EGO programs often make us look outside of ourselves in order to know what to think. We rely on external authority, external people, our communities/families, as well as institutions such as religion, science, culture, + academia to tell us what we should think.

We also tend to use external validation such as relying on others to validate our thoughts, relying on the opinions of others, or internalizing other's projections onto us, as truth.

As you go through the EGO Death Process, you will learn how to trust your own internal process, how to dissolve belief systems, and how to unlock your unlimited thought aka God Consciousness.

We recommend utilizing the following tools:

- EGO Death Ceremonies
- Breaking through the EGO Workbook
- Cutting Chords with all lower thought
- Learning the art of being present in the moment of now
- Validating your own personal truths
- Learning to connect to your Angels
- Being proactive in correcting + changing dysfunctional belief systems
- Detoxing your mental body through a period of abstinence from information, technology, and the consumption of external opinions

CHAPTER IV

Mastering Energetic Sovereignty

Anchoring in the Higher Self

Energetic sovereignty is when we reclaim our power and no longer rely on external sources of energy to sustain ourselves, rather we are connected directly to Source + our Higher Selves.

Energetic co-dependence occurs because Humanity has not been taught to master their own energy, thus they have to rely on getting energy from outside sources in order to feel alive. We all share in collective consciousness as well, so we often are sharing energy with others without even realizing it.

Our true life-force energy comes directly from our connection with Source + the anchoring of our Higher Self. This dissolves the need for external energy, which we seek through Control Dramas (as discussed under Emotional Sovereignty), over consuming things that "give" us energy such as energy drinks, coffee, sleep, etc., and by feeding off the creative energy of others without contributing our own creative energy.

Energetic Sovereignty not only allows us to become fully sustainable beings, but protects our energy fields from external distortions + unlocks our creative potential.

We recommend the following tools + techniques for anchoring in Energetic Sovereignty:

- Establishing energetic boundaries with others who seek to drain or take energy from us
- Practicing techniques such as shielding, rainbow bubble, + the rainbow sword
- Utilizing energetic cleansing tools such as crystals, sage, + incense
- Connecting with Source/Divine Feminine essence to unlock your life force energy
- Unlocking your creative potential through the exploration of your creative gifts
- Cultivating inner joy
- Automatic writing + connecting with your Higher Self
- Sun + Moon gazing



CHAPTER V

Mastering Spiritual Sovereignty

Activating Your Internal Compass

Spiritual Sovereignty is the mastery of coming into your God Self, through connection to Source + following your inner compass. Here on Earth, Humanity has been suffering from a deep disconnection from Source, and specifically, from the Divine Feminine essence. We have disconnected from our natural state of BEing, flow, intuition and surrender.

When we are co-dependent on institutions like religion, to tell us about God or tell us that God is external from us and not within us, we give away our Spiritual Sovereignty. We give our power away to belief systems and other attachments such as needing to have "proof" of something, relying on gurus or others to tell us what is true + how to be "spiritual."

Spiritual sovereignty begins by acknowledging that you are God with God, and all souls share the divine connection to the Mother/Father Godhead=Source. Dissolving all previous belief systems about religion, God, spirituality, and what is "true" helps open you up to your own internal compass and inner knowing, that is the only truth that must be discovered.

Mastering our spiritual sovereignty also includes learning discernment. Discernment is when we utilize a combination of our logic + Intuition, through the brain/heart connection, to decide for ourselves what is true and what resonates with our soul. No one can tell you what truth is, and there is no "proof" that can be obtained. The only truth you will ever truly know, is the truth you discover within yourself, through your own intuition, guidance + connection with Source. It is truly through the experience of the journey home to Source that we master this. All souls are on their own unique paths home to Source=God Self.

We recommend the following tools to assist with mastering Spiritual Sovereignty:

- Get in touch with your intuition and learn to follow your own internal guidance regardless of any external opinions
- Follow the synchronistic events
- Anchor in the divine traits + utilize the Divine Traits Guide
- Become familiar with the Universal Laws + Divine Decrees
- Practice self-love disciplines which puts you in tune with your own internal compass

CHAPTER VI

Mastering Relationship Sovereignty

Divine Unions + Divine Relationships

Relationships is where Humanity displays the most co-dependence. Of course, having relations with one another is creation in motion, however the difference between divine relationships + 3D relationships is vast.

Romantic Relationships are where we experience the most co-dependency and attachment. We have been programmed to give our power away to another and to sacrifice or compromise some part of ourselves in the process, in order to make another happy or to meet their expectations.

True divine unions are based on sovereignty, as both partners have mastered their sovereign state of being and they are now working together in an inter-dependent relationship. The following are the ways in which co-dependency presents in 3D relationships:

- Conditions + Expectations of one another
- Conditional love which relies on each partners making the other happy
- Playing out wounds/traumas + control dramas
- Sacrificing personal happiness for the sake of another
- Blame + lack of accountability
- Needs, wants + desires

Romantic relationships are not the only ones that experience co-dependency. Friendships, partnerships, and family relationships also display this. We experience this as constantly feeling drained from the relationship, lack of honest + transparent communication, blame/projection, and placing EGO wants, needs + desires above healing, transformation and personal accountability.

In order to establish true sovereign relationships, we must first come to know ourselves and establish a divine relationship with ourselves. This is done through inner work, reflection, transformation + self-love. All others must ALSO be doing this work, or the relationships will never be sovereign but will continue to be out of balance + co-dependent. This is why those who are on this path often experience separation from partners, children, families + friends.

Choosing to put yourself, your healing, your joy, + your purpose FIRST, is the only way to master sovereign relationships. To have firm energetic boundaries in that you will only engage in relationships that are based on this sovereignty. This also includes having no expectations of another, but allowing them their own path + journey and holding unconditional love for them.

CHAPTER VII

Unlocking Universal Abundance

We are the QFS

Many have heard of the QFS, as well as NESARA/GESARA. The basis of these abundance programs is the establishment of the Quantum Financial System. However, many have continued to give their power away to external forms of this "system", not realizing that WE, Humanity, are the QFS and Source is the true NESARA/GESARA.

The QFS is a system that is based on Frequency, Embodiment, Intent + Integrity. Therefore, this system cannot be hijacked or controlled by any single person or group. Imagine the QFS as a quantum energetic network that is already in existence, as it is connected to the Limitless Quantum Field. We are connected to this system through our auric fields, and through our own personal quantum fields.

This system is based on frequency, meaning that one cannot access the QFS if they are not operating at the same frequency which is the frequency of Love, Truth, Abundance =Source. It is through our frequency that we unlock our personal abundance, which is our limitless potential.

This system is also based on embodiment, as we must actually embody our God Self + embody sovereignty in order to access this currency.

Our currency is our hearts, our soul, + the embodiment of our Higher Self. In essence, our frequency is the key to unlocking the QFS, our embodiment is how we establish ourselves as members of the QFS, and effectively establish our own personal currency within this system that is based on our cosmic blueprint.

We then navigate the QFS + utilize our currency through our intention. Because the QFS is based on divine intelligence, it ONLY responds to pure intent, without any distortions, self-importance or corruption. When we place our intent for what we are seeking to manifest or receive through the QFS, it must be purely for the highest good of all, and not based on any EGO wants, needs or desires.

Finally, the way the QFS self-corrects, is through the discerning of integrity. If a being establishes themselves into the QFS through their embodiment + manifests abundance from the QFS with pure intent, but falls out of integrity with the use of that abundance either due to the EGO or not aligning with Universal Law, the QFS will then reject your soul's currency until integrity can once again be established. This is how the Abundance Grid self-corrects and stays in alignment with love.

CONCLUSION

Anchoring in World Wide Sovereignty

Humanity has long been enslaved through their attachments, consciousness, emotions, thoughts + the Black Magic Financial System. Establishing our sovereignty takes time, self-love, inner work and surrender. Each of us can only focus on what WE can do to assist in this anchoring. The beauty of sovereignty is realizing that we cannot save others, we cannot tell them what to do, and we truly, cannot even help them. We can only support each other on our own journeys to embodying our God Selves. We cannot rely on one another in a co-dependent manner, and we cannot rely on any external authority, groups or systems to save us or tell us what is true. We must, as a collective, reclaim our natural state of being as co-creators with God, and as fractals of the Mother/Father Godhead. This is how we unlock universal love, sovereignty, truth, freedom, unity + abundance.

We thank each of you for assisting with anchoring in our Universal Sovereignty.

~New Earth Transitional Government

