



## **Prayer: Invocation of Sovereignty**

I do not give permission to sadness,  
pain, or apathy to run my life.

I am a sovereign being,  
and it is up to me to design  
my life's experience.

I am the King/Queen of my Kingdom/Queendom.

My feelings and thoughts are my friends and allies.  
And, in so choosing,  
I am Happy,  
Abundant,  
and Free.