



"Sovereignty is a notion whose time has come," Ostarra says in the introduction. She's not talking about the sovereignty of kings and queens or even the sovereignty of individualism, which asserts the right to do as we please so long as we don't violate the rights of others.

Rather this is Feminine Sovereignty, a new take on an ancient concept that puts the individual inside the context of the larger collective and the living world. It calls us to embrace our responsibilities to the whole while supporting and honoring our autonomy and self-determination.

This rich book weaves an intricate story, with eight vital themes told through short narrative episodes, personal memoir, and deep dives into the forces that led us to where we are today. Part One provides a clear path to building your personal sovereignty so that you have dominion of your inner world and greater command of your life. You'll travel through the inner landscape, highlighting your relationship with spirit, your emotional wisdom, your vitality and embodiment, and your radiance and energetic adeptness. Ostarra presents what's possible when we're fully awakened and expressed in these areas, what's likely in your way of realizing this potential, and tools and practices to build your capacity in these areas.

Personal sovereignty is a vital step. Yet on its own, it isn't enough for us to become the sovereign stewards our planet is calling us to become. Feminine Sovereignty recognizes that too often personal sovereignty, steeped in individualism, remains adolescent in its myopic focus on self-empowerment. In contrast, Feminine Sovereignty calls for an ethic of care, compassion, and responsibility for the well-being of the entire collective as well as of the individual and the living world.

And so Part Two spirals out into the world with other people, focusing on your purpose and contribution, communication that connects, mutually beneficial collaborations, and compassionate stewardship. Ostarra notes that the journey of the pillars isn't linear, but spirals through your inner landscape, out into the world with others, and then back into your inner world as you discover places where you need and want to grow. Readers are offered many examples of ways they can connect and collaborate with others to bring forth the New World we know is possible.

Both clear-eyed and kind, Ostarra invites us to come to terms with some of the big underlying issues that separate and set us against one another. In doing so, she walks alongside her reader, frequently inviting you to pause and reflect, notice how you're feeling, and make notes or drawings to help you digest and integrate the material. Each pillar concludes with an extensive section to help you apply its principles to your own life.

This book helps readers turn toward the challenges of climate change, ecological collapse, systemic racism and misogyny, and radical disparity in the distribution of resources and wealth—issues we often turn away from because we don't know what to do. Every page cheers us on to growing ourselves into the people who can face and address these challenges with resilience, fortitude, optimism, and even humor.



Pillar One: Co-Creating with the Flow of Life explores the possibilities that emerge when we create a dynamic relationship with the creative intelligence of the Universe. Human Design and Kundalini Yoga offer complementary perspectives on our intuitive, creative, and energetic aspects that arise as expressions of the divine.

Pillar Two: Emotional Wisdom dives into the energetic as well as the psychological aspects of our emotions. Ostara unpacks the idea of emotional triggers, offering you new insights into understanding your reactions and how you can work with your emotional energy. Human Design presents a unique way of understanding both the personal and the creative potential of emotional energy.

Pillar Three: Vitality, Embodiment, and Our Relationship with the Living World helps us feel as well as conceptually understand our primary and fundamental relationship with the Earth. This pillar notes that we are literally made from the Earth and Sun and explores the parallel rise of environmental degradation and chronic illness. It offers specific practices for boosting your vitality and becoming more embodied.

Pillar Four: Radiance and Energetic Adeptness brings to our awareness that we are energy beings as much—or more—than physical beings. The pillar tracks the influence of philosophy and science developed in Asia that understands and works with energy very differently than how it is commonly understood in the west. It includes practices for working with your life force energy, also known as prana or qi, to boost your vitality, release limiting and inhibiting beliefs, and clear stuck and stagnant energy, including emotional energy.

Pillar Five: Purpose and Contribution explores the underlying reasons for the rise of interest in life purpose, and puts it in the context of a post-colonial world. The pillar notes that some people know from their earliest days what they're here to do, while others have this sense of purpose unfold as they grow through engaging with life. It recommends looking for the feeling of being on purpose rather than trying to find your purpose as if it were static or an object.

Pillar Six: Communication that Connects recognizes that we've largely been conditioned to compete or capitulate more than connect in how we communicate. It offers specific and practical guidance for genuine listening, developing empathy, and speaking up when the timing is right. Human Design reveals little understood energetic influences on our ability to clearly communicate and offers perspectives that helps not take things so personally in what might otherwise be challenging and even harmful interactions.



Pillar Seven: Mutually Beneficial Collaboration shows how collaboration literally makes the living world go 'round. We're innately designed to work together and support each other, yet we often feel challenged to do so because of the historical and cultural forces that make this difficult, especially with people who have different backgrounds and opinions than ours. The pillar offers several models for collaboration, from biomimicry to facilitation practices in the non-profit world of community development.

Pillar Eight: Compassionate Sovereign Stewardship calls us to step into full adulthood as the caring and compassionate stewards our planet needs us to become. An Indigenous world view helps break us out of the illusion of separation and encourages us to understand ourselves as part of the living world to which we owe our very existence. The pillar offers helpful and inspiring examples of things you can do right now to live in a more regenerative way. It concludes by highlighting a series of projects to uplift our world, whether that's cleaning up and developing our neighborhoods, creating and tending community gardens, reducing food waste nationwide, eliminating pesticides in local parks, or working to give land back to indigenous peoples.

The final chapter, What Now, What's Next?, asks the reader to gather their experiences and responses spiraling through the pillars, noting where they most want and need to grow themselves into their full Feminine Sovereignty. It concludes by inviting them to create two projects to support their development going forward: one focused on the inner landscape and one focused on their engagement in the outer world. The ongoing invitation is to continue using the insights and possibilities presented by the pillars in navigating everyday life to make real what you've discovered and chosen to learn.

Book Website: <https://FeminineSovereigntyBook.com>

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