



SOVEREIGN SELF

Claim Your Inner Joy and Freedom
with the Empowering Wisdom
of the Vedas, Upanishads,
and Bhagavad Gita

ACHARYA
SHUNYA

A COMPANION GUIDE

THANK YOU for preordering *Sovereign Self!*

As you patiently wait for your copy to arrive, I want to share a bit about what happens when you reclaim your acquaintance with your true, joyful and creative, ever-free Self that dwells invisibly inside your body, like fragrance dwells inside a flower.

In this Companion Guide, I will introduce you to a few key concepts presented more fully in the book—to give you a head start in becoming acquainted with the process of moving from shadow to Self, from powerlessness to power, and from spiritually striving to relaxing into your true spirit authenticity.

For starters, let me share a bit about my own journey to sovereignty and what brought me to write this book. I was born in the pristine Vedic lineage in India, yet my life unfolded in our modern era with circumstances of divorce, depression, and dismay in my early years. Over time, I found that delusory false beliefs were sapping my personal and spiritual power. The wisdom I gained in my lineage did not let me down. It became the boat in which I sailed back to solid ground—to accept all parts of myself with equanimity (the adaptive and the authentic, the ignorant and the knowing, the asleep and the awakened) and ultimately find peace and joy. I've learned it is never too late to become who you are meant to be.

Today, I use my life experience coupled with the timeless Vedic wisdom that led me to awaken to a greater me to help others regain their invincible wholeness. My teachings help my students leave fear and self-doubt behind and boldly step into a life they might never have imagined. The Vedic Self-discovery and Self-loving knowledge that I impart in my book is about reclaiming the boldest yet truest and most compassionate expression of yourself. With my teachings, soon you just might sense that it's time to let go of EVERYTHING that no longer serves you—and become a clear channel for your divine purpose as a truly Sovereign Being.

With love,

Acharya Shunya





TABLE OF CONTENTS

WHAT IS THE SOVEREIGN SELF? 3

THE SELF VERSUS THE MIND 5

REMEMBERING THE “FORGOTTEN” SELF 7

CLAIMING YOUR SOVEREIGN SELF 9

GUIDED PRACTICES

Practicing Wholeness, Reducing Attachment 11

The One Truth 12

Breathing Deeply 13

The “I Am Enough” Affirmation 14



What Is the Sovereign Self?

The 'Self' being hidden in all beings is not manifest, but it can be realized by beings who are trained to enquire into subtle truths, by means of their purified, sharpened, and subtle minds.

KATHA UPANISHAD, 1.3.12

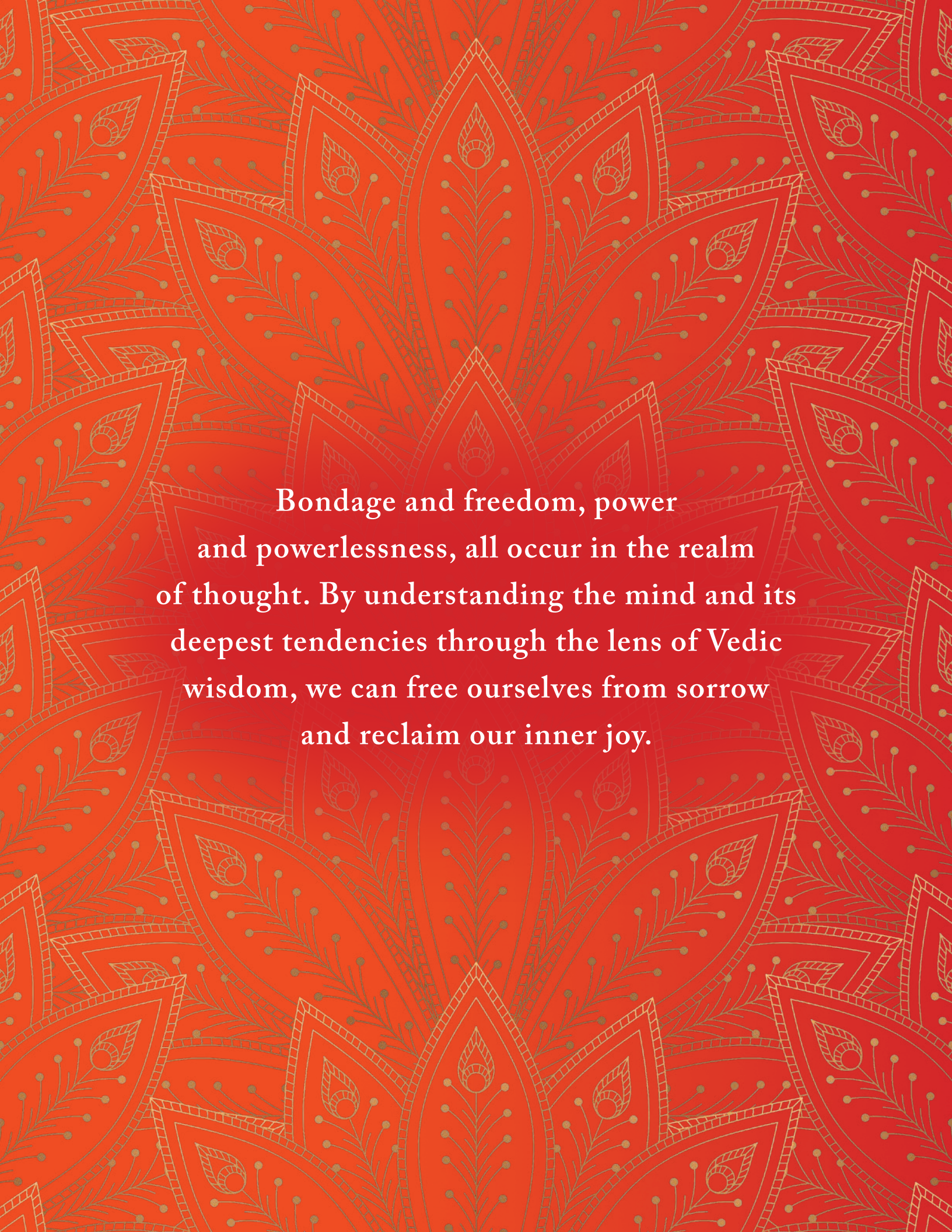
Self is a secret spiritual dimension hidden inside of you known as Atman in ancient Sanskrit, which means “the boundless one.” It shines as the eternal light within your heart. It makes your mind “intelligent.” It makes the body “alive.”

This Self is truly sovereign because Self does not age, no matter what the age of the body.

Self is never tired, worried, confused, or lost, even if your mind is tired and worried. Self is forever the possessor of complete wisdom and bliss, even if your mind is clouded temporarily or your happiness feels blocked.

Yes, under all the hurt, betrayal, anger, hatred, insanity, powerlessness, disillusionment, and sorrow of this worldly life, you are pure possibility. Know how infinitely whole, powerful, joyful, and ultimately free you are beyond your struggling mind.

Self is a momentous, blissful, and unimaginably powerful existence. Your life is meaningful, worthwhile, and supremely valuable unto itself. Your Self adds meaning to your life; nothing in your life adds meaning to your Self because in your essence, you are pure existence. Let the whole world come to you; your Self is meaningful. Let the whole world go away from you; your Self is meaningful.



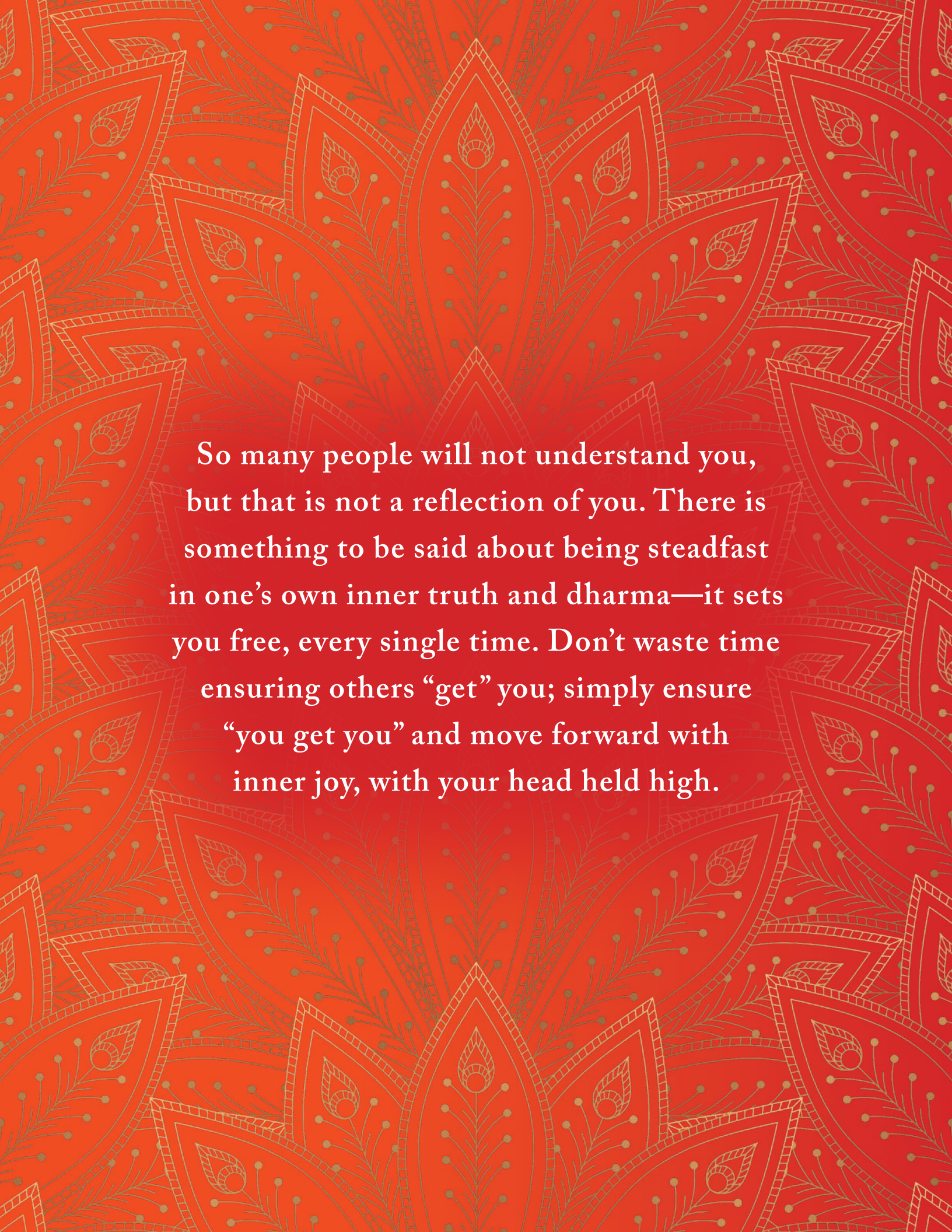
Bondage and freedom, power
and powerlessness, all occur in the realm
of thought. By understanding the mind and its
deepest tendencies through the lens of Vedic
wisdom, we can free ourselves from sorrow
and reclaim our inner joy.

The Self versus the Mind

O My Mind, Lead me from falsehood to truth. Lead me from darkness to light. Lead me from mortality to immortality.

BRIHADARANYAKA UPANISHAD, 1.3.28

SELF	MIND
Unchanging	Changes with ever new circumstance
Ever Pure	Clouded by external opinion, confusion, worry, loss
Ever Free	Bound by perceived limitations of material reality
Ageless and Diseaseless	Experiences aging, disease, and death
Forever Sovereign	In bondage to whatever it fancies or craves
Peaceful, Steadfast, Free	Warring, Weak, Prisoner
Fearless and Powerful	Fearful and Powerless
Satisfied	Unsatisfied
Continuous State of Joy	Joy gets interrupted by fear, loss, etc.



So many people will not understand you, but that is not a reflection of you. There is something to be said about being steadfast in one's own inner truth and dharma—it sets you free, every single time. Don't waste time ensuring others “get” you; simply ensure “you get you” and move forward with inner joy, with your head held high.

Remembering the “Forgotten” Self

*As water becomes one with water, fire with fire, and air with air,
so the mind becomes one with the infinite’s mind and thus attains
infinite freedom.*

MAITRI UPANISHAD, 6.19-23

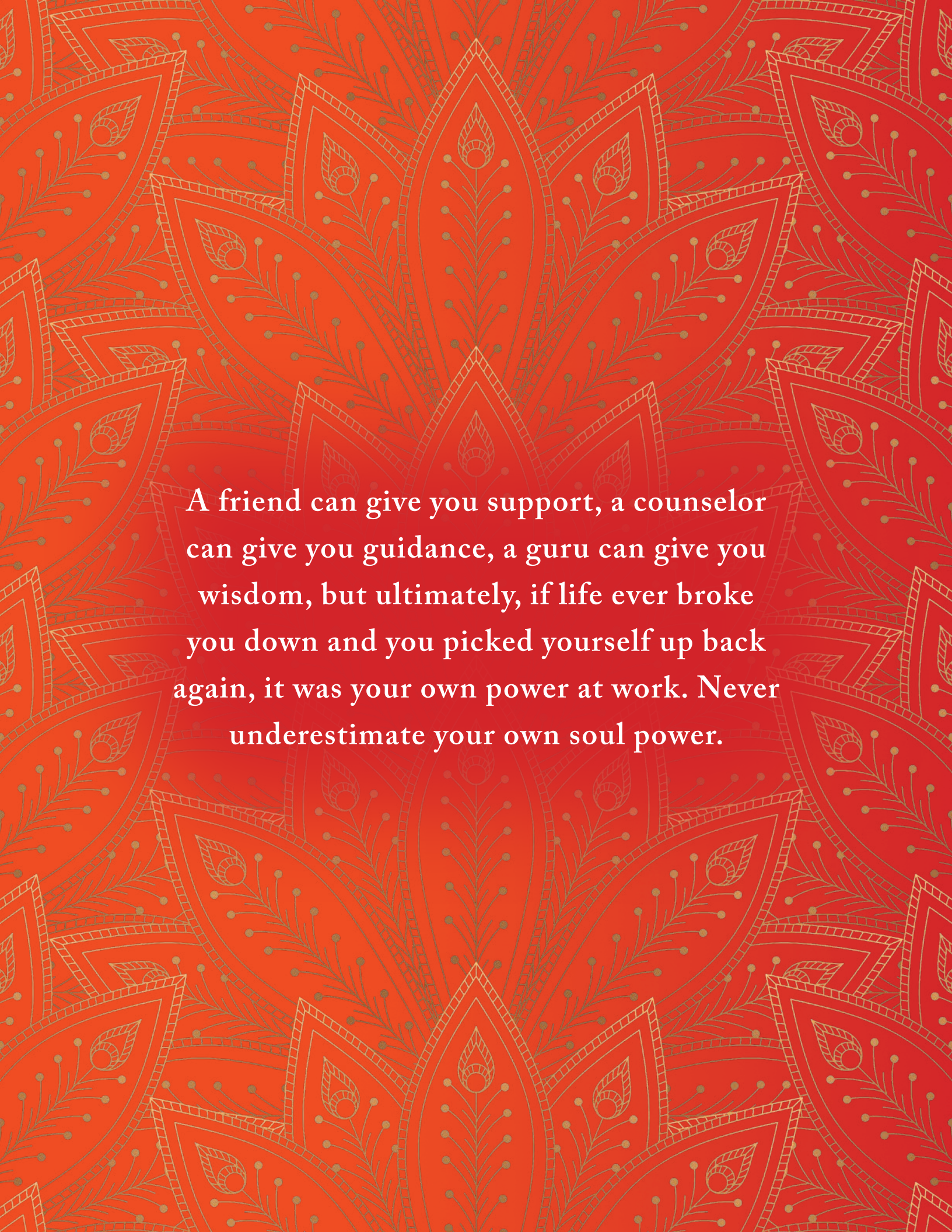
Just as heavy dark clouds can come between us and the light of the sun, an overexpressed, dull, agitated, and self-ignorant mind blocks your sovereign Self from you, and then you seemingly “forget” your true nature.

When you use the winds of ancient Vedic wisdom to blow away the clouds of self-ignorance and conditioning, your mind that was once lost and suffering shall itself become the vast, limitless, unobstructed blue sky in which your sovereign Self shines like the Eternal Sun, warming you with rays of happiness, power, wholeness, fullness, and freedom for all eternity.

You shall begin to make choices from your inner freedom, and no longer scavenge the world and your relationships for crumbs of happiness.

You will become, for the rest of us, a light-shiner, a truth-teller, a darkness conqueror, and a peace ambassador.

You may look the same outside, but you will experience a wholly different, boundless presence inside the same body because Self is deeply powerful, abidingly abundant, forever free, and expansive.



A friend can give you support, a counselor
can give you guidance, a guru can give you
wisdom, but ultimately, if life ever broke
you down and you picked yourself up back
again, it was your own power at work. Never
underestimate your own soul power.

Claiming Your Sovereign Self

Your mind will be released from all bondages upon realizing the sovereign truth within.

SHVETASHVATARA UPANISHAD, 6.13

Read my words if you are ready to awaken from your mental slumber. We humans have accepted sorrow-giving mental bondages, psychological limitations, and societal restraints as our final destiny for way too long.

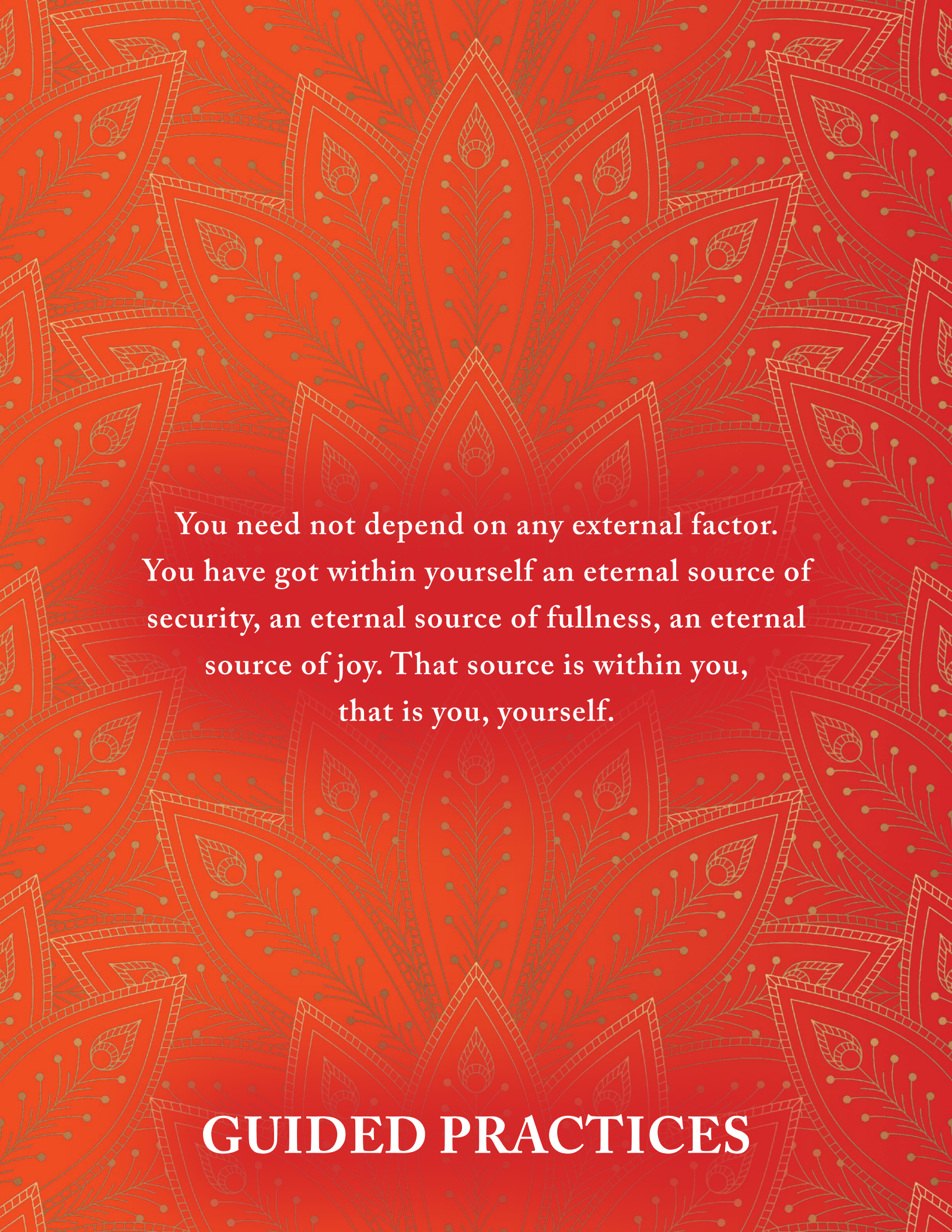
I invite you to awaken and recognize your spiritual potential to be limitlessly expansive! Now is your time to come unstuck and soar in the inner skies of limitless freedom, to be or become what you want. I urge you to explore new but ancient pathways of soul knowledge, where none existed yesterday.

Once you receive atmabodha, knowledge of your true Self, you shall no longer be carried away by external circumstances and other people's opinions, beliefs, and lifestyles; you will not do things just because others are doing them. Your inner guru shall awaken and may begin awakening others too.

Released from mental bondages of would'ves, could'ves, and should'ves, you will make personally uplifting and planet-evolutionary choices you never thought you could make. You will begin to enjoy freedom from fear, freedom from wants, and freedom to reinvent yourself, rewrite your destiny, and lead your life the way you have always wanted to lead it. You will constantly surprise yourself and especially those who may have written you off, because your own mind had once led you to make self-betraying choices.

Your true Self is always Sovereign. It is independent and sources its power and radiance from within all spheres of life. And yet we forget our sovereignty in day-to-day life, looking to the next meal, the next award, the next relationship to give us meaning and fulfillment. We are carried away and buried in our emotions and the stories our mind spins. But I am reminding you of the nature of your deepest Self, that is eternally sovereign, bold, and powerful, and guiding you back on an inward journey to reclaim a life of freedom and joy by knowing who you truly are. Soon, the same mind which once acted in disempowered or scripted ways will become your best friend, a truly creative, original, and joyful gateway to your sovereign Self that represents boundless happiness, soul-power, emotional autonomy, spiritual fullness, inner peace, and bliss!

Yes, boundless inner freedom is your destiny, no less. Nothing in your life is random, not even the darkness that led you on the quest for inner light. Everything that you encounter in your life is a gift of the highest order. There is a great reason why you are reading my words today.



**You need not depend on any external factor.
You have got within yourself an eternal source of
security, an eternal source of fullness, an eternal
source of joy. That source is within you,
that is you, yourself.**

GUIDED PRACTICES

Guided Practice: Practicing Wholeness, Reducing Attachment

Any time you feel anxious or needy, any time you find yourself fixated on things outside of yourself for fulfillment, put both hands on your heart, one on top of the other, and repeat, with self-acknowledged feelings, the following words:

My wholeness lives inside me; my joy is right here in my own heart; my fullness lies right here. I can feel it. My Self is unconditional love; love is flowing through my heart.

This is the wholeness mudra, or the hand-heart gesture. It gets you in touch with your own indwelling Self. This gesture with the accompanying words instantly reawakens soul-memory. When we make contact gently, the splendid inner Self contacts us back and gives us gifts untold!

Guided Practice: The One Truth

The Vedas say that you become what you believe. Therefore, I have provided some thought suggestions to help deconstruct illusion and guide your ego toward constructing an identity that is closer to your sovereign truth. As you meditate on these words, your mind will become what you believe. The veil of limitations and illusions will begin to thin. Every time you remember, *I am Atman, the boundless one*, you will experience inner expansiveness. Why? Because expansiveness, not limitation, is your deepest truth. Limitation is maya.

Meditate on any one of these thoughts to reconnect with your sovereign Self:

I am Self, the Ultimate Reality.

I am enough unto myself.

My bliss lies inside me.

I am beautiful as I am.

I am divine.

I am made of sunshine, moonlight, and starlight.

I am enough as I am.

I am sovereign.

Breathing Deeply

Your breath is inherently connected to your thoughts. In fact, they are gross and subtle versions of each other.

To cultivate quiet that connects you to inner freedom, simply begin breathing slowly, fully, deeply, mindfully. Breathe. Be.

Meditate upon these words:

With each exhaled breath, I am releasing thoughts, feelings, and beliefs that no longer serve me.

With each inhaled breath, I am assimilating universal peace, love, and creativity that will serve my highest good.

The “I Am Enough” Affirmation

“From inner contentment, the highest happiness is attained.”

YOGA SUTRAS, 2.42

Meditate on this positive affirmation to help break attachment:

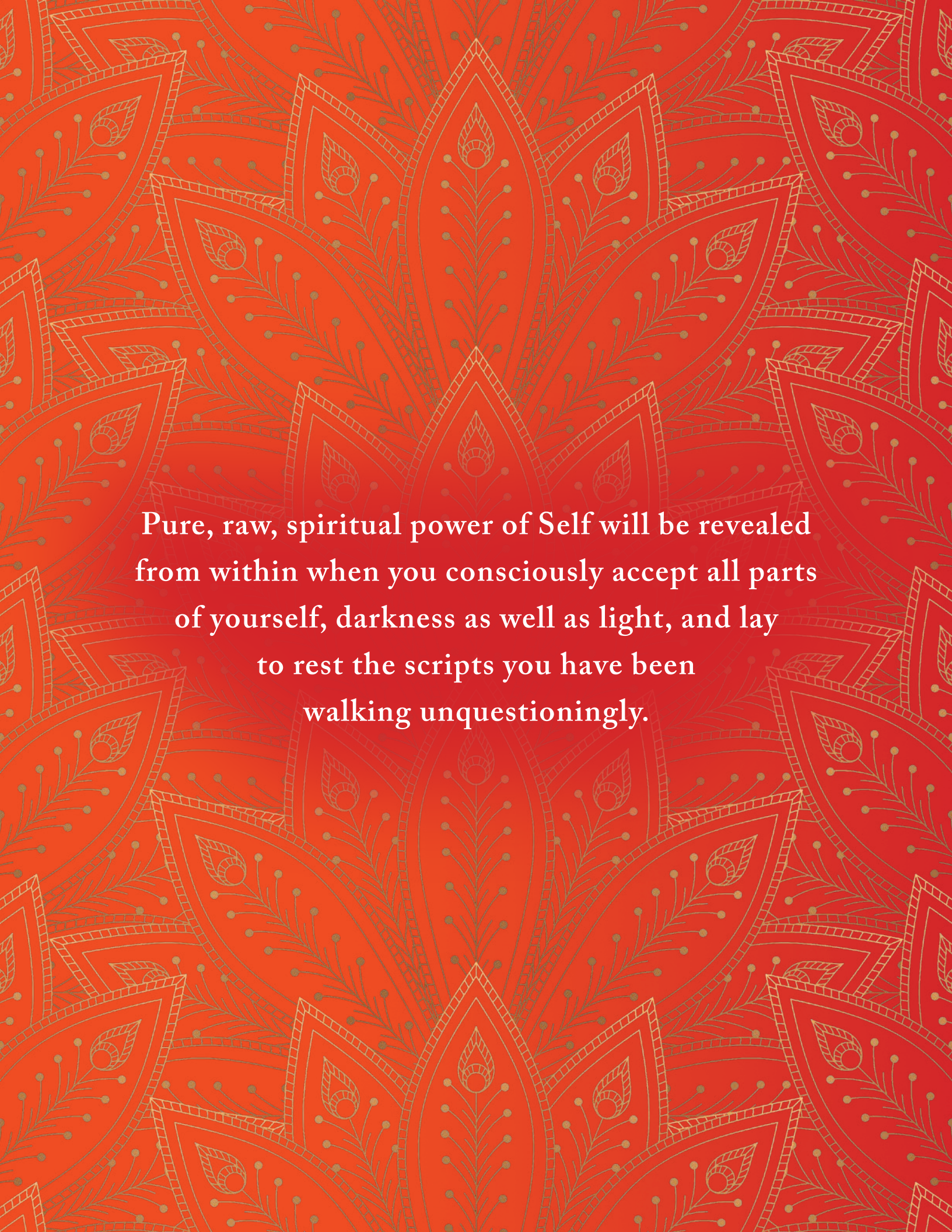
*I am enough (because my joy, power, wholeness,
and love lie inside me).*

This affirmation often helps us center in the truth of Self, instead of being tossed about in the waves of our samsara ocean.

I encourage you, too, to make this your primary belief by repeating it to yourself often. It will change your life for the better. Your neediness will end. You will no longer give away your power in search of morsels of happiness from others. If it is flowing, good, but if it is not, you are still good because you are enough.

Breaking through the cycle of hypnotic joy-seeking in the world is life-changing. Think *I am enough* thoughts and you will be fulfilled because you become what you believe. Try it, and it will set you free.

ACHARYA SHUNYA is an award-winning and internationally renowned spiritual teacher and scholar of Advaita (nondual wisdom) and a classically trained master of Yoga and Ayurveda. The first female head of her 2,000-year-old Indian spiritual lineage, she has dedicated her life to the dissemination of Vedic knowledge for the spiritual uplifting of all beings. She is president of The Awakened Self Foundation and the founder of the spiritual and educational nonprofit Vedika Global. She is author of *Ayurveda Lifestyle Wisdom*. For more, visit awakenedself.com.



Pure, raw, spiritual power of Self will be revealed from within when you consciously accept all parts of yourself, darkness as well as light, and lay to rest the scripts you have been walking unquestioningly.