

Welcome to The Ruler Within





Self Sovereignty

- ❖ Mastery over our thoughts and feelings
- ❖ Mastery over our senses
- ❖ Creators of our experience of life





If I'm Not The Ruler ...
What Am I ?

- ❖ Subservient
- ❖ Slave
- ❖ Subject (to another authority)



What Rules Us

❖ The Ego – False sense of self

- The sum of our experiences and influences which form the sub-conscious mind

❖ Maya – Body/Physical consciousness

- Association purely with the physical rather than spiritual identity



Individual Exercise – 5 mins

- ▶ List or label your dominant voices/thoughts/feelings or 'Ministers'
- ▶ Try to identify links between these 'Ministers' and the behaviours
- ▶ Example:
 - ▶ Minister of Low Esteem
 - ▶ Minister of Self-Doubt
- ▶ Example:
 - ▶ Minister of Low Esteem leads to seeking comfort in food/alcohol etc

Negative Webs

Feelings

Fear/Anxiety

Grumpy

Low self-Esteem

Inflated ego

Anger

Self pity

Worry

Behaviours

Withdrawal

Selfishness or unkindness

Harmful habits

Uncooperative or inconsiderate

“Justified” selfishness

Indulgence

Fussing or stress



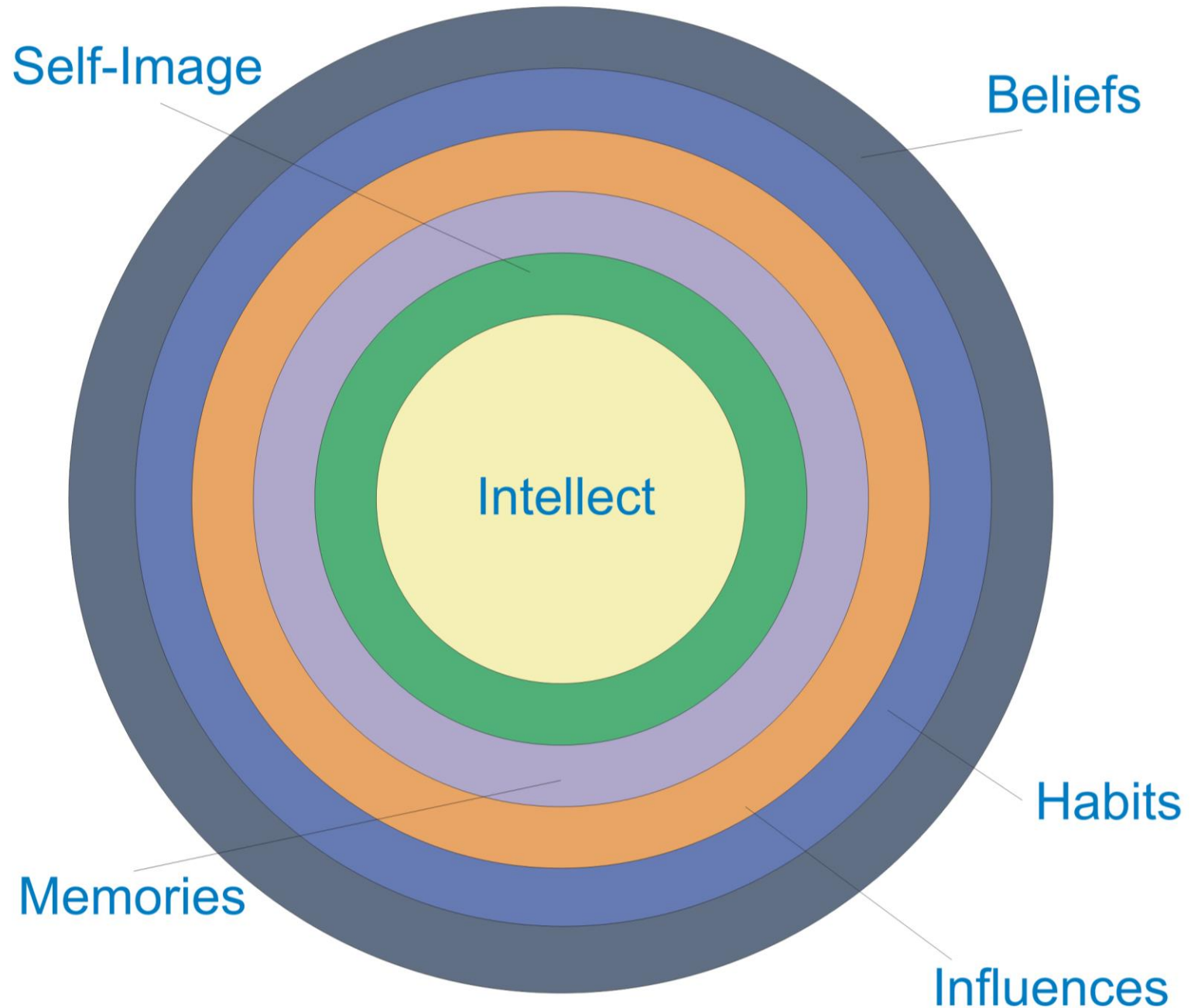


Internal Dialogue

- “I deserve”
- “I’m justified”
- “I fancy”
- “I’m weak”
- “I’m a natural worrier”
- “I’m ok as I am”

The Mind

- Past experiences and influences form personality traits (Sanskars)
- Mind (consciousness) is the interplay of intellect & sanskars
- When the intellect is asleep, we are at the mercy of, or subservient to the sanskars





Exercise: 5 mins

- **List the qualities of a great Ruler**
- Examples
 - Wisdom
 - Courage

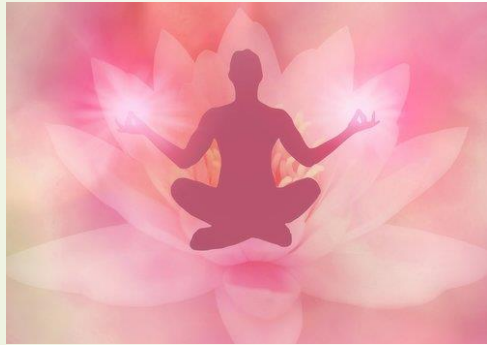
A light-colored tabby cat is depicted as a monarch, wearing a gold crown with red and blue jewels. The cat sits on a red throne with gold armrests, holding a golden scepter. The background is a light blue textured wall with a red circular halo behind the cat's head. On the left, there is a dark red arrow pointing right and some thin, dark, curved lines.

Qualities of a Ruler

- Wisdom
 - Calmness
 - Compassion
 - Decisive
 - Powerful
 - Humble
 - Loving
 - Confident
 - Courageous

Exercise: Individual – 3 mins

- Create your own internal 'Seat of Authority' ... or 'Seat of Awareness'







My Seat of Authority/Awareness

- Always Calm, Peaceful & Light
 - Detached Observer
 - Full of Power
 - Complete Clarity
 - Access to Inner Treasures
 - Recharging
 - Healing
 - Content
 - Easy

Positive Webs

Feelings

Calm

Cheerful

High self-Esteem

Humble

Understanding

Content

Behaviours

Measured - Proportional

Positive impact

Supportive habits

Cooperative - Considerate

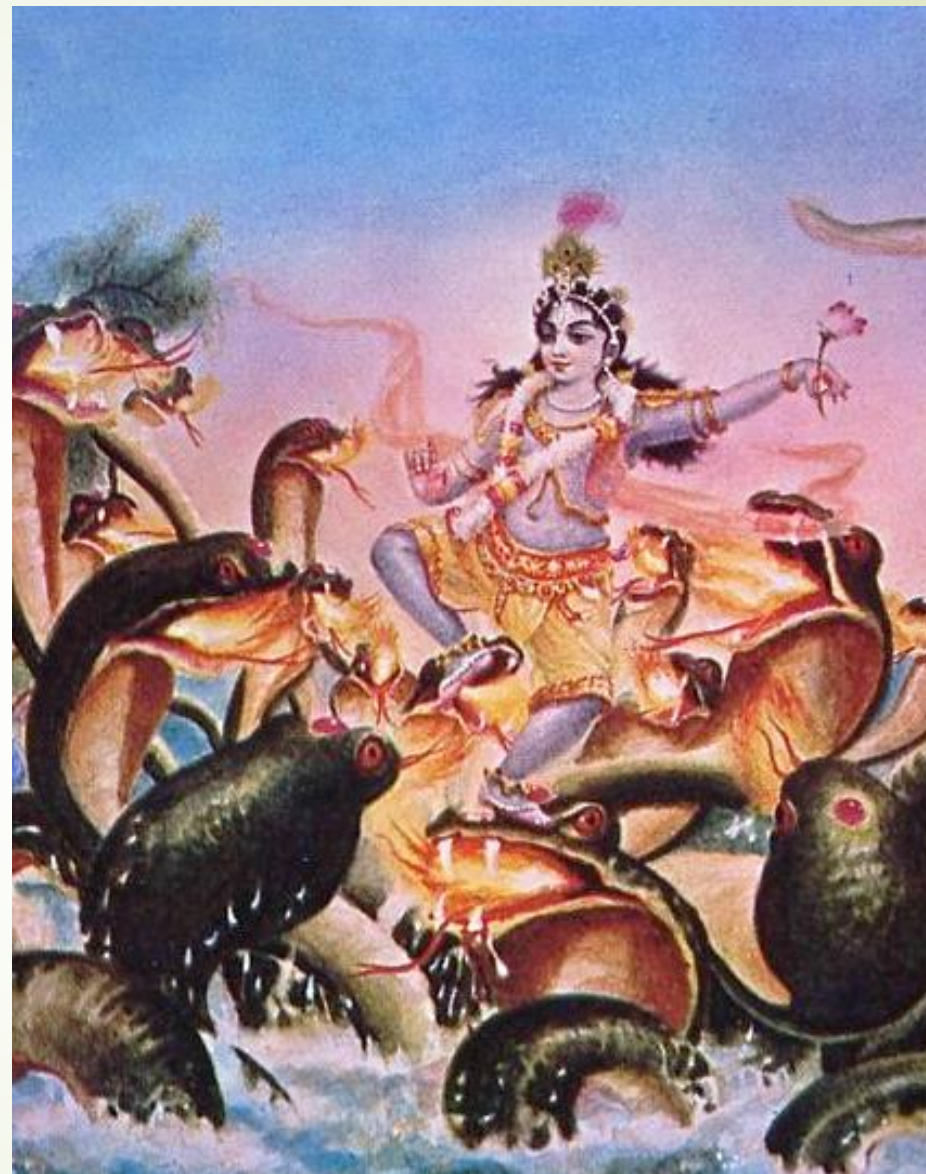
kindness

Giving



Magic Formula





Tip 1



- Be clear on your path

Tip 2



- Be clear you always have a choice

Tip 3

- Create roadblocks

