

How Sovereign Am I?

A Personal Playsheet by Happyo and Johnny Liberty

www.sovereignshandbook.com

Decades ago, at the peak of his teaching career, Johnny Liberty realized that **Seven Aspects of Sovereignty** exist, **4 internal and 3 external**. Our unique sovereignty and freedom-inspiring questions below are gifts for your deep self-reflection. They were recently updated, specifically for these rapidly changing times. Feel free to keep this with you for years to come, contemplating the questions most essential to enhancing your personal path toward ever-evolving sovereignty and freedom (and consequently joy). **Blissipline** is essential, being discipline that leads to bliss.

Internal Aspects of Sovereignty

1. Physical
2. Mental/Intellectual
3. Emotional
4. Spiritual

External Aspects of Sovereignty

5. Legal
 6. Economic/Financial
 7. Political
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How Physically Sovereign Am I?

1. Between and during activities, do I quietly relax and meditate often throughout the day, thereby enhancing my focus, calmness, homeostasis and energy?
2. Am I physically strong and fit? For example:
 - a. Am I strong enough and ready to carry a backpack with camping and food supplies far?
 - b. Am I fit enough to walk a marathon? Climb a mountain? Swim across a lake?
 - c. Am I strong (and internally clean) enough to fast without food for days? Without water?
 - d. Am I able to change a tire on my vehicle? And do the maintenance my home requires?
 - e. Am I sufficiently strong with the intelligence to build my home with my own hands?
3. Which percent of the food that I eat do I grow? How long will my food stores last?
4. What is the quality of food do I usually give myself? Do I create original home meals?
5. Do I eat organic, whole and vibrant vegan whenever possible? I am conscious of what is being injected into cows? Do I know my food sources? Mostly organic local farmers?
6. How Health Sovereign am I? How often do I fall ill? When I feel ill, do I call a doctor? Or am I a health expert with respect to my own body and mind?
7. Do I have any chronic illness? If yes, what am I doing about it? Am I making lifestyle changes or taking medications to mask the symptoms? Do I prevent sore muscles by daily stretching, sun baths, water baths and daily mutual massages?
8. Do I have any addictions? Do I overeat? When best I stop? Am I habitually overweight?
9. Do I refrain from consuming processed sugars? Cigarettes? Alcohol? Marijuana? Drugs?
10. Do I take any pharmaceuticals? Did I submit my body temple to any mandated injections? If yes, what am I doing and taking to overcome some of the ill effects?
11. Do I dine as deliciously healthfully as possible and fortify my nutrition with the finest?

12. Do I enjoy vigorous exercise to augment strength and energy while preventing illness?
13. How much time do I give myself exercising, hiking and relaxing in nature in the sun daily? (3 hours minimum is optimal.) Do I spend time daily in the garden?
14. Do I live in an environment with fresh healthy air and clean water? Do I avoid cities?
15. Do I live in the countryside? Or do I in a quiet suburb or a peaceful town?
16. To enhance my energy and well-being, do I give myself siestas when feeling it and go to sleep at night before feeling sleepy? Do I sleep deeply and optimally?
17. Am I my own doctor? Do I continue to research health strategies?

How would I rate my Physical Sovereignty from 1 to 10? Where would I most wisely focus to enhance my Physical Sovereignty?

How Intellectually Sovereign Am I?

1. Am I the author of my own life? Have I created my own uniquely satisfying lifestyle?
2. Do I live each day fulfilling original ideas of my own? Am I an innovative entrepreneur?
3. Do I stay very well informed about these rapidly changing times yet continuously raise my vibrations to be able to live in a state of contentment with laughter and relaxation?
4. Have I deeply studied spiritual paths and philosophies? Is my life founded in ethics?
5. Have I become a futurologist, contemplating the far-reaching implications of the news?
6. Have I decided upon fight or flight? Am I prepared to fight for my life or take flight?
7. If fighting, how? In a war of successive propaganda campaigns and the poisoning of the environment via “accidents”, injections, city violence and chaos amidst “musical chairs”?
8. If taking flight, to which place or country have I researched? Have I explored, made friends, learned the language and become a resident in another “Plan B” country?
9. How many languages do I speak? Am I studying Mandarin Chinese? And Spanish? Or?
10. Do I continue to create my own beautiful expressions daily via my music, books, art, photography, poetry, dance, décor and other endless innovations?
11. How much of the time do I carefully and courageously say what I believe to be true, with kindness and compassion?
12. How frequently do I invent novel ways of doing things throughout the day? Am I living proof that necessity can be the mother of invention? Am I up for the next adventure?
13. Do I have a can-do-anything attitude, that if I can think or read about it, I can do it?
14. Have I built my own custom home to support and express my ideal lifestyle and values?
15. Do I continuously sharpen my intellect by learning? By traveling abroad? Learning new cultures? Novel ideas from fascinating friends? Hiking new trails? Enthusiastically studying exhilarating subjects. Reading and grokking outstanding books? Memorizing inspiring quotes and verses? Creatively and enthusiastically solving challenges? Teaching myself new skills, then teaching others?
16. Do I possess the intellectual fortitude to choose my emotional state at will?
17. Do I make decisions relatively rapidly, clearly and with a strong conviction?
18. Am I intellectually empowered enough to leave everything behind and start life anew?

How would I rate my Intellectual Sovereignty from 1 to 10? Where would I most wisely focus to enhance my Intellectual Sovereignty?

How Emotionally Sovereign Am I?

1. Do I laugh easily, frequently and whole-heartedly on most days?
2. Do I intentionally choose to live in a quiet, serene, safe, clean, beautiful ambiance that naturally inspires clarity of thinking, innovation, creativity and peace of mind?
3. Is my home ambiance intentionally quiet? Peaceful? Harmonic? Friendly? Joyful? Kind?
4. Do I kindly encourage myself through loving self-talk? And uplifting affirmations?
5. Do I enjoy a healthy balance between enjoying quiet solitude and quality conversations?
6. Are my friendships feel good, health-enhancing, inspiring, mutually-enthusiastically appreciative, harmonic, symbiotic, inventive, brilliant and encouraging?
7. Do I hold a generally positive or a negative core view of the world and universe?
8. Do I tend to emphasize the positive, maintain neutrality or overstate the negative when things “go wrong”?
9. Do I process emotions rapidly? Within hours? Within days? Or “stuff” them?
10. Do I easily and rapidly forgive myself and others?
11. Do I hate, envy, resent, or judge anyone? Have I completely given up the “h” word?
12. Am I able to communicate calmly and clearly even when in a spicy conversation?
13. How of a solution-finder, a complainer, worrier, and appreciator am I?
14. When feeling upset, what can I do to improve my mood? Meditate? Eat comfort foods? (No!) Read? Sing? Take a dip in water, if possible? Anything else?
15. Can I change my mood at the snap of a finger? Have I developed the skillful means?
16. How skillful am I at creating a joyous ambiance of fun-loving kindness while preventing and resolving differences within my primary relationships?

How would I rate my Emotional Sovereignty from 1 to 10? Where would I most wisely focus to enhance my Emotional Sovereignty?

How Spiritually Sovereign Am I?

1. Do I directly tune in to Source Divinity?
2. Do I enjoy meditation, serene solo relaxation, walking in nature and deep conscious breathing?
3. Do I enjoy my own stretching or yoga practice?
4. Do I watch the sun rise or set as a spiritual practice?
5. Do I ask bliss conscious questions upon waking to set the tone of the day?
6. Do I envision the blessings of each day?
7. Do I allow myself to relax into meditative states of awareness several times a day?
8. Do I pray for the benefit of all beings?
9. Do I review the highlights of each day, and give thanks for the blessings?
10. How practically intuitive am I?
11. Do I usually feel peaceful, calm, joyous and/or content?

12. Am I personally prospering in lifestyle? In truth? In ethics? In health? In balance, calmness and serenity? In nature? In friends? In happiness, joy and contentment? In wisdom?

How would I rate my Spiritual Sovereignty from 1 to 10? Where would I most wisely focus to enhance my Spiritual Sovereignty?

How Lawfully Sovereign Am I?

1. Do I understand that these days I am putting myself and my family at risk of personal harm if I challenge a court or a police officer? Therefore, that my wisest approach to living in peace is to quietly, politely and invisibly avoid both police and the court whenever possible?
2. If I am filing any paperwork to verify my natural-born status, do I fully and completely understand what I am filing before I do so?
3. Do I understand the inherent risks of voluntarily stepping into the traps of today's corrupted court system?
4. Do I understand that my natural-born status and sovereignty will NOT be recognized or acknowledged by any statutory or federal court in the United States today?
5. Do I understand the distinction between a state Citizen/National and U.S. citizen?
6. Have I read the US Constitution? Am I familiar with the first ten amendments?
7. Do I understand that the U.S. Constitution does not GIVE me any rights? Do I understand that the U.S. Constitution was a prohibition against the federal U.S. government from infringing or encroaching upon my natural-born sovereign rights? Do I deeply realize and fully feel that as a human being, I have natural-born sovereign rights that have always existed, including far prior to the writing of the U.S. Constitution?
8. Do I understand the difference between legal and lawful?
9. Do I understand the distinctions between the Common law, Commercial law and International law?
10. Am I fully aware of how very corrupt almost all governments are today?

How legally and lawfully sovereign am I? Where would I most wisely focus to enhance my Legal and Lawful Sovereignty?

How Financially Sovereign Am I?

1. Am I creating a wise variety of alternative financial plans in the case of economic collapse?
2. Am I prepared to transact business in gold or silver as constitutional money?
3. Have I opened an international bank account? Or a multi-currency account?
4. Do I understand what paper money actually is?
5. Am I in business for myself? Or am I an employee effectively working for the federal U.S. government corporation?
6. Do I file an annual IRS tax return? Which form? Can I show the law, statute and implementing regulation which requires me to file?
7. Am I an entrepreneur with unique useful, projects and ideas that will be valuable in an exchange economy?

8. Is my business profitable with a positive cash flow? Do I read an intelligent variety of news daily and adapt my strategies to future probabilities?
9. Am I financially independent? Am I debt-free? If not, am I being frugal?
10. Can I support myself and my dependents as well as community events with the profits from my business?
11. Am I generous? Do I assist others financially when I am called to and choose to?
12. Am I practicing right livelihood? Is my work harmless, honest and beneficial to others?
13. Am I doing what I love? Am I serving humanity according to my highest, sweetest and purest destiny? Is my job my J.O.B. (Joy Of Being)?
14. Have I created or am I creating multiple streams of income, including passive income?
15. Am I knowledgeable about and prepared for a great financial reset with various plans?

How Financially Sovereign am I? Where would I most wisely focus to enhance my Financial Sovereignty?

How Politically Sovereign Am I?

1. Do I understand that perfecting the first six aspects of sovereignty (above) are pre-requisites before political sovereignty becomes possible?
2. Only after We the People individually perfect the first six aspects of sovereignty, may educated statesmen and stateswomen arise to be honestly elected to positions of power to restore the constitutional Republic to its proper foundations.
3. Am I conscious of the details of the current governmental and societal state of disorder and confusion?
4. How wisely do I govern myself?

How Politically Sovereign am I? Where would I most wisely focus to enhance my Political Sovereignty?

***“May courage, simplicity, flexibility, laughter and kindness be your closest friends!
In times of corruption, stay out of the fray, quietly making yourself invisible.”***

– Happy Oasis

“Freedom is the greatest joy.” – Buddha

“Wake up to find out that you are the eyes of the world. Your heart has its beaches, its homelands and songs of its own.” – Grateful Dead

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