



*Welcome to the*

# THE SOVEREIGN WOMAN MANIFESTO





# 11 PRINCIPLES

1. SHE ONLY TAKES WHAT IS HERS
2. SHE IS AWARE OF THE CONSEQUENCES OF HER ACTIONS
3. SHE KNOWS WHAT HER BODY NEEDS
4. SHE HAS BOUNDARIES
5. SHE KNOWS HOW TO GO AT THE RIGHT PACE
6. SHE ACCEPTS SHE DOESN'T ALWAYS LEARN FROM HER MISTAKES
7. SHE WELCOMES THE DARKNESS
8. SHE DOESN'T TAKE ALL THE CREDIT
9. SHE UNDERSTANDS THAT HER ATTITUDE IS LIKE A TELEVISION STATION – SHE CAN CHANGE IT ANYTIME.
10. HER LEVEL OF FREEDOM DEPENDS ON HER LEVEL OF COMMITMENT
11. SHE IS FREE TO TAKE LIFE (AND HERSELF) LIGHTLY





# HEY, I'M RIIKKA

You are here because you are ready to live lighter, to love bigger and to make a difference, in your own unique way.

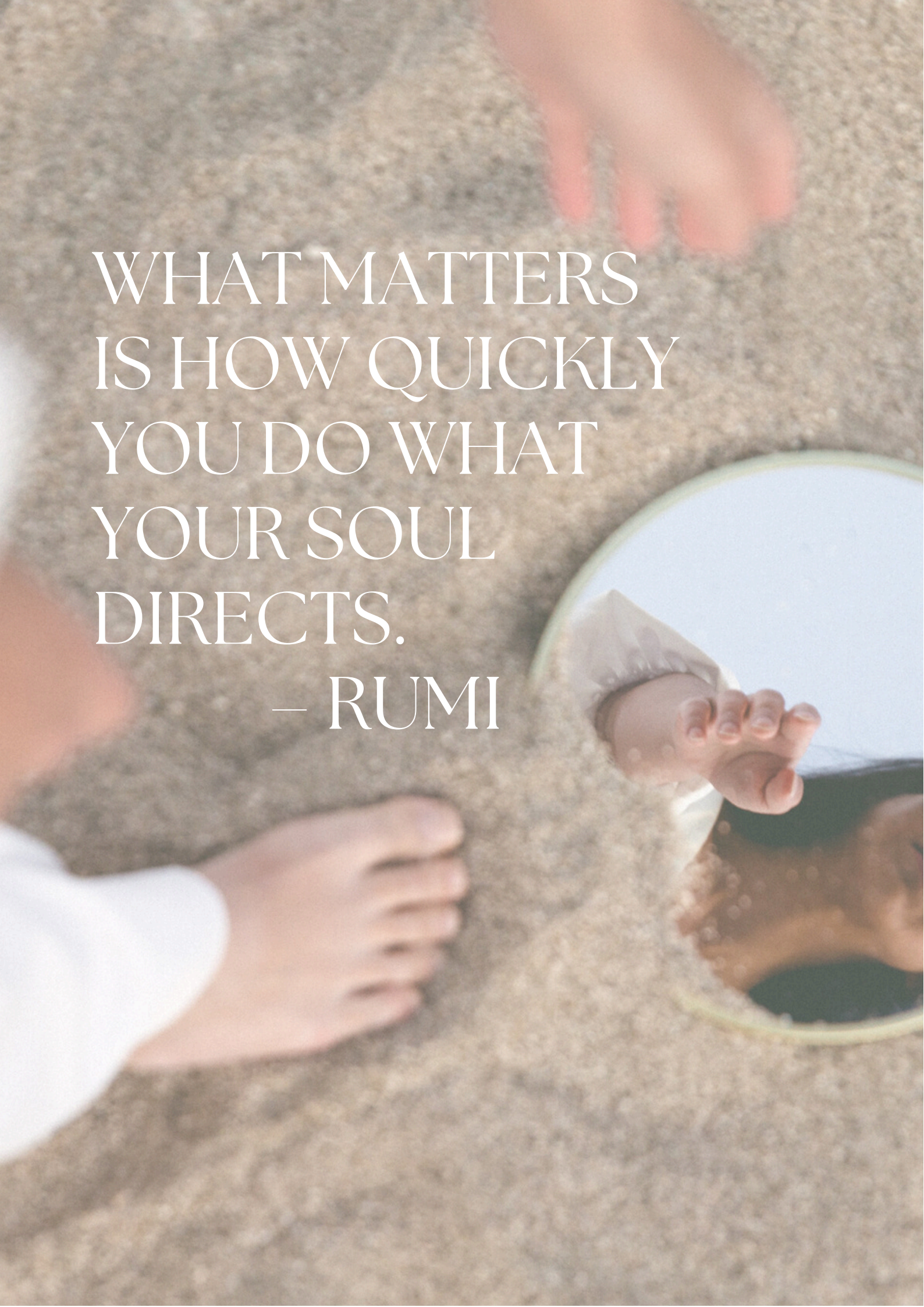
AS IS OUT, SO IS IN. If you have been decluttering and beautifying your living space with me, you have most likely heard me emphasize the fact that clutter does not only live in our closets. Love, spirituality, health, career, emotional life, finances, friendships... Through all these things runs a web of energy, like fascia, that is either limiting or liberating us. I believe that clutter in all its myriad forms is what's holding us women back from our true power, our true sense of agency and the freedom to live our life according to our essence.

These 11 Principles will help you align the life you are currently living with the life that is waiting for you. I welcome you to be creative how you integrate them to your daily life. You can simply start bringing awareness to these 11 areas of your life by journaling – awareness is always the first step before any change is possible. *The School of Living Light* is built around these core principles and I look forward to taking a closer look at each one of them inside the school.

It's your time.

P.S. Just to be clear: These 11 Principles were the “original” principles, before I wrote my book *“Living Light”* which also happens to have 11 Principles... It's still a mystery to me why I didn't make these principles “the” principles in my book. Oh well! Just thought it'd helpful if you know this!



A top-down photograph of a person's feet on a sandy surface. One foot is in the lower left, wearing a white sock. The other foot is in the lower right, wearing a white sock and a small white shoe. A circular mirror is placed on the sand to the right of the foot in the shoe, reflecting the foot and the sand. A hand is visible in the upper right corner, reaching towards the sand.

WHAT MATTERS  
IS HOW QUICKLY  
YOU DO WHAT  
YOUR SOUL  
DIRECTS.

– RUMI



# 01

## SHE ONLY TAKES WHAT IS HERS IN LIFE.

It's about right ownership. When she lives lightly, she does not possess the Earth, she walks lightly on Earth. She understands that she is not the host, but the guest here.

It means she becomes sober. That does not mean she can't have a glass of wine. It means each choice is made from a clear place. When she is clear, she makes better choices - in all aspects of her life. She chooses better partnerships and lovers. She gears herself towards purposeful work. She understands she is not only a body making the choices, but carries a whole lineage in her DNA. She learns how to make choices from the Spirit perspective – and this thought does not freak her out but empowers - perhaps even excites her. There's more to her than meets the eye. She realizes that being at effect to everything outside of her ultimately leads her to misery and heartbreak. Instead, she knows when to shift the course and get more curious. Curious about what it would be like to be at cause – to contribute instead of complain, to respond instead of react, to soar instead of sob.



# THINGS THAT NO LONGER CONTRIBUTE POSITIVELY INTO MY LIFE:

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*"I would love to live  
Like a river flows  
Carried by the  
surprise  
Of its own  
unfolding - Fluent"*

*John O'Donohue*



# 02

## SHE IS AWARE OF THE CONSEQUENCES OF HER ACTIONS

She understands that if she buys something she alone is responsible for letting go of it one day. If she hurts another, she is also hurting herself. If she takes on a client she doesn't feel chemistry with but she needs the money, she pays the price later. She picks up her own trash, figuratively speaking, and otherwise. This is true freedom. This is living light.

She also agrees that a closet full of junk is an energy drain and blocks her life force. As is out, so is in. She knows that even if an item is on sale "2 for 1", it does not mean she has to buy it, especially if she only needs one (or none) of them. Buying it does not mean she is saving money. Instead, she is wasting both money and energy. She is no longer in right ownership. She knows that this leads to a cluttered home, and a cluttered mind. And she alone is responsible for getting rid of it all, eventually.





# 03

## SHE KNOWS WHAT HER BODY NEEDS, MOMENT TO MOMENT.

She doesn't argue with her body. She leaves the mind out of this conversation. She commits to becoming so healthy that she develops a new sense of respect and trust in her body. Her body becomes a tuning fork, constantly giving her messages, and she is humble enough to listen. And when she gets out of balance, she trusts that, too. Illness is just another way of body trying to be heard. It may feel like a slap in the face rather than a sweet whisper, but she knows that's what it took for her to listen. Being ill is not a punishment. It's a crossroads. She re-commits to getting better. She knows that being healthy means she can handle imbalance. She has the tools, and she moves towards activating and enlivening the body, instead of numbing it. She educates herself about nature's ways of healing. She gets curious about "inner rivers", her meridians. She knows which points to touch when the river gets stagnant. She learns about wild herbs, organic foods, minerals and vitamins. She does all this out of service to her body, not out of fear. She knows that if someone shops at a health food store it does not automatically make this person healthy. Again, she commits to being for health, not against sickness. She gets her gut on board. She strengthens her intestinal flora. When she does, her pilot light is turned on 24/7, burning away any imbalance, whether mental or physical. And last, but not least, she leaves guilt out of the picture. If she has a pastry at her favorite French restaurant, she cherishes it. Even after the last bite.

She knows that proper elimination of toxins is important. She uses a full range of tools to do this – fasting, sweating, hitting a pillow and drinking plenty of water are some of them.

She knows that joyful, timely, indulgence is just as important. She uses a full range of tools to do this – a spa day, a feast and a pinch of watching Netflix are some of them.



# WHAT IS MY BODY TRYING TO TELL ME TODAY:

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*"You have  
two homes:  
earth &  
your body.  
Take care  
of them."*



# 04

## SHE HAS BOUNDARIES

She has learned (the hard way, perhaps) that she can't take care of everyone. She cultivates a deep sense of awareness about her own limits and she respects others' limits as well. She does not push her agenda. She does not try to please others. She does not take on what is not hers. She is equally compassionate and clear. She meets others from where she is. She comforts others from where she is. She grieves with them, not for them. She celebrates with them in a way that feels real, and does not take her away from her own experience. She does not try to rescue those who need more time in their own experience, no matter how much discomfort it brings her. She loves herself first, so she can love others.





# WHAT LIMITS AM I NO LONGER WILLING TO COMPROMISE:

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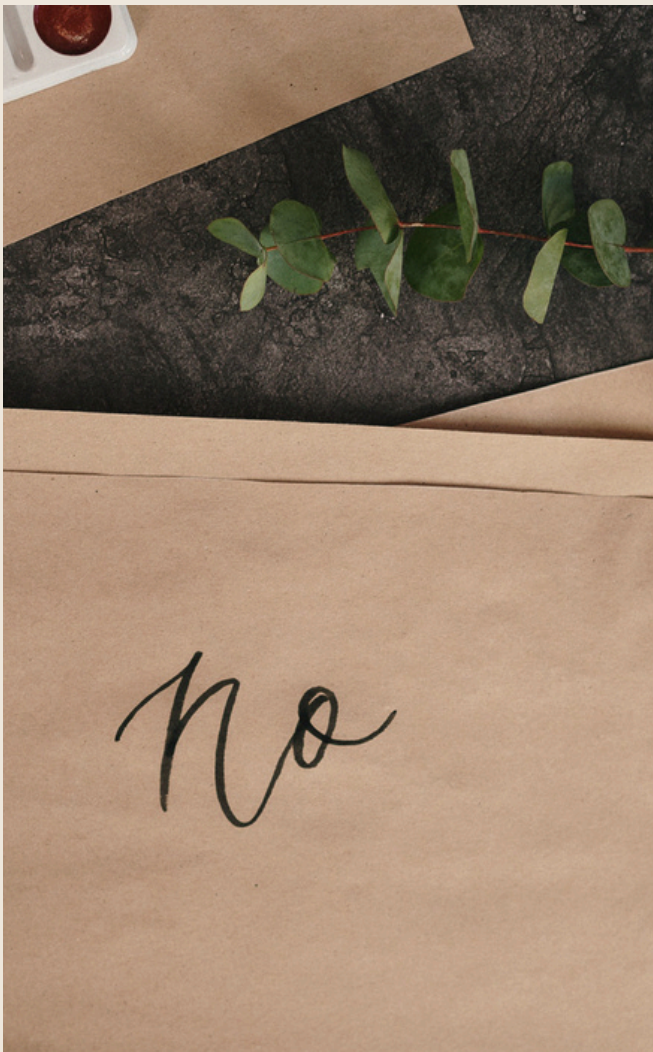
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"No" is  
a complete  
sentence.

Annie Lamott



# 05

## SHE KNOWS HOW TO GO AT THE RIGHT PACE

She stops the hamster wheel from spinning. And better yet, she steps away from the wheel, takes off our shiny shoes and paces herself to the pulse of the Mother Earth. Sometimes this means multitasking, sometimes this means doing absolutely nothing. Just like the Earth sometimes shakes, and the Ocean sometimes rages, it also knows how to get very quiet. Similarly, she embodies both the Yin and the Yang.

If she owns a credit card, she gets real with herself and understands that she is borrowing from the future. If she works overtime for long periods of time, she knows she is borrowing from the future. Eventually she needs to balance it all out. So instead, she practices living within her means.



# WHAT CHANGES DO I NEED TO MAKE IN ORDER TO LIVE MORE WITHIN MY MEANS:

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*"Live below your means, but within your needs."*

*Suze Orman*

# 06

Some patterns are hard to break. Sometimes she needs to keep reading the same chapter over and over. It does not mean she can't read. It just means she needs to keep reading it until she no longer needs to read it. In other words, she stops judging herself, thinking she should already be reading the next chapter. Because, who knows, perhaps this is the final chapter and she is not yet ready to put the book down.

SHE ACCEPTS THE FACT THAT SHE DOESN'T ALWAYS LEARN FROM HER MISTAKES.





# HOW CAN I BE MORE PATIENT WITH MYSELF:

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*"Rivers know this:  
there is no hurry.  
We shall get there  
some day.*

*A.A. Milne*

# 07

## SHE WELCOMES THE DARKNESS

Sun does not cast a shadow on its own - it needs a tree. Depending on the time of the day, the shadow gets shorter and longer. Living light does not mean she denies the dark and the heavy. Just like she doesn't deny the seasons, she doesn't deny the cycles of life. She flows with the changes. She realizes that "like all living beings, human beings grow in the light and transform in the dark." She has heard that the pearls are found in the deepest waters. So she goes there, willingly, looking for her personal treasure. Because if she doesn't, she misses out.





# 08

## SHE DOESN'T TAKE ALL THE CREDIT

She knows she is not the do-er, she is the door. She commits to becoming a clear vessel for the truth. She takes credit for the hard work it takes to get there, and she gives credit to the Presence that flows through her. She gets out of her own way. She knows that resistance only makes her arrogant and arthritic. Instead, she lets the life force rush through every joint, even when it means she needs to get on her knees. She expands her container. In doing so, she assists in restoring her well-being and the well-being of others.



# 09

SHE  
UNDERSTANDS  
THAT HER  
ATTITUDE IS LIKE  
A TELEVISION  
STATION – SHE  
CAN CHANGE IT  
ANYTIME.

She constantly navigates towards the right attitude – the one that helps her live at peace with how things are. It does not mean she gets passive or that she bypasses the realness of life. She just approaches it in a way that does not hurt her. Some attitudes can chew her alive. So she chooses the one that helps her co-create the outcome she wants. Don't get me wrong – sometimes being pissed off can get her there. But more often than not, a positive attitude is the fertilizer for a lighter life.



# 10

## HER LEVEL OF FREEDOM DEPENDS ON HER LEVEL OF COMMITMENT

Commitment no longer feels like a prison, or a restriction, but a welcomed boundary that provides a playground for her dreams. When she says “yes” to one thing, it means she lets go of something else. She realizes commitment is like a filter, or a discernment tool. It gives her a new anchor point of focus, and she no longer floats aimlessly wondering why she never reaches her desired destination.

# WHAT AM I COMMITTING TO THIS YEAR:

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*"Unless commitment  
is made, there are  
only promises and  
hopes; but no  
plans."*

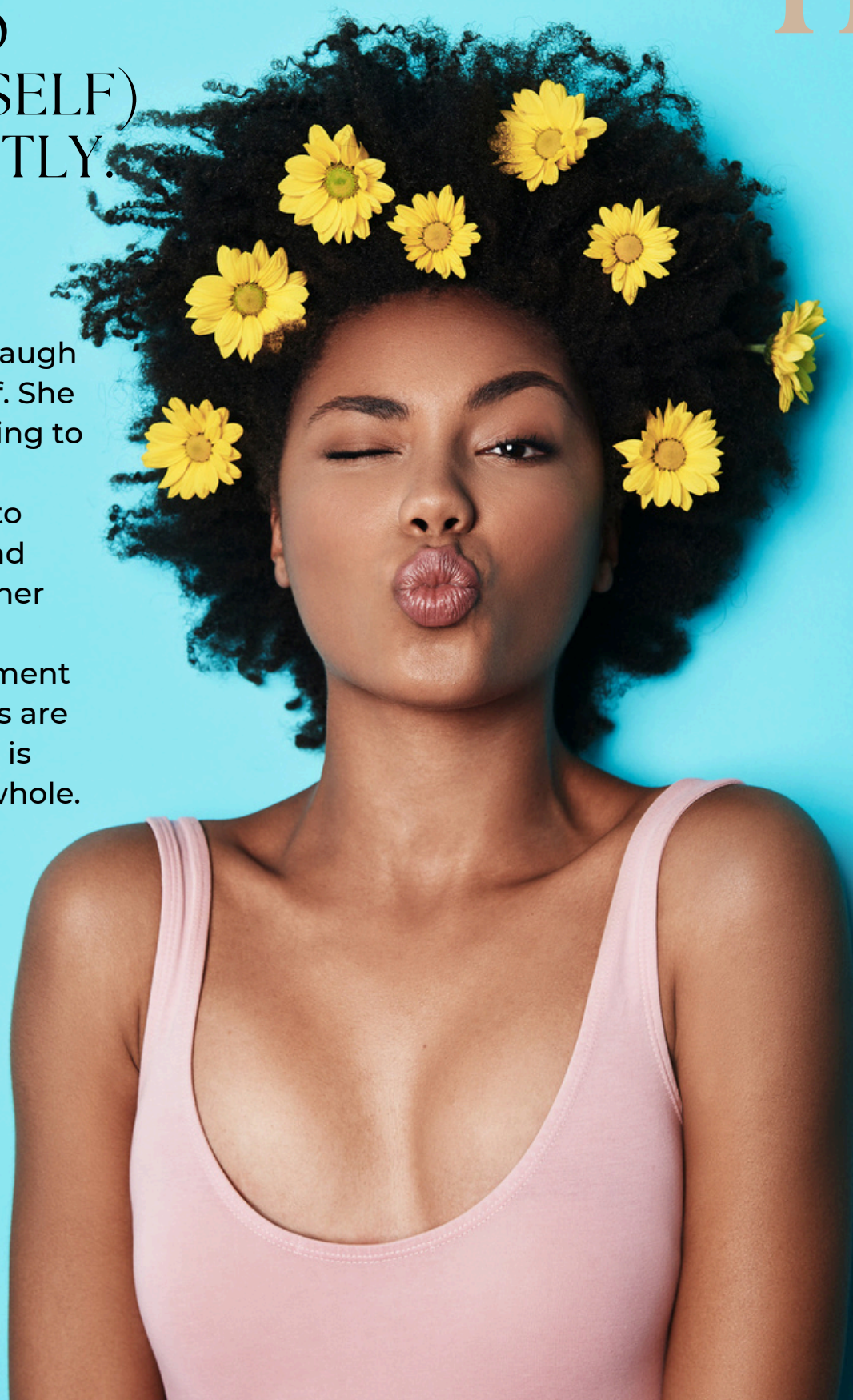
*Peter F. Drucker*




SHE IS  
FREE TO  
TAKE LIFE  
(AND  
HERSELF)  
LIGHTLY.

11

She can laugh  
at herself. She  
has nothing to  
hide and  
nothing to  
prove. And  
many of her  
self-  
improvement  
processes are  
over. She is  
already whole.





A woman is seen from behind, standing in a field with her arms raised towards a bright, hazy sunset. She is wearing a long, flowing red dress that spreads out on the ground. The background consists of a dense forest of evergreen trees silhouetted against the warm, orange glow of the setting sun.

SHE HAS A  
LOT TO SAY  
SO SHE  
CONTINUES ...





“You will never  
be happy if you  
continue to  
search for what  
happiness  
consists of. You  
will never live if  
you are looking  
for the meaning  
of life.”  
— Albert Camus

# LOVE

1. Don't love like you've never been hurt. I don't recommend it. I tried that for 28 years but it didn't work. We have all been hurt. Keeping that truth outside of your relationship bubble will burst it and you'll be the one cleaning up the mess. Eventually.

2. Do show your heart and all the broken pieces. When you are with the right person, this is inevitable. He wants to grow a relationship garden WITH you, which means there will be weeds. There will be worms. And there will be work. He wants nothing less. Do let him in.

*"Love can only heal if you stand naked." – Rumi*

3. Don't believe actions speak louder than words. In Finland, they say that when two people get married the man looks at his wife and says: "I love you and I'll let you know if it changes." Don't do what Finns do, although who knows, maybe that's their secret to happiness ...

4. Do use words to say what you want to say. If you don't know how to communicate, take some classes. Non-violent communication is a good place to start. Because I'm a Finn, it took me a long time to learn to express my feelings. Find creative ways to say "I love you." If you are hurt, say it. Use the simple formula: 1. My observation is ... 2. I feel ... 3. I need ... 4. My request is ... Or, you can go with something more exotic, like Ho'oponopono – a Hawaiian practice to make things right. And don't forget to laugh!

5. Question your gut unless you've had a colonic. ;)

6. Don't believe that absence makes the heart grow fonder. Don't take space when you actually need to go closer. It may be an old mechanism that has run its course.



7. Don't believe that "if you have to ask yourself if you're in love, you aren't." This is a tricky one. Your life partner is usually not your type and it will feel like you are not in love because it does not match how you felt in your previous (dysfunctional) relationships.

8. Do learn to trust a different kind of love. The kind that feels calm. Clear. Connected. Go towards that.

9. The more you try to find your match, the less likely it will happen. Lack creates more lack. You end up attracting someone who keeps reminding you of your own sense of emptiness. If you put all that energy into finding yourself instead, there's a better chance you will meet someone who mirrors back your real authentic self. He should be your "other whole," not your "other half."

10. You're the screenwriter and the casting director of your own love story. If you don't like it, change the story and pick a better cast.

11. Until we change, we end up in relationships with the same man in a different body.

12. Lists don't work. Stop making lists of qualities you want in your partner. Lists keep you limited. They keep him limited. Instead, start with feelings. His energy. Paint your faceless man.

13. Love is nothing. It's a chipping away process. Think Michelangelo's David. According to him, David already existed inside that giant hunk of marble. It was the chipping away of anything that was not David that made him the masterpiece. Same with you.

14. Women don't need any more dating advice or mental strategies. They need more soul. More heart. More compassion.

# HOME

1. Your home is a mirror. You realize that your home is an extension of you and that your living space reflects your inner world.
2. You understand what it means when I say that what you tolerate in your living space is a reflection of what you tolerate in your emotional life.
3. The house you live in is not an accident. Each home has something to teach you.
4. Keep your front door and front gate uncluttered at all times. Keep the entrance well-lit and immediately fix anything that is broken.
5. Give extra attention to your family room. It's the heart of the home where the Ren Qi (human love and affection) can be nourished. A home without a heart leads to disharmony. Your family room can be anywhere in the house as long as it's accessible and big enough for everyone to sit in and be cozy. Make it welcoming. Make an effort to practice togetherness.
6. Keep your bedroom free from clutter and dark (yin). Try not to do any activities there other than sleeping and spending time with your beloved. Sleep with your windows slightly open. Try not to have your headboard share a wall with a bathroom (or a kitchen sink).
7. Make sure your bed and desk are in a commanding position. The command position is located diagonally, opposite the entry door. Have a solid wall behind you so you can see who is coming into the room without having to turn your head. Try not to have your bed intersected by a door.



8. Stop using microwave ovens.

9. Turn off your wifi at night.

10. Make sure you have a space – no matter how small – that you can call your own. Where you can tend to your passions, your hobbies, your solitude.

11. Love your plants. Know what the best place is for them in your house, elementally. Keep your bedroom free from them (too yang).

12. Use natural elements, fabrics and organic cleaning products. Invest in a good air purifier. And a water filtration system.

13. Make your kitchen warm, functional and inviting, a place that inspires cooking. You're not only what you eat but how you eat. Energize your dining room or dining table, even if you live alone.

*"Home isn't where you're from,  
it's where you find light when all  
grows dark." — Pierce Brown*

Think about an area in your home that does not feel good. Spend time there and investigate what it is that may be causing it. What is it about that space that feels unsettling or uninviting?

List all of those things. Confronting this area will help you activate your dream space!

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*"It was good to  
walk into a  
library again.  
It smelled like  
home."*

*Elizabeth Kostova*



# SPIRIT

1. In order to develop a relationship with Spirit, you may need to question your beliefs about God and religion. Your upbringing may have left you resistant to anything spiritual. Be prepared to confront your conditioning and find your truth regarding “The Heavens.” No, you do not have to believe in an external God who sits on a cloud deciding if you get to go heaven when you die.
2. The purpose of this process is not to become more spiritual. The purpose of this process is for you to remember you're a Spirit. Regardless of your past experiences or labels, you hold the keys to your own evolution. The goal is to experience yourself as who you truly are, a Spirit in a body, determining your path and creating your own life in harmony with something greater.
3. If you know where your true home is, you don't need hope.
4. You learn how to make choices from Spirit perspective – and this thought does not freak you out but empowers, perhaps even excites, you. There's more to you than meets the eye. You realize that being at the mercy of everything outside of you ultimately leads you to misery and heartbreak. Instead, you know when to shift the course and get more curious. Curious about what it would be like to be in authorship – to contribute instead of complain, to respond instead of react, to soar instead of sob.
5. You want to learn the language of intuition and speak it fluently. It is the language of Spirit.
6. Intention is how you create as an energetic being. Intention is a being-state, not a doing-state. Ask yourself, who do you need to BE in order to fulfill your desired result?
7. Socially, you no longer try to fit in or please others, or be concerned how others see you. Your main focus is to stay present, and shine God (your essence).





8. You no longer view intimate relationships as purely romantic or functional. You move away from dependency into the realm of interdependency and oneness.

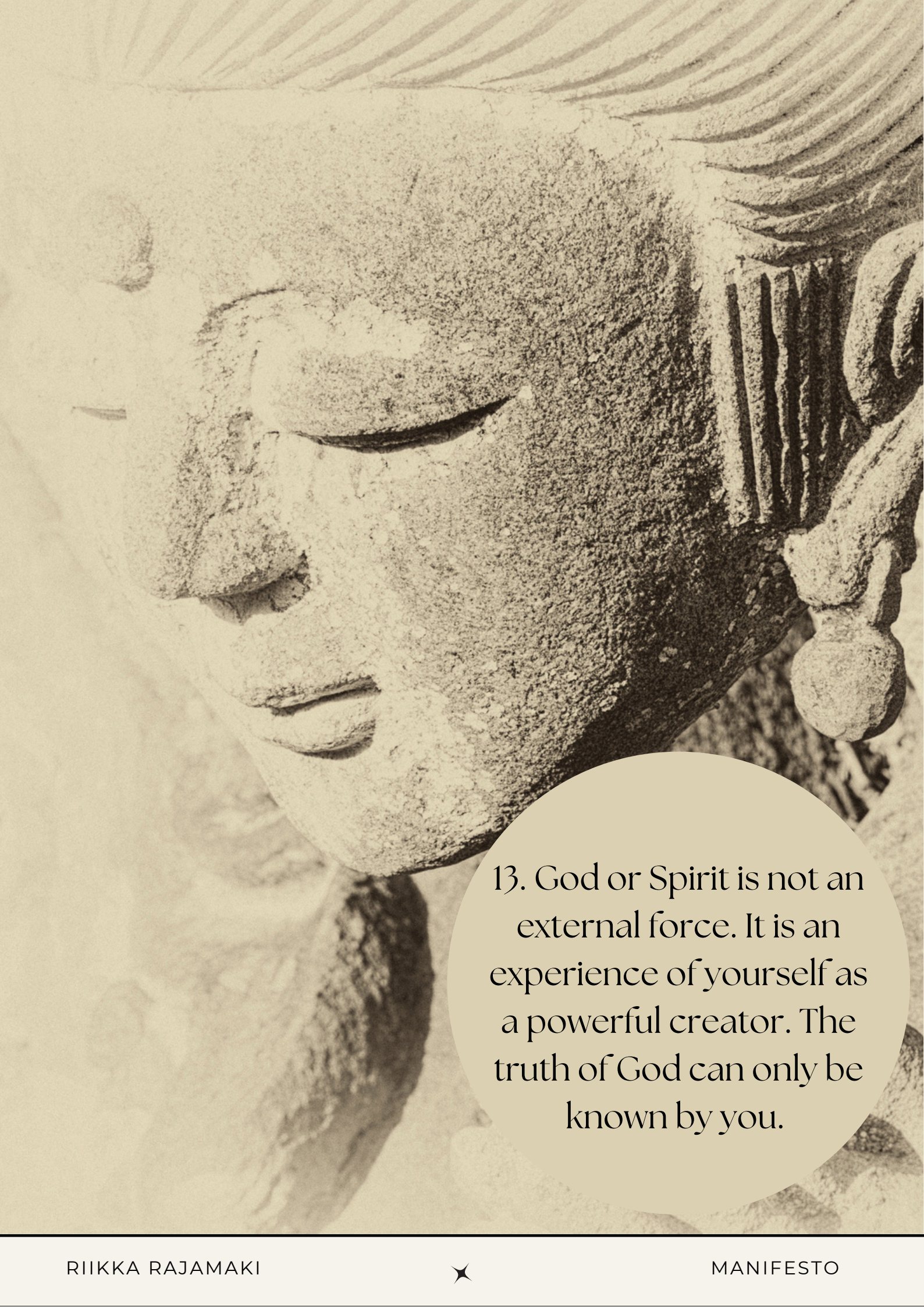
9. You are more interested in pure knowing than analyzing.

10. Things no longer feel good or bad. You are more interested in surrendering your attachments and your fantasies and in living the path you were born to live – even if it's not always easy. Even if it doesn't always bring you instant gratification.

11. When you live from your Spirit, you recognize your choice in every hurt. Your identity is no longer tied to your hurt but the choices you have made along the way.

12. Prayer is not about forcing creation, begging or bartering. Prayer literally means, to *set your mind as a trap for the thoughts of God*. It is about visualizing solutions and using intention as a tool for your creations.



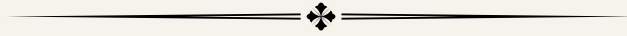


13. God or Spirit is not an external force. It is an experience of yourself as a powerful creator. The truth of God can only be known by you.



# MY DAILY PRAYER

You can use the structure below or write your own from scratch.



\_\_\_\_\_  
Insert God/Goddess/Creator/Universal Source/Your Name For God

Thank you for

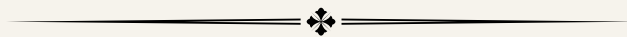
This day I effortlessly co-create

(I'm grateful for this or something better)

May

be blessed by grace.

\_\_\_\_\_  
Insert Your Name/So it is/Blessed Be/Amen





# THANK YOU FOR YOUR LIGHT!

Guess what? This was just the beginning. If you are reading this because you want something to shift in your relationship and love life, I invite you to book a complimentary CREATE CHANGE catalyst call where we'll explore your current love life and craft your roadmap to your dream.

**CLAIM YOUR SESSION NOW**

I can't wait to meet you!



A handwritten signature in black ink, reading "Riiikka".

**RIIKKA RAJAMÄKI**  
Sovereign Woman Mentor  
[www.riikkarajamaki.com](http://www.riikkarajamaki.com)

