

CLAIM YOUR SOVEREIGNTY

7 DAY JOURNEY

**Identifying the raw taboos,
hidden shames, and brutal
truths society desperately
wants you to keep buried.**

**Maintaining rooted power while
transforming into both the light
and the dark.**

Pete LoRusso

YOU ALREADY KNOW THE TRUTH

Society wants you to be polite, productive, and numb. It wants you smiling while you quietly limit yourself from the inside. Carrying sexual shame, money and scarcity trauma, rage you're not allowed to feel, grief you're supposed to "get over," and desires you've been taught are too intense.

This 7-day descent is not gentle. It is a deliberate walk into the dark. We will drag into the light every taboo you've been trained to hide: your hunger for power, your financial betrayals, your sexual truths, your fantasies of revenge, your exhaustion with pretending. You will face what most people spend their entire lives avoiding.

And then you will use it. This is the same raw material I use with my private clients who are ready to stop performing and start ruling their own lives. Complete it honestly, and you may discover you're ready for the real work. Welcome to the Underworld.

Let's burn what needs to die.

DAY 1: FACING THE HIDDEN WOUND

Theme: Stop lying to yourself

The first taboo: You are not fine. Most of your suffering comes from the energy you waste pretending you don't have deep wounds around worth, money, sex, power, love or abundance. Society rewards the mask. It punishes the truth.

Reflection Prompt

What wound are you still pretending doesn't control you — the money shame, the sexual secret, the rage at those who betrayed you, the grief you swallowed?

Embodiment Practice

Sit alone. Put your hands on your body where the wound lives. Breathe into it. Feel the full weight. Do not turn away.

Shadow Ritual

Write the ugliest, most honest letter to your wound. Use every curse word you need. Spill the shame, the hatred, the fear. Get it all out.

Integration Action

Tell one person (or write it down and burn it) a truth you've been hiding. Break the silence today.

Journal Question

What became possible the moment I stopped pretending I was okay?

DAY 2: ROOTING INTO THE BODY

Theme: Your body remembers everything society taught you by betraying your body to override exhaustion, shame desire, and treat your flesh like its sin.

Reflection Prompt

Where have you abandoned your body to stay acceptable, successful, or “spiritual”?

Shadow Ritual

List every way you have shamed or punished your body. Read it aloud. Then say: “I stop the betrayal here. I am sovereign”

Integration Action

Give your body something it has been begging for — real rest, real pleasure, real nourishment without guilt.

Journal Question

What does my body want me to know that my mind has been refusing to hear?

DAY 3: BURNING THE FALSE SELF

Theme: Kill the version of you that survives on lies. The most dangerous lie is the one that says you must stay small, nice, and palatable to be worthy. That version must die.

Reflection Prompt

What false identity are you still performing - the good one, the strong one, the spiritual one, the successful one that society says is ok?

Embodiment Practice

Shake. Scream if you need to. Move wildly. Expel the old self through your body.

Shadow Ritual

Write every lie you've been living. Burn it. Watch it turn to ash. Speak: "I am no longer available for this bullshit."

Integration Action

Do one thing today that the old you would never dare.

Journal Question

Who the fuck am I without the mask?

DAY 4: REBUILDING VALUES

Theme: Decide what the hell actually matters now.

After the death comes the terrifying freedom of choice. Most people never get here because they're too afraid to let the old life burn completely.

Reflection Prompt

If I stopped caring what they think, what would I value, protect, and pursue without apology?

Embodiment Practice

Hold objects or write words that represent your new values. Press them into your body. Let them imprint on you.

Shadow Ritual

Write a vow from your reborn self. Make it brutal and beautiful. No spiritual fluff.

Integration Action

Enforce one new value today with a clear boundary or decision.

Journal Question

What kind of life am I now willing to burn everything else down for?

DAY 5: RECLAIMING DESIRE & POWER

Theme: Your hunger is not evil.

It is society's biggest taboo: Abundance. Wanting money. Wanting real sexual connection. Wanting power. Wanting more. They want you ashamed of your hunger so they can control it.

Reflection Prompt

What desires have I labeled dirty, selfish, or dangerous?

Embodiment Practice

Put your hands on your lower belly and let the raw energy of desire move. Feel its heat, its rage, its aliveness. Do not tame it.

Shadow Ritual

Make a list of every forbidden desire. Read them proudly. Own them like the fucking sovereign individual that you are.

Integration Action

Take one bold, responsible step toward a desire you used to hide.

Journal Question

How much more powerful am I when I stop apologizing for what I want?

DAY 6: CREATING REAL SECURITY

Theme: No one is coming to save you.

The hardest truth: external security is an illusion. Real security is built by the version of you that has walked through hell and decided to rule.

Reflection Prompt

Where am I still waiting to be chosen, rescued, or validated?

Embodiment Practice

Root yourself. Feel power rising from the earth through your body. Claim your place here.

Shadow Ritual

Write the contract with yourself that the old you was too afraid to sign.

Integration Action

Take one decisive action that proves you are your own source of security.

Journal Question

What does it feel like to finally be the one I've been waiting for?

DAY 7: INTEGRATION & REBIRTH

Theme: You are the phoenix. Act like it. You have faced the dark. You have burned. Now rise, not as the person you were, but as the force you actually are.

Reflection Prompt

What died in these 7 days, and what dangerous, beautiful thing was born in its place?

Embodiment Practice

Stand tall. Feel the new power in your body. Breathe it. Own it. Become it.

Shadow Ritual

Write and sign your final Underworld Contract. The non-negotiable rules of how you will live now.

Integration Action

Make one irreversible decision that proves you are no longer available for your old life.

Journal Question

Who the fuck am I now and what am I here to take?

CHALLENGE COMPLETE

You did it! You looked at the darkness most people spend their lives running from. If this challenge cracked you open and you can feel the hunger for more personalized guidance, ruthless honesty, and the level of transformation that only happens in deep private work, then you already know what to do next.

My 6 Month Wholeness Transformation Program is for the few who are truly ready to stop circling the wound and finally claim their power. Spots are extremely limited.

I do not take many clients at once because this is an intimate transformation that requires real effort and energy on my end to provide the necessary work to help one claim their true sovereignty. Not the dull and boring surface level coaching that can be found on every corner of the internet.

DM me with the word “SOVEREIGN” if you’re done playing small. You are no longer who you were. Now go fucking live like it.