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Sovereign Living: Book I

A Woman's Guide to Reclaiming Your Crown

## CRISIS TO WILLFUL CHANGE

*“A crisis exists for you to have a victory over it” - Guru Jagat*

Crisis is the beginning of a transformation. It's like the opening of a cocoon, the first tremble of silk before wings unfurl. It's the hush before a butterfly remembers it was meant to fly. The metamorphosis has already begun; the colors are there, the breeze is waiting. But will you take flight?

Some linger, clinging to the tattered threads of what was. Others flap once, then fold back in, unsure of the sky. And some, dazzled by the new light, begin to write poems about flying, without ever leaving the branch.

When a crisis occurs in your life, have you ever asked yourself, “Why is this happening to me?” That's a question of someone who feels powerless, caught in a victim mindset by unconscious choices, unhealed wounds, and forgotten boundaries.

But we are never merely victims of circumstance, because we are always in control of how we respond. If your house is burned down in a wildfire you're not responsible for that event. But what you are in control of is how you respond. Do you feel sorry for yourself and stay stuck, or do you start building a new house? The choice is yours, and only yours.

Radical accountability for your choices is the first step toward Sovereignty. You have to take that step. You can't move forward without it.

## ***What Is a Crisis?***

It's a shocking, unexpected break that cracks the familiar rhythm of life. It can arrive as a physical event or a sudden realization. It knocks the wind out of you and strips away any illusion of control, leaving you standing there, asking yourself, "What now?"

Author Bruce Feiler, in his book *Life Is in the Transitions: Mastering Change at Any Age*, calls these moments "lifequakes." They are disruptive yet transformative periods that shake the foundation of our lives. He reminds us that these upheavals, while often painful, are not just endings; they are invitations to rebuild with greater truth, resilience, and purpose.

## ***My Story: Transforming a Crisis***

A crisis often arrives when you've ignored subtle invitations to change. But it doesn't have to define us. With conscious reflection, a shift in perspective, and deliberate reconnection to truth, you can move from crisis to clarity.

A crisis can expose the gap between the life you've been living and the life you're meant to live. That message came for me when my brother passed away. I suddenly felt small, like I'd been going through life half-asleep. It shattered something in me and it exposed something else.

I had been checking all the right boxes, meeting expectations, and missing the whole point. My brother's untimely death forced me to ask deeper questions:

- What am I doing with my one-and-only precious life?
- What is my purpose?
- What kind of legacy will I leave?

I had always told myself I was fine. I was a mother, and wasn't that enough? But something inside me said no. Not because motherhood isn't sacred; it is one of the greatest legacies we create. But our children are not

the whole of our legacy. Legacy is not only lineage; it is impact. Their lives are their own. And while they will always be part of the imprint I leave on this world, I could feel myself being called to grow in ways I could not yet name.

When I wrote my brother's eulogy, I had a revelation. His life had been both beautiful and difficult. As I searched for the words to describe him I felt myself reconnecting to something raw and essential, not just in him, but also in me.

After the death of my younger brother, writing his eulogy became a form of catharsis. Grief turned into energy, burning through everything I had avoided, including my marriage. In that tender clarity, I was forced to take inventory of my life, every choice, every silence, and every part of myself I had tucked away for the sake of keeping the peace. None of this was planned, as one crisis revealed another, and both became turning points.

I loved my life. I was deeply fulfilled as a mother, grateful for a successful career, surrounded by good friends, family, and the comforts I had worked hard to build. Yet beneath it all, I felt an ache I could no longer ignore. I didn't know how to ask for a divorce, and I didn't know how to mend what felt irreparably broken. So I froze. That emotional paralysis became its own crisis, the quiet unraveling of my marriage and the beginning of a reckoning I could no longer postpone.

### *From Crisis to Courageous Change*

Crisis alone does not create transformation. Instead, crisis offers you a choice. You can collapse back into the old, or rise into the new. Making the correct choice requires self-awareness, intention, and courage to hear the inner voice that already knows the way.

## *To Emerge Victorious in a Crisis*

- Pause. When shock hits, breathe. Give your nervous system time to settle.
- Zoom out. Look at the big picture. Break it down into manageable steps. What needs your attention in the next few hours? The next few days?
- Stay calm. Whether you're navigating loss, heartbreak, or sudden change, remind yourself: You are still here. You will be okay.
- Reach out. Don't isolate yourself. Call your support system. Let people witness and support you.
- Seek guidance that helps you see with new eyes, whether legal, financial, or emotional, and walk beside wisdom as you navigate the path ahead.
- Take accountability. Where were the signs? Did you override your intuition? Be honest with yourself without blaming yourself.
- Feel the emotions. Don't numb or bypass them. Let the pain rise, feel it, observe it and release it.
- Begin again. When you're ready, shift your focus toward healing, reinvention, and take actions that align with victory.

## *Recognizing Crisis Before It Hits*

Your intuition of a crisis is like a traffic light:

- Green Light (Whisper): A soft inner voice says, "Something feels off." You ignore it and keep going without paying much attention to the warning from your intuition.

- Yellow Light (Tap): The discomfort grows. You feel tension. Doubt creeps in. You slow down, think more about it, and just keep going.
- Red Light (Crash): You ignored the whispers. You ignored the taps. Either you full stop or life hits the breaks for you. This is the moment of reckoning, and your greatest opportunity. You can crash again, or you can course- correct, heal, and grow. So sit with the pain . Listen to what it's asking of you . Let it shape you into someone wiser, deeper, and more free.

### *Reflect*

Awareness is the first tool for transformation. By looking back without judgment, you prepare to move forward with intention.

- Recall your last personal crisis. What triggered it and how did you react emotionally, physically, or spiritually?
- Were there signs beforehand? Did your body, intuition, or environment try to warn you?
- What wisdom emerged through that experience? Did it reveal any patterns, boundary breaches, or outdated coping strategies?
- What signals did you miss? How can you listen more closely next time?

**Journaling Prompt:** *What was my most recent crisis trying to show me? What signals did I miss, and how can I listen more closely next time?*

### *Reframe*

Crisis may feel like collapse, but it often clears the path for deeper alignment. When we choose to see through the lens of growth, we reclaim our power.

- A crisis is not the end; it's a threshold. A chance to realign your life with what's true and needed.
- Your breakdown could be the soil where your next breakthrough takes root.
- Crisis strips away illusion. It doesn't arrive to punish you, but to wake you up and bring you closer to wholeness.

**Journal Prompt:** *Instead of asking "Why is this happening to me?" Try: "What is this trying to wake up in me?"*

### ***Reconnect***

After a storm, you rebuild by returning to what's real: your values, your vision, your voice . This is where healing takes root .

- Reconnect with your inner wisdom . In stillness or reflection, ask: "What does my soul need most right now?"
- Ground yourself in simple truths: people, practices, or places that bring strength, peace, or perspective .
- Begin shaping your post-crisis vision . What will you no longer tolerate? What new boundaries or commitments will you honor moving forward?

**Affirmation:** *I trust that this moment is shaping me, not breaking me. I choose growth, clarity, and willful change.*

## *Final Thought: Let the Fire Refine You*

Crisis is the fire that tests you.  
You are not meant to burn.  
You are meant to be forged.  
You are meant to become truer.

You do not need all the answers.  
You only need honesty now.  
Let the loss strip illusions.  
Let the rupture open you.

Let the storm clear its path.  
This is not your ending.  
This is your becoming.  
Your future is calling forward.

It is not rushing you.  
It is a reminder of your strength.  
Step forward even shaky.  
Rise into the self awaiting you.

*This is Sovereign Living.*