

CHELSEA RAE · FREE RESOURCE

The Field *State Guide*

Understanding the three states of your energetic
body, and where you currently live within them.

THE SOVEREIGN EDGE

Before any boundary work begins, one question must be answered.

If you are reading this, something in you is already sensing that the guilt, the overgiving, the exhaustion that does not lift with rest, is not simply a personality trait or a bad habit. You are right.

This guide introduces the framework that opens every cohort of The Sovereign Edge. Before any healing, before any change, there is one question to answer honestly.

| *Which state is your Field currently living in?*

No work proceeds until you can see this clearly, so we begin here.

What is The Field?

The Field is your energetic body, the living energy that surrounds, interpenetrates, and extends beyond your physical body. It is what walks into a room before your body does. It is what people respond to before you have said a word.

Most of us were never taught to notice it, let alone tend to it. Your Field is working, or struggling, in every moment, deciding what comes in, what goes out, and what gets absorbed along the way.

There are three states your Field can live in. Most women spend their entire lives moving between the first two, believing this is simply what life feels like. It is not.

THE THREE STATES

Identifying where you live right now.

STATE ONE

The Open Wound

No Sovereign Edge. Energy flows in and out without filter. You absorb everything. You leave every interaction carrying something that was not yours to carry.

- ◇ Saying yes before you have considered what you actually want
- ◇ Feeling drained after social interactions, even with people you love
- ◇ Taking on other people's moods as if they were your own
- ◇ Feeling guilty in any moment you are not actively serving someone else

"Others describe you as generous, selfless, always available. These are compliments that mask a wound."

THE THREE STATES, CONTINUED

STATE TWO

The Fortress

The Field is locked. Nothing gets through, including love, connection, and support. This looks like independence. It is isolation wearing armor.

- ◇ Struggling to trust anyone fully, even people who have earned it
- ◇ Leaving relationships before they get too close
- ◇ Pushing self-reliance to the point where asking for help feels like failure
- ◇ Being described by others as strong, hard to read, or intimidating

"The Fortress was built for a reason, in response to a time when openness was met with harm. It served its purpose. It has outlived its usefulness."

THE THREE STATES, CONTINUED

STATE THREE, THE DESTINATION

The Sovereign Edge

The Field is alive, responsive, and discerning. Soft without being porous. Strong without being closed. You hold your ground and your heart open at the same time.

- ◇ Rest taken without guilt, relationships chosen rather than endured
- ◇ A stable sense of self that does not shift based on who you are with
- ◇ The ability to feel someone else's pain without absorbing it as your responsibility to fix
- ◇ Anger expressed cleanly, joy experienced fully

"You say no without guilt and yes without resentment. A life that feels like yours."

WHY THIS IS DIFFERENT

Why willpower alone will not shift this

If you have tried therapy, communication scripts, boundary setting books, or sheer force of will, and the pattern has stayed, it is not because you did not try hard enough.

These approaches work on behavior. The pattern you are living is structural. It lives in the architecture of your Field, in the nervous system, in beliefs that were placed in your system before you were old enough to question them. Chelsea calls these Imprints.

Imprints feel like your own voice. That is what makes them so effective and so difficult to identify on your own. A voice that says, "I am selfish for having needs," does not announce itself as foreign. It simply sounds true.

Where are you right now?

Sit with these seven questions honestly. There are no right answers, only true ones.

01 When was the last time you said yes to something while your whole body was saying no?

02 After a typical day of interacting with others, do you feel energized, neutral, or depleted, and how often?

03 Is there someone in your life whose mood you can predict before they walk into the room, and does their mood become your mood?

04 When did you last ask for help with something you were fully capable of doing alone, and how did it feel?

05 Can you recall the last time you expressed anger cleanly, without immediately apologizing for it?

06 Do you feel safer keeping people at a careful distance, or do you feel safer giving more of yourself than is asked?

07 If your body could speak instead of your mind, what would it say about how you have been living?

There is no need to journal a perfect answer. Simply notice what arises. That noticing is the beginning of the work.

If something here felt like recognition rather than new information, it is worth paying attention to.

The Sovereign Edge is a sixteen session, five phase program built to take you from wherever you currently live, Open Wound, Fortress, or somewhere moving between the two, into a Field that is genuinely sovereign.

Clearing the Imprints. Severing the Threads that drain you. Reclaiming the parts of yourself that went into hiding to stay safe. Building something that holds.

You do not have to map this terrain alone. Chelsea has already walked it, and built the path back for you.

Curious if this is your next step?

A free 20 minute discovery call is honest, pressure free, and built to give you clarity either way.

[BOOK A CALL](#)

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The Sovereign Edge · Chelsea Rae

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