

The Puppet Master Guide

Reclaim your strings. Identify external manipulations—spiritual or psychological—and learn to discern your true voice from the "static."



Note: Be sure to reference my blog post "*The Puppet Master*," located within the **Midnight Musings** category under **The Crow's Ledger** section on the website.

Practitioner / Client Name:

Date / Session:

The Dynamic, Courtroom, or Giant Under Examination:

PART 1: IDENTIFYING THE COURTROOM & THE STAGE

Vision Insight: Sandra's vision depicted the courtroom as a stage of performance, observation, and scrutiny. To attain spiritual freedom, one must first recognize where they are confined and where the "static" originates.

The Location: In which areas of your life do you feel as if you're on a "stage," being observed or scrutinized? (e.g., a specific relationship, workplace setting, family dynamic, or harsh inner critic):

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Active Control & Pull Mechanisms

- ☐ Guilt / Obligation ☐ Fear of Rejection ☐ Over-Explaining
☐ False Responsibility

Somatic Resonance (The Body's Alarm)

- ☐ Solar Plexus Knots ☐ Constricted Throat ☐ Tightness in Chest
☐ Walking on Eggshells

The Energy & Physical Experience (Describe what it feels like to stand inside this enclosure):

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PART 2: UNMASKING YOUR PUPPET MASTER & THE CONTROLLING STORY

Vision Insight: The Puppet Master is an unseen force lurking in the shadows, controlling the "puppets" by subtly influencing words and actions without their conscious awareness.

The Narrative: What is the particular fear or old story that "controls" your behavior in this courtroom? (e.g., "*I must be perfect to be safe*," "*My truth is too much for people*," "*If I disappoint them, I will be abandoned*"):

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The Name: Give this Shadow Puppet Master a name to strip it of its mystery (e.g., *The Judge*, *The Silencer*, *The Martyr*, *The Pleaser*):

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Discerning the Static: What is the Sovereign Truth your spirit actually knows?

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PART 3: THE STAND-OFF ASSESSMENT (AUDITING & CHECKING THE STRINGS)

Sovereign Truth: A puppet is moved by external hands. A sovereign soul stands rooted in its own truth. Check the invisible "strings" currently pulling your energy:

- ☐ **Over-explaining my choices:** Giving away energy to explain or justify myself to people who do not support or understand me.
- ☐ **Emotional caretaking:** Feeling responsible for managing, softening, or "fixing" emotions and mood swings that are not mine.
- ☐ **Voice suppression:** Silencing or muting my authentic voice and truth simply to avoid conflict, tension, or disapproval.
- ☐ **Hollow performance:** Playing a curated, compliant, or "safe" version of myself that leaves my soul feeling empty and unaligned.
- ☐ **Guilt-driven compliance:** Saying "yes" out of unvoiced obligation, fear of abandonment, or conditioning when my spirit clearly means "no."

The Primary String to Sever Today (Which pull mechanism above are you cutting first?):

PART 4: UNSEATING FALSE JUDGES & POSITIONING FOR THE WIN

Vision Insight: The victory in the vision happened the exact moment fear vanished, and the Stand-Off began. Because you are not afraid to face the giant, you unseat the false judge and win the case of your life.

The Apparent Judge / Giant	The False Verdict or Manipulation	The Sovereign Action / Boundary I Set
External Authority / Person:		
Internalized Critic / Old Story:		

The Sovereign Action: What is one concrete, immovable boundary you will enforce this week that proves you are no longer a puppet?

The Sovereign Affirmation & Declaration (Transcribe the sacred quote below into the box):

"I win the case of my life simply by refusing to be moved by anyone else's hand. I see the strings, I silence the static, and I choose to stand."

PART 5: COMPLETE AUTONOMY & SOVEREIGN SEAL

The String I Am Cutting for Good:

My Sacred Anchor for Complete Autonomy:

For more lessons on spiritual transformation & sovereignty, visit TheKarmicCrow.com or listen to [The Higher Branch Podcast](#).