



PRESS KIT: THE SOVEREIGN OS

For Immediate Release

Contact: Carey Prendergast (The Architect)

Email: info@kavaresonance.com

Website: www.kavaresonance.com

Booking: <https://kavaresonance.com/press-media/?v=eb65bcceaa5f>

Brief Bio

Carey Prendergast, known as The Architect, is the author of the Sovereign OS, a two-volume field manual for human sovereignty. A survivor of narcissistic abuse, parental alienation, and a \$2.5M lawsuit, he built the system he wished he had 17 years ago. He is the founder of Long Island's first kava bar and the visionary behind The Sanctuary in St. Petersburg, FL.

Long Bio

I have been through what you are going through. I was married to a narcissist. She bankrupted my business, ran a smear campaign to destroy my credibility, and alienated my three daughters. I have not seen them in years. The family court system did not protect them. It protected her.

The same playbook I encountered in my home was the same playbook used by the Enterprise that sued me—and by the systems collapsing around us. One enemy. Not a thousand.

I became addicted to pain pills and alcohol during my marriage. I quit on my own. No rehab. No 12-step program. No guru. Just kava and plant allies.

I navigated my divorce with no money and no attorney. My house was foreclosed on. My cars were repossessed. I rode a bike to buy groceries for my children.

The Enterprise sued me for \$2.5 million. They used injunctions, forged license agreements, lawfare, false flag events, death threats, rigged courts, and a \$440,000 judgment. Five law firms. Political connections. I still won—just me, less than \$1,000 to my name, and no attorney. The proof is on the Supreme Court docket.

I developed fibromyalgia, chronic fatigue, and alpha gal syndrome. I went on seven retreats to heal. Ayahuasca. Plant medicine. Tantra. Ecstatic dance. Each time, I felt good for a week. Then I crashed.

Healing did not come from the retreats. Healing came from the Field Manual.

I built the Forge. The 30-day pressurization protocol. The CNS Reset. The ADRIAN framework. The Sovereign OS.

I am not a guru. I am not a healer. I am an architect. I built a system. You can install it. Or not. That is your sovereignty.

Core Concepts

- The Sovereign OS: The complete operating system for human sovereignty. Installation media and operations manual.

- ADRIAN Framework: The architecture of the Parasitic OS. A = Algorithmic, D = Deep Reality, R = Recursive Loop, I = Inverted Control, A = Anchored Trauma, N = Nullified Sovereignty. One enemy, not a thousand.
 - Pressurization Protocol: The engine of the Sovereign OS. A full-body flex technique combined with breath hold and root lock to generate life force energy and seal the vessel.
 - The Forge: A 30-day pressurization protocol to build unassailable internal energy and somatic clarity.
 - Rendering Reality: The operations manual. Post-installation protocols for coherence, pattern recognition, and breaking generational curses.
 - The Sanctuary: The physical manifestation of the Sovereign OS. A geodesic dome and kava bar in St. Petersburg, FL, serving as a coherence chamber and third space.
 - The Living Manual: The ongoing evolution of the Field Manual. New field reports, pattern logs, and synchronicities delivered via membership.
-

Book Information

Volume I: Kava Resonance: The Red Manual for the Blue World – The Field Manual

- Description: The installation media. 550 pages. 12 Field Reports. The Sovereign OS. It does not teach you to believe differently. It teaches you to function differently. Inside: The Pressurization Protocol, CNS Reset, ADRIAN Framework, The Forge, and the Scorched Earth Protocol.
- Buy Link:
- <https://kavaresonance.com/the-field-manual-print-digital/?v=eb65bcceaa5f>

Volume II: Rendering Reality: Post-Installation Protocols for the Sovereign Operator

- Description: The operations manual. Post-installation protocols for coherence, pattern recognition, and breaking generational curses. Inside: Rendering Reality, Spotting the Mask, Breaking Generational Curses, Sovereign Relationship Protocols, The AI Therapy Protocol, and The Pressure Cycle.
- Buy Link:
- <https://kavaresonance.com/the-field-manual-print-digital/?v=eb65bcceaa5f>

The Bundle (Volumes I & II)

- Description: The complete ecosystem. Installation + Operations. Save when you buy both.
- Buy Link: [[Kava Resonance: The Red Manual for a Blue World | Sovereign OS for Life, Business & Sovereignty – Kava Resonance](#)]

Contact & Booking

Email: info@kavaresonance.com

Booking: To schedule an interview, podcast appearance, or speaking engagement, please use the following link:

<https://kavaresonance.com/press-media/?v=eb65bcceaa5f>

Media Inquiries: All media inquiries, interview requests, and speaking engagement invitations should be directed to the email above.

Press Kit: This document is available for download at: [Link to the Press Kit page on your site]



1