

Sarria MORAN

DIVORCE & DOMESTIC ABUSE RECOVERY



Reclaiming you: Rebuilding Strength, & Releasing Fear. Transforming from Abuse to Abundance in Divorce's Wake.

Manifestation & Healing

As you hear the following affirmations, I want you to breathe deeply and relax into your body. Please remove all distractions.

Place your hands on a part of your body where you feel anxiety is stored.

Keep your focus and attention there.

It may be your throat, stomach or chest.

With each breath you take, drop into your soul's desire. Feel your feet on the floor and ground yourself.

And chant with me.

“It is safe for me to heal.
I am ready to receive it.
I trust myself.”

Let's begin

I see the masks that you wear.

I see you for who you really are.

When your performance sucks people in, I don't get frustrated that they don't see you yet.

I will not give you my power.

I deserve to be treated with love and respect.

I am safe; I am strong.

I am not who you say I am.

I am loved.

I am whole.

You won't be able to define me.

I accept responsibility for my past.

I will live by my values and shall not compromise them.

You don't own me.

I am in control of my life.

Your lies and false accusations bounce off my mind and my body.

I reject your toxic energy.

When you try to gaslight me, I tell myself I shall not play into your unsafe hands.

When you accuse me of what you do, I will say out loud "No."

When you try to pull me into the drama triangle, I return to "Grey Rock".

I will not look for healing at the feet of those who tried to break me.

My boundaries will protect me from you.

When you tell me you love me, I know that you are trying to "Hoover" me into your vortex, but it is unsafe.

I know that divorce is not a failure; it's a diversion towards freedom.

I will not fuel your narcissistic supply with my energy.

I forgive myself.
I will handle this change with ease and grace.
I am a survivor.
I deserve safety and peace.
I am kind to myself.
I rise above feelings of shame and guilt.
I am more aware of my strengths as I learn to be alone.
I am all that I need to be.
My heart is tender; I will nurture it with empathy and love so it can heal.

I have to protect myself. You must go.

I release you. I release you. I release you.

I am free.

I choose me.

You are all you need to be.

Love

SARIA MORAN
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