



VICTIM TO VICTOR

A GUIDE TO
DISSOLVING
VICTIM
CONSCIOUSNESS

PRESENTED

BY

The Return to Innocence Project

HEALING THE INNER CHILD

VICTIM CONSCIOUSNESS

Victim Consciousness stems from the belief that things happen TO us and not FOR us. It is the belief that we have no control over our experience and are at the mercy of outside forces. Victim consciousness is based in fear frequencies. Fear frequencies create trauma & wounding within the physical and energetic vessel.

When are in fear frequencies, we are unable to take accountability for our experiences, & we can only see the lower perception of our external reality. This cycle continues through generations creating ancestral karma that is rooted in victim consciousness.

The victim/perpetrator paradigm is part of the EGO mind's creation.

As we take accountability for ALL of our experiences-the good, the bad & the ugly-we take back our own sovereign power to create our reality.

SOUL CONTRACTS

As souls, we agree upon certain experiences, lessons & paths before incarnating. There is a divine design that we are a part of, even when we cannot see it.

However, there were many attacks by the Dark on those of Light, in order to take them off their path & keep them in fear.

Many beings who have experienced abuse took this on as part of their soul contract.

Those who contracted to take on the pain and suffering of abuse, did so in order to transmute and transform the pain & suffering of Humanity.

Through our individual experiences, no matter how traumatic, were in divine design because our Soul understood that we were capable of transforming these experiences.

Once we can accept that our Higher Self has agreed to all experiences, we transform from victims to victors of our lives..

THE VICTOR

Victory does not come from the blame, punishment or judgment of another soul for any wrongdoings. Victory comes from our ability to harness deep forgiveness, compassion & growth from our experiences. By harnessing our trauma to bring more awareness, growth, love & expansion into our being, we create a path for others to do the same.

To take back your power means not to gain sympathy or validation from others, or to punish those who you perceived have wronged you, but to own each and every experience & THANK IT for what it has taught you, the power and strength it has provided, & the deep gift of healing you are now able to share with others.

Once we heal our traumas, we become the healers. We walk the path rather than preach it. We become the change we wish to see..

TAKE ACTION

In order to fully transform our pain, suffering and traumas, we must not only do the energetic work but it must be followed by an action. No matter how small, ever action and step we take towards becoming a grander version of ourselves makes a difference. Energy + action=manifestation. This is how we change our reality and shift into a higher state of consciousness.

Start by writing down everything you take full accountability for in your experience, also write down everyone you need to forgive including yourself & all experiences. Burn this ceremony with the intent to dissolve all energetic chords with these events. Next, write a love letter to yourself that you can always read when you are feeling low.

The three greatest gifts to heal the planet will be Universal Love, Forgiveness & Compassion. These are the most powerful energies that can dissolve and transcend any amount of fear, pain or suffering...