

THE PLEDGE TO OWN YOUR VICTIM

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The Call Within

The Story Behind This Pledge:

It was a cold winter in 2021, still in the depths of covid and covid fatigue, I felt powerless in my career, with clients, relationship, marketing my business, friendships and so on. It seemed like no matter how many times I tried to get unstuck....I just couldn't seem to move forward or progress in any area of life.

It wasn't that I was trying to control or trying to gain power over others/things, it just felt as if things kept "happening" TO me" - things such as unexpected bills, emergency dental work, feeling like I ended up in a one-sided relationship, few clients booking, and so on.

No matter how well prepared or well intended I was...life just kept dishing me curveballs the past several years.

It was like pushing a boulder uphill, except this boulder was my entire life!

Finally, one day, I hit my wall. I just was over it. I was over not having life progress. I had been mad, raged out, cried all at various points in time.... And finally a peace came over me... that for some reason this thing "life" it wasn't my job to figure it all out on my own...

While sitting a late evening at home, the pledge to own your victim came as an "intuitive download" everything from the words and steps.

I didn't know what to expect honestly, and truthfully thought to just use it for my own personal use and performed the steps as below.

Late one night, with a friend, we went outside underneath of the Full Moon, shredded my bits of paper, stated my pledge, and watched those pieces burn and smoulder until they were ash or at least fairly charred.

Finally, a few days later, with a small garden trowel under the cover of darkness, I laid the victim to rest underneath of giant tree right outside the apartment window in Alexandria, Virginia.

The Test

In May 2021, while standing waiting outside for a food delivery order on a bright beautiful Saturday morning around 10:30 AM. While waiting outside, a young man began a conversation with me, assuming he was my new neighbor who moved in upstairs, proceeded to let him into the apartment building, I thought little of it.

A few moments later, he came back downstairs, and mumbled something to me, I moved a tad closer to try to catch what he was saying, then he mumbled again something about a spider being on the back of my pants, confused as to what the hell he was talking about, in an instant he cornered me, and proceeded to shove his hands down my pants in broad daylight. Screaming and yelling, I pushed him away from me. My adrenaline kicked in, as I tried to whip out my phone to get a photo of him. Shaking and scared I managed to get a quick photo and ran inside to call the police.

The rest of that beautiful Saturday was spent talking to the police and trying to get security footage from the apartment leasing office. The police urged me to not press charges because I was relocating to California in the near future. And for several days, sat in my apartment terrified. After much deliberation, I took this as “a sign” to leave sooner rather than later for California. By June 30, 2021 packed up the apartment and flew with my 2 cats from Alexandria, Virginia to Huntington Beach, California.

Knowing that the sexual assault could've gone a lot of different ways with many different outcomes, chose to ride this momentum of relocation and change with a new hobby-
Brazilian Jiu Jitsu.

Jiu Jitsu is/was hard. I was out of shape, one of the few women, and definitely felt like the odd person out in the "boys club". Yet I was determined to feel safe inside my own body again, to walk down the street without fear, and able to look men in the eye again without physical or emotional discomfort. During the 12 months, I studied, people began saying things to me like, "You look more calm, you're glowing...or you just look different, we can't place it."

In retrospect, this isn't all about Jiu Jitsu being my healing wound, it is about the pledge I had taken, the test I was given, and my commitment to honor that pledge- the Pledge To Own
My Victim.

*Note: Please note I view and identify my own sexual assault experience as a Test. However, I do not expect any other assault survivor or anyone else reading this to view any similar personal experiences as such. That is just the word I'm using to describe my own experience.

BE PREPARED TO SHIFT! YES THAT SHIFT MAY MEAN THE FALLING AWAY OF THINGS THAT ARE DONE GIVING/RECEIVING IN YOUR LIFE- PEOPLE, FINANCIAL SITUATIONS, ETC.

INSTRUCTIONS:

1. Cut the pledge in half, cut where it says "CUT HERE" in the pledge Sign your full name after each "I,"
2. Read the pledge out-loud with loudly with Conviction! With a hand over your heart
3. BURN SAFELY over a flame. Please follow all common sense protocols regarding flame, fire (basically don't be burning your house down)
4. Step back and observe the Magic of Life Unfold.
5. SAFELY Burn anything else letters, pictures, clothing, or mementos that you directly associate with Victimhood if needed.
6. Post Pledge Instructions at bottom.

I, _____, release all the unhealthy, sabotaging, and emotional karmic ties from this life, past lives, this dimension and other dimensions.

I release and surrender all actors, voices, themes, timelines involved in the:

Never Enough Time Story.

Never Enough Money story.

I'm not smart Enough story.

I'm not pretty/handsome story.

Never Enough Food.

Never Enough Attention.

My parents, family, or friends didn't think I was good enough story.

My husband or wife didn't love me enough story.

(Fill in the blank any other stories you may still carry with you)

I release and surrender ALL emotions, physical baggage, karmic ties from this life and past lives, this dimension and other dimensions inside of these stories

ANGER

RAGE

SHAME

CONFUSION

SADNESS

FRUSTRATION

DESPAIR

GRIEF

DEPRESSION

POWERLESSNESS

And all FINANCIAL, EVENT, OR PERSON DEPENDENT EMOTIONAL HIGHS AND LOWS within these events, characters, emotions-past life and present life!

They have served their purpose and now,

I,

Surrender and release you from my physical, mental, emotional, and spiritual body with ease, grace, and renewed empowerment.

I recognized that these aspects of, events, themes, characters, journeys, served as a compass of contrast, of a specific and/or general nature, that I deserved more or better in/from/to:

Physically safety and respect as an adult, young adult, teenager, infant, and/or child.

To be unconditionally, ACCEPTED, AND RECEIVED loved for WHO I AM from conception to present.

That I AM worthy of emotionally authentic, peacefully vulnerable and balanced friendships, romantic relationships, and workships of all kinds shapes, and forms. I AM worthy of access to the divine cornucopia of wealth, abundance, pleasure and play DREAMS and JOY, of LIFE.

(CUT HERE, BURN all words above this line!!) CUT HERE >>>>

(Burn above portion and now declare the following words to the Universe out loud in a powerful voice)

Now, as the flames lovingly transform these all emotions, themes timelines, characters from past life and present life Victimhood

I surrender and release the above,

I,

Give myself permission to stand before the table of Victors.

I,

Understand I may be met with Challenges and Obstacles in the future, and because I now on this day have chosen to OWN my Victim in a loving and self-responsible way AND have chosen to surrender and release all the parts, pieces, and stories of Victim that weigh me down in this human body:

Now from this day forward, embrace DIVINE Strength and Grace. And easily and effortlessly carry, wear and allow it to become one with me and

I,

EMBRACE BECOMING and BEING A VICTOR in the days, weeks, months, years and years ahead.

And all who come into contact with me from this day forward will also own and embrace, surrender and release, all aspects of their Victim, in their own way in their own time.

SO IT IS. SO IT WILL BE. IT IS COMPLETE. (say “It is Complete” three times, Take a deep inhale and exhale after “complete”)

Be Prepared To SHIFT! Yes that shift may mean the falling away of things that are done giving/receiving in your life- people, financial situations,

Even better share! And share your stories or events that Change your life post-pledge

Pledge Post Care Instructions

1. Keep A Journal/ Dream Log nearby.
2. Protect your space from those who might wish to “poke” holes in your process (people who tell their victimhood stories often) for the next several days, you just release a bunch of shit and you don’t need people calling it back in. This may even be those closest to you- lifelong friends or even family.
3. Bowel/Emotional Releases common and normal. You are mourning an aspect of yourself AND now is the time to embrace being a Victor.
4. Read Your Pledge For the next 9 days declare your pledge out loud in the mirror, stand at an actual table whatever you got to do, to reinforce your renewed self responsibility and personal power. NINE as its a number of a a cycle ending and new cycle beginning.
5. Step Back Step back and observe the Magic of Life Unfold. It may not appear exactly as how you planned AND plan on it happening anyway

And, Welcome Back, I Look forward to seeing you getting to know This New Version of You.



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