

Sacred Recovery Guide

A Foundational Companion to Faith Without Chains™

What Is Sacred Recovery?

Sacred Recovery is the return to wholeness—not through institutions, but through remembrance.

It is the healing of breath, lineage, and spiritual inheritance after erasure.

It is not religious recovery—it is sacred realignment.

This guide offers an introduction to core principles for those stepping into the journey.

The Five Core Tenets

1. Pre-Colonial Knowing:

A sacred declaration that reclaims belief outside the boundaries of captivity—spiritual, cultural, and historical.

2. Sacred Recovery over Religious Recovery:

Distinguishes healing from spiritual return to harmful institutions or inherited shame.

3. The Right to Reframe God:

Reclaims our sacred voice, selfline, and divine imprint—not as passive receivers but as foundational witnesses.

4. Covenant Without Captivity:

Invites believers into sacred agreement not conditioned by whiteness, patriarchy, or Western theology.

5. Healing from Religious Harm:

Affirms that true healing permits belief without bondage—without guilt, shame, or erasure.

Reflection Practice

Take a moment to sit in stillness. Read these aloud:

- I was never meant to worship bound.
- My story did not begin in chains.
- I remember who I am, and who I've always been.

Use these as breath meditations or journal prompts as you begin your path.

What's Next?

You are not alone in this journey.

We invite you to explore the language of Sacred Recovery through:

- The Book of Us
- The Living Glossary
- Join the Circle of Witness

To download more resources or connect with a sacred keeper, visit:

<https://dj0.556.myftpupload.com>