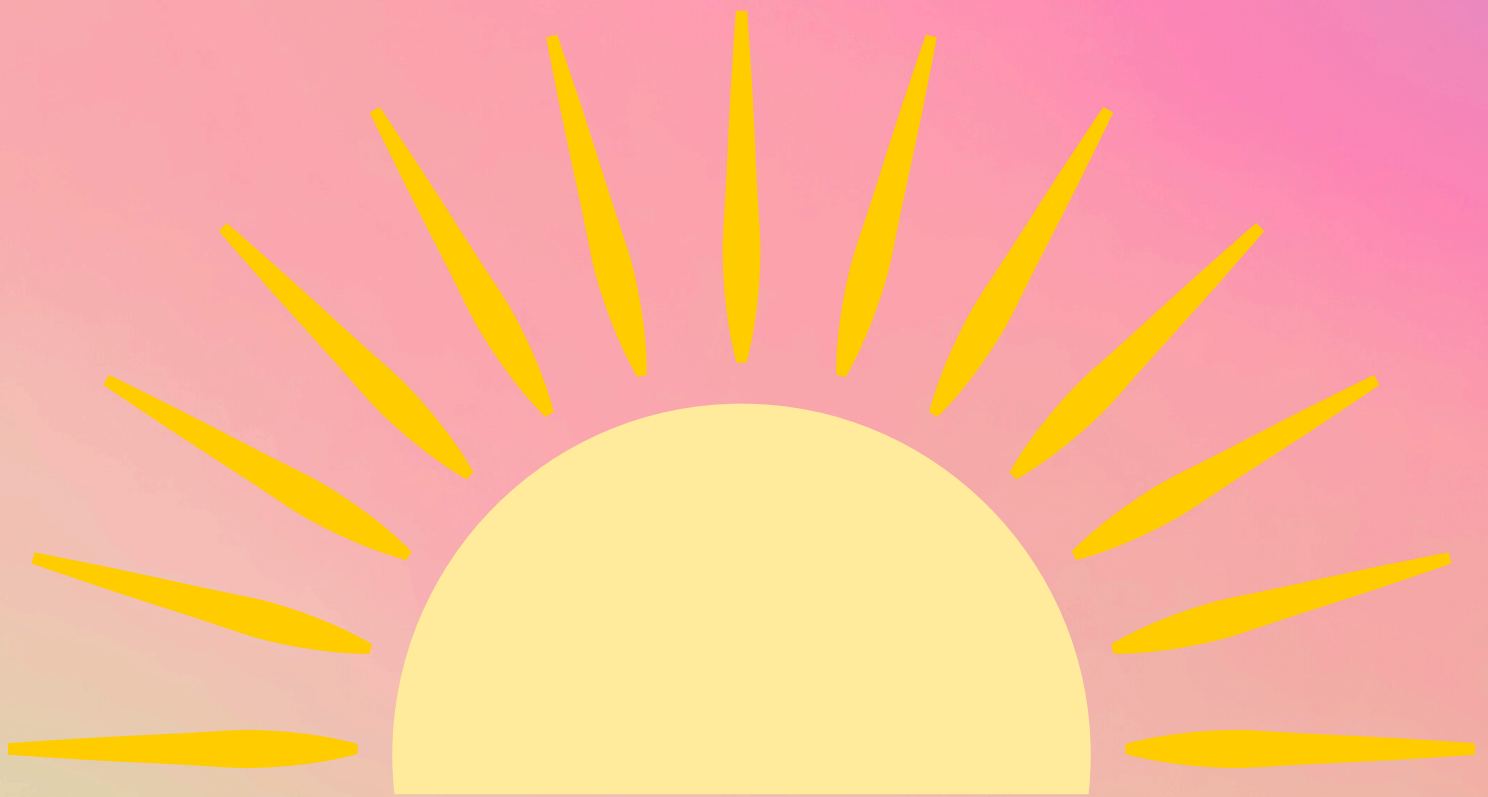


How To Reclaim Your Power After Twin Flame Trauma

A Guide For Untangling From Toxic Teachings
And Reclaiming Your Spiritual Autonomy



Guide by Eva Sawyer @ Tucumcaritarot

www.tucumcaritarot.com

You Are Not Crazy. You Are Not Alone

If you're here, there's a good chance you've been through something that left you questioning your intuition, your sense of self, maybe even your entire spiritual path.

Maybe you were told that everything you were experiencing—the anxiety, the heartbreak, the confusion—was “just part of the journey.”

That you needed to “surrender more.”

That the pain meant you were getting closer to union.

That the silence meant something sacred was happening.

If that story didn't sit right in your body...

If it left you feeling broken, obsessed, or ashamed...

If it made you feel smaller, not stronger...

You're not crazy. You're not failing. You're not alone.

You are waking up.

And this guide is here to help you untangle from the beliefs that hurt you, and return to something better—your own power, clarity, and self-trust.



Red Flags of Twin Flame Manipulation

- ✗ "Pain means it's working"
- ✗ "If you let go, you'll ruin your union"
- ✗ "You're just being triggered—keep doing the work"
- ✗ "They're running, so you have to chase"
- ✗ "They'll come back when you're more healed"
- ✗ "Boundaries are fear, not love"
- ✗ "This connection is more important than their free will"

These aren't signs of growth. They're signs of manipulation.

If someone tells you that your suffering is proof of spiritual success—or that your boundaries are getting in the way of love—they're not guiding you. They're gaslighting you.

You deserve relationships (and spiritual communities) that respect your voice, your boundaries, and your truth. Always.

You don't have to suffer to grow.



5 Truths That Can Bring You Back to Yourself

1. Your body is wise.

That pit in your stomach? The tightness in your chest? The moment you felt something wasn't right, even though everyone said it was love? That was your nervous system speaking. You weren't resisting growth—you were responding to harm. Your intuition isn't broken. It's waiting for you to trust it again.

2. Love doesn't demand suffering.

You don't have to endure pain to "earn" love. You don't have to chase someone to prove your devotion. And you definitely don't have to twist yourself inside out to align with someone else's soul path. Real love honors your peace, your pace, and your boundaries. It feels safe to exhale in—not like walking on spiritual eggshells.

3. You don't need to be "fixed" to be loved.

You are not a problem to solve. You are not "unhealed" because someone rejected you. You don't need to clear one more wound, manifest one more sign, or prove your worth through pain. You are lovable as you are. Now. Not later.

4. No one defines your path but you.

It's okay to question a teaching—even one that once gave you hope. It's okay to walk away from a community, mentor, or coach who made you feel small. You don't owe anyone your loyalty if it costs you your self-respect. You're allowed to write your own spiritual story—one where you are the authority.

5. You're allowed to walk away from anything that makes you feel small.

Even if it once felt magical. Even if it promised transformation. Even if someone told you it was destiny. If it costs you your voice, your peace, or your safety, you can go. Freedom is not failure. It's clarity.

You Don't Have to Have It All Figured Out—Just Start Here

REFLECT

Coming out of a high-control dynamic—whether a relationship, community, or coaching program—takes time. This is where you begin:

- Journal without judgment. Ask yourself: What do I actually want in love? In freedom? In spirituality? Not what you were taught to want—but what your real self wants now.
- Write a goodbye letter. To the person. To the fantasy. To the belief system. You don't have to send it. You just have to release it.
- Unfollow or mute anyone who triggers confusion, guilt, or shame.

RECONNECT



Healing isn't just about what you leave. It's also about what you come home to.

- Try simple, grounding rituals.
- Tarot for self-reflection. Walks in nature. Breathing with no agenda. Let quiet things hold you.
- Find voices that empower, not control.
- Whether that's a therapist, a tarot reader, a podcast, or a friend—surround yourself with people who remind you that you belong to yourself.
- Rebuild a spiritual practice that centers you.
- Light a candle. Say your own prayer. Pull a card just for you.
- You get to make your practice sacred again—without fear.

You Don't Have to Have It All Figured Out—Just Start Here

REACH OUT

You don't have to go through this alone. And you don't have to carry what happened in silence.

- Talk to someone trauma-informed. Whether it's a therapist, coach, or recovery support group, choose someone who understands coercion, not just "mindset."
- Report what happened—if and when you're ready.
- The Michigan AG's office is gathering info on Twin Flames Universe:
 -  877-765-8388
 -  TwinFlames@mi.gov
- Join support spaces.
- Look for cult recovery forums, ex-member communities, or even a safe friend group. Healing thrives in connection.

Resources That Can Help

Books

- *Take Back Your Life* by Janja Lalich - A powerful guide for survivors of cults and high-control groups. Straightforward and affirming.
- *Combating Cult Mind Control* by Steven Hassan - A classic for a reason. It breaks down how coercion works and how to reclaim your critical thinking and identity.
- *The Body Keeps the Score* by Bessel van der Kolk - A deep dive into how trauma affects the body—and how healing can begin there.

Podcasts & Media

- *IndoctriNation Podcast* - Interviews with survivors of spiritual abuse, cults, and manipulative systems. Real talk with experts and ex-members alike.
- *A Little Bit Culty* - Hosted by two NXIVM survivors, this podcast explores high-control dynamics with wit, heart, and hard truth.
- *Netflix: Escaping Twin Flames* - A documentary specifically covering Twin Flames Universe and the stories of people who got out.

Online Support & Info

- Freedom of Mind Resource Center - freedomofmind.com

Cult recovery tools from Steven Hassan, including support referrals and assessment tools.

- Cult Recovery 101 (Reddit) - A community space for asking questions, sharing stories, and getting grounded advice.
- Therapist Directory (trauma/cult recovery) - therapistuncensored.com
Search for therapists with backgrounds in emotional abuse and high-demand groups.

Social Media Voices

- @the.holistic.psychologist – trauma-informed healing tools for self-trust
- @therapyforwomen – empowering, direct, and supportive voice for recovery
- @cultstories – breaking down cult dynamics in accessible language
- @tarotforthewildsoul – tarot as a self-trust tool, not a control device

Affirmations to Reclaim Your Truth

... "My truth is enough."

... "I don't need to chase anyone to be whole."

... "Letting go is not failure—it's freedom."

... "I am allowed to leave—even if it once felt like destiny."

... "Boundaries are not blocks—they are bridges to safety."

... "I don't have to prove my worth through suffering."

... "Love that asks me to shrink is not love."

... "I trust myself—even when others try to override my voice."

... "My spiritual path belongs to me."

... "Peace is a valid goal. Joy is a sacred outcome."

Hi, I'm Eva



Tarot reader. Spiritual accountability advocate. Safe space builder.

I work with people who've been burned by spiritual spaces that promised healing—but delivered control. Through tarot, grounded guidance, and real talk, I help folks reconnect with their own intuition and rebuild a spiritual life that centers clarity, not coercion. I believe you don't need a guru, a label, or a "divine mission" to be whole.

You just need permission to trust yourself again. And if you're here—this guide is part of that.


Let's Stay Connected

 Based in: New Mexico USA (mountain time zone)

 Website: www.tucumcaritarot.com

 Email: admin@tucumcaritarot.com

 Instagram: [@TucumcariTarot](https://www.instagram.com/TucumcariTarot)

 Newsletter: sign up at cleverfoxsociety.com

🌟 Services I Offer

- 1:1 Tarot Readings
- Spiritual Support
- Downloadable Resources (workbooks, journals, etc)
- Group Classes + Workshops

Visit my site or message me to book or ask questions. No pressure, ever.