

The Healing Code

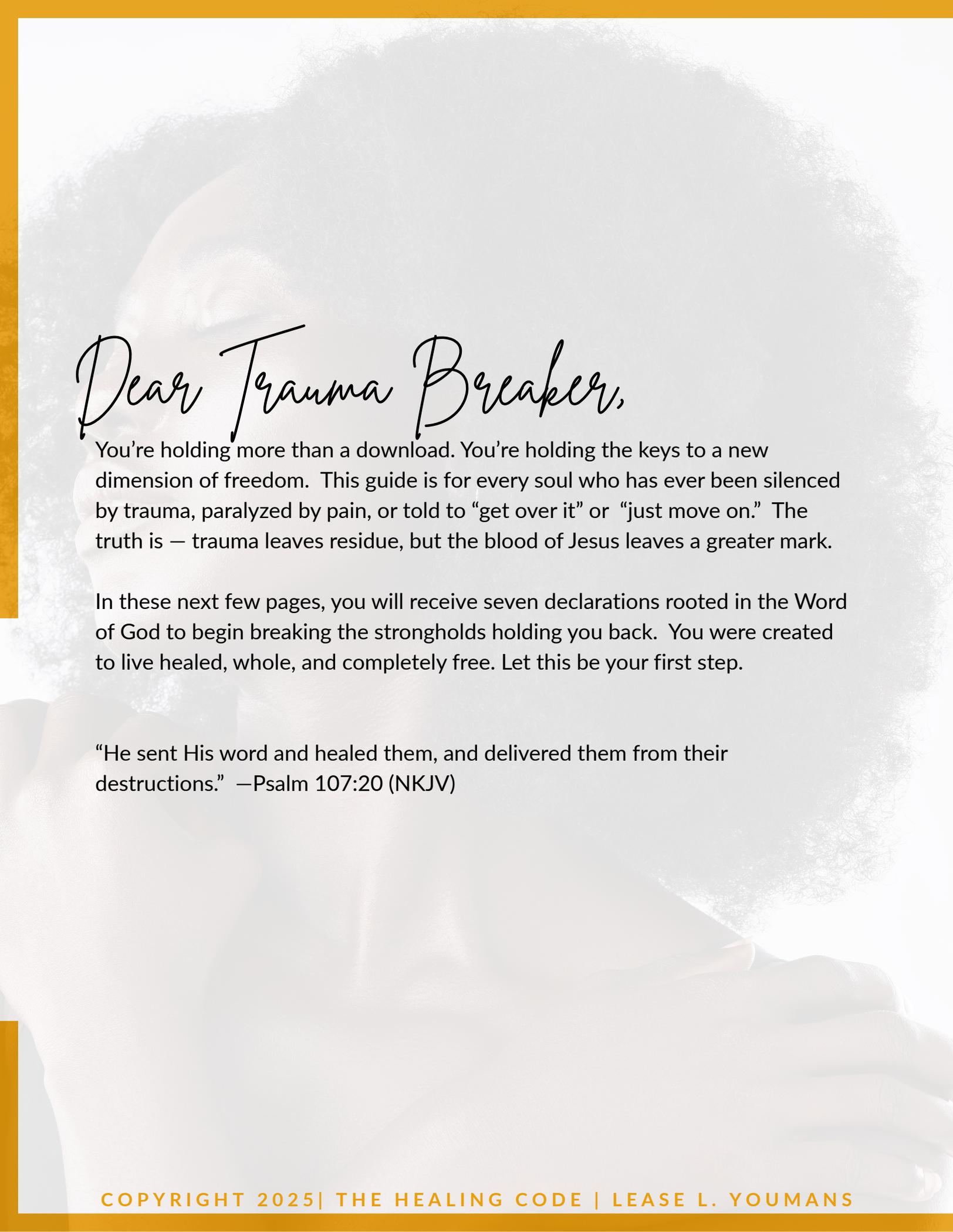
CONFESS. OVERTHROW. DECREE. EMERGE

7 BIBLICAL DECLARATIONS

TO BREAK FREE FROM
TRAUMA

A SACRED JOURNEY TO
RECLAIM YOUR VOICE, RENEW YOUR IDENTITY
& RESTORE YOUR SOUL.

A POWERFUL, FAITH-FILLED MINI-GUIDE TO START YOUR HEALING JOURNEY TODAY.



Dear Trauma Breaker,

You're holding more than a download. You're holding the keys to a new dimension of freedom. This guide is for every soul who has ever been silenced by trauma, paralyzed by pain, or told to "get over it" or "just move on." The truth is – trauma leaves residue, but the blood of Jesus leaves a greater mark.

In these next few pages, you will receive seven declarations rooted in the Word of God to begin breaking the strongholds holding you back. You were created to live healed, whole, and completely free. Let this be your first step.

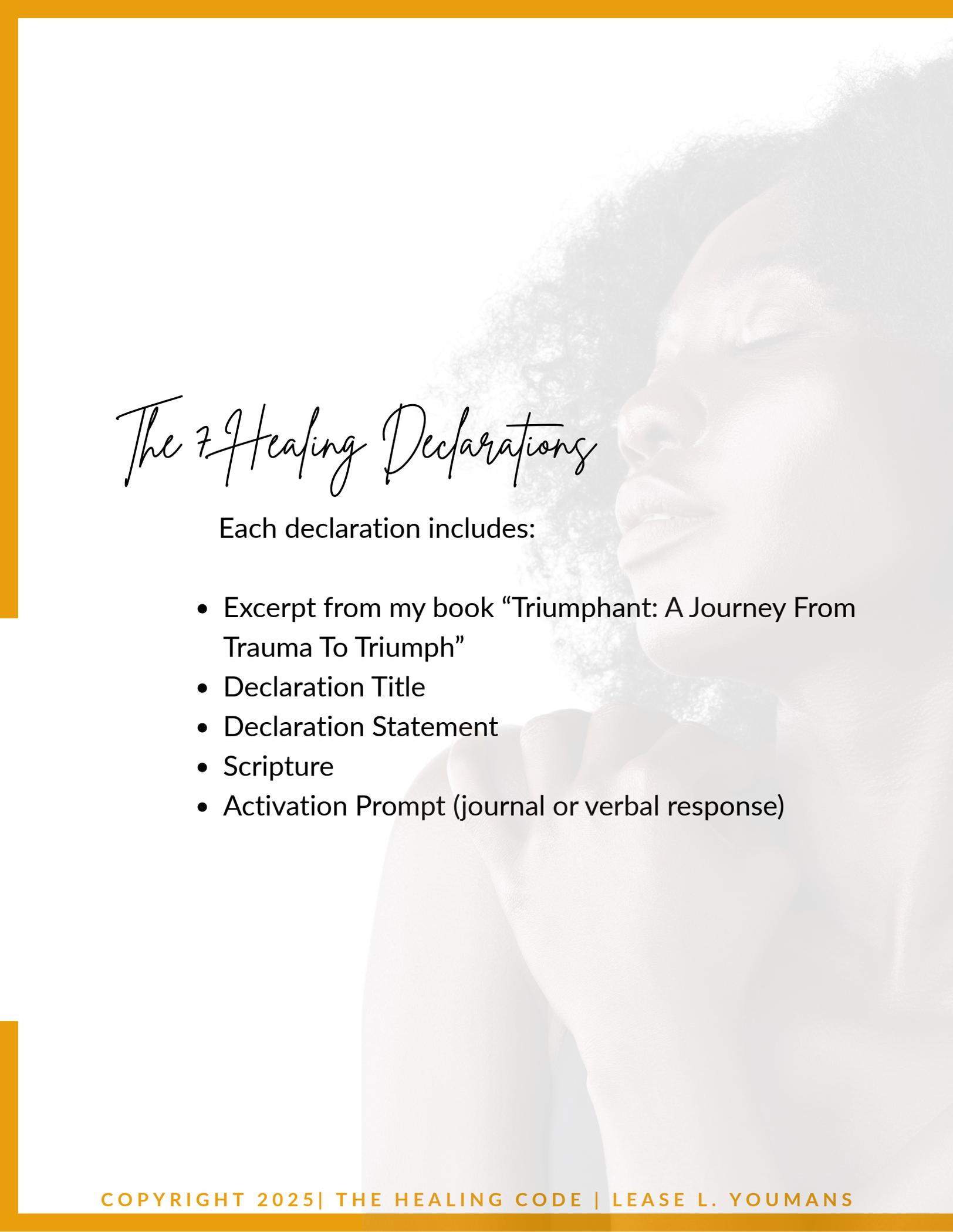
"He sent His word and healed them, and delivered them from their destructions." –Psalm 107:20 (NKJV)



How to Use This Guide

- Set aside quiet time (10–15 minutes per day)
- Speak each declaration out loud with conviction
- Meditate on the scripture
- Write a short journal reflection or prayer after each one
- Repeat daily for the next 7 days or until breakthrough comes

Bonus Tip: Record your own voice reading these declarations and listen while you sleep.



The 7 Healing Declarations

Each declaration includes:

- Excerpt from my book “Triumphant: A Journey From Trauma To Triumph”
- Declaration Title
- Declaration Statement
- Scripture
- Activation Prompt (journal or verbal response)

Healing Declaration 1

“I AM NOT WHAT HAPPENED TO ME”

EXCERPT FROM “TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH”:

“It would take me thirty-eight years to make the connection, thirty-eight years to realize that I truly didn’t know who I was and that I was living life as who I had become in order to survive the interruption of disruption. It’s amazing how trauma can seep through and into the very fibers of your being, altar your DNA and have you showing up as who you have become in order to survive and not as the person God intended for you to be.”

DECLARATION:

I am not defined by trauma—I am refined by truth. My identity is in Christ, not in crisis.

SCRIPTURE:

“Therefore, if anyone is in Christ, he is a new creation. Old things have passed away; behold, all things have become new.” –2 Corinthians 5:17 (KJV)

ACTIVATION:

Write: Who did trauma try to make you become? Who does God say that you are; who are you really in God?

Healing Declaration 2

“MY VOICE IS VALUABLE”

EXCERPT FROM “TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH”:

“Because our words have power it’s no surprise that satan came for my voice and not just my voice but also the sound of DOMINION and authority that it carried. The enemy didn’t care that I could still make a sound and speak, he wanted me unsure, timid, and insecure, he wanted me to speak on a frequency of destitution and not one of my God given DOMINION. He didn’t care that I could still express myself so long as trauma was controlling the expressions being made.”

DECLARATION:

My voice carries healing and purpose. I speak with dominion authority therefore I will no longer be silenced.

SCRIPTURE:

O clap your hands, all ye people; shout unto God with the voice of triumph. —Psalm 47:1 (KJV)

ACTIVATION:

Say aloud: “My story is safe in God’s hands. I release my voice without fear.”

Healing Declaration 3

“MY BODY IS COMING BACK INTO ALIGNMENT”

EXCERPT FROM “TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH”:

“Trauma can be stored in various areas of the body. Physical tension, especially in the muscles and tissues, often results from the body’s response to stress during a traumatic event. Additionally, the heart, lungs, and digestive system, which are associated with the stress response, may be affected. Finally, memory of traumatic events can be stored in the brain, influencing emotional and behavioral responses.” | Amber Foster, LCSW-S “How to Release Trauma From the Body” 01 December 2023 Choosing Therapy

<https://www.choosingtherapy.com/how-to-release-trauma-from-the-body>

DECLARATION:

Every place trauma touched—God is healing. My body will no longer hold what my heart has released.

SCRIPTURE:

⁸ Jesus saith unto him, Rise, take up thy bed, and walk.

⁹ And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.

—John 5:8-9 (KJV)

ACTIVATION:

Take deep, slow breaths. As you exhale, release stored tension, emotion, and fear. Lay hands on yourself and declare restoration.

Healing Declaration 4

"I RECLAIM MY MIND"

EXCERPT FROM "TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH":

"I would say he got up twice, first in his mind deciding to do so and then physically after he made the decision to do so."

DECLARATION:

Every thought rooted in fear is being replaced by truth. I have the mind of Christ.

SCRIPTURE:

"Be transformed by the renewing of your mind." – Romans 12:2 (KJV)

ACTIVATION:

Identify one fear-based belief and replace it with a truth from God's Word.

Healing Declaration 5

“I RELEASE THE BITTER ROOT”

EXCERPT FROM “TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH”:

“There would be times when I would have identified more with the sycamine tree than a tree planted by the rivers of water. A tree with twisted roots that ran deep and thrived in desolate places. Whose fruit looked pleasing to the naked eye but tasted bitter and only reproduced when inflicted with pain. I was anchored in trauma causing me to be unsteady, uneasy and unstable.”

DECLARATION:

Bitterness is not my inheritance. I choose forgiveness and release.

SCRIPTURE:

And the Lord said, If ye had faith as a grain of mustard seed, ye might say unto this sycamine tree, Be thou plucked up by the root, and be thou planted in the sea; and it should obey you. —Luke 17: 6 (KJV)

ACTIVATION:

Ask: What represents the Sycamine tree in your life? Who do I need to forgive today to walk fully free?

Healing Declaration 6

"I STAND IN DOMINION"

EXCERPT FROM "TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH":

"DOMINION was the seed that was planted within me that day. I believe and have believed over the years that this is the one word that kept me. It kept me moving forward regardless of the cycles and patterns that I was trapped in and even though I couldn't rise above the turbulence I dared to try because of the seed of DOMINION God had planted deep down on the inside of me. I somehow knew that I was called to greater regardless of the seeds that the enemy planted with the purpose to steal, kill, and destroy, silencing my voice of DOMINION."

DECLARATION:

I receive a seven-fold restoration of everything that was stolen from me. I walk in DOMINION AUTHORITY AND and I am clothed in righteousness and strength.

SCRIPTURE:

"Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you." –Luke 10:19 (KJV)

ACTIVATION:

Speak over your home, body, and mind with holy boldness. Reclaim your God-ordained territory, all of it.

Healing Declaration 7

"I AM WHOLE"

EXCERPT FROM "TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH":

"Without total healing, restoration and wholeness there was always a cap on change and transformation for me. I was the living definition of doing the same thing expecting to get different results."

DECLARATION:

I am no longer surviving. I am thriving. My life is being rebuilt from the inside out.

SCRIPTURE:

²⁰ And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment: ²¹ For she said within herself, If I may but touch his garment, I shall be whole. ²² But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour. —Matthew 9:20-22 (KJV)

ACTIVATION:

Look in the mirror. Declare: "I am healed. I am restored. I am whole."

Prayer of Deliverance from Trauma

Father, I come to You in the name of Jesus, and I pray for everyone who have been traumatized in any way. Be it from a sexual violation, mental, emotional, or physical abuse, witness to a violent death, a tragic accident, etc. Father, I ask you to cover them now with Your divine hand of protection. Restore their fragmented souls and cover their minds against all negative and vile thoughts. Father You are close to the brokenhearted and those who are crushed in spirit (Psalm 34:18). I ask that You mend the brokenhearted in the name of Jesus. Restore their mental health and heal their wounds according to Your word in Jeremiah 30:17. I proclaim deliverance over their lives in the name of Jesus.

I come against all forms or addiction used to numb the effects of trauma. I come against fits of rage, anxiety, anger, tension, uneasiness, instability and uncertainty, in the name of Jesus. Father, I declare that Your peace that surpasses all understanding will keep their hearts and minds through Christ Jesus. Where personalities have been compromised and split, I pray that you will mend and restore. I plead the blood of Jesus over their minds, imaginations, thought patterns and belief systems. May the Blood of Jesus wash, cleanse, renew and restore their souls. I pray Father that where time has been lost that you will redeem the time and that you will restore everything that the cankerworm and palmerworm have eaten up.

I cancel the plan of the enemy to steal, kill and destroy. I call every plan of the enemy null and void. May the devices of the enemy to bring harm to victims of trauma be turned back on him, speedily and seven-fold, in the name of Jesus. Father Your word says when the thief is found he shall restore seven-fold (Proverbs 6:31). I command a seven-fold restoration concerning stolen identities and livelihoods now in the name of Jesus.

Prayer of Deliverance from Trauma

Father, I come against perpetual trauma that has flowed from generation to generation and through bloodlines, through generational curses. I command the flow to dry up now in the name of Jesus. I pray for those that have been mishandled in any way by those that were in authority over them, that should have protected them. Father show forth and wrap them up in Your lovingkindness I pray. Be a shield and buckler for them in the name of Jesus.

I command all evil and unclean spirits to line up in rank-and-file order, starting with the root, and to come out quickly without hurting, harming or endangering, in Jesus' name. I come against and bind, hardness of heart, emotionlessness, listlessness, unforgiveness, toxicity, aggressiveness, in the name of Jesus. I loose peace within minds, joy within hearts and stability within emotions. Father, I thank You, for setting them free and for destroying the works of the devil.

I speak to trauma that has lodged itself in their bodies and I command you to leave now in the name of Jesus. I decree and declare that their bodies are the temple of the Holy Spirit, and no unclean thing shall dwell therein. I speak to the systems of their bodies that have been affected by trauma and command them to line up with the original intent and purpose of God for them. I decree that bodily systems function in the perfection in which God created them to function.

Those things that trauma have caused to lie dormant I command you to rise now and be activated now in the name of Jesus. Dominion authority rise up now, in the name of Jesus. Boldness and confidence rise up now, in the name of Jesus. Spirit of faith rise up now, in the name of Jesus.

Prayer of Deliverance from Trauma

Emotional intelligence rise up now in the name of Jesus. Spirit of clarity rise up now in the name of Jesus. Peace and joy rise up now, in the name of Jesus. Muted voices I command you to be loosed now and be opened now, speaking in your dominion authority in the name of Jesus. I come against the spirit of impotency, and I decree and declare that you shall reach your full potential in the name of Jesus.

I command the dazed and confused minds to receive clarity now in the name of Jesus. I bind all suicidal thoughts and attempts in the name of Jesus. I bind the spirit of chaos and confusion in your life and loose the spirit of peace and prosperity. I speak to the barren areas of your life, and I cast out the spirit of barrenness and command these areas to bring forth fruit now, in the name of Jesus. I come against all forms of demonic and witchcraft activity concerning them now in the name of Jesus.

Father, I ask that you release your Angels of deliverance, breakthrough, healing, restoration and wholeness to every victim of trauma now, making them victors, in the name of Jesus. It has been written, behold I will do a new thing, now shall it spring forth, shall you know it not, I will make a way in the wilderness and rivers in desert (Isaiah 43:19). Lord, I pray that You make a way for them in the name of Jesus.

Thank You Holy Spirit for restoring fragmented souls now, I ask You to fill with Your holy power. Fill them with love, joy, peace, long suffering, kindness, goodness, faithfulness, gentleness, and self-control. I thank You in the name that is above all names, the name of our Lord and Savior Jesus Christ: our Deliverer and King.

Prayer of Deliverance from Trauma

I ask that they may be filled with the knowledge of Your will in all wisdom and spiritual understanding; that they may walk worthy of the Lord according to Your word (Colossians 1:9-10). I proclaim that the power to succeed in life, come upon them now, the power to see and discern, come upon them, the power to overcome, fall upon them now, in the name of Jesus. Lord, open doors of opportunity to them through this prayer, in the name of Jesus.

I uproot and destroy from their lives by the Holy Ghost fire every obstacle to their miracles, in Jesus' name. Jesus said, "I am come that you might have life and life more abundantly" (John 10:10). Therefore, I decree and declare that they shall live and not die to declare the works of the Lord, they shall live in length of days and strength of days. Their days shall be long upon the earth and strong upon the earth, In the name of Jesus.

Jeremiah 29:11 For I know the plan I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. I thank you Father that Your plans for them will be fulfilled in their lives. Isaiah 54:17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord. Father release Your Angels of breakthrough, creative miracles and supernatural healing to go forward, visit and surround them in all areas of our lives, In the name of Jesus.

God I thank You that as I have prayed Your Word and given Your Word back to You, You proclaim in Your word that "So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it (Isaiah 55:11). And according to Psalm 103:20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of His word. In The name of Jesus, AMEN!

You've Just Begun.

YOUR JOURNEY TO WHOLENESS AWAITS...

These 7 declarations are just the beginning. Imagine what 10 powerful, spirit-filled, biblically grounded modules could do for your mind, body, soul, and spirit.

INTRODUCING:

UNLEASHED: THE TRAUMA UNIT

A FAITH-BASED INNER HEALING EXPERIENCE

- 10 POWER-PACKED MODULES
- SPIRIT-LED WORKBOOK + PROPHETIC ACTIVATIONS
- UNMUTE YOUR VOICE, BREAK GENERATIONAL PATTERNS,
& RESTORE YOUR TRUE SELF

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"TRIUMPHANT: A JOURNEY FROM TRAUMA TO TRIUMPH"