

THE BOOK OF BECOMING

A REFLECTION COMPANION FOR
THE SACRED SELF TRILOGY



AURRAS

TABLE OF CONTENTS

WELCOME TO THE BOOK OF BECOMING.....	3
DAY 1.....	4
DAY 2.....	6
DAY 3.....	8
DAY 4.....	10
DAY 5.....	12
DAY 6.....	14
DAY 7.....	16
DAY 8.....	18
DAY 9.....	20
DAY 10	22
ABOUT THE AUTHOR – DOROTHY TANNAHILL-MORAN.....	24

WELCOME TO THE BOOK OF BECOMING

A Reflection Companion for the Sacred Self Trilogy

You are standing at the edge of something sacred.

Not something new—but something deeply remembered.

This journal is not here to fix you, guide you, or tell you who to be.

It is here to hold space for what is already rising.

The Book of Becoming is your personal field of reflection—
a place to meet yourself with honesty, softness, and curiosity

as you move through the Sacred Self Trilogy.

Each page is a portal.

Each prompt a whisper.

Each blank space an invitation to listen more closely to the self beneath the story.

There is no right way to use this journal.

Only your way.

Some days, your truth will arrive as words.

Other days, as silence.

Both are welcome here.

Let this be your mirror.

Let this be your altar.

Let this be the place where the sacred self is not sought—but met, again and again.

Welcome home.

DAY 1

“You are not broken. You are becoming.”

AFFIRMATION:

I am safe to be with myself.

TODAY'S ENERGY FEELS LIKE:

(Write the sensation, tone, or emotional current you notice most clearly.)

MEDITATION OR STILLNESS PRACTICE I ENTERED INTO:

(Name it, or simply describe how you dropped in.)



REFLECTION PROMPTS:

What sensation is most alive in my body right now?

What part of me is asking to be seen more gently?

What am I beginning to let go of, even slightly?

SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 2

“Stillness reveals what striving cannot.”

AFFIRMATION:

I let go of what no longer serves my becoming.

TODAY'S ENERGY FEELS LIKE:

REFLECTION PROMPTS:

What surprised me in stillness today?

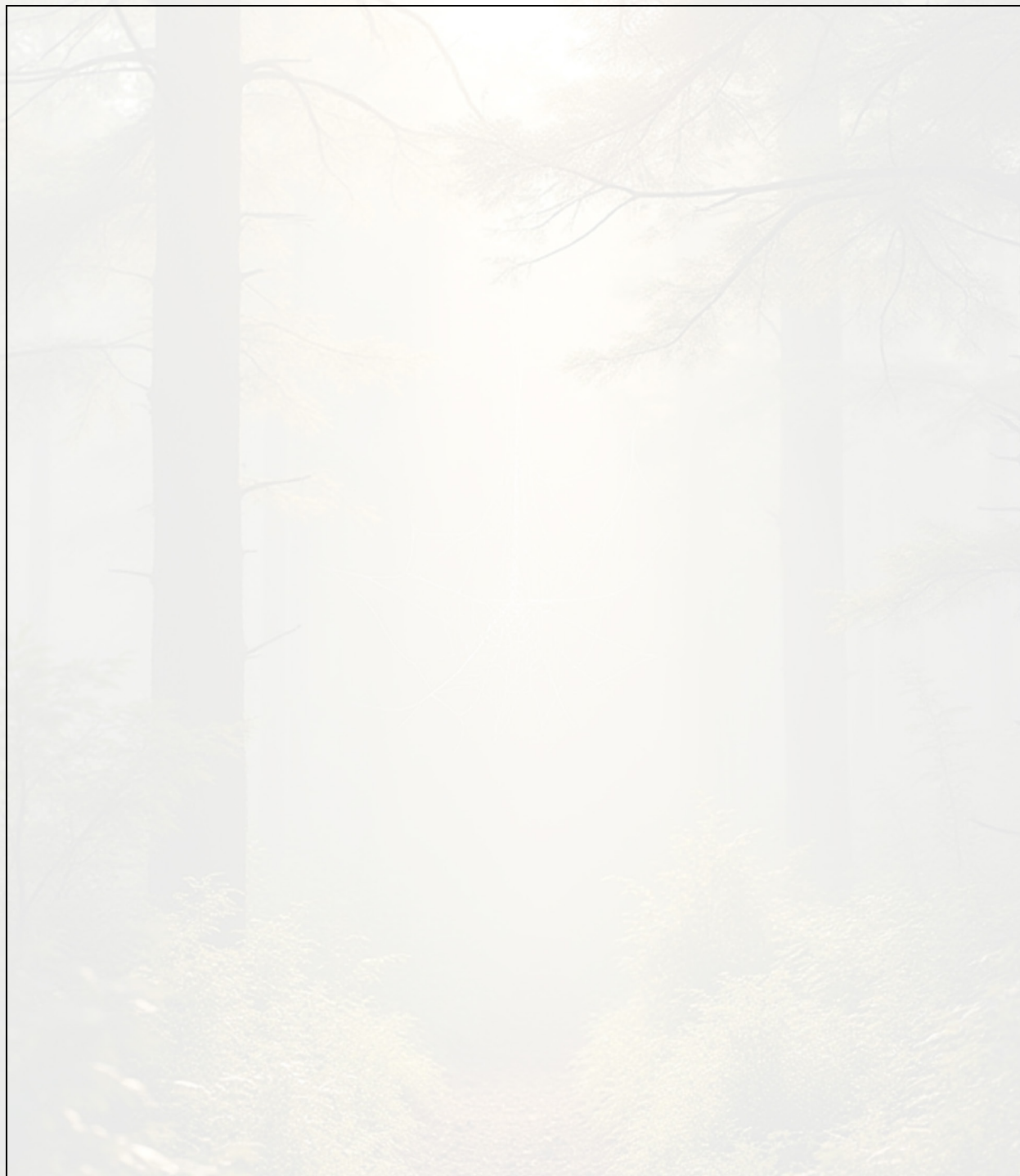
What story about myself is softening or dissolving?

What did silence speak that my mind may have missed?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 3

“The truth lives beneath the noise.”

AFFIRMATION:

My truth is enough.

TODAY'S ENERGY FEELS LIKE:

REFLECTION PROMPTS:

Where am I gripping in life, thought, or body?

What truth feels most subtle—but true?

How is my body trying to guide me today?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 4

There is wisdom in the unraveling.”

AFFIRMATION:

I honor the pace of my own unfolding.

REFLECTION PROMPTS:

What part of me is unraveling now—and what does it need?

What’s asking to be held with compassion, not control?

Where in my life do I feel a quiet invitation to soften?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 5

“Each breath is a return to presence.”

AFFIRMATION:

I am grounded in my presence.

REFLECTION PROMPTS:

What does presence feel like in my body today?

What am I learning to live without?

What emotions are moving through—without needing to be solved?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 6

“You are allowed to take up sacred space.”

AFFIRMATION:

I soften into trust.

REFLECTION PROMPTS:

What space am I reclaiming today?

Where in my life have I shrunk that I now wish to expand?

What would I say to the part of me that fears visibility?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 7

“Nothing real can be lost.”

AFFIRMATION:

I allow clarity to rise from stillness.

REFLECTION PROMPTS:

What is becoming more clear—even if it scares me?

What am I willing to grieve in order to grow?

What truth won't leave me alone lately?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 8

“Your softness is your power.”

AFFIRMATION:

I return to the wisdom of my body.

REFLECTION PROMPTS:

What happens when I stop pushing and just feel?

What part of me is still waiting to be loved?

What would softness choose today?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 9

“Let the silence speak louder than the fear.”

AFFIRMATION:

I receive myself with gentleness.

REFLECTION PROMPTS

What am I willing to hear today, without resisting?

What would I write if no one else would ever read it?

What does self-trust look like right now?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



DAY 10

“Wholeness is not something to earn—it’s something to remember.”

AFFIRMATION:

I am whole, even in my becoming.

REFLECTION PROMPTS:

What has softened, shifted, or emerged over the last 10 days?

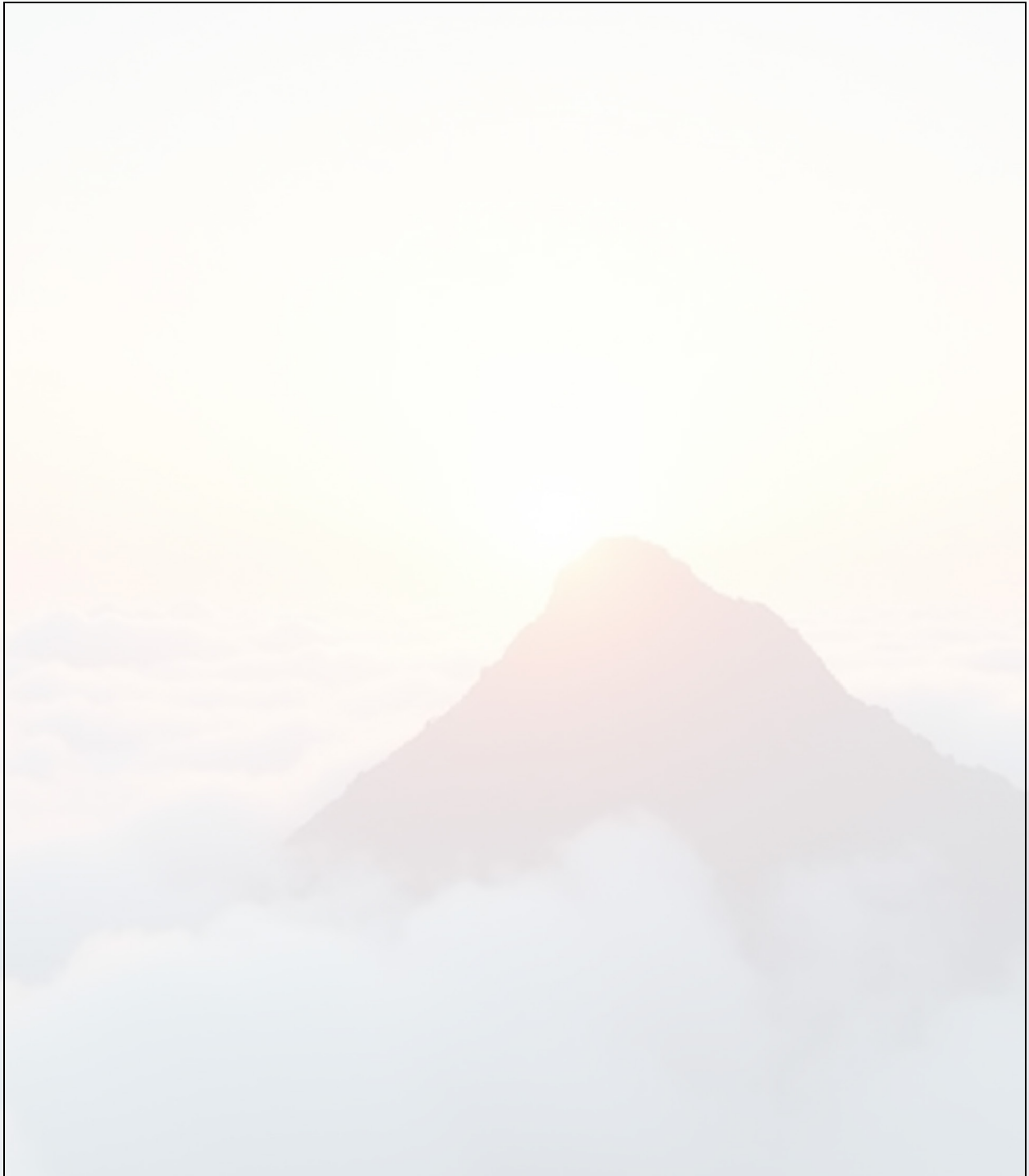
What do I want to carry forward with reverence?

What sacred truth am I ready to live more fully?



SYMBOL OR WORD FOR TODAY:

(Anchor in a color, shape, or phrase.)



ABOUT THE AUTHOR – DOROTHY TANNAHILL-MORAN

CERTIFIED SOUND THERAPIST, AURRAS

www.aurras.com



Dorothy Tannahill-Moran is a transformational guide, sound healing practitioner, and sacred space holder devoted to helping others remember their wholeness. Her work blends nervous system attunement, energetic wisdom, and heart-based practices to support those navigating thresholds of change, grief, embodiment, and spiritual reclamation.

With years of experience creating containers for deep inner work, Dorothy invites others to move beyond the surface—to soften, to listen, and to come home to themselves. Her offerings are rooted in the belief that healing is not about fixing but about **remembering the sacred self beneath the layers of performance, survival, and shame.**

The Book of Becoming is one of many invitations she offers—spaces where truth can rise slowly, where the body can lead, and where silence becomes a teacher.

You can explore more of her work at: www.aurras.com

