

The Intuitive Connection

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What Are Soul Contracts



Have you ever asked yourself “why am I here?” or “what is my purpose?” The answer lies in your soul contract. What exactly is a soul contract? It is an agreement that you entered into pre-birth. We each enter into a contract deciding which lessons we will learn in this lifetime in order for our soul to evolve. This contract not only involves the relationships in our lives, but our experiences, events and situations we encounter as well. It also involves other souls as we reach agreements with others learning mutually beneficial lessons. Whether positive or negative, we agree to every experience which in turn helps us to learn and grow as a soul.

There are several aspects to this contract including our name, date of birth, our families, life events and death. Although many aspects and events have been pre-determined, we still have free will and choices that are not. We get to decide how our life unfolds. Some may choose a more joyful path, while others will choose hardship. Each of these courses will end up at our ultimate destiny, which is what was agreed to according to our contract.

While it might feel overwhelming, know that you are not alone on this journey. There are spirit guides and angels who agreed to help guide us as we navigate through this thing called life. As you become more self-aware, it is easier to develop a connection with these guides who are here to help us reach our life goals. They gently and lovingly nudge us in the direction to fulfill our contract. However, they do not override our free will so we can choose to ignore their guidance. If you’ve ever felt like you keep experiencing the same type of situation over and over again, chances are it is a lesson that you need to learn (and you’re not getting it). We’ve all been there a few times as we tend to be stubborn and resistant to change. Next time you find yourself stuck in a loop, try asking the question “*what is the lesson I’m supposed to learn from this?*” Then keep an open mind and really pay attention to synchronicities. Remember those guides and angels will keep giving us little clues such as repeated patterns, symbols, animal messengers and even coincidences which ultimately help us learn the lesson and grow. Once the lesson is learned, the repetition stops as you are ready to move forward to the next lesson.

Is it possible to spend more than one lifetime trying to learn the same lesson? Unfortunately the answer is yes. Soul contracts can span across multiple lifetimes as we carry over unresolved lessons. So while it may seem frustrating, remember you did agree to this as part of your contract. Maybe it’s time to try something new in order to successfully learn the lesson and end the repetition.

What happens if you feel the agreement is holding you back and no longer serves your higher purpose? You can break aspects of the contract in order for your spiritual journey to progress forward. Keep in mind it is not about breaking the contract because you don’t want to deal with the lesson. Modifying your contract is truly about pushing through a blockage that is preventing you from fulfilling your life’s purpose and following your true path. One example of this might be that another soul was involved and they did not fulfill their portion so you cannot complete the lesson. In order to break the contract, you need information about the specifics of your contract. There are guided meditations that can help walk you through how to access your contract. There are also spiritual counselors who can help you access it (if you need a referral, send me an email and I’ll share her information). Once you know the part of

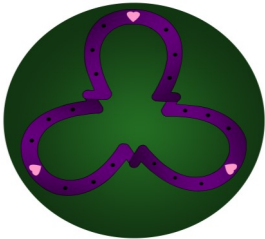
the contract that is holding you back, you can try to modify the contract through healing and forgiveness. Energy practitioners or spiritual counselors may be able to assist you in releasing the old outdated energy as well. It may be a difficult process, but it is worth it. Releasing these outdated contracts can allow us to move forward, creating new opportunities which in turn can realign us on our intended path.

You also have the ability to clear karmic debt that you may have accrued from other lifetimes. This debt could involve wrongs done to you, or wrongs that you have done to others. Try saying *"I forgive anyone who I perceive has done me harm in all space, all lifetimes and all dimensions."* Or *"I ask forgiveness from anyone who has perceived that I've harmed them in all space, all lifetimes and all dimensions."* It may take multiple attempts, but once released, you should feel as if a weight has been lifted as well as a sense of peace and gratitude.

Another type of debt that you may be carrying has to do with ancestral agreements. Similar to karmic debt, these agreements have been handed down through your family line as an "inherited" lesson (some people may refer to them as a family curse). These too can be released. With focus and intention state *"I break and release these vows for myself and my ancestors in all space, all lifetimes and all dimensions."*

Whether you are releasing karmic debt or ancestral agreements, once the release has occurred, a blank space is left behind. Always fill in that space with highest love energy. By filling it in with highest love, you are in control of the energy surrounding you vs allowing possible unwanted energy filling in the void.

Exploring your soul contract can help you gain a deeper understanding of your life's purpose, the people in your life, and the lessons you are here to learn. So embrace the journey and open yourself to transformation and fulfillment.



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