



Sacred Contract

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Adapted from teachings by Coaching From Spirit, LLC

Today's Date: _____

The Sacred Contract is a powerful journaling tool that helps you get clear about a specific issue that needs to be released or resolved. It focuses your energy in a new way, helping to attract what you want most in life.

It's best to write one contract per issue/situation.

An important part of this tool is the concept of releasing the outcome and your expectations. This does not mean having less energy or passion about what you want; it means letting go of any preconceived notions you may have about HOW your desire will come about. Don't worry if you can't be very specific about what you want; the overall vision and the essence of how you will feel is the most important thing. Clarity will come.

The examples given are simply for guidance; you need to use whatever wording you're most comfortable with for the particular situation you've chosen. You may want to get creative with this process and include drawings, images from magazines, etc.

Complete the following in your journal or notebook:

The Sacred Contract

1. **Write your full name and the date.**
2. **Subject of Surrender** : Ask yourself what you want to surrender and what you want to create. Briefly state this. (Ex: I surrender my debt. I want to create prosperity, joy and abundance in my life now.)
3. **Surrender and Release** all beliefs, fears, programs, patterns, memories, habits that are seemingly contributing to the situation you are surrendering. It is important to release this from your past, present and future. (Ex: I surrender the stress and fear I hold about being in debt. I surrender the need I have to live beyond my means. I release my anxiety about not having enough. I release and surrender all of this from my past, present and future.) If you believe that your soul has lived other lives, you can state that you release these patterns from your past lives as well.

4. **Claim** your vision of your true desire. Be as specific as you can. You can refer to what you wrote in #3 to assist you here. (I now claim complete financial freedom, a life where I am out of debt and have money to live, travel and play. I claim a life full of lightness, joy, and security.)
5. **Assistance:** What do you need assistance with – either from others or from your own inner guidance? (Ex: I need assistance in seeing a way out of my debt. I need help in separating the debt from my identity as a person.)
6. **Gratitude:** Give thanks to people, things, and aspects of yourself that you appreciate.
7. **Partner:** State that you now commit to partnering with Spirit/God/ Universe to resolve and release this situation. Partner to release the outcome, meaning that you release expectations about how your vision will manifest itself.
8. **Visualize:** Read and visualize what you've written in your contract. Feel the essence of each component, especially the feelings in your body that arise when you picture your vision from #5. Get into the feeling of having what you claim.
9. **Revisit** – take time in the next few days and weeks to read over your contract. Make changes if you need to. Remember to *feel* the feelings. Emotions are powerful energy, and positive emotions are magnetic forces for creating what you desire.
10. **Inspired Actions** – What are some ideas you have about next steps? Is there a healing that needs to take place? How might you create that healing for yourself? Releasing and surrendering should create space in your spirit. What wants to be born in that space? Is there any concrete action you feel drawn to taking? Commit to moving one step in that direction and allow the energy of that forward movement to carry you along your path.