



SOUL CONTRACT

Reflect After Your Reading

Hello friend!

Now that you've received your Soul Contract, this is your moment to reflect, integrate, and act. Use this worksheet to capture what resonated most, identify next steps, and embody your Soul Path in daily life.

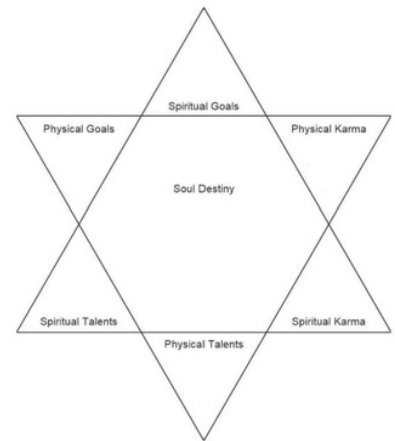
This practice has changed my life, and I know it can for you, too!

With Love and Light,
Amelia Jane Struthers

NEXT STEPS Checklist

- ☐ Make a Divine Healing appointment with:
- ☐ Purchase your Soul Contract Summary Chart:

[Get Summary](#)



- ☐ Keep the momentum going, become an Essential Soul Journey member and receive:
 - Exclusive Essential Soul Journey Monthly Worksheets - ground your reading with ongoing reflection and activities that keep you connected with this unique Soul Contract method.
 - Live webinars with Amelia and guided healing sessions with international practitioners.
 - Community resources and moderated discussion forums on topics you can choose to participate or just read about.
 - Channeled Spiritual Messages and Soul Contract Refresher readings.

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PART 1: KARMA HEALING

Your Karmic vibrations create your greatest awakening and growth; designed on the Soul level.



AMELIA JANE STRUTHERS
ESSENTIAL SOUL JOURNEY

Write down you Karmic numbers: _____ - _____

Write down the familiar "limiting" beliefs of your Karmic numbers you've followed in you life:



Now, write down the words or phrases that reflect new beliefs - a forward movement away from "limiting" to *expanding* awareness.



In what ways are you already beginning to shift, soften, or awaken from what you discovered in your karmic vibrations?

Karmic issues can be addressed on your own, or with support. What are some ideas for healing work can you commit to?

Divine Healing	Reiki	Dance	Travel	Name Change	Gardening	Sound Healing
Tai Chi	Breath Work	Yoga	Retreats	Movement	Art	Nature
Prayer	Chanting	Pilgrimage	Classes	Acupuncture	Meditation	

Write your own:



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ESSENTIAL SOUL JOURNEY

PART 2: ACTIVATE YOUR TALENTS

What do others say you're good at? What qualities have you relied on to get through life?

EXAMPLES: (☉) DEEP THINKING (☉) CREATIVE UNDER PRESSURE (☉) INTUITION (☉) COMMUNICATION









PART 3: GOALS

Your Soul Journey is evolving. Where are you at this part of your life?
Finish this sentence: "I feel like I'm on the edge of..." OR "I'm ready to begin..."

Circle any of these that feel true for you or write your own below:

"...HEALING PATTERNS THAT RUN THROUGH GENERATIONS."

"...BEING OF SERVICE"

"...FINALLY TRUSTING MYSELF"

"...A BREAK THROUGH"

"...RECLAIMING MY MAGIC"

"...LETTING GO OF WHO I WAS TAUGHT TO BE"

"...TAKING MY SPIRITUAL WORK SERIOUSLY."

"...EXPLORING WHO I AM MORE DEEPLY"

"...SPEAKING TRUTH"

"...STEPPING INTO THE VERSION OF ME I'VE ALWAYS DREAMED OF"

"...CLAIMING MY POWER"

"...NO LONGER SHRINKING TO MAKE OTHERS COMFORTABLE." "...EXPLORING MY CREATIVITY"

"...SHEDDING OLD BELIEFS THAT NO LONGER SERVE ME." "...FINDING BALANCE"

"...SAYING YES TO ALIGNMENT, EVEN IF I DON'T KNOW WHERE IT LEADS."

Write Your Own:



Amelia Jane Struthers

Integrating Your Soul Contract Through Ritual & Reflection

Grounding Your Reading Through Mindfulness and Embodied Practice

A Soul Contract reading reveals the energetic architecture of your life—your gifts, challenges, goals, and deeper purpose. But understanding your chart is just the beginning. **Lasting transformation comes not only from insight, but from integration.**

This work is about gaining consciousness of who you are. Then you can release the tension and let the flow of the universe work. The first thing is to be conscious of yourself and start working on you.



Why These Practices Matter

This reflection sheet is your bridge. It offers rituals and mindfulness-based practices to help you embody the wisdom of your numbers.

These practices ground the vibration of your Soul Contract into your body, breath, and focus—so that your spiritual purpose becomes more than a concept. It becomes your lived experience.

By engaging in mindful, grounding ritual and reflection, you begin to:

- ✦ Cultivate presence, clarity, and intention, which helps you feel your Soul Contract as a living blueprint
- ✦ Turn insight into embodied awareness. Shift limiting patterns by working with the body and subconscious
- ✦ Shift patterns that no longer serve your soul's evolution and anchor new beliefs and directions through symbolic, intentional action
- ✦ Prepare your energy field to fully receive and express your destiny: activate the vibrational gifts hidden within your chart

Soul Contract Ritual Practices

While deeper healing work may be required to fully resolve and integrate karmic lessons, theses ritual offers a powerful beginning for transformation. As you embark on this ritual, remember that each step you take is a sacred commitment to yourself and your journey. Embrace this process with an open heart, knowing that you are laying the foundation for deeper healing and spiritual evolution.

<u>Soul Contract Component</u>	<u>Suggested Ritual Practice</u>	<u>How It Grounds the Numbers</u>
Talents (Natural Gifts)	Morning Light Ritual	Amplifies clarity and intuitive presence, helping you step into your innate strengths.
Physical Karma (3D Wounds)	Walking Meditation, Water Blessing	Supports physical embodiment and emotional release, allowing karmic lessons to move through you.
Spiritual Karma (Inner Patterns)	Heart-Centered Gratitude, Meditative Stillness	Softens resistance, supports forgiveness and inner alignment.
Goals (Soul Intentions)	Visualization + Affirmation Practice	Helps you step into your future self and embrace your highest path with intention.
Soul Destiny (Divine Calling)	Pendulum Ritual to Align with your Life's Purpose	Clears out energetic clutter to allow your Soul Destiny to speak to you with clarity.

Soul Contract Ritual Practices



Morning Light Ritual

Align with your Talents. Activate your clarity.

Step-by-Step:

1. Find a quiet spot where morning light touches you.
2. Sit comfortably. Close your eyes - it quiets the mind.
3. Place your hand on your chest. Take five slow, full breaths.
4. Ask silently, "What gift am I ready to bring forward today?" Listen for the answer.
5. Speak aloud, or inward, one action you will take today to embody this gift.
6. Rehearse this action in your imagination. See the action, attach it to some event, some place, or some person you know you will encounter today. Let your body FEEL this action taking place, feel it in your body as if it's happening right now. Enjoy this feeling of your gift in action.
7. Sit quietly for 2-3 minutes, allowing this intention to settle in.



Soul Contract Ritual Practices



Walking Meditation in Nature

Support your Physical Karma. Ground into your body.

Step-by-Step:

1. Go to a natural space where you can walk quietly and undisturbed.
2. Begin walking slowly and mindfully, with your attention on your breath and the contact between your feet and the Earth. Let your body settle into a steady rhythm.
3. Name the Pattern. Bring your Physical Karma number to mind and speak it aloud or silently.
4. Ask gently: What limiting beliefs about survival, control, safety, or self-worth are connected to this number? Let answers arise without judgment. This is not a time to solve—just to notice.
5. Soften the Inner Resistance. If an inner voice says “That’s not true” or “You can’t change,” acknowledge it with kindness. Silently say: “I hear you. You’ve helped me survive. But I’m open to trying something new today.”
6. Use a Gentle Receiving Phrase. Instead of forcing a belief you don’t yet hold, use a bridge phrase. As you walk, alternate repeating your number and a gentle, permission-based phrase like: “13–4, may I begin to feel love.”, “13–4, I’m open to the possibility of receiving all that I need.” Let this become a rhythm: step... breath...number... phrase.
7. Step 5: Sense the Shift. Notice sensations in your body: warmth, tightness, emotion, ease. Let your awareness rest on what feels slightly different. This is your energy shifting, even if subtly.
8. Pause and Reflect. When your walk feels complete, stop. Place your hand on your heart or belly. Breathe. Reflect on the following: What part of my body feels lighter or more awake? What burden might I be starting to release? What truth within this number am I just beginning to meet? Compassionately shower yourself with loving kindness for taking this time to consciously focus on your growth and expansion. ♡



Soul Contract Ritual Practices



Water Blessing Ceremony

Cleanse old patterns. Rewire Physical Karma.

Step-by-Step:

1. Fill a glass jar with clean water. Hold it with both hands.
2. Speak your intention into the water: "I am clearing____. I am inviting____."
3. Visualize the water shimmering with this energy.
4. You may place it in moonlight overnight or use it immediately. The **New Moon** is considered a powerful phase for planting seeds and setting fresh intentions. During a **Full Moon**, water is believed to absorb peak lunar energy, making it ideal for releasing what no longer serves you, and amplifying existing intentions
5. In the morning, drink the water or anoint your chest, wrists, or third eye.

Reflect: *What story am I ready to wash away? What truth flows in its place?*



Soul Contract Ritual Practices



Heart-Centered Gratitude Practice

Soften your Spiritual Karma. Anchor love.

Step-by-Step:

1. **Set Your Intention:** Begin by finding a comfortable place to sit quietly. Close your eyes and take a few deep breaths. Focus on the vibration of the number you're working with. Set a clear intention for what you wish to release or understand during this ritual.
2. **Cleanse Your Space:** Use incense to cleanse your space. As you do this, chant or affirm: "I am willing to begin releasing what no longer serves me and welcome clarity and healing."
3. **Visualize:** Close your eyes and visualizing your chosen number as a vibrant light. See this light expanding first from your heart and then filling your entire being with its energy. Breathe deeply and repeat a mantra related to the number, such as "I align with the wisdom of [number]."
4. **Journal Your Insights:** After meditation, take some time to journal. Write down any thoughts, emotions, or messages you received. Let your words flow freely.
5. **Create an Intention:** Conclude by writing an intention that speaks to the lessons of your number. For example, "I embrace the lessons of [number] and move forward with grace and understanding."
6. **Close the Ritual:** Express gratitude for the insights you've gained. Visualize sealing this awareness within your heart. Offer thanks to the universe for its guidance and support.

This ritual is a personal journey to connect deeply with the spiritual lessons and vibrations of the number you are embracing. Feel free to adapt it to align with your unique spiritual practices.



Soul Contract Ritual Practices

Soul Contract Goals: Holding the Vision with Sacred Space

Step-by-Step:

Step 1: Identify Your Goal - Reflect and write down two aspects of your Soul Contract Goals.

Physical Goal - in the outer world: What are you here to manifest or create in the world?

(Example: A business, a book, a relationship, a home, a body of work)

Spiritual Goal - sacred, inner motivation: What soul quality must you embody to achieve it?

(Example: Courage, trust, patience, truth, self-worth)

Step 2: Create an Alter - your sacred “vision board.”

Gather physical items that symbolize both your inner and outer goals. Choose objects that feel personally meaningful.

Ideas include:

- An image or symbol of what you're building
- A natural item like a stone, flower, or leaf
- A personal object with emotional or spiritual significance
- A written note, affirmation, or dream
- A candle or small light source to represent your soul's presence

Arrange these items in a dedicated space, shelf, or box that feels intentional.



Step 3: Daily or Weekly Alignment Ritual

Visit your altar regularly to reconnect with your intention.

1. Stand or sit quietly near your altar.
2. Touch or hold one object.
3. Say out loud: “I remember why I’m here. I choose to move toward my soul’s goal today.”
4. Reflect briefly:
 - What action have I taken recently that honored my goal?
 - What resistance or insight has come up?
 - What is one next step I can take?
 - **What goals have I already reached and how can I build upon that success?**

Use a journal, calendar, to mark each action you take toward your goal. Place a new item on the altar with every new step your accomplish.

Step 4: Anchor Your Intention

On a small card or paper, write:

“This is what I am here to do — and who I must become to do it.”

“I honor my soul’s vision. I move with intention. **I celebrate my progress.**”

Place this at the center of your altar. Return to it often.

Soul Contract Ritual Practices



Soul Destiny: Pendulum Ritual to Align with Your Life's Purpose Step-by-Step:

Preparation:

1. Choose a pendulum that resonates with you, whether it's a crystal, a piece of metal, or any other small weighted object on a chain or string.
2. Find a peaceful space where you can stand comfortably with enough room to move gently.

Grounding Movement: Begin by standing with feet hip-width apart. Close your eyes and take three deep breaths, feeling the earth beneath you. Slowly sway from side to side, allowing your body to loosen and relax. Imagine roots extending from your feet into the earth, grounding you in the present moment.

Setting Intention: Hold the pendulum in your dominant hand. Set the intention to connect with your soul's destiny. You might say: "May this pendulum guide me towards clarity and alignment with my soul's true path." Next, hold the pendulum just above, but not quite touching the open palm of your other hand. Ask, "Show me 'YES'" and observe the movement of the pendulum. This is the movement for an affirmative response to your questions. Repeat by declaring, "Show me 'NO'" and observe the new movement of the pendulum. Here is what the negative response looks like. Take your time, let the pendulum move at its own pace and rhythm.

Pendulum Inquiry: Hold the pendulum still and ask a simple yes or no question related to your soul's purpose - **connected to some aspect of your Soul Destiny number**, such as: "Is this [action, choice, person, opportunity, etc.,] aligned with my Soul Destiny?" Observe the pendulum's movement. Allow it to swing naturally, trusting its guidance.

Affirmation Movement: After you have received insight, begin to walk slowly in a circle. With each step, affirm aloud or silently: "I walk the path of my soul's destiny with grace and confidence."

Integration Pause: After several circles, pause. Stand still, close your eyes, and place the pendulum over your heart. Feel its energy aligning with your heartbeat, integrating the guidance received.

Closing Reflection: Offer gratitude for the insights and affirmations. Gently place the pendulum back on your altar or a place of significance, signifying the end of the practice.



Essential Soul Journey



Amelia Jane Struthers

Amelia Jane Struthers is a Level 3 Soul Contract Practitioner, Channel and creator of Essential How To—a welcoming spiritual business joining practical wisdom with soul-level transformation.

Drawing from deep expertise in Soul Contract numerology, Amelia helps people on a spiritual journey reconnect with their inner guidance, release limiting beliefs, and align with the life they were born to live.

Additionally, Amelia is a certified Essential Oil Specialist, singer-songwriter, performance artist, college professor and mom. She loves the water and welcomes any time she can escape to sit and look at the waves, clouds, sunset and critters.

Through personalized readings, reflective tools, and sacred rituals, Amelia offers grounded pathways for awakening and integration, reminding you what you already “know.”

[Become a Member of
Essential Soul Journey](#)