

How to Write A Soul Contract

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If this is your first time doing a Soul Contract, you may do both on the same day and it does not necessarily need to be done at a particular time. However, following the first time, it's best to do this every month with the new moon and the full moon using this formula as a guideline:

- Manifest on the new moon
- Clear on a full moon

You'll need two pieces of paper. One for manifesting and one for clearing.

What I Desire to MANIFEST	What I Request to CLEAR
<p>I, [INSERT FIRST- MIDDLE- LAST NAME], born [BIRTH DATE], at [BIRTH TIME], at [HOSPITAL- IF KNOWN], in [CITY, STATE], command and decree to manifest the following:</p> <ul style="list-style-type: none"> • More abundance / love / harmony / bliss / joy • Knowing my higher selves • Knowing my past selves • Universal aid in seeking my highest spiritual path • Walking in my highest destiny • Activating my 3rd Eye, Ears, Throat, Hands • Vibrating/resonating faster than my environment • Healing for mother Earth • Healing for our family and all future generations • Upgrades for my higher self <p>Please resonate my decree and file this form in my individual Akashic record.</p> <p>Please put my higher aspects / higher selves on NOTICE that this request has been made today, [TODAY'S DATE], by me, [FULL NAME]. I now request that this be reviewed by the Counsels and/or Councils that be.</p>	<p>I, [INSERT FIRST- MIDDLE- LAST NAME], born [BIRTH DATE], at [BIRTH TIME], at [HOSPITAL- IF KNOWN], in [CITY, STATE], hereby forgive, release, and remove:</p> <ul style="list-style-type: none"> • Any and all attachments past, present, and future, that do not serve my highest destiny here forth. • All timelines, aspects, fractals, and echoes of Self that do not align with my highest good and the highest good of All. • All attachments/contracts/agreements that are not in alignment with my highest destiny of creating infinite abundance, love, harmony, bliss, and joy in my life. <p>Please resonate my decree and file this form in my individual Akashic record.</p> <p>Please put my higher aspects / higher selves on NOTICE that this agreement has been made today, [TODAY'S DATE], by me, [FULL NAME]. I now request that this be reviewed by the Counsels and/or Councils that be.</p>
<p>Left hand and state:</p> <p>“I request to have this agreement of what I desire to manifest reviewed on [TODAY'S DATE], by the Counsel/Council and all higher aspects of Self.”</p> <p>(Visualize the paper turning gold in your hand – until your Highest Light takes it from you, and files it in the Akashic Records.)</p> <p>Safely burn the paper.</p>	<p>Left hand and state:</p> <p>“I request to have this agreement of what I am forgiving, releasing and removing, to be reviewed on [TODAY'S DATE], by the Counsel/Council and all higher aspects of Self.”</p> <p>(Visualize the paper turning gold in your hand – until your Highest Light takes it from you, and files it in the Akashic Records.)</p> <p>Safely burn the paper.</p>