

BREAKING INVISIBLE CONTRACTS
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If you find it difficult to break through repetitive patterns, or if you feel that something is completely stuck in your energetic system, it might be necessary to break an invisible contract. Contracts are made in the unseen world for many reasons, and are typically fear based. Thought patterns or statements (verbal or non-verbal) such as, “I will never do that again!” or “I will never let you go!” or “I will hate you forever!” actually lock you into an agreement with yourself and others that perpetuate the dynamic. Sometimes an intense event will bind you to someone.

When you agree to comply with someone in order to stay safe, or you bypass your integrity to survive, or you lie to get your way, you set up an energetic pattern that infiltrates your chakra system and plays out the promise or pact. These covenants can even take the form of spells or family curses that have been historically placed. Bargaining in order to conform will always have a backlash. “Is this something you want to pass forward?”

Here is the step-by-step procedure with a couple of important reminders. Breaking contracts 1) requires attention to detail, 2) requires that you stay connected to your body and present during the process, 3) requires that you bring together all the energies that created the contract, 4) will be felt by all those involved, 5) may need to be broken more than once to address varied issues and multiple participants, and 6) will always release the emotional backlog that has been bound up in to, so be sure to take care of yourself afterward.

- Step 1. Begin by creating a very good grounding cord or roots into the earth. Notice where in your body the contract is held. You will know because the energy or blockage will be very stubborn, or unwilling to release even with repeated breathwork and visualization.
- Step 2. Sense how you hold the blockage in your body and how the rest of your system responds to it. Can you move it or soften it? Get a sense of any cords or attachments that are coming out of it or into it. Follow those cords and see who or what they are attached to. Really take time to play with the energy block and notice what it reminds you of. Cut the cords if appropriate.
- Step 3. Notice your emotions. What are you feeling? Most contracts have a strong emotional element, so you will want to stir the energy up as much as possible to bring the contract to the surface.
- Step 4. Breathe fully and deeply into the area of holding. Expand into it and make room for it. You may go to the next step if you have a fairly good idea of what the contract is about. You will also want to feel safe enough to break it and move on. If you do not feel confident, repeat with Steps 1-3.
- Step 5. Imagine in your mind's eye a legal document. See that it says CONTRACT at the top. Imagine what the words on this contract reflect what you are feeling and what you are locked into. See specific language relating exactly to what you are experiencing physically, emotionally, mentally and spiritually. Write it out in detail and take your time to get it right.
- Step 6. See our name signed at the bottom of the page, as well as the names of all the people who either agreed to this contract, benefited from it, or in any way contributed to it. This may be people from the past or the present or the future. If you do not know their names, imagine their energy signatures there.
- Step 7. Imagine that this contract is like a magnet, drawing to itself all the people, events, energies, words or actions that make it binding. This may take a few minutes to gather all the energy.
- Step 8. When you feel it is complete, collected, and intact, take a deep breath into your body and feel the connection between the blockage and the contract. Make sure you have all the fine print on the contract and all the names.
- Step 9. Then imagine that you have a stamp in your right hand that says VOID or CANCEL. Take a deep breath into your feet and exhale all the way out your hand and imagine that you stamp the contract VOID in big letters. Use your will and your intent to give power to the stamping. Do this step three times – three breaths and three stamps.
- Step 10. Rip the contract into pieces. Tear it up.
- Step 11. Burn the pieces over a violet colored flame. Watch them burn and transform into ash. Let it go.
- Step 12. Take a deep breath into the area that once held the blockage or contract and notice how it feels. Let yourself emotive whatever comes to the surface. Feel the space that has been created. Fill that space with an image that emboldens you, enlivens you, and makes you feel safe and secure. Be sure to include earth energies and colors that heal and revitalize your cells and your spirit

Breaking contracts notes

There's sacred & human law

We are talking about invisible contracts that were made while incubated in the grandmother's womb

Those contracts might be to protect a child, to protect something that's trying to hold the system intact

Look through the eyes of sacred law: spiritual, familial, child

The intention of the contract is to protect the integrity of the system for its survival

If something is "stuck" after processing, you might need to break the sacred contract. i.e., sense of desperation concerning relationships.

Help the cl identify where they are stuck

Contracts are typically fear based → "always" or "never"

An intense experience contracts us to the other

"The trail has its own stem code"

role, purpose in family, etc = contract

break the contract in divorce, separation, moving on

where's the limitation?