

Journaling a pathway to the innate wisdom of you



Session 6: Dissolving Contracts

What you hold on to holds on to you

How did you feel during the practice?

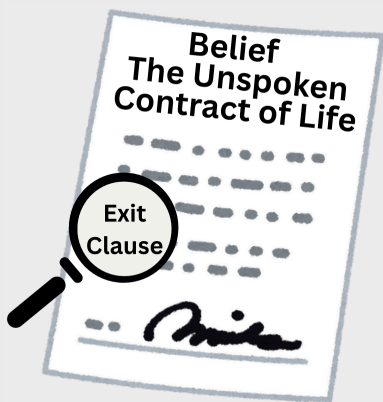
How do you feel after your practice?

Did any thoughts or emotions pull you away from your practice?

Were you able to allow thoughts or emotions that may have called for your attention to drift on by without giving it your attention? (Remember, practice is purposeful activity that creates change 😊)

A space for reflections beyond words

Do your beliefs about life determine what happens to you after you die?



The unspoken agreements of life greatly influence how you live and engage with the world, running the scenes from the background, quietly dictating your behaviors and decisions. Many of these invisible contacts were never explicitly agreed upon by you and often go unnoticed.

You have the freedom and power to set new terms or completely dissolve any contracts that do not serve you. By doing so, you create space for transformation and growth, realigning with your innate wisdom, so that ultimately you can decide for yourself what you will create for your life and beyond!

What brought you to this incarnation, in this body, to this life? (guessing is a-okay😊)

Write down one thing you have unconsciously agreed to (It might not come right away, take time to think about it)
(Ex: Conforming to match others behavior is an example of unconscious consent)

How much influence does media (mainstream and social) have on the decisions you make about your life?

What influence does media have on your beliefs about death?

Who or what do you feel attached to in this life that would prevent you from deciding what you truly want to do after you die? (for now, just list them) – a person, spiritual or religious beliefs, attachment to life, attachment to fear

How do obligations in this life affect your behavior and attitudes about death?

(Ex: A belief in karma may affect your beliefs about death; the agreement to learn lessons; soul contracts; possibly the possibility of punishment or damnation.)

Feel free to grab more paper if you need more space to explore