

DragonFeathers



Energy Medicine

Understanding Limiting Vows and Agreements

Throughout lifetimes, we make vows, agreements, and promises, sometimes sacred, sometimes unconscious, that continue to influence us long after they've served their purpose.

These energetic contracts may have been made for protection, devotion, or survival, but in our current incarnation, they often become barriers to personal growth, success, and fulfillment.

This guide will help you recognize these limiting vows and agreements, understand their origins, and release them to align with your highest potential.

What Are Limiting Vows and Agreements?

A vow or agreement is an energetic commitment, often made with deep emotion or intention. Take a minute to understand that we're not talking about the vows we make of everlasting love during marriage, swearing on religious books to tell the truth and nothing but the truth during legal proceedings, and many other similar activities.

However, most vows of this nature don't span lifetimes. They eventually run their course, fizzle out or the agreement between parties is dropped.

Significant vows and agreements are often made with great emotion, conviction and intensity. An oath to dedicate one's life and loyalty to a reigning monarch or a promise to God to always put self last.

The long lasting vows here are often made to authority figures, to God and they also can be made to one's self. These can be personal, ancestral, or past-life agreements that still influence your current experiences. Some common types include:

- **Vows of Poverty** – A commitment to reject material wealth for spiritual purity or service.
- **Vows of Celibacy/Chastity** – An agreement to forsake romantic or physical relationships, often in pursuit of spiritual growth.
- **Vows of Silence** – A decision to withhold personal truth, often for safety or submission. Also in some religious contexts.
- **Oaths of Loyalty/Allegiance** – Agreements binding you to a person, group, or cause, even beyond a single lifetime.
- **Agreements to Suffer/Sacrifice** – Beliefs that hardship is required for enlightenment, penance, or to repay karma
- **Vows of Obedience/Servitude** - An agreement to put another's will, or that of God, before one's self.

These vows and agreements may be unconsciously dictating your choices, preventing you from stepping into abundance, love, self-expression, or personal freedom.

Recognizing Limiting Vows in Your Life

To break free, you must first recognize the signs of limiting vows and agreements. Here are some indicators:

- **Recurring Patterns** – If you struggle with the same financial, relational, or personal challenges despite making changes, a past-life vow could be at play.

- **Unexplainable Resistance** – Feeling an unseen force blocking your success, love life, or spiritual path.
- **Feeling Undeserving or Guilty** – Experiencing guilt when receiving abundance, joy, or recognition.
- **Repeating Relationship Issues** – Patterns of devotion, betrayal, or sacrifice appearing in different relationships over time.
- **A Strong Aversion to Certain Topics** – Feeling repelled by money, power, love, or personal expression.

Try reflecting on whether any of these themes resonate with your life experience.

Methods to Identify Specific Vows

If you suspect you have limiting vows, these exercises can help you uncover them:

1. Guided Self-Inquiry

- Ask yourself: *What belief am I holding that keeps me stuck in this situation?*
- Close your eyes, breathe deeply, and allow memories, words, or sensations to arise.

2. Akashic Record Exploration

- If you access the Akashic Records, you can ask: *Are there any vows or agreements affecting my current life?* Listen for insights.

3. Past Life Regression

- Regression via hypnosis or deep meditation can shed some light on vows

4. **Energy Work**

- Methods such as ThetaHealing can pinpoint any vows or agreements and how they impact daily life.

5. **Dream Analysis**

- Pay attention to recurring dreams of servitude, restriction, or sacrifice—they might be clues to past-life vows.

4. **Body Awareness**

- Notice tension, heaviness, or constriction in your body when thinking about certain areas of life (money, relationships, expression). These may indicate energetic contracts.

I want to add the caveat that not all vows and agreements are intended to be negative. However, they are still considered undesirable energetic patterns because of their potentially limiting aspect.

An oath of loyalty, although noble and celebrated at the time, can really gum up the works when it's time to be loyal to yourself, creating an uncomfortable inner conflict.

Take a minute to think about areas in your life when you feel compelled to keep your truth hidden, or beliefs that life has to be terribly difficult or any feelings of guilt and unworthiness. You just might have an active vow or agreement.

If you suspect or confirmed the presence of a vow or agreement, the next section will go over how to release them in order to be freed of the limitations they impose.

Got questions? Email me at dragonfeathershealing@gmail.com

Or visit dragonfeatherswellness.com to book a free 15 minute discovery session to see how I may assist you through this process.