



## Releasing Limiting Vows and Agreements

Once identified, releasing these vows requires conscious intention and energy work. Here are powerful methods:

### 1. Sacred Revocation Ritual

- Light a candle and state aloud:
- *"I now revoke and release any vow, agreement, or contract that no longer serves my highest good. I reclaim my freedom, abundance, and sovereignty in this lifetime and beyond."*
- Visualize the vow dissolving into light.
- If you can access them, this ritual is best done in your Akashic Records. Click [HERE](#) to have this done for you, and stay tuned for upcoming courses to learn how to access them yourself.

### 2. ThetaHealing or Energy Work

- Work with a practitioner to shift subconscious beliefs and remove energetic imprints from vows. Click [HERE](#) to book a session to get that taken care of.

### 3. **Rewriting Your Soul Contract**

- Instead of renouncing abundance or love, affirm: "I am free to receive love, abundance, and joy in alignment with my highest path."

### 4. **Cord-Cutting Meditation**

- Visualize cutting energetic ties to any past-life commitments that hold you back.

### 5. **Symbolic Release**

- Write down old vows and agreements. Burn the paper, releasing the energy to the universe with gratitude.

## **Integrating New Energies**

After releasing a vow, you must consciously integrate a new way of being:

- **Affirm Empowering Beliefs** – Replace old vows with affirmations like:
  - *I am worthy of prosperity.*
  - *I am free to love and be loved.*
  - *I express my truth with confidence.*
- **Act in Alignment with Your New Energy** – If you released a vow of poverty, practice receiving money with gratitude. If you released a vow of silence, begin speaking your truth.
- **Stay Aware of Residual Energy** – Some old patterns may try to resurface. Gently remind yourself that you have released them.



Releasing limiting vows and agreements is a profound step toward reclaiming your full power and potential. As you dissolve these outdated contracts, you open yourself to new possibilities such as greater freedom, abundance, and joy.

You are no longer bound by past choices; you are the creator of your present and future.

Take this journey with self-compassion, trust, and the knowing that you are stepping into a higher alignment with your soul's purpose.

**Got questions?** Email me at [dragonfeathershealing@gmail.com](mailto:dragonfeathershealing@gmail.com)

Or visit [dragonfeatherswellness.com](https://dragonfeatherswellness.com) to book a free 15 minute discovery session to see how I may assist you through this process.