

*DragonFeathers*



*Energy Medicine*

## **Releasing and Shifting Soul Contracts**

Ok, so now we know what soul contracts are and how they show up in our lives. Sometimes you a computer virus is used as an analogy for soul contracts and really any karmic or energetic agreement.

First, you often don't now that they are there. They remain deeply buried in the subconscious mind, as beliefs, phobias, vows, etc, running their programs in the background. The programs might not be immediately evident or cause for alarm, causing a dramatic system crash.

They might quietly consume energy causing fatigue and depression, subtly influence your decisions to continue negative patterns of choice, feeding destructive coping mechanisms, keeping self esteem at a low ebb and healthy boundaries at bay

And others, when triggered, create such drama that there's no mistaking that something is off here.

Let's look at how to release them.

### **How to Shift or Release Soul Contracts**

Some contracts serve us for a lifetime, while others may no longer be necessary.

Here's how you can shift or release outdated soul contracts:

## 1. Identify the Lesson

We understand that everything has a reason. Reflect on what the contract is teaching you. Once you fully understand and integrate the lesson, the contract may naturally dissolve.

## 2. Invoke Free Will and Choice

You have the power to renegotiate contracts. Through meditation, intention, or spiritual work, you can choose to release contracts that no longer serve your highest good. Then apply action. Make those different decisions to break the patterns. It doesn't have to be difficult.

## 3. Use Energy Healing Modalities

Techniques like [Akashic Records](#) reading, [ThetaHealing](#), or shamanic work are great methods that can help identify and clear soul contracts that are holding you back by walking you through identifying and understanding the contracts and then removing them.

## 4. Forgiveness and Release

Forgiveness is a powerful tool in dissolving contracts. Letting go of resentment and embracing compassion allows for energetic shifts and transformation. ThetaHealing techniques can help with that.



Ok, let's look at the specific kinds of contracts we covered in the last document.

### How to Shift Karmic Contracts:

- Acknowledge the lesson within the contract and work on healing old wounds.
- Practice forgiveness to release the karmic ties.

- Engage in energy clearing techniques such as Akashic Records work or past-life regression.

### **How to Shift Growth Contracts:**

- Embrace discomfort as a sign of growth.
- Recognize when a lesson has been learned and consciously move forward.
- Seek new challenges that align with your evolving path.

### **How to Shift Service Contracts:**

- Align your work with your soul's purpose. An akashic records reading can help you figure out your soul's purpose.
- Be mindful of burnout—service contracts are meant to uplift, not deplete you.
- Release contracts that no longer resonate, replacing them with conscious choices.

### **How to Shift Soulmate Contracts:**

- Recognize the lessons within the relationship.
- Honor when a contract has been fulfilled and let go with gratitude.
- Strengthen healthy soulmate bonds through open communication and mutual growth.

## How to Shift Mastery Contracts:

- Commit to your growth and embrace your soul's calling.
- Seek opportunities that align with your mastery path.
- Recognize when a mastery contract has evolved and be open to new directions.

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Soul contracts are meant to support our growth, but they are not meant to keep us stuck. By recognizing and understanding them, we can take charge of our spiritual journey, release outdated agreements, and step into greater alignment with our true selves.

If you want to dive deeper into identifying, healing, and consciously co-creating your soul contracts, make sure to subscribe to my newsletter and stay up to date with the latest courses, workshops and trainings where we'll explore these concepts and more in-depth.

**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.