



Submodule 6.3 - Exploration of Karmic Promises and Contracts

Submodule 6.3 invites us into the mystical world of Karmic Promises and Contracts, which are thought to be agreements made by the soul before incarnating into a life. These vows can have profound impacts across lifetimes, influencing a person's behaviors, relationships, and life choices. Here, we delve into the ways spiritual coaching can assist clients in recognizing, understanding, and resolving these soul-level commitments.

Karmic promises can be thought of as threads woven through the tapestry of our lives, and our task is to trace these threads to their origins. We consider cases where clients have inexplicably felt bound to a certain path or relationship, even when it seems counterproductive to their well-being. Through past life regression, one may find a narrative where a vow of poverty or a sacrificial pledge was made, which echoes into the client's current experiences of lack or self-denial.

Acknowledging these ancient contracts involves observing recurring themes or patterns that show up in one's life. For example, a pattern of overgiving or people-pleasing might be traced back to a past life contract of servitude or penance. By uncovering these karmic echoes, clients can begin the process of disentangling themselves from archaic promises that no longer serve them.

To resolve these contracts, a variety of resolution and release techniques can be employed. These may include meditative practices that guide the client through a process of consciously relinquishing the old vow, often accompanied by visualization and affirmation techniques. Coaches might recount the transformation of a client who, after acknowledging and releasing a past life vow of silence, found their voice and assertiveness in their

profession.

The exploration of karmic contracts often requires a careful balance between emotional processing and spiritual understanding. Clients may experience a range of emotional responses upon discovering these deep-seated commitments. Spiritual coaches must offer the supportive space and tools for clients to process and integrate these revelations, as well as to reframe their understanding of personal freedom and accountability.

Empowering clients to create new karmic patterns is the final step of this exploration. This involves fostering a sense of autonomy and intentionality in choosing the values and commitments they wish to embody moving forward. Much like rewriting a script, clients can author new commitments that align with their current life aspirations and soul's evolution.

The work done in Submodule 6.3 is both delicate and empowering, allowing clients to liberate themselves from the ancient vows that bind and step into a life crafted by conscious choice and modern-day relevance.

Key Takeaways:

- Karmic promises and contracts are agreements believed to be made by the soul that affect current life experiences.
- Identifying repetitive themes or patterns can reveal the presence of karmic vows.
- Techniques for the resolution and release of karmic contracts include meditation, visualization, and affirmation.
- Providing emotional support and fostering spiritual understanding are vital during the release process.
- Empowering clients to form new, positive karmic patterns is crucial for ongoing personal and spiritual development.