

# **SACRED CONTRACTS: FOR WHAT REASON WAS I GIVEN LIFE?**

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Have you ever asked “For what reason was I born?”, “What karma am I here to heal?”, “What purpose am I here to fulfill? Sacred Contract Consulting (also known as Archetypal Consulting) is a method by which we explore these questions and seek clarity around the answers. Sacred Contracts is the ground breaking work developed and taught by Caroline Myss, PhD, a world renowned spiritual teacher and pioneer in energy medicine. The process of finding your sacred contract involves the creation of your natal wheel© through the method of determining your core archetypes or energy patterns and placing these archetypes into the 12 astrological houses. Archetypes are energetic patterns that we are born with and have lived with through this life and any past life as well. They make us who we are and what we are capable of.

Our first step in looking at your sacred contract is to determine the composition of your 12 different core archetypes. Each of these 12 archetypes corresponds to a particular aspect of yourself as determined by the astrological houses, such as “Who Am I?” the aspect of the first astrological house or ‘How Do I Express Myself to Others?”, the aspect of the third astrological house. These archetypes have both light and dark aspects to be aware of. For example, if I had the Teacher as one of my archetypes and it showed up as the way in which I express myself within my third astrological house then I would probably find myself doing best to fulfill teacher type of roles with others. I would also find myself using teaching language like “Let me show you” or “Here’s how you can learn that”. It would also tell me to watch the shadow side of my Teacher that might tend to look down at others thinking I know more than they do or use more condescending language when I engage with others. From this point of the sacred contract process we work through discussion and intuitive guidance to determine how each of the 12 archetypes operates in your life and what that means for your karmic purpose and reason for which you were born.

Knowing your archetypes helps you to better understand your strengths and weaknesses and where you excel or where you need to better manage yourself. The process helps you to see how certain patterns have been running your life (fate) so you can make better choices to allow your potential (destiny) to determine your life. This process brings you into an intimate co-creative

relationship with the Universe so you can manifest what you came here to do. We all desire to fulfill our highest potential so we can be an agent of change for ourselves and for others. The world needs you to do what you were born to do and knowing your sacred contract gifts you that much needed guidance.

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