

# Unconscious Contract Process

## Step 1. Determine the contract:

“I, \_\_\_\_\_, solemnly swear to you, \_\_\_\_\_  
(your name here) (2. my essential self, parent, grandparent,  
parent’s line, god or universe)  
to \_\_\_\_\_ in order to protect you/honor you/survive,  
(1. self-defeating behavior) (3. Deep need)

no matter the cost to myself. “

*(Ask the Seeker if this feels true to them, and how it is landing for their body. Stay silent with them until their body stops changing)*

**Step 2. Was the vow heard?** (Choose a representative to be the one to whom the vow was made. This can be the Seeker)

“Essential self (or parent, grandparent, parent’s line, god or universe), did you hear this vow?”

*(Repeat the vow if the receiver didn’t hear it.)*

“Essential self (or parent, grandparent, parent’s line, god or universe), do you like this vow?”

## Step 3. Can the vow be released?/Release of the vow

*If yes, the receiver says “I release you from this vow and I revoke this contract.”*

*(Again, stay with the receiver and then with the Seeker until the bodies all settle.)*

*(If the vow cannot be released, there is an entanglement in the system that still needs to be worked with.)*

## Step 4. Blessing

*The receiver says, “And instead of this vow, I give you my blessing to...(create the blessing)”*