

# Soul Contract Release Ritual

Take a few deep breaths and center yourself in your heart. When you are ready, speak the following words aloud or silently from a space of truth and love:

“From the depths of my heart, I now choose to release all soul contracts that no longer serve my highest good. I forgive anyone who has ever harmed me in any way, whether knowingly or unknowingly. I let go of any blame, shame, or resentment, and I choose peace.”

“If I have ever caused harm to another, in this life or any other, I ask for forgiveness with sincerity and humility. I honor the lessons, but I now release the karmic ties.”

Visualize the soul contract—perhaps a scroll or paper—appearing before you. See yourself gently and lovingly tearing it up, piece by piece. Watch the fragments dissolve into light.

With full sovereignty and divine authority, I declare: I am free. You are free. We are all free to walk our own sacred path in love.

I send all energies, experiences, and connections from this contract into the Light. May they be transmuted in unconditional love.

And so it is.