

## **Basic Unconscious Contract Discovery and Release Process**

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### **Step 1. Determine the contract:**

I, my name here, solemnly swear to you, my (essential self, parent, universe, God, etc.) that I will (self-destructive behavior), in order to (save, protect, honor, have a parent, keep you from being alone...) no matter the cost to myself or my loved ones.

*(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 contract heard?** (Choose a representative to be the one with whom the contract was made. This can be the Seeker)

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

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

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

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

“Essential self (or parent, grandparent, parent’s line, god or universe), will you revoke this contract?”

*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 contract cannot be released, there is trauma in the system that still needs to be worked with.)*

Hello, everyone. Here are some **important things** to keep in mind and body as you approach pairing for unconscious contract work:

(A is the space-holder, B is the vow-explorer.)

1. A, your position is one of quiet joy in your partner's existence. This person makes sense.
2. As beginners, this process works best if it's mostly a self-empathy, self-exploration process for B. So A is following B's lead, and makes guesses about what the vow may be once B asks for help.
3. Follow the script for the Unconscious Contracts process as shown above.
4. A, look for resonance between you and B. This means B is able to say "yes" to some of your guesses about how they are doing and what is important to them.
5. Review chapter 6 in the book *Your Resonant Self* to remind yourselves of the time travel empathy process, as it is often key for both revealing and releasing the contracts.
6. The clue to a time travel process being needed is the surfacing of a memory in connecting with the contract exploration.
7. If a time travel is involved, and the younger self doesn't want to come to the present moment, the contract may need to be released before the younger self will come. If the younger self comes to the present moment with ease, then you can return to the contract and release it afterwards.
8. If B doesn't find it easy or possible to release the contract, the following explorations can be made:
  - i. Is a memory surfacing? Can time travel be done?
  - ii. Is the contract actually signed with someone else besides the essential self? Try parents, sibling, family, world, god, the universe, the divine.
  - iii. If the vow is to the parent, but the parent won't release the vow, check to see if the parent also has a vow to their parent which needs to be released.
  - iv. Has the cost of this vow been explicitly stated, to both self and children and partner.
9. In the beginning, neither person may have much of a sense of any contracts, but as you practice with your own and your partner's work, you will begin to feel the underpinnings of rigidity and "I can't" in your own and others' language, and you will start to perceive the presence of unconscious contracts in many places and in many people.