



the realign ranch

7 day
Community
Liquid Feast
and Vision
Quest

DAY 6- DREAMING YOURSELF ALIVE.

PRACTICE OF THE DAY

SACRED SOUL CONTRACT

Today we begin to integrate the daily experiences we have been exploring during this Liquid Feast and Vision Quest. We have had the opportunity to become familiar with our Self, to recalibrate our Heart Compass, to dive deeper into our dreams and the road ahead, to make them happen.

We are ready to commit to the journey ahead, for when we commit we are saying YES! to the life we yearn for. It is important to consciously step up, make that commitment with our Self and create a Sacred Soul Contract that allows us to detach from our Story and see our journey from a different perspective, allows us to see the larger picture, to have more clarity of our next step(s), to create a deeper intimacy with our Heart and a deeper and more vibrant expression of our dreams, desires and Soul purpose. A Sacred Soul Contract allows us to empower our journey and carve our own destiny in the process of Dreaming Ourselves Alive.

Every time you are on a Journey or do a Liquid Feast, you are at a different place in your life. And though some of you have done this before, take the time to do it again. Witness what has transformed, transmuted and is currently in your life and compare it to where you were last time.

For this exercise bring along pen and paper, bring your Clear Road Map Practice from yesterday and take the time to honestly answer the following questions of your Sacred Soul Contract.

On your own take time for Self-Inquiry... find a quiet space, be it your Meditation Sacred Space or a spot in Nature that calls your name. Breathe deeply. Centre yourself. Re-read the questions and answers to the Clear Road Map Practice. Then let's take it one or few more steps ahead by answering and writing down the following questions:

What is guiding me to shift or change at this time in my life?

What is currently in my life that I am grateful for? List at least 7 things.

What is currently in my life that is preventing me from living my dreams?

How would I live if I were free from that which I see/believe to be limiting?

What do I wish to create in this World?

What is my Soul Dream?

What is my Sacred Purpose?

What steps do I need to take to begin to move in the direction of my desire?

I, _____, commit to being present to my Soul journey. I commit to being present to my Heart and to allow myself to grow, discover, expand my Sacred Heart for my own benefit and the benefit of humankind. I see my Sacred Purpose as one of being of service to the evolution of consciousness, to my own evolution and to the healing of all, for Peace is possible and it begins with me, today and every day, through my very own actions.

I understand that Liquid Feasting & Vision Questing are tools along my journey of self transformation and I choose to integrate this and other tools for my own alignment with the Cosmos.

I am Peace by being Peace. I am Love by being Love.

Peace and Love, I am.

Signed by:

Date:

This is your Sacred Soul Contract. This is your Soul speaking through you.