

Note To Reader:

These questions were developed as part of an exercise in exploring soul covenants. They are meant to be answered from the standpoint of you as Spirit, in a higher dimension, before you were born on this earth. This will require an exercise of your imagination. It is interesting to note - if you experienced a hypnotic regression and returned to a point in time before your conception, you would have no difficulty answering these questions. For the purpose of this exercise, you will use virtual time travel rather than participate in a regression. If the exercise is contrary to any of your religious or philosophic beliefs, put your beliefs on the shelf for a few minutes and simply experience the exercise. You will benefit greatly from it – then move back into your belief system.

FORMING YOUR SOUL COVENANT

A Tale From Long Ago

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Background Information on the Exercise

The ultimate spiritual questions - for you

When did you begin?

Where did you begin?

How did you begin?

Why did you begin?

Where are you located now?

Who is the you that began?

The benefit of virtual time travel

The end is always in the beginning

Evidence from age regression

The near birth experience

The near death experience

The important role of imagination – developing consciousness potentials

Use Your Imagination

Begin The Exercise Here – Enter a Relaxed State and Write Down Your Answers To These Questions On a Piece of Paper. You May Wish to Use a Journal So That You Can Make This a Continuing Project and Return To It From Time to Time

EXERCISE:

You are Spirit dwelling in heaven - an emanation of God. You are a creative spark seeking to separate yourself from the Source and incarnate through the soul, mind, emotions, and body of a baby soon to be born on the Planet Earth.

As Spirit you will maintain unlimited access to the whole of God. Yet, as an emanation, you will experience the limitation of individuality as you seek to manifest the totality of your nature through a man or woman on Planet Earth.

As Spirit, you will remain in a higher dimension but will magnetically link to soul in a lower dimension. The linkage will cause a further reduction of your light as you encounter the densities of the third dimension.

Furthermore, your chosen human on earth has free will and may choose to accept or reject you.

A complete incarnation will require a free flow of light from You to the soul, mind, emotions, and body of the human you have chosen as your incarnation.

Your Soul Covenant

As a result of your conversations with God what will you attempt to accomplish during your incarnation on earth?

What are the reciprocal obligations and mutual benefits of your covenant?

What will you do for God?

What will God do for you?

What earth place, time, and culture do you choose for your incarnation? This will constitute your earth environment and will form the context for your learning and service to God.

What religion, social, political, and economic conditions will your parents provide for you?

What type of genetic heritage do you need to be successful?

What parents will you choose to enable you to accomplish your soul covenant?

What siblings will accompany your soul in this venture?

What spouse(s) will you choose to accompany you on your voyage?

What will be the major themes of your life?

What experiences as a soul do you seek?

Which of your gifts and abilities will you “leave on the shelf?” You will not radiate them down to your soul since they would interfere with the covenant work.

Which gifts of the Spirit will you bestow upon your soul as its birthright – essential for completing your covenant with God?

As a soul, whom are you coming to serve?

What teachers and mentors do you choose to experience along the way?

Who is volunteering to teach you by being your enemy?

Who is volunteering to teach you by being your friend?

What major conflicts and oppositions are you agreeing to experience on your life path?

What will be your major life lessons?

What lessons are you likely to refuse to learn?

Which lessons might you have to repeat several times?

What opportunities might you miss?

What great opportunities will you create for your soul? Which of these might be missed?

What faults is your soul likely to acquire during its lifetime?

How many years is it likely to take your soul to complete its soul covenant?

When is your chosen time to withdraw from your soul and allow the person to die?

As Spirit, what will you do if the person you have chosen for incarnation rejects you?

What spiritual practices are most likely to result in the rapid growth of your soul?

Which energy centers in the body will be the strongest points for manifestation?

What are likely to be the greatest barriers to spiritual progress?

What Shadows are most likely to develop spiritually, mentally or emotionally?

What life experiences will be necessary for resolution of the Shadow?

How is the persona likely to be different from the soul of the person you are incarnating into?

As Spirit, what "mountain top" experiences will you provide for your soul to encourage it along the way?

What "wake-up" calls will you provide for your soul along the way?

What alternative realities will you make available to your soul?

What will be your best-developed mental ability?

What will be your best-developed emotional ability?

What will be your most highly developed physical capacity?

What diseases do you choose as allies?

What disasters and calamities will best promote your soul progress

Which failures on the life path will best teach you what you came to learn?

Which sorrows and suffering do you choose to develop your soul virtues?

How can your soul best learn unconditional love?

How can your soul best learn to put other people's interests above its own interests?

How will you enable your soul to learn total forgiveness?

At what point will you enable your soul to understand how all the life pieces fit together into a mosaic?

What possessions, addictions and attachments must be released before death?

How do you plan to celebrate when you as Spirit and your incarnated soul become One and return to the Source?