

Spiritual Contract

Earth is a school of souls. Before returning to the physical body, our reincarnation is carefully planned with the assistance of our loving spiritual mentors with the objective of spiritual renewal and moral perfection. It's so important to reflect on the mission granted to us in this life. Have you thought about your purpose in this reincarnation? Have you been fulfilling your reincarnation plans thus far? Understanding our "spiritual contract" (e.g., reincarnation plan) is key to help us keep our focus and fulfill our aspirations as we hoped and wished for before reincarnating.

Let us seek eternity always. Let us remember that the time we spend on earth is a spiritual journey. Let us love, serve, and seek wisdom. Let us nourish ourselves. Let us remember that in Christ we will find the strength we need to fulfill our mission on earth.

"Everything is being analyzed by Life's Superior Forces. Planet earth is an enlightened workshop, which has never been without a command. The Christ's team sent you to work on earth and they are observing your efforts." Emmanuel/Francisco Cândido Xavier (from book "Luz no Caminho")

Meditate and outline what you think and feel are your main spiritual milestones to be achieved in this reincarnation.

My Spiritual Contract

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____