

Embracing Shakti MOVEMENT

CONSCIOUS COMMITMENT CONTRACT

Print this document and read through the following commitments. Initial the ones that you would like to incorporate more deeply into your life at this time. Once complete, place it on your altar or somewhere you can see it and check in from time to time. I suggest re-committing to these statements when you feel called or are getting off track. Re-committing is a powerful act of devotion to yourself.

- _____ I commit to knowing myself authentically and completely
- _____ I commit to allowing every interaction in the ESM as a learning opportunity, to not take things personally and to let go of any defensive postures that inhibit rapid learning
- _____ I commit to expressing myself authentically in the ESM and to being an opening in which others can express themselves authentically
- _____ I commit to the masterful practice of integrity, and to always do my best
- _____ I commit to not making assumptions
- _____ I commit to taking full responsibility for my feelings and the circumstances of my life and to be a catalyst for others taking full responsibility. I take complete responsibility for my physical, emotional, psychological and spiritual wellbeing
- _____ I commit to the full embrace and expression of my innate creative power and to being a catalyst for the full expression of other's creativity
- _____ I commit to living in wonder
- _____ I commit to being impeccable with my word
- _____ I commit to ease and flow in all aspects of my life

Signed _____ Date _____

Modified and adapted from Breakthrough to Bliss by The Hendricks Institute and The Four Agreements by Don Miguel Ruiz.