

# Galactic Frequency Council: Soul Contracts

Channeled by Catherine Richardson

**Much has been written about soul contracts and sacred contracts. And much of this information resonates highly with our frequencies here on the Galactic Frequency Council. A soul contract is simply this: an agreement you have made with yourself, and sometimes with other souls, to assume a certain energy form at an appointed interfacing. Sometimes a soul contract involves actually doing something—taking action. Sometimes a contract calls for simply maintaining a certain frequency. Other times it involves doing many things over a long period of time.**



Soul contracts are entered into all the time. These contracts are also amended often. Most of you are unaware of this happening. Some of you become sharply aware of it. No one who is incarnated on Earth at this time is aware of all of his or her soul contracts; and no one who is incarnated on Earth at this time is without a soul contract.

You might wonder how these contracts are enforced. The answer is that they are not. Every soul who enters into a soul contract adheres to it. There is no policing structure. There is no need to question the integrity of a soul because, by definition, all souls are the very essence of integrity.

“What do soul contracts do to freedom of choice?” you might ask. Well, nothing really. Unlike many of the legal contracts entered into on Earth, no one is forced or coerced in any way to enter into any soul contract. All parties may amend the contract at any time. And no contract lasts forever. They are just a way of organizing interfacings. Nothing more. They facilitate the process of the evolution of the soul. They are merely tools.

Soul contracts are what you think of as “destiny.”

You are, in some way, operating within the parameters of a soul contract at all times. This does not mean your every action is dictated by a contract. The soul contract is a channel within which you operate—a channel full of a broad and varied array of choices. For every choice there is an accompanying thought, which may or may not be manifested by you.

Soul contracts are what you think of as “destiny.” The contracts themselves are formed by completely free choice, and then provide parameters for more choices. This, in turn, forms a grid

which contains all of the choices of all beings in the Universe. This grid is then anchored in various locations within your biology, as well as within the Universe. Every cell in your body—your physical body—has access to this grid in its entirety. If you can visualize this, then you can begin to comprehend how every single thought has an effect on every single being in the Universe. In fact, “single” is not really the word for it at all.

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We hope this gives you some understanding of the term soul contract. For our purposes, all soul contracts are sacred contracts, but not vice versa. Because we see everything in the Universe as sacred, the term would apply to legal contracts as well. This does not mean that we take any stance upon whether legal contracts should be enforced. That is, again, your choice.

We would like to suggest that you ponder the issue of soul contracts. You may receive more data regarding the nature of your own soul contracts, and whether they are serving your goals. You may want to consider updating, amending, or even ending some of your soul contracts. The more you question and think about soul contracts, the more data you will receive. As always, we are ready to assist.

### **About the Channel**



**Catherine Richardson** is a former corporate attorney who spiritually awakened following a near death experience in 2000. Shortly thereafter, she began manifesting intuitive abilities, and decided to pursue a career in the healing arts. Catherine went on to earn a Ph.D. in transpersonal counseling, and now helps others to empower themselves and to expand spiritually. You can reach her through her practice in San Diego, California, or at [www.truthjoylove.com](http://www.truthjoylove.com).

### **Book by Catherine Richardson**

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