

Sacred Contract

- I am connected directly with Source Energy that loves me
- I am filled with love from the spirit world that surrounds me
- I spread spirit's love to raise spiritual awareness
- I fill myself with loving kindness each and every day
- I send loving kindness to neighbors, strangers and enemies
- I show others how to interact with love in my heart
- I donate my time and resources to help other's lives
- I show others what true loving kindness is all about

Signed _____

Date _____