

# The Contract: The First Four Days

Wednesday, October 7, 2009 around 6 AM

I would like now to make a deal with Spirit. I have done all that energy work with Valerie to ready myself. I have written the book that was in me as well as the book proposal. And now, I am willing to take the next steps and do what I am asked to do, but I need a few things to flow to me, here in the physical.

So, I am addressing here my spirit team: Quado, Mr. Galaxy, Jesus & Mary and all the others I feel are there, asking me to do things. Can you all speak as one voice?

*Spirit: Yes, of course, for we all have the same objective, to lift millions into light and love so that all might live in peace and joy.*

Ah, you're all there, all right. I recognize you all, my insistent friends.

*Spirit: Yes, we are all here and pouring our love down upon you. You are so powerful and are, in fact, the person to accomplish this task.*

*We know what you want, but it is important that you be clear and ask for it. Be specific. Ask for what you want.*

OK, here goes. I want vibrant, glowing health—and that includes an end to the weight struggles. I am made of energy. I believe you can amp up my physical metabolism and amp down my cravings, just as it was when I was on Phen Fen. I weighed 145 pounds then, and it was great fun to be a perfect size 10. I'd settle for 155 now, but, gee whiz, I want this!

And I need you to heal my heart and arteries, that whole system. Remove the inflammation. And if that means that I need to do this through drastic lifestyle changes, then I want the stamina, energy, enthusiasm and commitment to do it—in joy! No struggle. Just joy and energy.

Do you have an answer to this?

*Spirit: Granted.*

Ah, I feel it. I feel a column of energy covering me. I think I'll just sit here for a while in this.

OK, next. I want financial security. I want to continue to live here, but have the money to properly maintain the house and garden, so it is beautiful, clean and orderly. I want money from independent sources, passive income, so that I can choose how to spend my day, not always chasing after a buck. I want a steady secure source of \$500,000 per year and a nice cushion of at least \$1,000,000 cash in the

bank. I want to have this income even if I am just sitting in the garden. Do you have a response to this?

*Spirit: Of course. It is granted.*

But how? How will that happen?

*Spirit: Ah, that we cannot share. That is part of our side of the bargain. You are to ask each morning how to focus your day. You are to check in before you take action throughout the day. When you are confused about what to do, ask for guidance—take a walk and a deep breath and ask. And then, do as you are guided. And then this shall be granted.*

But how long will that take?

*Spirit: Not too long. You will manage. Open yourself to the bounty.*

OK, so I'm getting that this is no problem. Those are my primary requests: health and wealth. I already have so much else.

*Spirit: Continue your morning exercise of writing affirmations with both hands. Key numbers are 155; 500,000; and 1,000,000. Write these numbers as well. And then feel the energy flow of it, of the health and the wealth.*

*And do your mantra meditation after that. Set up the energy with the affirmations and then 30 minutes to work the meditation magic. Begin with Reiki, then your mantra.*

My heart is beating so fast.

*Spirit: Right now, lie down and give yourself Reiki to calm your system and absorb the energies.*

How shall I focus my day today?

*Spirit: Today, focus on your consulting work completely. Just do it and then release it. You do not need that lunch date you are contemplating.*

What about the book and the spirit work?

*Spirit: Not today. Today is a day to focus on clarity in your consulting and on health. Feel the joy now. Feel the fear disappear. Easy, relaxed, without fear. Doing what is right in front of you. Easy.*

*An hour in the morning for yourself, then energy and commitment. You will receive all the guidance you need to achieve your health and wealth goals.*

**Wednesday, October 7, 2009 around 7 PM**

I feel as if some very different things are happening. I've been taking guidance from spirit for years, but this is very different somehow. I think I'm going to finally learn a lot about the way spirit and the physical intersect. Another new adventure!

When I got in the car this morning, I instantly went into a meditative state. Of course, I have a lot of practice doing that, because of all my freeway sessions with Valerie. It was just a place of being in some energy that was flowing. And then, I started singing the songs from my show, something I haven't done in a few months. Then arrived at my client's, ready to rock and roll.

During our lunch break, I started to test the software while my client was out to lunch. But I got a message to focus instead on the Issues Log. I questioned this guidance, because I had seen one problem with the software I needed to document. But the guidance was very clear: focus on the Issues Log. So I did. I read through the whole thing so I understood all the issues; I found some mistakes I had made earlier when I had written it up.

When my client returned from lunch, we met again and guess what: she wanted to go through the Issue Log. I was, of course, totally prepared and it was a very, very successful meeting. At the end of this, I went out to finally do that software testing—but the problem I had seen earlier no longer existed. Hmmm...

During the day, my contract had been working in the background, getting more specific. It now has a delivery date: April 1, 2010. I will do exactly as I am guided from now until then and in exchange, by that date, I will weigh 155 pounds and have a passive income of \$500,000 per year. The \$1 million in cash is a discretionary bonus—at the sole discretion of Spirit.

When I clarified all this in my head, Spirit responded immediately: *Perfect. The contract is sealed.*

When I was walking toward my car, I started getting very excited about calling Valerie and telling her about The Contract.

**Friday, October 9, 2009 at 10:45 AM**

I can see that I need to write all this down. I feel as if I am going to finally understand some things that have not quite made sense to me.

So, to catch up. First, the eating. It is just as I requested—the cravings have just gone away. I am eating very little and so am dropping weight. I've lost a couple of pounds already. But it isn't bothering me—it's not difficult at all. I just "check in" before I put anything in my mouth and then do as directed. It's odd, but it's quite a relief. I don't have to wonder or struggle—I just do what I'm told. This morning, I went to the grocery store and went shopping with Spirit. I was guided about what food to buy, even down to what apple to choose. Very interesting.

But I can see that catching the guidance is going to be a new learning experience. My car has acted a little funny the last couple of days. It crossed my mind that I should have it checked, but I was busy, had appointments and all that, and so ignored that thought. I did not stop, take a breath and ask whether it was important that it be checked out.

So, last night when I got in the car, it was acting very, very not good. And there I was at my client's in Irvine, a good hour or more from home. So I asked if I should take it to a shop in Irvine and somehow find a way home. And what I got was this: *It will probably make it home.*

"Probably?" So then I asked, what shall I do? Shall I get on the freeway or not? And Spirit replied that I should go ahead and drive home. So I did. Slowly in the right lane. And I made it, made it to a repair shop near home, where Ed picked me up. And that's where my car is now.

So here's what I make of this. I think I'm about to enter a whole new level of connection with Spirit. I need to slow way down and listen to each thought that crosses my mind, sort out those that are my busy thoughts from those coming from intuition or Spirit (is there a difference?), take a deep breath and pay attention. Yes. Pay attention.

It makes a world of sense to me that when you request a result, you have to follow directions. But this is a very deep level of guidance, and it is coming to me various ways, using all my intuitive senses. Yes, It's just a deeper, deeper level of communication. And it's very focused.

By the way, Valerie is having a different experience. She found the contract idea intriguing, but isn't feeling comfortable as she plays with what it might be for her. But of course she experiences Spirit differently than I do. So, not surprisingly, this is very individual.

As for me and money, I have always had this feeling that I was meant to have a lot of money, so it feels comfy to me to have that as a goal. One day in talking to Valerie I had the strongest connection to another (or previous) version of myself, a woman born into wealth in the *fin de siècle*, with homes in New York and Paris. It felt so right, so right. And this feeling of entitlement has caused me problems from time to time, since it is not in accordance with the income I have had. But perhaps that is about to be resolved.

A year ago, I did a visioning exercise, one of those things where you are asking what you are meant to do. I saw myself then before thousands of people, very large audiences, and flying from place to place in a private jet. And although this vision was interesting and appealing, and was consistent with other similar visions I had had of what I was "meant to do," I also was left feeling very frustrated, since there was no obvious, direct path from being a computer consultant to that.

Now, two days into my contract, here's how I feel. I will be of service as Spirit believes I should be. I will quite naturally do what I am "meant" to do, because I am following detailed guidance, moment by moment, step by step. And I have complete and absolute faith that Spirit will only guide me toward what is right for me—I believe that absolutely. And this faith is the bedrock, the thing that will make this work as I continue to accept this guidance at deeper and deeper levels.

And it also feels right to have made a request of my own. Simple and sweet. Health and wealth. 155. 500,000. And maybe 1,000,000. All on 4-1-10.

OK. Bring it on.

So, Spirit, what would you like me to do now?

*Spirit: Look up the numbers 5 and 1 to see what they signify*

OK. According to <http://www.whats-your-sign.com/spiritual-meaning-of-numbers.html> , here's what they mean.

**One:** One primarily deals with strong will, positivity, pure energy. The number One reflects **new beginnings**, and purity. The symbolic meaning of number One is further clarified when we understand One represents both kinds of action: physical and mental. This combined with One's urgency for new beginnings, we begin to see Ones recurring in our lives indicates a time to exert our natural forces, take action, and start a new venture. One encourages us our action will be rewarded in kind.

**Five:** The spiritual meaning of number Five deals with travel, adventure, and motion. With the highs that come with these attributes, Fives also carry instability and **unpredictability**, and radical changes. The spiritual meaning of Five draws our attention to the wonder of life, and beckons us to appreciate the perception of chaos all around us. Five has wild vibrations: primitive and erratic. When Five continues to pop up in your life be prepared for some action, like a trip. Remember, trips aren't all necessarily taken physically. Some of the best journey's are taken in the mind and spirit.

Very interesting... And what now, what shall I do now?

*Spirit: It's time to do your consulting. They are waiting for your call.*

Oh, one more thing. I've been inclined to meditate more. Not just in the morning, but when I return from work as well.

*Spirit: Yes, this is very, very important.*

And I've been very tired. Last night when I went for that walk, my legs felt like lead. And I had to go to bed at 9. Then when the alarm went off at 5, I went back to sleep.

*Spirit: Your body is adjusting to the energy shifts that are a part of the process. Just meditate and sleep when you feel the urge. Do not concern yourself that you have not arisen at 5, as we suggested. You will get there eventually. Turn off the alarm and get up when your body is ready; sleep as much as you need.*

*Water. Drinking water is also important.*

OK. I'm going to lie down for a moment, then, before doing my consulting.

*Excellent. Even just a few minutes will refresh you. Drink water first. Do your mantra. Then arise refreshed and full of energy, ready to do two days worth of work in only 4 hours.*

Friday, October 9, 2009 at 12:36 PM

Whoa! The mechanic has to rebuild the transmission—for \$3,600. Either that or get a replacement from the dealer for around \$6,000. So we chose the former, obviously, but it means not having a car (or renting a car) next week.

OK. So. Spirit, how am I going to pay for this? What's the story?

*Spirit: You were not promised that there would be no bumps in the road. This is life and things happen. Know this. You will be fine. You will manage, as you always do. Relax. And in answer to the unspoken question in your mind, no, do not sell your car. It is old, yes, and has a limited time left, but your Contract will deliver before you need to make that choice. And what you will choose to do will be different than it would be now.*

*Relax. Enjoy your day.*

Enjoy my day? I need to drive in to my client, at least for the afternoon.

*Spirit: Yes, that is correct. But that does not mean you cannot enjoy yourself.*

True, true. OK. Thanks.

*Spirit: You are welcome. Shalom.*

"Shalom?" I don't even want to ask...

Ah, something I forgot to write down. On Thursday morning, just after I woke up, I was lying in bed mentally reviewing the terms of my contract. Then I saw a scene in my mind's eye—if I knew what heaven looked like, I guess that would be it. There was a big contract covered with ribbons and seals on a stand and there were angels all around it. My spirit team was there too. Many, many spiritual entities of some sort or another. The words that came to mind were like "holy" and "sacred." I guess this deal is being taken seriously. Good—I am taking it seriously, too.

**Saturday, October 10, 2009 7:55 AM**

I was talking to Valerie on the way home last night and we were talking about what it meant if The Contract didn't happen. I know what happens if I don't do my part: I won't get delivery from spirit. And things will continue as they have been for years: I want results, I do things, but it doesn't quite come together somehow.

As for what will happen if I deliver and Spirit doesn't... Well, the weight loss appears to be a given. True, I'm losing weight because I am eating very little. But it is as I requested, all of my cravings and conflicts have gone away completely. It's so weird—I just don't even think about food until I feel a hunger pang. So that part of the bargain will be delivered as promised, I'm quite confident.

The clear arteries and strong heart? Well, I know how to check it out. The test I had a year ago said I had the arteries of a 90-year-old. So I will just have another test after 4-1-10 and consider any improvement a delivery on Contract.

As for the money part—aye, there's the rub. This is the part I've been wondering about for years. Does Spirit deliver on the money/abundance side or not? And if I do everything as I am guided, moment to moment, and on 4-1-10 there's no money, then what? As I told Valerie, Spirit does have a sense of humor, we know that. So maybe I'll just go along doing whatever I'm asked to do and the day before the Contract deadline I'll be guided to go into a liquor store and buy a lottery ticket. You never know.

But if nothing happens? Then I guess I'll have my answer and this period of my life will be over. Oo, that's a scary thought. Do I believe that will happen? Of course not; if I did I wouldn't be doing this. But the fact that it could happen, well, that

does add a little zip to the situation, doesn't it? It feels very scary-good, like walking out on the stage to sing.

When I got home last night, I felt I should meditate for 30 minutes. After a time, I felt as if I were in a cocoon of energy—it felt very odd and a little edgy. About 20 minutes in, I felt I needed to get up and drink water. Then I returned to the energy session—somewhat reluctantly, but I did. I have no idea what was happening, but it definitely felt strange. I haven't meditated yet this morning. Ed has just left for the day, and I thought I would wait until he was out the door, then take my time to do my affirmations and then my meditation.

My affirmations, by the way, are some I developed shortly before The Contract. They are:

- I am slender, healthy and energetic
- My home and garden are beautiful, clean and orderly
- My marriage is deeply loving and supportive
- I have the money to live as I choose, fearless and free
- My work is deeply fulfilling; I love what I do.

And now, I also include the numbers from my contract when I write out the affirmations with my right and left hands: 155 pounds; \$500,000 annual passive income; \$1,000,000 discretionary bonus, all by 4-1-10. I then follow this with a statement of what I am grateful for and several Karuna Reiki symbols. All set to go!

So now, I have some water at the ready and will do my affirmations and meditation. My meditation has become so much calmer now, since I have no problems to solve. There is no reason for my usual brain chatter, trying to figure out what to do next, since I know I will simply ask and get an answer. I just don't know if some odd energy thing will happen again today. But of course, I asked for my energy to be shifted, so whatever it takes.

OK. Here goes.

**Saturday, October 10, 2009 9:15 AM**

I did my affirmations and meditated for 45 minutes, as direct by Spirit. My tabby Melanie decided to snooze on my tummy for the first part. Then she jumped up suddenly and resettled between my legs. I wonder if there was some energy happening in my torso.

In any event, I was not cocooned this morning, so that part must be over. Instead, my mind was just flowing with ideas: to put this journal out as a blog; to revamp my CarrieHart.com site to include everything; to offer my new book there as a download instead of waiting 2 years for an agent and publisher to make something happen;. But I've been here before, with lots of creative ideas. And spent countless hours developing product with very little payback. This time, I'm not going forward

without very direct guidance, guidance that is part of our Contract. So here goes, live and real time.

I would like to speak with my Spirit Team, the group that has made the Contract with me.

*I see them more or less gathered around a long mahogany table in a board room. I say 'more or less', because they are, as we know, spirit. But they wish to convey to me that this is serious and that they are here for a meeting of the board, taking action on a legal, binding and, yes, sacred, contract.*

I would like to know if this direction I am feeling, the excitement and the ideas to do this, if this is what I am being guided to do by spirit or if it is just my brain doing its thing. So let me ask it this way, nice and open. How shall I focus my day today? What shall I do right now, in this moment?

*Spirit answers: Open your heart to us. Not just your mind to hear the words, but your heart, deeply. Take us into your heart and feel there the sacredness of our contract with you and the deep love and respect we have for you. We have asked you to do much and you have delivered well. A part of you is hesitant about asking for this money, wondering if it is selfish and if you are meant to serve selflessly, but receiving what you want begins with asking for it and having the willingness to do what is required in return. And this is your contract and it is good.*

*So relax and know that your request is honored and respected. It is not right for everyone, but it is right for you.*

*You are so entwined with us, that it is no wonder that you need clarity about exactly what you are being requested to do. Our presence is deeply within you, and every thought you have could well be a whisper from God.*

*And so, we will give you the clarity you seek. Yes, Carrie. These ideas are from spirit; they are a part of the contract. Know this. We are ready and willing to stand up and be counted, as are you. We applaud your courage in making this contract, for we understand what is at stake: your faith. But yet you are willing to do it. And now, to do it publicly, ah, that is brave indeed. Not for us, for we have all the power you imagine that we do. And we are willing to let the world see it and participate in the unfolding.*

*But for you, yes, this is very brave, to open yourself up this way. And yes, it is what we wish for you to do. Know that what came to you during your meditation and what will be flowing into you in the next two days as you achieve all of this, is spirit-driven and is consistent with our Contract.*

*And so we say it officially. Yes, this is what you are being asked to do.*

Oh, boy. I'd better go shower, get dressed and get right to it. I have a lot to do—but I'm very excited about it.

One little observation I forgot to record. Taking direction from Spirit every moment has not only freed my mind from chattering problem-solving, it has also put me fully into the now, where I focus all of my energies on the one thing I am doing, instead of scattering myself across multiple things.

Right now, my great spiritual guidance is that I am to change the cat litter before I shower. The fall of a sparrow. Cat litter. Nothing too small. Hmm...

#### **Saturday, October 10, 2009 11:09 AM**

I was interrupted in my cat litter activity by a call from Valerie. We just hung up after having realized something amazing.

I had her on the speaker phone as we chatted about this and that. Then I found myself staring at the telephone and felt a message flow through me to her. I said, "I just got a message for you."

Valerie: "OK, I'm ready. Give it to me."

Carrie: "The message is this: 'Your whole life is a contract.'"

Well, at this, she instantly started crying, because she knew this, of course. This was why the exercise of making a contract with Spirit made her feel so uncomfortable. She already had a contract—before she was born.

And for me, the amazing understanding was that I did not. I have always known this at some level. Whenever Valerie or anyone else had said that they had agreed to do something during this lifetime, it never resonated with me. Because I didn't. I have this knowing in this moment that I didn't come to earth with an agreement. I came to earth, saying, "We'll see. Maybe I'll do this and maybe I'll do that. We'll see."

How interesting is that!

OK, off to finish the cat litter.

#### **Sunday, October 11, 2009 6:42 AM**

I worked all day yesterday on getting my book ready for electronic download—reformatted it from manuscript to book, designed the cover, did a new website banner, wrote my 'About the Author' section. Today will be getting permission from people who are in the book, setting up the shopping cart for download, designing new webpages for The Contract and writing the announcement email. Not sure I can get it all done this weekend. But I'll sure try.

Late last night I started getting cold feet about putting The Contract out there. I dread those unpleasant emails I always receive from a certain group who believe that spiritual people shouldn't concern themselves with money. Oh, well. I guess that's just part of the territory.

*Spirit: If you are truly uncomfortable with anything we ask you to do, if it feels wrong to you, then you should not do it and we will withdraw it as a request under the terms of our contract. You are never asked to step out of integrity and be other than who you are, deep in your core of truth.*

*But if you are merely afraid, then that fear signifies that it is definitely one of the tasks that you are to perform, if you are to receive the bounty that we have promised. Going forward and doing what you feel is right but which frightens you is what opens the doors, makes the space, creates the fertile ground in which abundance flourishes.*

*So take a deep breath, fill yourself with courage and step out into the world, showing who you are and sharing who we are. An exciting adventure lies ahead. Enjoy!*

Ah, one more thing. Last night I had some of my old cravings back. What's that about?

*You did so well to listen to us and not give in to the cravings. Well done! As for the cause, these things will happen from time to time as your energies adjust to new ways of being. Just hold on through it, and know that we are with you, surrounding you with love. Take a deep breath and feel how much stronger our love is than those old energies. They are familiar, but they are rapidly losing power. You will be fine.*