

Bus Stop Conversations

..... source unknown (adapted and written by Amy Fox)

The Bus Stop Conversation is all about soul contracts. These soul contracts are agreements we made with other souls before we are born, for the purpose of learning or growth.

And the idea is this...there's a bus stop in the spirit world, the last stop where all souls bound for Earth (it's a popular choice of destination for many souls) gather to meet other passengers. There, you get to talk about your plans and agendas for your human life experience.

The conversation among souls includes what you want to learn about (wisdom, courage, empathy, or other facets of love– the essence of your soul) and how you wish to have that learning experience. This is commonly known as the “theme” of your project.

For example, let's say that your soul chooses the theme of *forgiveness*. You could have pre-designed certain life events where forgiveness will be called for.

And then, other souls at the bus stop who have chosen the same life theme of forgiveness sign up for the experience with you.

This is the “soul contract” and those souls become “soul mates” for that project. Those souls incarnate as various people in your life, depending on the role they wish to assume.

The events and relationships arranged in your soul contract are not always what you would like to experience, but rather the lessons and wisdom that your soul needs to experience in order to evolve and grow.

DISCUSSION QUESTIONS & PROMPTS

OPENING CLASS	DURING CLASS
<p><i>Sometimes a change in perspective is all it takes to see the light</i></p> <p>– Dan Brown</p> <p>Notice how you’ve arrived today. Notice what’s present for you.</p> <p>See if there is any place where you are holding tension or assigning meaning. Allow yourself to relax into those places and come to the awareness of your breath...</p>	<p><i>Before Telling the Story</i></p> <p>When we’re navigating difficult things– when we feel hurt, let down, disappointed or wronged– usually the first place we go is, “Why me? Why is this happening to me?”</p> <p>Most of us will rack our brains trying to figure out what we did wrong (karmically or literally) that got us here.</p> <p><i>After Telling the Story</i></p> <p>Whether or not the idea of soul contracts and bus stop conversations appeals to you, whether or not you believe it to be true, what is interesting is this idea that we’re in a soul contract, let’s us reframe our perspective through a larger lens.</p> <p>Instead of asking “Why is this happening to me?” We can reframe and ask, “What is this here to teach me? What am I meant to learn from this situation? How can I grow from this challenge? How can I get a deeper understanding of life and my role in it?”</p>
CLOSING CLASS	EXTRAS
<p>How different would life feel if we knew that everything was happening in our favor?</p> <p>May you remember, especially in your most challenging moments, that you are exactly where you are meant to be.</p>	<p><i>Why do we have Soul Contracts?</i></p> <p>We can look at earth as a spiritual classroom. Souls make agreements before incarnating here, which is like deciding the teachers you’re going to have during this lifetime. These teachers teach different lessons (and subjects) in different ways, but they all ultimately serve the soul’s evolution.</p> <p>Everyone is interconnected within an intricate web of experiences. The nature of these experiences will be very different from person to person. Every major experience that you have was agreed upon by all parties involved in that experience.</p> <p>Everyone who enters your life does so to teach you a specific lesson, as you do by entering theirs. These lessons range considerably, from showing someone that they deserve love, to traumatizing them or even being responsible for their death</p>