

OS 2018 Personal Mastery Live Call 6

Colette: Welcome everyone. Oh, this is so fun, I love this. You guys are all piling in here. I want to give a shout-out to our friends in California. I know quite a few of you are having trouble with the fire, so we wanted to make a comment about that tonight and send you all our love. And I know there's a bunch of you, too, from Europe, that are staying up really late to come on the call, so I wanted to say something to you guys, as well. But again, on my prayer box, I have California. If I was there, I would be coming down there, and I would be helping out.

Yeah, so, I have something called a prayer box. I have something called a God box. And I can show it to you. Now, you can make one of these, but this particular one is something you can't make. You have to buy this. This is a beehive, and there are bees on it, and inside it are my prayers. You see my prayers? I'm going to put it over here now. It's cool, isn't it? So, you can buy these kind of things or you can make them. I've made them out of a wooden box, and I like to paint them and make them really special.

And when you use a prayer box or a God box, what you do is you give it over. It's a real statement where you're saying, "I'm going to give this over to the divine." So, I put my friends in California and people I didn't know in California, and the animals, especially the giraffe—I was watching that whole plight of the giraffe, which was very upsetting. So, I just put it in there. It's like an intention to be part of the healing, and yeah, I like that it's round, too. You find your own way. You can look at it as a release box, and when you release it to the divine means that, "I can't, the divine can, so I'll let him." Or she can, or it can. So, however you see that, it's an act of surrender and supplication at the same time. We're saying, "I cannot do this alone, so I'm going to place this here and surrender the results." And it really works.

Oh, you're yellow, Doug. You're usually very bright white. There's a yellow that's very happy.

Doug: Well, yes, and I'm in a hotel room in South Carolina, and so what is happening is the lights and the lamps—

Colette: Oh, now it's not yellow anymore.

Doug: Oh, it's because I had the Q&A chat up, so it was giving me a little white screen.

Colette: OK, there we are. It's an aurora borealis over there. You live in South Caroline, Dianna, that's so cool. I'm going to be flying there tomorrow—I have my mastermind. For those of you who have never come to an Oraclepalooza, every year we offer an intensive program. So this is a six-month intensive, and I'm talking intensive. We have two live events, and there's 32 people who work very closely together for six months. This is called the Dream Quest Mastermind Experience—or did we call it mastermind this time? No, we didn't. We said the Dream Quest Experience.

Doug: It's the Dream Quest Intensive.

Colette: Intensive Experience, that's right. I change it up every time.

So, let's get going. We notice you guys are doing so well. Your posting is better. Those of you who have been posting, we notice how rich the posts are. You're less nervous. So, we're really excited about what we've been seeing in the rooms. I know some of you are shy or you like to keep it to yourself, but we really want to make a shout-out that for those of you who are posting, we are seeing that the majority of you are doing really, really, really well. We just want you to hear that we're seeing the progress. And by the way, we were looking over our notes from last year, and the exact same things happened. For the last two Oracle Schools the improvement we're talking about has happened at the exact same time, at the exact same week.

Everybody goes through identical things because the content is delivered to you to have a specific response. And you will go through some peeling of the onion skin. You know how when you peel the onion, you cry a little bit? It is uncomfortable for some people, at first. And you'll start to recognize, too, some of your own

reactions. That's why we're very nonjudgmental in Oracle School, because we know what happens. People get stirred up, and that's just OK. That's just the way it is, and we love all of you just as you are.

Our job is to ensure that we've provided the best content for you so that you can have the best kind of experience. And we genuinely care about you, and Anna genuinely cares about you, and so do your mentors and your lead mentors, so know that you're in a really good, safe space. And by the way, I've got to tell you something. Every time Oracle School—or at least Personal Mastery—comes close to the end, which is next week, everybody starts panicking. Everybody posts, and then, once we get into the partner thing, because next week's a break week. We saw that last year, too, and then nobody wants to go home, and then we have two more weeks of integration. It's fun.

We love to see you post. You'll see a whole bunch of people that never go home, and we just want to mention that to you. I've got notes from Anna and Doug here, so we've got a lot of things that we want to go through. We had some very, very good questions, so I want to bring up a couple people. We noticed how well that works, and we really love having you guys on camera with us because what happens is that you get a chance to really work through this with us, and you act as the teaching tool for the rest of the class. We really like the hands-on approach, because this is not a course that you can take theoretically. You have to experience it.

So, we want to go over some things that are important. And again, I wanted to mention, don't worry if you get a bit reactive. It's normal. We bump into ourselves. Especially with this one, because I'm asking you to look at some of the shadow aspects. When we get into Module 4, some of this is purposefully worded so that you're looking for, "Wait a sec, what's not in alignment for me?" as opposed to always looking for what's in alignment.

What we have is a situation where you are expected to bump up against yourself. That's why we say it's head-exploding week. So, don't worry about it. It is what it

is. And that's actually part of the growth, to recognize that parts of yourself get really stirred up. You might get pissed off, you might get super sad, you might want to eat too much, you might want to be in denial, you might get a little frustrated, and then all of a sudden you feel amazing. It is a little bit of a roller coaster, and it does calm down once we get more into Module 5, which is about self-care. And then in the practice weeks, things are not the same. Remember, we're transplanting you from a tiny pot, which you've outgrown, into a new, bigger pot. So, remember that analogy of the plant that goes into shock.

When plants go into shock, it means their roots still need to find their own way to hold tight into the new soil, and the plant itself doesn't know where it is. It's like, "What's going on?" And sometimes it looks a little sick. This is normal. Love yourself through it. We know sometimes it gets projected onto us, and we are OK with it. We love you, and we just know that it's par for the course.

Now, there are a lot of questions about relationship spreads, and the wording for asking questions regarding how someone sees you. So, I want to get clear about that, and we've got a couple people I'd like to bring up to talk about that. But it's so key to remember that when you're asking about, "How does this person see me?" it's your experience of the person seeing you. It's not, "What are they thinking about me?" It's about how they are in juxtaposition to you. So, the card will actually show you how you and that person are in a dynamic, and your interaction with that side, but it can't tell you the person's motives. It's more about the projection and the experience. Not a projection meaning that it's a projection out of denial; it's just how you experience that person's behavior towards you.

We go into the deeper layers of this kind of stuff when we hit—why do I keep saying "when we hit?" When we hit this, when we hit that. We're not hitting anything. In the Level 2 course, we go into a lot deeper detail about relationship readings and how you can actually work around motives and things like that, but for this course, we're really only getting you to get used to this, and how you can

understand how everything goes back to you, to your perception, your perspective, your experience. Doug, do you want to add anything about that?

Doug: Well, no and yes. When I do readings and it's about a relationship, the way I think about it is, "What am I bringing to this?" I often will do a three-card spread around relationships, and we talked about this a lot in Module 3. And the first one, for me, is, "What am I bringing to this relationship?" What am I bringing to the table? The second one is, "What is the dynamic of me with this person?" In other words, what is the insight that I need about me in regards to this person? Because I'm doing the reading on me, as we said. And then the third is, "What is the gift or lesson or learn for me from the relationship?"

So, the idea is to get a sense of the dynamic, which is the story in motion. That's another way that Colette talks about it a lot. And the third piece is the result, or the gift of the learning for the relationship for me.

Colette: Yeah. You could assume certain things when you experience somebody's experience towards you, say, as challenging. But you don't know that the core of their challenge is projecting something onto you that has nothing to do with you. So, you're going to go, "Oh, yes, I'm experiencing this person as a challenge." Not that this person is going to be a challenge; it's about your experience with them in the moment, and you're asked to look deeper at that.

Doug: We had a question on this topic just now, about hidden agendas. You used the term "hidden agendas" and people didn't quite know what you meant, and I thought it might just be good to clear that up for folks.

Colette: Sure. A hidden agenda is, for example, if somebody wants to make friends with you, but the hidden agenda is that they want something from you. Or they want to get close to somebody else. That would be a hidden agenda. So, somebody with a hidden agenda would be somebody that isn't clean, and you feel that, and we want to look for those hidden agendas. If the hidden agenda is that this person wants affection from you, they're just not clean. We're looking for when it's not clean. I think that's probably the easiest way to define a hidden agenda, is something that

is hidden, and they have an ulterior motive—exactly. Thanks, Jeana Marina. You obviously don't have the same menopausal issues that I do, this evening. My brain just got sucked out of my head.

And people do have hidden agendas, a lot of times, with women, particularly, because women have a natural need to affiliate. So, you'll see that in some Facebook groups, people come in with hidden agendas or ulterior motives. Like, somebody will join a class because they think they're going to get clients, or something like that.

Some agendas are that they are defending themselves. But that's OK, because we can spot that, and we know that can be unconscious. You get a sense of that, and we want you guys to trust your intuition, especially, and we don't always want to look for perceived threats. But we also do want to know, "Is this a clean dynamic?" And trust yourself. That's so important. Let me get the questions back up here. I'm using them on my computer just because I can see them better.

I'm just going to take the chat off for a second, because I'd love to bring up Joelle Graham. If we can find her I'd love to get her on.

Doug: Here she comes.

Colette: Hello, Joelle!

Joelle: Hi.

Colette: Hi, sweetie. I'm going to read your post, but you totally got it, and you didn't even realize you got it. So, I'm reading your answer, and I'm going, "She's saying it. It's staring her right in the face." Let me explain this to you and tell you how I came to that conclusion. Is that OK? This will help everybody, and you did post it publicly in the Main Hall.

So you said, "I'm stuck on number one, the law of thought. This ties in with the struggles I've been having regarding the initial Becoming exercise. I don't know what I want to become. My cards over the last week have spoken to my need to figure that out, but each time that I think I got it, my next card the next day says,

‘Yeah, no.’ For the Becoming exercise, the first card I drew, as far as what needs the most healing, was number 24, *Time for a Nap*. However, as time goes on, the cards seem to indicate that I need to figure out what my vision is. Today’s card was number 40, *Co-Create*, in protection, which says the difficulty I’m having is due to not asking Spirit for inspiration. Looking back...”

I know what’s happening here. You’re taking them too literally. But it’s all good. “But I’m really struggling knowing what I need to do to connect with Spirit in a way that will help me figure this out. Adding to my confusion...” By the way, if you notice, this is all mental confusion. This is all intellectual, trying to make it logical and put it in a nice box. And then you said, “I’m struggling with knowing what I need to do. Adding to the confusion are the days such as October 26th when my anchor card was *Happy, Happy*, and November 19th, when the card was again *Happy, Happy*. I really thought that I knew what I wanted. I’m definitely at a point in my life where what I was doing up until now is no longer an option, and the manner in which I want to spend my time has changed.”

Now, here’s where you answered yourself. Joelle, I hope you’re with me. “I know that I want to be home more and have more time with my family. I know that I want more time to take care of and heal myself. My career path has changed due to a psychological injury I’m dealing with. And I know that I want time to help others do crystal energy healing. And of course, I want all of this while still having financial security. I don’t understand why this isn’t enough of a seed.”

It is enough of a seed. It is the seed. You just voiced very clearly what you want to become. You want to become the one who experiences the healing from the issue at work. You want the experience. You want to become the one who has passed through that with courage and grace. You want to become the one who can make a living, or have time to do crystal healing, while still having an income that allows you to support that. You want to become that person. So, that’s the different between a goal and an intention.

So, you saw very clearly what you want to become. Instead of saying, “I want this,” the thing is to say, “I want to become the person who experiences this.” Does that make sense?

Joelle: Yeah, and I’m just kind of flipping back through my journal because I thought I had that figured out. In fact, this is what I wrote in my journal: “I want to be a wife and mother and light worker. I want time and ability to nurture my family and myself and my craft and to help others through the knowledge and abilities I’m gaining through Spirit.” So, that was like, “Yay, I got it.”

Colette: May I stop you? I want to stop you right there, and then you can tell me the next day’s card. So, here’s what you said. “I want to be this person,” as opposed to, “I want to become the person who experiences these things.” There’s a difference between “I want to be that” than “I want to become the one who has this.” It’s subtle, but it’s a shift. Do you hear the subtle shift? It’s no longer, “I want something I don’t have.” It’s, “I want to become the one that has this.” Or, “My intention is to become the one that has this experience,” which is different. Basically, when we say, “I want something,” we say we don’t have it. So, what was your card the next day?

Joelle: It was *Observer* in protection, which, if I just paraphrased, it means that it’s time to get advice from someone you trust, someone who has a better perspective. So, to me, it was Spirit going, “Yeah, no, you missed it.” And actually, part of the day before is—actually, what I have, minus the healing from the psychological injury, is that I’m on sick leave right now, and possibly—

Colette: Isn’t that interesting that you manifested this? And I know that it was a painful experience, and you’re not to blame, but isn’t it interesting how literally you were in a place that got created for you? And I think the word *want* is something that we need to take off the table here. It’s tough, and language is funny. But I see this as not telling you *no*. The *Observer* just says your life is suction-cupped onto the end of your nose, right now. It’s right in front of you. You just said it, too, like,

“Oh, yeah, I have it right in front of me,” and the card went, “Yeah, it’s right in front of you, at the end of your nose, and you’re not noticing it.”

Joelle: Yeah, well I have it until Thursday, so I’m working on manifesting continued benefits because my one source of income ends on Thursday, but I even did a big crystal grid on that.

Colette: And can you be open to it being in a form you don’t know?

Joelle: Absolutely. And this is one of the things I was getting frustrated about because it seemed like my cards kept saying that I needed to figure it out.

Colette: No, the cards never say that. The cards are telling you to stop thinking so much. Anytime you get *Time for a Nap*, your form of dominant energy, it’s saying, “Relax.” Because it was normal that you’re all worked up, because Thursday, your income source is going. So, the cards are not telling you you need to figure it out. As a matter of fact, they’re telling you to relax your way into this. And again, because you’re so intellectual, and because, of course, you’re afraid right now and that is your dominant energy, the cards are saying, “Go lie down. Destress.” Because there is a lot of stress attached to what you’re talking about. Doug, do you want to add something?

Doug: I think the thing for me with the *Observer*, is—I was curious, because the message of that card in protection is to ask someone for some wisdom. To go and get some distance, to get some clarity from someone else. And I’m curious if you did that. And then it’s about holding onto the essence, letting go of the form. That’s part of what Colette’s talking about with becoming—holding onto the essence of what you’re seeking, but maybe letting go of the form because the form may or may not be what you think it is, but it’s the essence of that.

Joelle: Yeah, and I’m fine, too. There are a number of ways that what I want to manifest could happen, and in fact, even when I was doing my affirmation, or when I did my crystal grid, I didn’t say that I wanted workers’ comp or disability. I started off with income, but it’s not an income, it’s just financial security, however that comes about. I know that things happen in weird and wonderful ways, and I’m not

married to any particular way in which that comes about, but I was obviously misreading the cards. They were talking about how you need to imagine it so you can make it happen, and I'm like, "Well, I thought it was."

Colette: No. Where do you get, "You have to imagine it so you can make it happen?"

Joelle: Well, not so you can make it happen. So it can happen. I misspoke on how that—

Colette: No, that's OK. I'm really just holding space for you because I know you're in a little bit of a tough jam, and I would love to invite you to take a look at the prosperity message and really allow yourself to take a look at how you're responding to the cards. Because no card tells you that you are the one that has to do everything. We co-create our reality with the universe when our intention is, "Who do I want to become? I want to become the person who can really be comfortably doing this and doing my crystal healing, having moved through this." And again, when I'm asking you to slow down, it's not in any way to make you feel judged. It's so that you can learn a little bit better, because I know it's stressful. And I know you have it. It's just that the way you're languaging it isn't helping you and it's because you're a little scared. Does that make sense?

Joelle: It does, and I was trying to—

Colette: You want something concrete.

Joelle: Well, I'm just trying to find which card I had that was about needing to—and maybe I'm thinking of the *Observer* card. OK, like, I just want to look at the date on this one.

Colette: While you're looking, I'm going to talk about the *Observer* card. First of all, everybody, when they first start out, can get trapped in reading the cards literally. And you might not read all of the pertinent things, especially because you're talking about your career. You're in a transition. You're naturally stressed out. You just had something that you described beautifully when you said that there was a psychological situation that you had to go through. And that is something that you're obviously still processing. You took a leave of absence. So, we want

to look at your whole environment, which is your thoughts, feelings, beliefs, and the experience that you've just come out of. It's also the need and desire to move into this new way of being, where you're still dealing with the day-to-day situations like paying your bills and figuring out where the money is coming from. When you're doing all these things, it's hard to trust that the universe is with us, and oracles are very nuanced. The way you really work with oracles—like, none of my cards will tell you to really figure anything out. It's don't think your way through the cards. We want you to sense your way. Doug?

Doug: I'd just really like us to be in the present for a second. Joelle, I love that you're looking back at your journal. What a great thing to have such a support for yourself. And what I'm wondering about is if in this moment, right now, what question would you want to ask WOTO, would you want to ask the Oracle, to get insight about what this is all about, everything that you're dealing with? Rather than looking at what's been, let's just kind of be present to what's going on right now. This may be me, but I sometimes, when I work with folks, I empathically pick up on a lot of the feelings.

Colette: I'm going to pick a card.

Doug: Woo, here we go. I want to come back to the present moment, and I'm wondering if you might want to just ask a question, and maybe we'll even have you pull the card, too, Joelle, if you have your cards there. Because I think one of the things that would be really important is if you—

Colette: Oh, my God, this is funny.

Doug: Well, let's hang on, before we get to her question.

Colette: No, no, I had to do this. It's not about that, but I just asked the Oracle Cards, "Give her an overarching theme. What does she really need to do?" And it's *Time for a Nap*, again. And you've gotten that card a number of times. Now, I only pulled it without your permission just because we needed a little—

Joelle: You had my permission in my head.

Colette: So, let's use what Doug suggested and get you grounded, because it feels to me, if I may say—and let me know if this is true for you or not—that there's some PTSD going on here, too.

Joelle: Yeah, well the diagnosis is an adjustment disorder or something, so it's a little bit from the anxiety column and a little bit from the depression column.

Colette: So, I'm picking up something. We know that there's something there. The reason I asked you that is because it feels like your body is a lot like mine when I had my motorcycle accident, when I had to do a lot of tapping and stuff because I couldn't go near my motorcycle, and I actually ended up selling it because I'm not safe on it. But after the accident, I had an adjustment that I couldn't manage.

Joelle: Yeah, exactly. They're not calling it PTSD, that's not the official diagnosis, but it's along those lines, and that's why I'm not going back to my former career because I can't put myself in the same situation.

Colette: Trauma—I just say post-traumatic stress—who cares what it's called? We know you had a hard time, and now you're getting a great opportunity to reframe what you really need and desire for yourself, instead of wanting. I love the word desire. So, Doug, why don't you lead Joelle in something that would help her get grounded and help everybody else watching this who might be transitioning or in a similar situation, who might be scrambling to make sure that the cards fit. Anxiety is tough. We're giving you a big hug.

Doug: So, Joelle, when you think about where you're at right now, is it specifically the work situation or the livelihood that you're thinking about the most?

Joelle: Well, I guess I know I'm not going back to that same job, regardless of whether or not money comes from worker's comp or disability. That's just not happening; I can't. But I mean, I'm a lawyer, so there's not much I can do besides lawyering. Basically, the trauma is around a client. I can't deal with clients anymore. One potential thing that I might be able to pursue is to become a consultant, but to me, that's almost—I really am quite open to whatever the universe needs me to do.

- Colette: Can we bring it back?
- Doug: Yeah, let's go ahead, and it's important to notice how in your conversation you went to all the possible options in the future, right? Which is why Colette said, "Bring it back." That's part of this grounding. So, in this moment, in this 24-hour period, what do you most need to know? Do you have your cards there with you, by chance? Perfect.
- Colette: OK, so shuffle them up.
- Doug: The question is, what do you most need to know, for your highest good, about this moment in time, about your transition from your work as an attorney to whatever is next?
- Colette: And quality of life. It's really about your general quality of life.
- Doug: Yeah. From your highest good, what do you most need to know about this topic?
- Colette: And by the way, I went to law school, and look at me now.
- Joelle: I saw that in one of the videos. I was like, "Cool!"
- Colette: It's not so bad on this side of the road.
- Joelle: Well, that's good to hear.
- Doug: What did you find?
- Colette: There's a lot of really beautiful posts directed to you, Joelle, on the chat, too. *The Tribe*.
- Joelle: *The Tribe*. I've not pulled that one, ever.
- Doug: Colette, do you want to talk to that?
- Colette: Yeah. So, what's really great about this conversation tonight—after we take you off this call, you are going to look at the chat, and you're going to see an extraordinary amount of people who are not only identifying with you but are saying they've got your back. So, that's the one thing here in Oracle School is that

you get to be exactly where you are, and you have really, really honest and good support from people who are here for the same reason as you. You don't need to do this all by yourself. *The Tribe* also represents the people you can trust, the people who are closest to you. Your family, your best friends. Doug, were you going to read this?

Doug: Yeah, I want to read prosperity. I think it's right on the money for you, Joelle, and it's exactly what we're talking about. It says, "Whenever you're in a community of likeminded others, there is a powerful opportunity to reap great abundance. It's essential to ask, 'What can I contribute?' rather than, 'What can I get from this?' Figure out a need and look to fill it. Something meaningful will manifest. Even if what manifests is small, it is a sign that the doors of opportunity will swing open wider. There is also another meaning of this card to consider. Don't try to be all things to all people. Choose your role and be true to it. And serve from a stance of authenticity. There is no greater feeling of accomplishment than knowing you have purpose."

So, when you hear that, what stands out for you? What resonates for you in what I just read?

Joelle: Well, it confirms that this thing that happened, I definitely believe—

Doug: Joelle, let me just ask you to say what words stood out. Rather than talk about the situation, what words stood out?

Joelle: Things that I can contribute.

Doug: Perfect.

Joelle: That's huge, because everything I'm looking at is how I want to contribute to my family and to other people. I feel like the world needs more light workers, and I want to be one.

Doug: Yeah. I think that is the message. It's this whole idea of choosing your role and being true to it, and also finding the people in your community that can support you. I mean, you have this community, but even finding people locally that can

support you in that, as well, will be really a key piece of the puzzle. I think it's so important, when we're in these big transitions like this, of changing from one career to another, or shifting roles, or even if we're in a changing relationship—which I've gone through, so I know—during those big life changes, it is easy for the brain to spiral out into all worlds of possibility, and we lose that grounded connection with this moment that is now.

Allow your crystals to provide that support for you, as well. That groundedness.

Colette: Hematite would be a good one to be holding onto right now. I'd like to also mention, you got *the Tribe*. And even though I was playful when I chose *Time for a Nap*, which is what you got before and didn't understand it, that also reminds you that you do not have to be frenetically trying to figure this out, that your situation is already in the hands of the universe. And if you are able to let go and trust, and there are so many good comments in the chat from people who have been through this telling what they did. You have a cornucopia of things to read, now, that are very supportive of you. You've just got to get into that space of realizing, OK, the universe keeps telling me that I can chill out. I don't have to rush around. I need to heal and rest. And be in this and allow my mind a bit of a break. I know that, as an attorney and as someone who is uber-smart, and also given the fact that you're in a state of trying to figure it all out. I would ask you to read the cards through your heart instead of through your head. Just focus on, "What can I contribute?" And how you can contribute right now is by relaxing, because you'll help everybody better if you're less stressed out. It's like getting that *Observer*. Just trust. You have to trust.

There were times in my life where I didn't even know how to put food on my table. When I started doing readings, I got sober. Two years into my sobriety, I had literally no idea how I was going to pay my rent. I lived week to week and it always worked out, in ways that were bizarre. And it was the way that Spirit chose to teach me about synchronicity and that all was well. And I think that right now this is a place where you literally don't have a choice, just like I didn't. You have to surrender. And then some pretty amazing stuff's going to happen.

- Joelle: And be patient, because I don't control—
- Colette: I know, isn't that a big pain in the ass? We don't control anything, I hate that.
- Joelle: And the uncertainty. Like I said, if I look back at my past experiences, throughout my life I've always been very blessed and very well taken care of, and I try to just remind myself of that when I start to panic, because I've always been so taken care of.
- Colette: And you still will be, even more so now that you've opened yourself up with the courage to look at yourself through the cards. Just remember that they are your friends, and when they tell you that you're stuck, that means the world is still too suction-cupped on the end of your nose. When the cards tell you to take a nap, it really means just to step back and trust and remember. Remember when we first started this course, we did a synchronicity timeline? We put that in there on purpose, so that people are reminded that when they unravel themselves, which is what we do to a certain extent in Personal Mastery, we find out what the true weave is for the true patterns for us, because we accept a lot of things from other people. I have high hopes for you, my love. So hang in there. I'm going to pull somebody else up. And you go and read all those posts. There are so many good ones.
- Joelle: I've seen some of them. It's really awesome. Thank you.
- Colette: OK. I would love to bring up David. Poor David, I told him to *#mentor* himself, and he did, and then Anna told him to come on here.
- Doug: Hey, Colette, I have a comment. I put something about this in the chat earlier, but I love our community. We're so supportive and so wonderfully loving. And I want to also remind everyone that it's so important, when we're processing with folks up on the screen and we're working with them, that that's a place for you to be supportive, just like we do in Facebook, and to be loving, but that it's not a place to offer advice. So, I just want to remind you to be careful, in the chat, to be clear that you're just talking about yourself or just offering love and support. It's

such a beautiful place to hold space for everybody. I put a note about this in the chat earlier, and I don't think everybody saw it.

Colette: Yeah, and people made some really good comments about themselves and what they went through. David Scorchwood, we are looking for you.

Doug: Well, I've only got one David, so I'm hoping it's the right one. Let's see.

Colette: Hi, David. Oh my God, that was too funny. Poor you. I'm like, "David, that's a *#mentor thing*," and you went, "Yes, I did it, and Anna told me to put it in here." I apologize.

David: I do what Anna tells me.

Colette: I'm sorry, I felt so bad. OK, so let's go through this, because I think it's a great question. So, you're a little confused, trying to work on the Module 4 homeplay, and then you said, "When doing a single-card spread for each of the four laws that you want to shift, I have difficulty interpreting the outcome as the questions are almost negative or reversed on purpose. Instead of what is in my highest good, it becomes what is limiting, what is magnetizing—messages that I don't want. What do I need to release? What are my limiting beliefs? For example, if I ask the second question in the homeplay exercise, which is, 'What signals am I unknowingly sending out by my thoughts, feelings, beliefs, or actions that are automatic or repetitive and are magnetizing messages or experiences to me that I don't want?' Then I pull the card *Time for a Nap*." *Time for a Nap* is on parade right now. "It tells me to relax and it's time to step away, if that is the advice you should take." Yes. So, this is the work where you have to determine, "Hmm. So, I'm overthinking this. It tells me to step away."

Since you are overthinking it anyway we should pull a second card, because the next question for you is, "I need prayerification on this." Did you pull a second card?

David: No, I didn't.

Colette: Can we do that now?

David: Sure. And then, the other thing that confused me is, if it's in protection, it's almost a double negative, and that's what's throwing me. You're behind enemy lines. All my questions up to this point have been, "How can I achieve my highest good? What do I need to think about today?" It's never been, "What's in my way?"

Colette: Right, but that's why this is what we're asking, because this is the next step is now. We want to know what's in your way, and that's from an internal perspective. Someone asked if you're a math major.

David: No.

Colette: The double negative. Well, it's interesting because yes, if you were really tight on semantics—but there's a reason why we flip it in the law of magnetism, because we want to see, what's the shadow aspect of this? And we're not saying to only read your protection cards—that's not what we're doing. We want to see the theme. We're really looking for a theme. So, tell me what your second card is, and then I will be able to help you with that.

Doug: Can I just ask, David—the homeplay activity was about shifting a specific area. Can you share the area you were asking about shifting?

David: Yes, I asked about romance, which is something I've never talked about or asked questions about. I've kept the questions up to this point very much about what I can do to be better. So, when I looked at the list of what to pick from, I'm like, "Here's something new."

Doug: Great. That helps us understand *Time for a Nap* in that context, and so, let's go ahead and draw a card.

David: So, the clarification card I got was *Blessed* in protection.

Colette: Ah. I could explain. When *Blessed* comes up in protection, there's a sense that we don't feel that we're blessed, or that there is a situation that is unknown to us or uncharted territory. And we think that everyone else is going to get what they need, but we're not going to. So, the two cards together make a lot of sense now,

because it's saying that—and like you said, you typically don't ask about relationships, but it's reflecting something that you're projecting. Remember, that's the point of this. You want to shift something, and we're asking about the law of magnetism. We're asking, "What are the things I'm sending out?" So, you're sending out that everybody else gets it but you.

Doug: It's false humility, too, David, like, "I don't deserve it." There's a little bit of the humility in it that is not quite right. You're not seeing yourself in that way.

Colette: You're not seeing yourself with clarity, and it's showing that. And the message, of course, is *Blessed*, that you will be blessed, but you have to shift how you view yourself. If *Blessed* is in protection, that's the magnetism that you really don't want to be putting out, but you are. Doug, were you saying something?

Doug: I think I just read this wrong and I want to clarify. It's not about false humility, David, it's whether you deserve this. Let me just read it. "Humility is called for now. Grace is an unearned gift." So, we think about a relationship, and we think about what you're saying. What messages are you sending out? You're sending out a message that you don't deserve it.

Colette: Unconsciously.

Doug: Unconsciously, right. The message of the card to you is that you do deserve it. Does that resonate with you when you think about romance?

David: I'm not sure. I've been in a relationship for 25 years, and everything is going along OK.

Doug: OK, so why did you ask about romance?

David: Well, I wanted to know if it could be better.

Colette: Yeah, see? So there, you're like, "Everybody else's is better, but mine isn't."

David: Well, it's better than some.

Colette: Well, you know what's funny? Let's say your relationship is great, and you want to know if it could be better, and the cards are going, "Time for a nap already,

stop.” That’s what the first card says. “Go to bed. Lie down.” And then the next card is *Blessed* in protection, which is kind of like, “Do you think that everybody else is getting a better relationship except for you?”

David: Well, I was worried because I take naps, and I thought, it’s telling me I shouldn’t.

Colette: But it’s interesting because the cards are very unique. When we ask the question, that dominant energy shows up. There is a level of potentially. The grass is maybe always greener, or, “Could my grass be greener?” And the card is saying, “No, you’re blessed.” I think the grace that is an unmerited gift is telling you you have a great relationship already, and that imaging that it could be better is really more about how you have to trust and have faith as you evolve in this relationship. Every relationship can get tweaked and be a little better. But I don’t think there’s anything here that says you’re not going to have it.

David: Well, and I kind of wonder if because there was confusion in how to ask the question—

Colette: For you.

David: I haven’t asked questions in this form before, so I wonder whether that confusion was coming back in the cards.

Colette: It can be, of course. It could be, “Go lie down. Don’t read the cards, now.” And that’s the thing: sometimes they are literal. It’s like, “Go away.” I asked the card today about calling somebody who’s ill, and I pulled *Not for You*. And I went, “Oh, that’s weird. Why wouldn’t I want to call them?” And then I did it again an hour later: *Not for You*. And the situation was, “I was going to call So-and-So, and I got *Not for You* twice,” and I found out they’re not there. Literally, they’re not there.

So, it’s weird. Sometimes, they’re literal. Most times, they’re more nuanced and reflecting to you, and I agree, there could be a bit of confusion. Again, this is really an introduction. How about we get you a little more clarity, and let’s do

something that you can actually see work for you right now. Let's use the same one but a different subject. Is that OK?

David: The same question?

Colette: Yeah, For example, maybe there's nothing wrong. That's the other thing. When you talk about the law of magnetism, we're looking if there are any shadow aspects that you're magnetizing, and that's what comes up there. So, that's how you want to look at that. The way we phrase the question is a little tricky, but it is that way on purpose, so that the theme comes up. So, why don't we just ask, "Is there anything that I'm putting out unconsciously to the universe that's magnetizing something back that's not in alignment?"

David: OK. I like that question. I'm just unsure how to read the result from the card.

Colette: Well, I'm going to help you, and Doug's going to help you. And I'm going to ask you for your input, too, and then we'll just talk about how you get your conclusion.

David: OK. So, the card I have is *Poised*, 48. Doug: What was the area you were asking about?

David: I didn't think of a particular area, I was just thinking in general.

Colette: Let's just do in general, because it's an interesting card. Let's just look at the card itself. So, if we look at the shadow of *Poised*, it's not that you're not ready. It's that you're uber-ready. Do you know what I'm saying? It's like, "I am so poised. I'm going to get there, I'm perfect, I'm going to get there, I'm going to be on time, it's going to be this, it's going to be clean, it's going to be shiny, it's going to be special."

David: That's me.

Colette: There you go. OK, so that was easy. So, you see that?

David: But then it's like, "What is coming back to me that's getting in my way? Is it that I'm too ready, that I need to relax and take a nap?"

Colette: But you know that. You're hyperaware and hypersensitive to how people see you, right? And it is amazing that you came on the call tonight, but you want everything ready, everything perfect, everything shiny, right? There's a perfectionism in there. And what if you can't control that?

David: That's what I'm learning. I'm learning to have no control. To let go and—

Colette: Right. That's all it is. The language of the cards—see how that wasn't so hard if you kind of looked at it, like, "Well, *Poise* sounds good. Why would I be bringing this in? Why would this be troublesome?" Because it's reflecting a little bit of a character quirk that you have about perfectionism and that you need to seem and look a certain way. That's the motive behind asking, "Could my relationship be better?" Because it's good, but could it be better? Could it be shinier?

David: Yes. Now, if *Poised* was in protection, how do you then read it differently?

Colette: *Poised* in protection is about not feeling ready and about not being ready. So then, that's a way that people abdicate responsibility. "I'm not ready. I'm never going to be ready. I'm not going to attract that, I'm not going to try that because I'm not ready." When you are telling the universe, "I'm not ready," opportunities kind of float by you. So, it's magnetizing something. With a positive, it can be an overt issue, like that it looks all shiny and good, but that could also be a character flaw or something that can hurt you.

For example, if you've ever been teased by somebody for being oversensitive. I'm not so bad anymore about being oversensitive, but I used to be, because I'm a Cancer, and I cry watching those stupid kittens with the Cottonelle toilet paper. "Oh, look at the kittens!" On the one hand, that's good to be sensitive. On the other hand, when you're oversensitive, it doesn't allow people to be themselves around you.

David: Oh. I'm always told I'm super defensive.

Colette: There you go. *Poised*. Ready for action. You weren't at all defensive tonight. That was fun. You did it, and it was perfectly imperfect, and perfect at the same time.

So, just play with the cards, and play more I think, around not so much the literal, but the more figurative aspect of this. Because what we're really trying to look at is how our personality, our unique selves, the really unique, healthy, positive parts, get supported—as well as the less flattering parts about us. If people say you're always defensive, it's because you want to protect yourself, and you're vulnerable. Are you a Cancer? When is your birthday?

David: Gemini. June 2nd.

Colette: Oh, June 2nd. I have a best friend whose birthday is June 2nd. It would have been easier if I could make up a story about being a Cancer, but I can't. Gemini doesn't make any sense with what I was about to say. You should know better. So, anyhow, because we were raised in some capacity, we feel these different shades of perfectionism. I have that, and Doug has that, too. We have feelings of not being enough, or that we weren't enough when we were growing up, or that if we were not perfect or getting those As—I used to get Bs. If I got straight As with a B. I used to get the belt or the cooking spoon. That's how I was raised, *bang-bang-bang*. So, I was afraid if I wasn't perfect, I was completely not OK.

We learn and then we unlearn these things. I've unlearned all those things. Not all of them, but we're all still unlearning. You're just unlearning. Wait until your partner notices that you're not defensive anymore next year. Wait until you see what happens to you.

David: My fingers are crossed.

Colette: Oh, you're doing great. All right, we're going to pick some more people.

Doug: Thanks, David.

David: Thank you.

Colette: I love doing this. You do the next one, Doug.

Doug: Here we go, David. So, I do want to say one thing, Colette, about the question, because I think it's maybe something we weren't as clear about and I think it

would be good to just reiterate. When you're asking questions like what we have in the homeplay for Module 4, you're not receiving a literal message to you. You're having to translate that message to the question. So, in the case of the one we were just working on, law of frequency of magnetism, the question is, "What signals am I unknowingly sending out?" So, there's a part of me, let's just say, that's sending out some messages. What is that part of me saying?

Then when we go to the card, whatever comes up, it's not that it's negative if it's protection or anything like that. We kind of got confused around the double negatives, I think. But what we're saying is that whatever the card is, that's the message. The message of the card is not to us. That's the message that part of me is sending out unknowingly. It's important to translate the card, according to the message that is in the book, to the question. So, "What limiting beliefs do I have?" You're not going to get a card that tells you, "Doug, here are your limiting beliefs. Bullet one, bullet two, bullet three." Instead, I will get a card that will highlight things, and as I read it, I'm like, "I'm not doing this," or, "This is what I'm doing." So, we're translating the content to the question. And that takes a little bit of getting used to. It's not this literal direction. Does that make sense, Colette, what I'm saying?

Colette: Oh, yeah, it does. The questions are nuanced, and I think that we needed to go over this tonight. Let's do some more questions. Connie Kramer said, "Colette and Doug, when you're in the middle of something deeply emotional, is it easy for you to receive insights from a card reading yourself?" And you're also a Cancerian—ha-ha. "Or do you find that you need to wait until some of the emotional charge has dissipated?" I have never been able to get an accurate reading when I'm all emotional. I can't because it's going to reflect what I'm projecting, what I'm afraid of, what I want. So I literally have to breathe it out before I touch my cards, because they will invariably reflect to me exactly what's going on.

Doug: And it's funny, I have kind of a different space. I can't do it when someone else is really in an emotional state. It's my codependent card reading. I can do great

when I'm weeping, "Oh, my God!" Somehow, I can do that, and I don't understand. But if someone else that I'm doing a session with is off the charts on their emotions, I get caught up in that and I get all panicky.

Colette: Oh my God, you are so funny, and that makes a lot of sense.

Doug: You know me; you know this is true.

Colette: Yes, I do know you, and it is true. Well, it's funny because here's the thing. Once you really get the hang of it, especially if you're working with multiple card decks, which is what we do in Level 2, when we have a counsel of friends, it's like you're talking to these friends, saying, "This is what's happening!" And the cards are going, "Yes, I agree! Oh, yes!" But my point is, you're going to reflect back, "Oh, yes, I hear you." "Really, cards? Do you hear me?" "Yes." And then, "This happened, too." And they'll go, "Yes, this is happening." So, it's kind of like you're getting all these confirmations, but if you need to know what the next right action is, you need to slow down and take a minute before you go to the cards and say, "What do I need to know?" Because you don't realize sometimes it just comes back to you as, "This is what's happening." But they really are your best friend. That's true, Doug. We can have a cup of tea and tears with the cards.

Abby said, "Does our aligning with the highest good, spirit, individually and together, help negate or quell some of the darker energy in the world, just as a nature responds to a universal law?" You bet, girlfriend. Very, very good question, and I think yes, we talk about this. Dr. Bruce Lipton was the first person I ever heard talk about this. The whole imaginal cells conversation was about him and the butterfly and how the whole concept of metamorphosis takes place, from a caterpillar to a butterfly, and that it only needs a small amount of these imaginal cells to wake up, for the entire body to basically get sick. Parts of it have to die so that the new parts can be born again. So, it only takes a small group of us to be holding space for the highest good for all, and then we see it ripple out into the outer world.

I want to say one other thing, here. I noticed that somebody in here is from Paradise, California. I can't remember your name because I can't find you on the chat, but I just want to take a second for everybody just to send you big love because I know the entire town you lived in, the Paradise area, is entirely demolished. So I wanted to just stop for a second, and just acknowledge you because I know you came late into the room. I can't even believe you're in this class tonight. So, just know we're all there for you. Wendy Webber says, "Is the cutting of the cord meant to cut them from my life?" No. So, the question is about when I'm doing the forgiveness meditation, and I'm cutting the cords to the people I have resentment or negative energy with. It's the attachment: when we are corded to somebody, resentment makes us attached to a person. We get connected to them because we're engaged with them, so the cutting of the cord is to release us so that both parties can be free. You release them, and you release yourself so that something better can take its place. That's what that is.

Oh, that's very interesting that you're saying you get to that part of the meditation and you're not able to cut the cord to an important person in your life for fear this cuts them from your life. Oh, that's very interesting. So, that's just something for you to look at, and just to say to yourself, "I'm not ready to cut the cord, here." You have to ask yourself, "What in me is afraid, and what in me lacks the faith," or, "How can I have faith to allow this person to be free?" Because sometimes, when we think too much about somebody, we're engaged in a kind of obsessive relationship. I'm not assuming you are, but there is a connection and an attachment that is unhealthy. And so, when two people can have the freedom to choose how to be with one another, it's different. You're giving them freedom, as well as yourself. If you're scared of that freedom, maybe you want to pull some cards around what that means to you and why.

OK. Peggy Madigan asked a good question. "I have one weed I can't seem to get rid of in my beautiful garden of life. No matter how hard I try, even to surrender it to the universe, it remains rooted. I know it's keeping me from my beautiful potential to grow. Please advise me so I can flourish and grow into a bouquet.

FYI, it's my ex-boyfriend." OK, so let's talk about love relationships and how this is the oracle abuse section of Oracle School. I've been doing readings for 31 years, working with oracles full time, as my profession. Of course, I've had a lot of experience—over 50,000 individuals and over a quarter of a million, I think, on tours.

It has been my experience and understanding and wisdom to see that when it comes to specific relationships, when we have unresolved issues with an ex-partner, that's the work. Sometimes we need therapy. We're not therapists, in Oracle School. I went to therapy. I was gang raped, and I have all kinds of issues, and therapy saved my life. Oracle cards couldn't help me with some issues. And as a matter of fact, they helped me recognize that it was important for me to go get extra help.

So sometimes, when we can't seem to let go of a situation, the issue is not necessarily that situation, but a core of something that began before it. It could be something that happened before that. But the cards can only show you, again, what needs to be healed. I'm not suggesting that you have to go to therapy; I'm just saying that there are other options that will help around releasing and the willingness to release. So, I like to say, "Can you be willing to be willing to be willing?" It's like, if you can't cut the cord, and you recognize that you're still in relationship, because he's living rent-free in your head, obviously, so you're not willing to kick him out yet. So just ask for the willingness. You have to pray for the willingness to take that step and to be gentle on yourself. I think that sometimes it just takes time. But listen, it is what it is. That sounds like a pat answer. Let's pick another one, but that's what I got for that one.

Colby says, "Can you recommend any exercises to help me let go of the need to get approval so much?" OK, so the best healers are the biggest people-pleasers, just so you know. When you want to be in a helping profession, it's very common to want to get approval, but also to know you're helping others. It is so common—you are not the only person in this class that struggles with this. It is the core of codependency, and also of feeling that if you don't get the approval of

others, somehow you're flawed. There's terrible anxiety around that. There are two books that I would suggest around approval seeking, and one of them is called *Codependent No More* and the second one is *Beyond Codependency*, both by Melody Beattie. I actually use *One Day at a Time*, her prayer book, which gives you an affirmation prayer that you do every day. And there's Al-Anon. I don't know if you have any alcoholism in your family background, but you want to help others, but you want to help yourself, too. I get it. "Doing for others before myself is keeping me in a place where I feel I will never be who I was truly meant to be." And that was something I had to struggle with a number of years ago, too, but I went and got extra help for that, and went to a program that focuses specifically on that. Once in a while I still kind of have a brain fart. But you have to be loving to yourself, too, and not be too hard on yourself. And it is scary at first to set boundaries and say, "No, this isn't OK for me," and, "No, I need to put me first."

That's because a lot of healer types feel that if they're not serving other people, they don't get to breathe; they're just taking up oxygen. So, again, *Beyond Codependency* and *Codependent No More*. Doug, do you have anything to add to that?

Doug: Lifetimes.

Colette: Do we have two more hours? I don't know.

Doug: I mean, when I read this question, and when I think about my own journey in this, the biggest piece of work I've had to do on myself is being aware of doing it right, and making sure people like me. One of the things that really helps is to do the work on that. I happen to be an Al-Anon guy. That's been a part of my journey and my recovery. I also am a big therapy person, and that has been really helpful for me. But the big thing that really makes the difference is to have relationships and friendships with people that you love and care about that allow things to work and not fall apart.

And Colette is absolutely one of those people for me. As a reminder, guys, I started as a student of Colette's, and it was very much something where I had her—

Colette: So did Anna.

Doug: Yeah. And I had her on a pedestal. And Colette's greatest gift to me has been, "You bring all of you to the table. Don't leave any of you off the table when you come and do work with me." That has been her invitation to me. And have there been times I've said things I shouldn't have said? Yep. And lets me know, and we talk about it, and we work through it. But it's because we trust each other. And we've even had times where, like the other day, I was going through a situation and Colette said, "Oh, wait, you want to draw a card?" And I'm like, "No, I just want you to be my friend." It's like, "I don't want you to do a reading for me. I love you. Just be my friend."

And it was perfect because it's the idea of creating space in relationships that helps us to trust that we can maybe disappoint somebody sometimes, and that's OK. And it is such a challenging time in our world, where we're curating our images on social media and Facebook. The role of authentic relationship is so critical to this, and that's part of what I love about my relationship with WOTO and cards. To be honest, I treat that relationship like a friendship. It is a friendship, for me. That authentic space is there.

Colette: I love that. It's so true, and I think that when we over-give, we don't believe that we are deserving. We don't believe that we are worthy of better. For those of you who are really suffering with this, my friend Nancy Levin wrote a brilliant book called *Worthy*. It's really worth reading. And it asks us to take a look at our sense of self-worth, and what we are willing to tolerate. And it's hard, but it works. Doug and I have known each other, what, 20 years? He started studying with me 20 years ago, and he's one of my best friends now, and we love and are committed to this school, and we're committed to you. And yeah, you've got to bring yourself to the table. I believe that. Same with Anna. Anna started out—she

wasn't even looking for a job. And I said, "No, you're going to come work for me, you're going to run the school. You're going to be my headmistress." She's like, "Do I have to tell anybody?" And I'm like, "Yes."

Laura Lewis asked, "How do you know when you're truly neutral?" There's no such thing as true, total neutrality, unless you're in a total state of meditation, and it takes time. So, neutrality means get as neutral as you can. There's no such thing as perfection, either, Laura. Don't try that one. You're going to flunk that one, for sure. Dodging energy vampires is also really good, too. That will help you. Doug and I talk about this. There could be 100 people in the room, and there's that one person—it's very hard to be a public figure when you're sensitive like me. I take things personally. I'm like, "Oh, my God," and I have to think things through, and I don't have tough skin. "That's interesting," exactly, Crystal. Just say, "That's interesting." And then you bring it back down. Maybe you'll have a reaction for a second or two, and then you go, "OK, whoa. I can step back, get as neutral as I can, realize it's not about me." And then say, "I might disappoint these people. I have to not be here. I'm going to say no. I have to come first. What is healthy for me?" You'll get used to that.

So, somebody wants to talk about letting go the form of something that you will try to manifest while at the same time knowing what the next right action should be. Your next right action is not a literal action. Your next right action is to stay in alignment with your intention. So, it's not like, "What next step do I have to do to get to my goal?" It's, "What is my next right action in order for me to stay in alignment with my highest good, now that I set an intention?" That's different, and it takes a while. You just have to keep doing it.

Forgetting deceased loved ones is huge. I can tell you that my mom and I have an amazing relationship right now. She died 30 years ago. But I had to go to therapy when she died because we had such a tumultuous relationship. And I had to do a lot of forgiveness work around her, and also to get to understand her better, because she was a Holocaust survivor, and I didn't understand what that meant, having somebody like that as a mom, and how the hell that would impact me. It

took a while, and I just had to chip away at it. It wasn't something that happened overnight. I didn't have one big, giant epiphany. I had a lot of little ones. But I had to be willing. And I think that that's really key. And the forgiveness meditation—it was funny, because she actually came in with me. She just showed up in my meditation, and I was like, "I don't have anything to forgive you for now." But it was just this wonderful thing of connection.

OK, yes, Corrine, this is excellent. You asked about the cruise. So, this is an interesting reading here, because two things are going on. One, you're talking about you have a fear of flying, and then you said, "If I get on a plane, it will go down." Now, you are not God, so you can't decide that. But I understand that your mind thinks that the plane will go down.

And you've been doing this for many years, so you're kind of obsessive-compulsive around the idea that the plane is going to crash. That is so normal for so many people. Then you got the email for the cruise with Colette and John. "I thought to myself, 'That will be wonderful. But I wonder, have I created something that will manifest? All that negative thought for so many years. I did my cards. My question was, 'Should I go on a cruise with Colette?'"

Now, remember that we can't answer yes or no, so the question would be more like, "If I make a decision to go on the cruise with Colette, what can I expect?" So, then you got *Exchanging Gifts, Come to the Edge* in protection, and 44, *Thinker*. And you love the part that said, "You will not be lost at sea." So, you wanted to know if I had any thoughts on this.

Now, I'm not going to solicit you to come on the cruise. You have to decide that, especially if you have fear. But I can tell you what works for fear of flying. My friend Nick Ortner has a new app, the Tapping Solution App. And one of my friends who is so paranoid of flying used something else—she used 5-HTP and melatonin and all natural stuff, and she took some CBD oil to help her calm down. But it was the tapping. She tapped on the plane. And she was amazed. She just tapped her way, getting up, and when she was in the air, she was totally fine,

and then when landing she did some more tapping, and I'm telling you, if it worked for her, it can work for anybody.

So, you're correct. These kind of things can't change overnight. But no matter how long you have been fostering this concept, this idea, in your head, you really can change it, if you want to. If you want to. But I really believe that you can change anything in the mind, anything at all.

Doug: And I think it's important to note that anything we've thought about changes the minute we start thinking something differently. That's the thing that's so powerful about the law of thought is that as soon as we start thinking something differently, something different is put into the universe. Even if it's really small, compared to what it's been before, something is put into the universe differently. Really, it's about creating new neural pathways.

Colette: Correct. And a different frequency.

Doug: That's right. To begin to move us to that place.

Colette: It doesn't mean that you're going to crash the plane. Let's say somebody who's terrified of flying gets on a plane, expecting it to crash. That doesn't mean the plane's going to crash; it just means that person is going to have a really shitty time on the plane. They're going to be terrified and awful and feel bad, and then they'll come out the other side. So remember, the obsessive-compulsive thinking about something over and over again, expecting it to happen, doesn't mean that we're going to make it happen in the universe. It means that we're on a frequency of discomfort. So, do you want to be comfortable on the plane, if you want to go somewhere? And that's why I'm saying the tapping thing is really good. It works for everything, for all kinds of things. I have another friend who's agoraphobic, and she did it too. I think the Tapping Solution App is amazing. That's an emotional freedom technique, and it is incredible. Acupuncture works too, but tapping works, for sure. And it helped me, also, around my motorcycle. Once I was able to get over my anxiety, I decided I just didn't want to ride anymore, but it really helped.

OK, so I have a question from Sherry Speeha. You're asking about the next course, which is called Shared Wisdom, and we're going to be talking to you guys about that in a couple of weeks, not before. It is a different program altogether. It's a six-month program involving lots of work with other people, lots of really cool things. We work with a lot of different card decks together; we create a living oracle where everybody contributes to an actual giant oracle. It's outrageous. And then we work with it online. It's amazing. And then, of course, you learn about a different way of doing readings with people. You don't have to become a professional, but a lot of people do. If you just want to do it for yourself or just your friends and people you know, you just get super good at being able to work with yourself and help other people. Because we want to carry the message to others, as well. It's meant for the household practitioner, but you really change a lot in the next section of the course, if you're interested. But we'll talk about that later, and it is more expensive, too.

Doug: And I'll just say something about this week's module, really quickly because I know we're going to run out of time. If it feels different, as you're doing these cards, these readings in the homeplay for this week, that's because it is different. Because we're looking at our thoughts. It's kind of like we're thinking about thinking. And when you think about thinking, it can get a little confusing at times. When you're doing the homeplay this week, those of you who have started on the Module 5 will see it begins to shift again, right? It's different.

Colette: Totally different.

Doug: Yeah, it's a very different feel. And When Colette designed this program, and she shared with me kind of this outline, the reason that this was so important is that, as we said in the very first module, you have two co-creative partners that work with you to create a unique, authentic, and inspired life. Those are the Oracle Cards and Spirit, and also the universal laws, which are the way that spirit works with us. And it's really important, this idea of the Oracle Cards and universal laws all being co-creative tools that help us create and find out about our unique, authentic, and inspired life. So, as you're going through and finishing up with

Module 4—I know that I had a lot of questions come in on the Q&A tonight about this—just allow yourself to be investigating and to be in a place of inquiry or inventory.

So, what are the areas I want to shift? One of the things I'm doing some work with right now—and going back through this module this week made me think about it—is, I want to do some work around my body and food and some work around health. But it's thinking specifically about what I want to shift, and then from there, from "What do I want to shift?" I can see what thoughts are showing up for me in that space. I just want to bring that full circle back to Module 1, when we talked about our co-creative partnership, and then kind of remind us of why this module purposefully feels a little bit different.

Colette: We call Module 4 the head explosion week. And remember that next week we don't have a call. You have a whole week off because it's Thanksgiving, and 70% of the students are American and 30% are from all over the world. So, you've got a couple of weeks to kind of get into it. Those of you who have done it already and who are ready for partners, there are partner threads in your houses already that you can use to connect with people. We don't do that for you; your rooms are small enough that you can connect to each other. So, you have plenty of time, yeah. And remember that Module 6 is kind of a recap of everything we've learned, and then we have a couple weeks before the rooms close, where you guys are going to practice. And then everybody goes into a big Main Hall on Facebook. It becomes a big room, which is going to be your alumni room. For those of you who just want to stay there, you can stay there. The people who want to move on to Shared Wisdom leave and go to another place. But the Main Hall is where everybody practices, and it's really great. You'll enjoy that. And it's got people in it already. It's fantastic. You meet new friends, and it's fun as well as meaningful.

But this one's a tough one, remember that. And you've got plenty of time. We're not rushing anything on you, and remember, the course is yours. So, Doug, we have eight minutes left—I'd love to bring someone up.

Doug: Yeah, we can. I have a tech question I'm answering, but I don't have any other questions. So if you have something—

Colette: Colby, we're not sure yet on the start of the membership site. I wanted to start it on the solstice, but it may not be built in time, so you guys are going to have to wait. It's a big to-do, building that out. So, it's going to go live, I think in March, but for you guys, it will go sooner. And Shared Wisdom starts January 2nd. As soon as we're done with Christmas and New Year's, we're right into one month of a bonus class that we're offering called Indian Vision Process. I used to train intuitive coaches with this particular process. It's brilliant, it's genius, it's everything that's based from the map. You'll see.

And then it goes for six months after that. Oh, *Goddess* sneak peek. OK, let's pick somebody. OK, we're going to do a sneak peek. We're going to pick a lucky person and I'm going to do a reading for you from the *Goddess Power Oracle*. I have the first copy—it won't be out in stores until February, but I have it in my hands. So, we're going to choose somebody. We're going to open up the box, and I'm just going to show you the back cover. There's the goddesses. There's Persephone, Lakshmi, Gaia, and Aphrodite.

Doug: Raise your hands if you want to be picked for the sneak peek.

Colette: Isn't this great? This is part of the cover. We picked Cerridwen because she's the Celtic goddess of potential. I wanted somebody a little bit more ethnic looking. She's kind of blonde, but whatever. We've got something for everyone in the deck. So, we open it up like this, on the side. No one has seen this. Nobody. And nobody will see it. There we go, there's the *Goddess Power Oracle*—it's a big one. Are you good? I'm so happy, nobody is going to see this but you. See, the guide book is big. So, let's pull somebody up and let's get a goddess card up.

Doug: All right, here we go guys, I'm going to do the random scroll, as we often do.

Colette: We're randomly scrolling, and we're going to pick somebody.

Doug: The only thing you need is to have your hand up.

Colette: Put your hand up. Doug is going to pick you. I can't pick you because he's the host tonight.

Doug: We've got it. Sara Johnson is coming on to talk to us.

Colette: Sara Johnson!

Sara: I'm excited.

Colette: OK, so the question that we're going to ask for you is, "Which goddess is guiding me now, for my highest good?"

Sara: Yes.

Colette: Is that good for you?

Sara: That's perfect, I love it.

Colette: All right, so I'm going to shuffle the cards. There we go.

Sara: I feel like I won the lottery.

Colette: I'm going to show you guys some more of the cards. And then we're going to do a *Goddess Deck* reading for everybody, tonight. You manifested this, Sara Johnson. You manifested this. All right, so, tell me when to stop shuffling.

Sara: Now.

Colette: Top, middle or bottom?

Sara: Middle.

Colette: OK, I'm just going to choose the middle card. The goddess that has chosen you is White Buffalo Calf Woman.

Sara: Oh, beautiful. I love it.

Colette: You see that?

Sara: Yes, I love it.

Colette: And the way I created the cards, upright means an empowerment message, and the upside-down is not protection, it's called an alignment message. OK, so yours were in the alignment. Not protection, alignment. The way I created this deck was very different from the other decks. I'm going to read it to you.

"Unconscious choices and behaviors may be causing a distortion in your world. Difficult feelings are part of the journey of self-discovery. You may have been conditioned to suppress what makes you uncomfortable in order to survive. You might have found yourself in a temporarily awkward place with someone and don't know what your next steps should be. White Buffalo Calf Woman offers you this alignment task: make this discomfort, awkwardness, and the uncomfortable sacred. Think of what would happen if you made what you consider a flaw, a loss, or a failure a beautiful, integral part of the art of your life. Every breath you take is sacred. Every mistake you make is a gift, and every time you learn from a relationship is blessed. Bless all parts of you and your life, for you are sacred, and White Buffalo Calf Woman wants you to be at peace."

Sara: Beautiful.

Colette: Did that resonate?

Sara: Yeah, absolutely.

Colette: Awesome. I got goosebumps. Thank you. I hope this was helpful. We weren't planning on doing this, but I showed Doug, and Hay House sent it to me for my approval, but then I found out they already printed them. Thank you for coming on with us, Sara. I'm going to do a reading for everybody, tonight.

Thank you for sharing this with me tonight. No one will have seen these, except for you. We made them matte, so they're easier to shuffle, so they feel a little thinner because they don't have that coating on them. But that's the price that you pay for doing it this way. So, I'm going to do choose three goddesses that are going to help everyone in Personal Mastery through these next two weeks of Modules Four and Five. OK, so what do you need to know? Actually, Doug, you're going to tell me when to stop shuffling and choose. OK?

Doug: Yeah. Stop.

Colette: OK. Top, middle or bottom?

Doug: One from each.

Colette: Oh, top, middle—this is fun—and bottom. OK, everybody. I'm so proud of these. I can't tell you. So, you got Ēostre, which is about new beginnings. Can you guys see that card?

Doug: Mm-hmm.

Colette: OK, she's an albino girl that we found. And this is Uzume, which is about humor. She's a Japanese goddess of humor. Uzume. And Demeter, the nurturer. Aren't these beautiful? OK. So, all three of them were upright, and I'm going to read them for you. And I'm going to show you a few other cards. Oh, I have goosebumps, I'm so happy.

There are 52 goddesses in the *Goddess Deck*. I started with 80, and then I had to make them smaller. OK, so number 13 is Easter. Ēostre is what it is, and if you look at it up close, the art is so gorgeous, but you can't really see that it's card number 13. And this is for all of you tonight.

“Hope and new life are blossoming everywhere in your life right now. And this is something to celebrate. The Germanic goddess, Ēostre sings to you and assures you that your intentions have lain dormant long enough. When she appears, bearing the fertile power behind the coming of the spring, you may feel a surge of energy to implement your new ideas. You feel strong and capable of accomplishing so much at this time, as a sense of newness permeates your life. Fresh opportunities come out of nowhere, and seemingly drop into your lap. You feel ready, truly poised for success in whatever interests you. Allow for new experiences to be what they are by adopting beginner’s mind. You remain open to what life has to offer you, and you will be so glad you did. Enjoy this wonderful time of new beginnings, and welcome the gifts the goddess Ēostre has in store just for you.”

Now, the next card is Uzume, which is humor, as I said, and it's number 49. Somebody asked if I could pull a *Spirit Animal* card, but I don't have them on my desk. Sorry guys. So, I'm going to read you this one, because this is very good. And she says:

"When the Japanese goddess of laughter of mirth, Uzume, enters your day, be playful and cultivate good-natured humor. Laughter is the best medicine and exceptionally healing at this time. Keep your focus on fun and positivity, and see the humor, if you can." Remember this, when your head explodes in Module Four. You've got to see the humor in it. "Life is not meant to be all work and no play, all focus and no release. Humor fosters resilience, and lightheartedness alleviates emotional pain, giving a much-needed break from the burdens and speed of life. Now is the time for you to be silly, laugh more—even take up laughing yoga. Yes, the world is serious, and your dreams and desires are, too, but the joyful goddess Uzume reminds you to enjoy your life and have fun."

And last but not least is Demeter, which is the nurturer. And she's card number 11, and it says: "Giving to others is a wonderful feeling. When you have a healthy sense of yourself, you want to share your love, your inspiration and your experience, and the exchange feels clean. The Greek goddess of grain, motherhood and the harvest, Demeter, reminds you that a harvest is meant to be shared." Isn't that funny, for Thanksgiving next week? "You've now tapped into her nurturing love of what is abundant, and your well-meaning gestures will be received with gratitude and in some way returned to you tenfold. Now is the time to nurture yourself, too. For giving must be balanced by receiving. Allow yourself to feel how the universe is like a wonderful, nurturing mother that is always there when you need her. Demeter says to trust that you are loved and cared for all day, every day, and for all time, especially now."

I'm so excited! You guys saw my oracle deck. I just want to show you a couple of other cards. This is Shakti. Isn't this gorgeous? This is Nyx, the goddess of secrets. And where's my Aphrodite? She's my favorite card. Here she is.

Doug: Beautiful.

Colette: Yeah, we have a beautiful mix of people. They're stunning. There's Parvati, and here's Quan-Yin. And then Ishtar—somebody asked about Ishtar, so here she is. "Are there Mexicans in the deck?" Yes, indeed. Well, we have an Inca goddess. We have two Latinas. We mixed up the cultural backgrounds, but I will show you the Mexican. Actually, we have three Mexicans—here it is. She's Mama Qucha. She is the Goddess of Water. This is an Incan or Mexican goddess. And then we have Mama Quilla. I could do this all night, so I'm going to try and find her. So anyway, your answer is yes. We have everybody in the deck that we could put in the deck, given the fact that we only had 52 cards, and—where is that fabulous card? She is gorgeous. This is the Goddess of the Moon, she is Mayan. Kendra is not Aphrodite, but she does look like a Kendra, and she is an African-American girl who is actually somebody I mentor, and I love her, and she's absolutely stunning. I think she's one of the most beautiful women I've ever seen, and I asked her if she would be Aphrodite, and she said yes. So, we're doing something a little nontraditional, and we're really proud of it. We tried to get everybody in, and if we could have we would have gotten more in, in terms of diversity.

Yes, you can use the *Goddess* cards in Shared Wisdom.

Doug: I want to kind of pull something out of that reading for us for the next few weeks. It's this idea of new beginnings. It's the emerging of spring—the Ēostre—not oyster.

Colette: Yeah, Easter. Let's just call it Easter.

Doug: Right, so think about that. Think about the energy of Easter and that new beginning, and that we've been doing this work, we've been going within. We've been looking within the egg, and now we're coming out of the egg. We're beginning to come out of the egg as we approach Modules Five and Six, to remind us to have humor, to remind us to have lightheartedness in this time over the next two weeks. To remind us to be in that space of, "Well, that's interesting," as we often say. Just to enjoy that sense of humor, and letting ourselves—even

laugh a little bit at ourselves. “Oh, I can’t believe I did that,” or, “This just happened,” but not to be so critical. And then finally Demeter, this last card, is the idea of being grateful and receiving and just being open to that.

Colette: Now, my computer’s about to die—I’m on 8 percent. So, we did go overtime. Sorry I went over-time you guys, but it looked like you were having fun enjoying the new deck. I love you all so much. You get a week off next week—no call. Get into your groups if you want. Go ahead and partner up, for those of you who want to. For those of you who aren’t ready yet, that’s fine. And we will see you again in two weeks. We love you all so much. Thank you so much for being a part of Oracle School. And Doug and I will be taking a look at some of your questions over the next few days, but we’re in a mastermind, so be patient. We might not get to them until next week. Love you all. Take care. Bye, everybody.

Doug: Bye, everybody.

Colette: That was awesome.

Doug: Amazing.