

MODULE 1

Video Summaries



Video 1:

Introduction

- ▶ This week is about preparing yourself - getting to know where you're at, reminding yourself of your tools, living in 24hr compartments, and taking a look at the various aspects of yourself that you're bringing to the table now that you're ready to do something different.
- ▶ Really important not to rush yourself in the course, but particularly important not to rush yourself this week in answering:
 - ◆ Where am I now?
 - ◆ Where have I been?
 - ◆ How long was my journey?
 - ◆ What things did I see along the way?
 - ◆ What did I experience?
 - ◆ What did I lose, and let go of?
 - ◆ What were some of the epiphanies I had?
 - ◆ What have I changed in terms of my outlook, perspective and perception of things?
- ▶ It is important to evaluate before we move into anything new.
- ▶ Spend the week meditating, sitting with yourself, asking yourself the questions in the PDF, and allow yourself to get to know the new you.
- ▶ This you is not going to be the same you at the end of this course, so you want to know what your starting point is.



2-card reading:

Q. What do we need to know about looking at ourselves, with clarity, assessing where we are now, stopping, and preparing ourselves for this new layer of perspective deleye in Shared Wisdom?

- ◆ Card One: 'No Place Like Home'. We're in a new home but we want to know what's in the house we bring with us. What's in our home right now? Do we need to de-clutter it? What do we need to do in the house that we call home? How do we feel comfortable to be at home here? Perfect card for this week. Wisdom resides in the comfort, not the discomfort...it's in the expansion not the contraction.

Q. What else do we need to know about this?

- ◆ Card Two: 'Between Worlds'. We're between worlds right now having just started Shared Wisdom. Look at the gray area on the card as Personal Mastery and everything you've learned up to this point. You're bringing that into the 'Technicolor' side of Shared Wisdom. One is still becoming the other, and tells us the story in motion.

▶ There is no room for judgment. This is always about assessing, looking, observing, staying as neutral as we can, in order for us to always be in the vastness of potentiality.

▶ If you could describe your state of mind as a place that you're inhabiting, what would that place look like?

▶ Before you start something new you want to know where you are now, where you have been and also where you want to head.



4-card reading:

Q. Where is everybody right now in terms of the general feel of the group?

- ◆ Card One: 'Yang (P)'. Telling us to slow down, relax, and take it in.
- ◆ Card Two: 'To Be Fair'. Stay in balance and maintain a sense of equilibrium.
- ◆ Card Three: 'Here and Now (P)'. Reminding us of the need to live in 24hr compartments and stay present.
- ◆ Card Four: 'Building Blocks'. We're setting a foundation, step-by-step, that we have spent a lot of time ensuring that we learn this correctly, in the right order. Building Blocks is key this week. Is the foundation we set in Personal Mastery clear and where do we need more work?

Remember that we're not looking to predict. We're looking to prescribe and translate. Prescribe for ourselves and translate for others. This will all be explained later.

Video 2:

Filters

- ▶ We're not looking at this as an intense exercise, more introducing a concept that will thread through the entire course.
- ▶ What do we need to do? Keep our filters clear 24hrs at a time. We want to be sure of what we're looking through, not just what we're looking at. Why? Dominant energy is not just our own (see PDF).
- ▶ When we are in a contracted state we are inviting the outer world to reflect back to us that frequency.
- ▶ Take a daily inventory so that we're not taking yesterday's stories and adding them to today's stories, otherwise our filter is going to be dirty.
- ▶ We're being asked to be self-centered and self-forgiving at the same time. We have to look at ourselves, determine what it is that's motivating us to be a certain way in the world, and to recognize that our dominant energy has an impact on the outer world. On the other hand we're being asked to be neutral, observant and detached. It's a very delicate dance and this week just start pondering.
- ▶ Goal over the next year is to get you to be in an expansive state most of the time, rather than contracted one.
- ▶ Ask yourself where your energy has been contracted and is it still? Where is it expansive and if you can't immediately identify this, can you remember a time when you were feeling expansive? We want to practice remembering this every day.
- ▶ How do we recognize expansion versus contraction? Fear, anger, resentment, scarcity, jealousy, being unclear, apathy, attached are some of the words to describe what it would be like if we're in a contracted state. Love, compassion, acceptance, surrender, observer, witness are examples of being in an expansive state and is what we're striving for.

▶ Whenever we're in a state of contraction in a 24-hr period we're sending out a 'negative prayer'.

▶ We always have to pay attention to our dominant energy because as energetic beings we're always sending out or offering up, a prayer.

2-card reading:



Q. How do we keep our filters clear? What would be the right action for us?

- ◆ Card One: 'Clean It Up'. Reminding us that we have to assess where we're at on any given day and clean up the stuff we're carrying from the day before.
- ◆ Card Two: 'The Fates'. There are certain things you have no control over but do have the ability to respond, rather than react to. It's about our reactions to life on life's terms.

▶ These 2 cards remind us that we can't control outcomes but we can set intentions in motion. We can sit in the chair of observation and see the world as it is, not as we want it to be, as the form that Spirit chooses for us. It's also about non-attachment.

Video 3:

Body Is An Instrument

- ▶ The body is an instrument of our intuition and our intuition shows up for us in various areas of our body.
- ▶ The body has a language that speaks to you and is very specific and unique for you.
- ▶ All the different feelings that we have show up in our body not our mind.
- ▶ Become observant to how you feel around other people. How do I feel around this person? What comes up for me?
- ▶ We want to pay attention to the BIG feelings and that's when you want to pull a card.
- ▶ Colette's example – What do I need to know about you (everyone here in SW)?
 - ◆ CARD: Co-create – we are co-creating this together.
- ▶ Ask 'what do I need to learn from this person? About them? About the dynamic? This is for personal consideration NOT sharing in the group.
- ▶ You are not just a mind...your heart has a say; your body has a say too.
- ▶ Assess energetically how you feel around other people's energy.
- ▶ We want to remember that we're coming from 2 places – the personal self that has an identification with the energy and the Observer.
- ▶ Go back to your notes and videos from Personal Mastery and take a look at how you got into the Observer.
 - ◆ e.g. Get On Your Bird meditation.



1-card reading:

Q. What do we all need to know about moving from the personal self into the observer?

- ◆ Card One: 'Higher Power'. Reminding us that it's always Spirit. If we're too identified with something our EGO (Edge God Out) is running. We want to Ease God's Order and be connected to the conscious universe. We want to come from our heart and soul. How? Remind ourselves that we're not alone, that we have a higher power, a higher consciousness. We want to step up and view from a different point of vantage into the situation, rather than be inside it.

Video 4: Working With Others

- ▶ We are only looking to assess ourselves this week. These videos contain things to start thinking about and not doing so much about.
- ▶ This video is about personal responsibility, permissions, boundaries and ethics.
- ▶ When we say we're going to communicate with others using the Oracle Cards, we're the translator. We're not giving advice to the other person...ever!!
- ▶ You always have to ask permission.
- ▶ Understand what space looks like for you. What's your space?
- ▶ What we're here for in the first couple of weeks is to assess your capacity to be in a neutral, witness, observer state, without putting your bias, your motives, your concepts onto somebody, and ensuring you have permission to engage with a person using the card as a story telling device.
- ▶ Number one priority is to assess your agenda. Why am I doing this?
- ▶ Observe how you receive the information when you work with the cards and they open up a portal.
- ▶ The ethics are that you don't give advice; you don't give unsolicited advice. Even if the person asks for advice, you aren't equipped or qualified to give it. You're going to say 'I will pull a second card'.
- ▶ Know your vantage point – neutral observer.
- ▶ 'That's interesting' – make no judgments whatsoever.

- ▶ Information gathering – how you communicate with the outer world and how much of you, you project onto it. Nothing wrong with it, we just want to assess it.
- ▶ Promise that you will not judge yourself!!
- ▶ The Oracle is the reflector, the advice giver. You are the witness and the translator.
- ▶ Best way to approach the course is to see yourself as story telling.
- ▶ We are responsible for coming to the each other as neutral as we can, with as clear a filter as we can, without projecting too much on them.
- ▶ Promise not to be afraid of getting anything ‘wrong’. It is, what it is... There is no ‘wrong’.
- ▶ Wisdom comes from recognizing universal, archetypal themes in all the people you connect with, and how they reflect you.
- ▶ Joseph Campbell’s ‘Monomyth’. There is a story of all stories – story of the human being, hero/heroine’s journey through life, where we all meet certain themes and experiences that are depicted in the lexicon of the Oracle. We become living oracles for others as well.