

MODULE 1

Introduction

VIDEO SUMMARY



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.