

MODULE 1

Body Is An Instrument

VIDEO SUMMARY



S H A R E D  W I S D O M

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.