

MODULE 3

# Video Summaries



# Video 1: Introduction

- ▶ There are 5 main subjects in this module:
  - ◆ How to set healthy energetic boundaries
  - ◆ How to deal with resistance or anxiety
  - ◆ Going beyond the personal self and more into the transpersonal
  - ◆ Advanced techniques for staying neutral
  - ◆ How to effectively close a reading
- ▶ Before working with practice sharing partners, you need to make sure that you're clear on what healthy boundaries mean to you, and why setting a container for your readings is as important for yourself as it is for others. Where do you end and others begin?
- ▶ Know when you slip from the Observer into the Identifier.
- ▶ Know what happens when there's anxiety and resistance, what happens to our body energetically.
- ▶ Remember NO-ONE judges anything in Oracle School. All you are doing is tracking energy.

# Video 2:

## Sensitivity Spectrum

This video covers the material in the PDF so you get an understanding. The 90-minute call will only cover 1 topic, which is a large one.

In interactions with others you will feel a variety of connections and there will be some where you feel overwhelmed and invaded.

Important to know the invisible lines for yourself so that you can pre-empt or deal with in the immediacy so you don't get 'sucked in' to the story.

From no energetic charge to too much, it's your job to manage the energy, keeping as even a keel as possible while being exposed to the chaotic pulse of the external world.

Use whatever tool you choose to disengage with whatever energy is overloading you e.g. Get on your bird meditation.

### EXERCISE – Sensitivity Spectrum

Turn journal to the side and put a star in the lower left corner.  
Write 'no-charge'

Draw a diagonal line to the top right corner.

Above 'no-charge' draw a cross-line and write 'teeny charge'.

At center-point of the line write 'Soulmates'/Positive experiences/unresolved triggers

Above this draw a circle and write 'uncomfortable'/don't trust.

In top right corner write 'invading overwhelm'/not my circus/didn't cause it/can't control/can't cure/want to avoid 'no-charge' people – neutral energy, people you don't pay much attention to. Reflect on who in your life has 'no-charge'.

**NO CHARGE:** 'no charge' people – are just there and they have absolutely no energetic charge on you.

**TEENY CHARGE:** 'teeny charge' people – are interesting...detached enough not to be triggered but curious enough about getting to know them.

**POSITIVE EXPERIENCES:** 'soulmates'/'positive experiences' people – you feel in-sync with them, like you have matching bags. You like that person and what to make friends etc...

**UNCOMFORTABLE:** 'uncomfortable' people – are a red flag...

*In the video Colette said '**dangerous**', but they aren't, they are just someone you have to pay attention to because they make you feel uncomfortable.*

They haven't said or done too much to you but you don't trust them.

You realize they're not in your frequency and not a good fit. You might feel a low grade anxiety around them. These people will show you a part of you, a pattern, that is hidden from you. They **are important** even though they make you feel uncomfortable.

You don't know why you feel uncomfortable around them, but pay attention and journal – \*\*\*for your eyes only, lest you want to invite drama into your life.

Approach with...

*That's interesting...*

*What can I learn from this?*

*What in me arises when I connect to this person?*

**INVADING/OVERWHELM:** 'invading overwhelm' people – you want to avoid and move away from. These people don't respect your boundaries, you feel completely unsafe with them and they trigger you into a co-dependent mess. Who do I need to avoid?

## **IMPORTANT:**

These are exercises for **YOU**... For you to understand energies that trigger you. **DO NOT** share your **subjective** thoughts anywhere but in your journal.

**REWATCH** the Sharing Guidelines video again and again if you're having trouble understanding this concept. **AND PULL SOME CARDS** on it to see what energy you bring to a situation if you feel compelled to over-share.

We want to track ourselves. Track via 'that's interesting'. Track morning energy as well when working with another person.

At the end of the course you'll look back over your journal entries and see that some people will have switched roles.

Only doing this exercise to teach ourselves about energy.

Before we partner with other people we want to identify our own energy, how we engage with the energy of the outer world, what happens to us with people, how you feel when you walk into an environment, how you engage with external conditions and what it reflects to you. It's a fluid experience.

Observer self –in a position of non-judgment, in 'that's interesting' and can observe without taking it personally.

Whether using the cards with other people or not, you need to know where you end and other people begin.

When you're in the Observer you're always hovering, always just above everybody, just above the personal self and in the place of the transpersonal, looking at a story instead of being inside it.

Identifier self – not centred and grounded, reactive and stuck in that reactive state or energy for prolonged periods, take it all personally, 'it's all happening to me'.

When you begin to take things personally, you're experiencing a situation AND identifying with the situation itself and the feeling.

**Empathy Overload** – when you're unable to detach yourself from the sea of overwhelming information coming at you at great velocity.

Stick with being in 24hr compartments. When you stretch yourself beyond the boundaries of time, 24hr periods, that's when you can get into trouble.

It's the position you're experiencing from that counts whether you're tracking your energy (story in motion) or observing someone else's. We always want to be in the neutral observer regardless.

Being the neutral observer is the powerful position of co-creator.

Each day make a new commitment to yourself to be in the position of Observer Self...your journey is sacred.

Self-less – starting to lose the tight hold on our personality and ourselves in order to get more into the neutral 'soul voice' because that's where integration occurs (observer position).

**H.A.L.T** – Don't engage when you're **HUNGRY, ANGRY, LONLEY** or **TIRED**... focus on self-care.

The 'tired' piece of **H.A.L.T** – sometimes means not enough sleep, been in front of the computer too long, need to get out for a brisk walk. This is when you are at your most vulnerable for being invaded by someone else's energy because you don't have the same sense about your energetic boundaries.

*Meditation is a great way to refresh*

This module is showing you how to stay out of the story altogether, to stay in the transpersonal. Not disassociate and pretend it doesn't exist but to step out of it and go above it.

# Video 3:

## Resistance and Anxiety

**Questions in PDF that show you what to do when you come across resistance.**

▶ What is the nature of my resistance to this person, this subject, this experience?

▶ What can I learn from my resistance?

▶ What am I hiding from?

▶ How can I move past this with grace?

- ◆ Pull a card from one deck for insight
- ◆ Pull a second and third card from 2 other decks
- ◆ If it feels like your question has been answered in one card and it feels complete, leave it at that. Play around.

## Resistance readings using Colette as an example:

### Q. What is the nature of my resistance (to being organized)?

*[the card that you pull will tell you what it's affecting]*

**Card One (WOTO): 'Exchanging Gifts'.** – the resistance is about cutting off flow and sabotaging herself. If not organized it affects her capacity to exchange gifts.

### Q. What else can we learn from this resistance?

**Card Two (W of A): 'The King'.** – telling her that she needs to be sovereign, work with king energy, to not be distracted, to detach and get to work. This is the only card in the entire deck that represents an organized person.

### Q. What can we learn from this resistance?

**Card One (W of A): 'The Wasp'.** – tells her that she'll have less anger and agitation.

**Card Two (Enchanted Map): 'Talisman'.** – telling her that she knows from past experience the results that come from being organized...she has the knowledge already.

### Q. What am I hiding from?

**Card One (WOTO): 'Higher Power'.** – tells her that she's hiding from her partnership with Spirit. When disorganized etc. she is disconnected from her higher power.

**Q.** How can I move through this with grace?

**Card One (Enchanted Map): ‘Strength’**

**Card Two (W of A): ‘Focus’**

**Card Three (W of HR): ‘The Rainbow Prince’**

**Summary** – Strength in Focus and what happens is ‘The Rainbow Prince’... compensation for hard work after having persevered.

Remember you already have all the answers you need from Spirit in the way that is right for you, and it can show you the way to move out of your circumstance with grace and ease, rather than deny the resistance.

How do you work with resistance in a group? You need to be prepared – ah, that’s interesting...there’s resistance here.

Each person’s pulling 3 cards to journal about and then return the next day to go over the cards ‘fresh’. Let the person who had the resistance go first. Goes to *‘what can I learn about this energy that showed up in our group and what is the best course of action to take now?’*

Remember if resistance comes up, it comes up from something personal first, with universal underpinnings. Take a ***‘time-out’***.

Remember to put the ***grit in your journal*** and bring the ***pearl back to the group.***

The lessons within this module are for you to integrate during the entire course – not for you to ***‘get’*** in just one week. Give yourself time for the integration.

***It takes time to integrate new ideas and it also needs the experience to go along with it***

# Video 4: Beyond the Personal

## Video Meditation Journey

Get relaxed and comfortable in your chair. Take a deep, deep, breath. Give yourself permission to be relaxed for this meditation. We're going to explore a couple of states of awareness. One of them won't be that comfortable, but know this, that when we do enter into that state you'll be able to get out of it quickly by the prompts given.

Imagine yourself on an energetic hovercraft or a magic carpet. You're very comfortable on it. Your story is below you but it shows to you as ribbons of energy, always moving, always morphing.

You are high enough above this energy to notice different colors. The areas of your life where you get stuck may show up to you as a ball of light. Just allow whatever comes up for you to show up in your mind's eye. If you don't see visually, just know that you are above moving energy because your story is energy and nothing more, nothing less, for you are also energy.

Your hovercraft moves quietly and gently without a sound above the energy of your story. Look at all the different colors. Just follow along for you are always a story in motion. You are never going to stay in one place, even if it seems that sometimes you're stuck. Notice how you're never stuck for long. Watch the energy move like waves.

Now imagine your story entwining with other people's stories, add more energy waves. You start to recognize that there are more than you. Your story may be waves of energy but your story intersects with other people's stories too.

Allow yourself to notice how this intersection of stories begins to form the fabric of reality, impersonal or personal, it doesn't matter. Everything is moving. Everything intersects. Lines going one way, lines going another way, always moving. Stories are energy.

Now allow your hovercraft or your magic carpet to go closer to the energy. Notice how you feel when you move a little closer to that energy. Notice what happens when you get closer and closer. Are you more personal about the story? When you are far enough away, you don't see details, you just see energy. Let yourself move into the details now.

Get as close as you can so you can allow yourself to tune into it. Maybe you hear sounds, voices, the story itself, the people, the feelings, the emotions. The closer you get the more identified with it you become. What would happen if you stepped off your hovercraft or magic carpet and stepped into it? Do you notice more noise? Can you hear details of stories now? Your current story?

Let go and let yourself fall into it for a moment and take note of the shift in your body. How do you feel? What's happening in your mind compared to how you felt and what was, or was not, happening in your mind when you were on the hovercraft?

Now just allow your eyes to be slightly open and you're going to want to journal now and write down the difference of how it feels to be inside the energy and hovering above it. Just make a few notes.

Allow yourself to identify with the energy, saying 'I am this', 'I feel this', 'I'm in it and I can't get out', if that's the truth. In that moment is that how you feel? When you are in your story can you imagine getting out of your story? Or are you in it? Let yourself be there, just so you can tell what it feels like.

Now we're going to change that. We don't want to stay there too long. Allow yourself to climb back on your hovercraft or magic carpet and notice the difference. You're still close enough to see but hovering just above you can observe it, observe your story and the stories of others, without it being about you. These are stories...that's interesting.

This place just beyond the personal self, the identifier self, is the position through which we are free to co-create our intentions. We can course correct with fluidity or remain to learn whatever lesson has chosen us because we are not identifying with it. We are observing.

Now allow the hovercraft or magic carpet to take you high enough so that all you see again is moving energy. You're no longer seeing the details, the imagination, these conversations you wish you had or that you actually had, or the perceptions that you had about your reality at that time. Let's just look at it as if it's energy and lines, moving, like highways of light, where you see no details, just energy. Let's go high enough.

As soon as you make a shift from one experience to the other just allow yourself to get centered. You can always place your left hand over your heart...that always reminds you to be grateful. Take a deep, deep breath and write about your experience in your journal, focusing on explaining the process you went through, and the feelings of moving from being in the fray, identified with what's going on versus moving up and into a place to observe.

You can always come back to this meditation to do this again and again, to practice being engaged inside and identified with a story and moving just above it so that all you see is energy. Practice as many times as you can. This is another version of Getting on Your Bird, only it's quicker. It's also gentler and doesn't have the same kind of impact. It's another version of it, a way for you to practice being above and being in, being above and being in, above and in, so you start to recognize how it feels to move between worlds.

# Video 5:

## Close a Reading

In Personal Mastery you learned how to open yourself to a reading. You know you have to come to the Oracle from a place of serenity, reverence, awe, and humility. Why? Because you're going to be in the Observer seat. You're not going to do it perfectly all of the time.

When you're working with someone else you **MUST** get their permission e.g. May I open this conversation with you? May I witness this story in motion with you? May I do this reading? Be mindful of the language you're using.

Personal reading – sometimes it doesn't feel completely finished, that you didn't understand it, and you're looking for clues etc. This is a dangerous place to be because that's where you enter a state of identifier and being attached.

To end it you want to do something energetic e.g. ring a bell, wash your hands and say 'that's it'. If you're journaling at the start of the day, which has cleared the story in motion for the day and you're not thinking about it, at the end of the day look over your day at what actually happened. You might want to clear your expectations.

Working with others – could say 'we're complete', 'are we complete?' Some options are provided in the PDF.

What if your ego got involved and you're still thinking about the stuff that happened? This means it's still living with you somehow.

Visualise yourself covered in a shawl that's not yours but is on you, and you take it off and hand it back to the person.

Imagine yourself looking at a violet flame that's inside a circular stone fireplace, toss into the flame, dispersing the energy.

There are many different ways to use your imagination in the right kind of way, to identify yourself as separate from the energy that you want to get rid of and then to move it. This will be discussed in the call with Doug.

## **Partner Play**

This week we are sorting everyone in groups of three at the end of the week.

Choose one person and one card, and tell them their story in motion according to the cards, and if you have insight (fact-based, not opinion/advice), share that and allow for feedback and discussion.

Choose another person in the group for two cards (two different decks).

Choose another person in group for three cards (three different decks).

Track your experience and journal.