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Doug: Here we go. Welcome, everybody.

Colette: So excited to see everybody tonight. Let's get Anna up too.

Doug: Yeah, I'll do it as soon as she gets here.

Colette: As soon as Anna gets here.

Doug: She's right there.

Colette: Yay everybody. You're all doing so well. We're looking at your posts. You are amazing. All of you are so amazing and Anna will probably say the same thing. Yes. Oh, you wear the same bright color. Good girl. You look so pretty.

Anna: Thank you. It's my most romantic lighting.

Colette: I love it. Carol Burns says I love your new light. Yes, it's been now since May. I'm used to it now. I'm not saying suffering anymore. I know how to speak with my teeth now. Wasn't that funny when people said I sounded like Bugs Bunny on my ... my smile shaming.

Anna: Exactly.

Colette: You guys are awesome. I'm so proud. Right?

Anna: Yes.

Colette: Mentors are awesome but you, the students, we're telling you, we read some of your posts and share them and talk about them. You're really getting it and it takes a couple of weeks to get it just so you know. It takes a couple of weeks and we expect this. So before Anna ... I want to say this to everybody before we get into what we want to talk about tonight in our meditation etc.

Colette: People were saying, "Is it normal? I'm feeling a bit squirrely," or whatever and some people aren't and it doesn't matter. But yes, it takes a couple of weeks to land and here's why. One thing I do want to address because I'm going to forget it because we have so many cool things to talk about tonight. A couple of people were saying that the meditation for example empty to be filled may make them or that you have a response reaction that you are somehow putting it to the meditation as being the reason but honestly, what happens to us in the first couple of weeks of this program is stuff gets stirred up. A lot of programs are all about happy, joyous and free and that's spiritual bypassing. We ask us to go right in there. It is normal. It has nothing to do with meditations. It's normal that you're starting to even feel the grief of having to leave part of yourself behind because that self doesn't work for you anymore.



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Colette: When we have that sense that we empty to be filled, we're getting that sense of, "Yeah, who would I be without my old story?" That's what happens to everybody in the first couple of weeks. That is profound. The reason why students come back again and over 450 people in here are from the last year and the year before, is because of this very thing that we don't shy away from our feelings and our ... the healing that needs to happen. But what we don't do is we don't pilot into the room. We have journals. We tell the story to the journal. Very similarly to how 12-step programs work. You tell your story in a general way, that way everybody can identify as opposed to it's all about you, your details of the story is not as important as the essence of the story. That's what we teach you how to talk about in the rooms is the essence not the form of the story. That's what you put down in the journal and that's in 12-step programs. You do that inventory and share that with one sponsor kind of thing.

Colette: So, it's like what we do here it makes it really palatable and amazing and you guys are doing a fantastic job of posting. Right, Anna? I'm going to turn it over to you, Anna.

Anna: It's been amazing and just to finish what Colette was saying about the way we post. I have reached out to a few of you and I have been asked that exact question but isn't that not, isn't that like glossing over things or the grit is part of my story. It's how I got to my pearl and things like that. And I did. I do take the time to explain if you're asking and I'll say, no, it's just sort of we're going to turn like yes this happened but let's turn our attention to the lesson that we learned from it and sort of start building that as our truth.

Anna: So, I do want to commend the people that I did reach out to and I've had some great conversations this week. They came back and posted and it was like, wow. The mentors were impressed. I was impressed. The fellow students were learning from what they wrote. That is why we teach you to post the way we do and I'm so proud and I thank you all for accepting the things I tell you with grace because it really and truly is just to help to move you into a different place, to look at things from a different lens. You guys, you have taken it to heart and your posts have been amazing.

Colette: Amazing.

Anna: Amazing.

Colette: Nobody bark ... Oh, there's my husband. Yeah, we've been so impressed and you guys turn around so quickly and you really get it. And I think what's really key, and I do want to discuss this tonight a little bit before we get into all the questions because some of you asked some great questions and want to do a meditation and we're all excited Doug's been answering them and whatever,



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is this is that when we talk about we don't want you to think in any way shape or form that by us asking you to share the pearl that we're telling you we don't want to know about your grit. Because the grit does form the pearl but that is your work. That is what happens. We don't want people to bond over their misery. That is what happens in the internet, right, you notice that? All the hard luck stories and all the, "Oh, this is what ... Oh, my god I was here and then this happened and he did this to me," and then blah, blah, blah, "Oh, and I pulled a card and my pearl is this."

Colette: Right? As opposed to, "Something happened that caused me to really re-think my choices in a general way. It was around a relationship. Right now I'm realizing that my choices are repetitive, I got round and round. I totally get it now." That's the story as opposed to the whole front part of the story. Then what happens is other people go, "Yeah, in a general way I totally get that." And then you go, "What is the solution that you did?" Because somebody's right in the thick of that and you want to be in the solution so you know there is a solution.

Colette: It's not to bypass. That is the opposite of what I teach. I get so pissed off in these new age teachings that, "You will be enlightened and transcending all your problems just like that. Sign up right here." That is horse shit. Right? We have feelings. We have experiences. They're important. But right here because we're teaching you how to become an evolve. We have to look at the grit. We must. I love this, "Thank god this is horse shit."

Doug: And why don't we just add to that. I talked about this earlier today in our conversation. Emotions are not meant to be a destination. When we have these feelings, they're going to come and go. One of my greatest lessons was that emotions are like waves. A new one's going to show up really soon. The trick is you don't sit with it. You don't stay in that wave whether it's good or bad or otherwise because what happens is then you get stuck in it. What we want to do is help get us above it. That's the getting on our bird. That's the moving to the place of neutral observer so that we can ride the waves absolutely rather than getting stuck in it. I just really want to encourage, I love what we're talking about, Colette and really, Anna, you brought up these posts that happen. I think you guys it's so important for you to just create space as you follow these processes that we've set up for you and that Anna and team will support you, the mentors will support you in.

Doug: So, just completely get things from a new perspective because honestly you didn't sign up to stay in the same point of view you've had before you got here. You signed up for a new point of view and that's what we're here to do.

Anna: You're bonding instead of bonding over your wounds and bonding over your pain which is what we're conditioned to do. You're bonding over your



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strengths. You're bonding over your triumphs. You're bonding over your pearls.

Colette: Yes. And you're bonding, exactly what Anna said, and to underline what she said again is to say this is how we bond in Oracle School and that's why people say they don't want to go home. Because we do not ... People think, "Oh, they're not letting us post this but this is important. It's washing it." I'm like it's the opposite. I want you to sit down with journal with you and yourself. You and yourself with the cards. You are going to recognize yourself then you're going to go, "What do I do with this?"

Colette: It's not that you throw it away and it's not the, "Oh, I'm just going to get in a neutral observer all the time. Anytime something comes up for me I'm just going to go sit on the bird and wait until it poops on somebody's head and they'll move out of the way and then I'm all good now." Right? And that isn't what we teach you either. We dive in. We dive in with you and we find the magic sometimes by diving into the manure but you do that on your own. That's why when we kid around we tease and say that we sit in our dirty diaper.

Colette: I know when I'm in my dirty diaper. It's when I haven't done my work. I've been overtired. I've eaten bad things. I love Chris McKee, "Sitting in your own dirty diaper instead of smearing it all over place." No, Chris, the whole idea is that we get out of the diaper altogether. This is potty training. My god, it's so funny.

Colette: Anna, I want to say thank you. You have been doing an incredible job this week. I know that the first two weeks is really ... You guys don't understand. Anna literally reads every single post in the school for two solid weeks. I am not kidding you. She gets up at two in the morning. Some days it's four in the morning. She is in here all the time. The first two weeks I feel like sending her on a cruise. She's devoted to you and I do want to say that to you, Anna. I know this is ... you've been working seven days a week and you haven't taken a break so I want to acknowledge that. I guess you guys may not know that in there because you think she's not in your room but she is seeing everything. She is like the great Oz only with better hair.

Anna: With better hair. Without the curtain and sound effects.

Colette: The great Oz. We watch you. The mentors are doing a great job and every year it changes. It changes with the mentors. We evolve every year and everybody has to adjust. I want to shout out to the mentors too and just really everybody's doing an amazing job. We are so, so happy.

Anna: Yes. Speaking of mentors, your mentors are at the ready waiting to help you with any problems. If you're having a ... not problems because we don't have



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that. If you're having trouble discerning what the card is telling you, please just reach out to a mentor. It's #mentor. They're standing by. They're ready and waiting. Also, their posts are really good teaching tools so make sure you're reading when the mentors post a card for you because they are first of all they're modeling how to sort of work through that card. But also then you can ask questions to them. You can discuss the card with them. So, really always read those. You learn a lot from the mentor's posts. Go ahead.

Colette: One last thing about the anchor.

Anna: That's what I was going to bring up next.

Colette: Well, I must be psychic. You want to start and then I'll finish it.

Anna: We have had a lot of questions and confusion around the anchor card. We realize that we need to better frame that question as opposed to what is my anchor. So, Colette, go ahead and talk about that.

Colette: No, you finish. You finish, yeah, and then tell them where to go.

Anna: Right. We just think that it's a better question especially if you're learning to ask what do I need to know today. This way you understand what you're asking because the anchor ... especially if you're new it's sort of vague. What does that mean? Go ahead.

Colette: This is important because why people ask the question is because you haven't seen a specific video. You wouldn't ask the question if you saw the video on the anchor cards. I get it. We give you a lot of content. I was talking to a friend of mine who has another school and I told her, we're comparing notes, and she's saying what she puts in hers and I say, "Well, I have all these videos." She goes, "You have all those videos? They have to go look," I went, "Yeah, don't you have all those videos?"

Colette: one 90-minute module and they have ... I'm like, okay, well I have all the videos. So, the video you all want to look at is the video on anchor cards. So which one is that, Anna, does it actually say more on anchor cards?

Doug: Yeah, it's Module 0. Module 0 is where it is, Colette, and it's module in lesson four or five. You've got ... four is more on anchor cards. Six minutes is all, guys.

Colette: Yeah. And then there's a whole, but there's a whole webinar. It's in Oracle Cards 101 or Oracle Cards I think it's in that one.

Doug: Yeah, there's Oracle Cards 101 2.0 and 3.0. There's three webinars.



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Colette: I think it's in 101 if it's not in 2.0. Those are three webinars that we did that are amazing with slides and everything. They'll really explain why the anchor card is so important. Because I made the assumption that everybody would have seen that, I thought that was perfectly ... the explanation is right there. Why don't you know what an anchor is? Not realizing that some of you also joined later and you might not have seen that video so you don't know what the hell I'm talking about.

Colette: If you have some time to watch those videos, it'll be so helpful to you to understand that. But, regardless we are rephrasing the question. You just want to know what card did I pick for my highest good, right? Anything else, Anna?

Anna: Just remember your anchor card is your daily card. That's a 24-hour snapshot of where you are energy-wise. You don't need to know what it means instantaneously. You should just let it play out throughout the day. Write down your impressions when you first pull it. At the end of the day it's really helpful to go back, look at it again, read the guidebook again and make, write in your journal about where that showed up for you throughout the day.

Colette: Because it might change. You and I were talking about that yesterday, Anna. And Doug and I, you and I talk about this all the time. I thought it was one thing and it turned out to be something else. How interesting. My first impression was this. I read the guidebook but then at 5:00 p.m. that day now it makes sense.

Colette: So, that's another reason why you'll hear Anna tell you guys over and over to stay in 24 hours, right? Stay in 24 hours because that's ... the card is for 24 hours. It's not for Friday. However, on Friday you might look back over the week and go, "That card that I was having trouble with, oh my god I know what it means now. And I understand why I experienced things the way I did that day." That temple at Delphi it said, "Know thyself," at the top. That's what we're doing for you so you know yourself. You know that you're a powerful co-creator. You know you're a human being. You know you have to surrender to life on life's terms. You have to look at some of your old stories that don't work. You definitely address those things.

Colette: But then why we do that is for you to be able to put the labels on the boxes that you might be tripping over or opening up by accident. That's fine but you know what they are so that when you are focused on manifesting your destiny, "Oh, that one popped up. Oh, I know what that is. Okay." Did I freeze?

Anna: No.



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Colette: Did I freeze? No. So, my internet should not be unstable. We just had somebody here today. I can't believe it did that.

Colette: So, yeah, we just want you to know yourself. That's why I'm like this is by no means the bypassing anything. This is hardcore dive in material in a really safe environment where you are encouraged to ... If you don't have your epiphany, you wait. I remember when I was first, and most of you know I'm 34 years clean and sober, when I first got into 12-programs early on and I'm breaking my anonymity here. But, I had to sit and listen sometimes because I didn't understand what was happening. I didn't quite get it. And then I was hearing it from people. I'm like, "Oh, that's how they got that. Oh." So, sometimes it's okay just to listen and read the posts and look at your cards and look at your journal. For those of you who aren't posting I hope that's what you're doing is letting it come naturally to you. There's no force feeding here.

Colette: Okay, anything else? Anna, I keep interrupting you.

Anna: That is all I had. I just really wanted to tell you guys that I have been celebrating you guys all week since the weekend. But I think you're amazing. Thank you.

Colette: It's because you haven't gone to bed. That's-

Anna: I know. I'm so tired.

Colette: ... She was up at two in the morning, guys. I don't know, I hope you took a little nap. Anyway, we work her to the bone, Miss Anna. Okay, Anna, you're going to go in the background now, right?

Anna: Yeah, I am.

Colette: All righty.

Anna: Bye, bye, everybody.

Colette: This is really great. What I'd love to do now is let's regroup.

Anna: That's not good.

Colette: He's gone now. Okay. Let's regroup and I'd like to invite us into a meditation. I'd like to start again and then we're going to just kind of reboot a little bit. I'm very excited that we started this way. We really covered some great things. Just know that there's so much love for you.



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Colette: I want you to imagine that all of us are sitting at the top of a crystal mountain that is made of rose quartz. We're in this beautiful pale pink shimmering and it's lit up. It's like some kind of illumination is happening and you're like, "What is that?" But it's glowing and it's glowing because there's so much love here. Just put your hands on your heart and just tune in gratitude. Into gratitude. Just be grateful for the love, for the support and be grateful for when you don't feel good, when you feel a little lost and when you feel that sense of, "Oh, I feel empty and I feel a little depressed." That happens to us when we change and we don't know who the new self is going to be.

Colette: Even though we don't want the self that keeps making the mistakes and choosing the things that we don't desire and keeps us getting into trouble and all that, we want to acknowledge this part of ourselves because we don't know yet. And so we let that be okay to have a tiny bit of grieving. Let that be okay to feel a little lost because it's not forever. Just like our head wizard magically said that emotions and feelings and experiences are like waves. There's going to be another one. And another one. It's all part of one big ocean. The same one.

Colette: So, let's be grateful for every experience not just the ones that make us look good. Not just the ones that tell us that, "Oh, yeah, we're producing." Let's be grateful to the vulnerable moments. For the times when we feel like we need a little help and we don't know. We might lose somebody and we don't know who we're going to be yet. Let's be really grateful to know that we are not alone. We are not alone.

Colette: So imagine now that each one of us has a pink sparkler. And on either side of us is a person in this group and we're going to take the lit sparkler and we're going to pass it to our left. We're going to notice a slight breeze and then we're going to take one from the next person. We're going to say thank you. Thank you for your light. Here's some of mine. Thank you for your light and here's some of mine. We're just going to pass it around.

Colette: And now with open hands, everything disappears and glowing lights appear inside your hands and they hold your hands like nice solid feeling. Knowing that spirit has you. You are spirit and spirit is you. And the wealth of love that spirit has for you is in your hands in this chi energy that you have. And now blow it into the room and celebrate the union between you and your higher power and you and everyone here.

Colette: All right. Oh, yeah. We should have.

Doug: That was good. Have some party music after that meditation. My sparklers were hot pink, honey. They looked good. They were so good. I love that hopping sparklers. I got to find some of that.



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Colette: The hot sparklers. Yes. Love it. All right. Okay, so did you feel the energy?

Doug: Totally.

Colette: Did you guys feel it?

Doug: Yeah.

Colette: Yeah. Pass the light and receive, yeah. What is tracking link mean?

Doug: Someone just hasn't changed their name.

Colette: Oh, okay, perfect.

Doug: No worries. This week is all about Module 2 you guys. We want to talk about Oracle Cards a little bit. Our two support systems. The conscious universe and Oracle Cards. Talk about symbols and metaphors. How it all works together. Yeah, go ahead.

Colette: I'm just going to turn off my video for two seconds because I'm going to reboot my internet. Hang on a second. Keep talking. We're good.

Doug: Yeah, we'll talk about intuition and intention as well which came up in some questions in the main hall. Anna's on the Q&A tonight if you have questions coming in to type in there to make sure we see them. Reminder, don't put your questions in the chat. Excuse me. And then also those of you that posted questions in the main hall, we're trying to respond to some of those and get back to those as well.

Doug: Couple of questions that have come up in the main hall I just want to highlight real quickly. People ask, "Is there a difference between using the mobile app or the cards?" I travel a lot for work and my experience is I always use ... I don't bring all my cards with me unless I'm doing a face-to-face event with Colette and so I always have the app. That way no matter where I am I use it. For me the same results happen. So, if you're an app person, go for it. If you don't have the apps, don't forget it's always on Colette's website, colettebaronreid.com. You can go there as well. But I love the apps for that purpose.

Doug: A couple of other questions that came up around shuffling and when do I shuffle, how do I reset the cards or re-consecrate the cards. I think that's a very personal thing. I'll tell you what I do and Colette I'd be curious what you do. But anytime I do a pull a card for myself or for someone else, I always shuffle the cards before the next reading or card pull if you will. Not in the same spread, mind you. So if I'm pulling three cards for a situation for myself,



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I won't shuffle in between each card. But I'll shuffle them after for the reading, for the three that I'm doing.

Doug: As far as re-consecrating, I just whenever I shuffle them, I'm putting my energy back into them and that's ... the cards have a relationship with me. We'll talk a little bit about the relationship you build with your deck, but I think it's important for you to do what feels right to you. Different people do different things. I'm a Reiki master teacher and what I do in my own experiences I let the Reiki come through me at that point. I always do that when I'm shuffling.

Doug: It's almost unconscious. I don't even talk about it or think about it. It's just what I do. What about you, Colette? What's your thoughts on how you either clear the cards or work with your cards because it's all person, I think.

Colette: I do the whole.

Doug: Oh, yeah, yeah, yeah.

Colette: The Reiki. Oh, yeah, yeah, yeah. I'm also a Reiki master years ago though I got my ... Anyway, I did all that like what 25 years ago. But I do Reiki my cards. I typically don't tell people that but I do. And then I blow on them. I go, one, two, three, because Alberto Villoldo told me that's what they do. One, two, three. The shamans blow so I sometimes blow on them. I knock them three times.

Colette: In the very beginning when I started working with cards, I had a whole shemozzle. I had beautiful silk that I had them in and I put them very nicely on my alter and everything was always very schmancy schmancy. And then I got sloppy but I did it for a living so I'd have all my cards and I had so many that I picked from. And then I ran out of silk and then I ended up with these pouches. Basically, that's kind of what happened. And then finally ... because I was spooked out. "Ooh, should people touch my cards? I don't know. Should I be blessing them? Should I put them under the full moon?"

Colette: And even though I put these fancy things into the oracles like the first time you do it I love to do some major thing, but after that no, just enjoy. Back in the '80s exactly, the silk and the alter. Back in the '80s that's me Lisa Frances.

Doug: Are we talking about hair bands now or are we talking about cards? Sorry, I went to Van Halen and silk and the alter. I don't want us to skip over something you just said which I think is really beautiful and important, Colette, and that is that the first time you maybe use a deck, the first time you get your deck, to have a special experience with it. I can't remember where we talk about this, all of a sudden my brain is having a little bit of a brain fart right now. But, I so believe that we have an established relationship with our decks



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and we get to know them. We talk a lot more about this in shared wisdom in level two. We introduce more of decks, yeah, that's what I thought.

Doug: But I'll just give you a little taste, right? The taste of it is you want to invite this deck as a friend, as a counselor, as a relationship to support you, to allow you to really get a sense of ... to invite it and welcome its counsel into your life. Just think about how can you say just even a gratitude exercise, right? "I want to say how thankful I am for this deck. For the wisdom that you will share with me. The aha's that you will give to me and the way that you will help me connect to my own intuition and to spirit. Thank you. I welcome your support." Just something simple that is a place of gratitude as a beginning can so help us to create that special initial experience. It's never too late to do that. If you didn't do something like that, consider just having a little activity for yourself. No right or wrong way but just really allow it to be special for you.

Colette: Yeah, I love that. Just ask spirit to bless your cards. But I do like the idea that one time is special and then you develop, it's very personal. There is no right or wrong way. Some people never let anybody touch their cards. I let everybody touch my cards. Anybody could touch my cards that feel like touching my cards. Go ahead. Tough them. Right? Because I don't think anybody-

Doug: Same.

Colette: ... Yeah, I'm like, "Spirit, clean them," or whatever. Or, I like to have a beginning and if they're open they're closed. I'm open for business, closed for business. Closed for repairs or whatever. So, it's very, very personal. What I'd like to do and this goes into what I've noticed with some of your questions. It's common the first couple of weeks for people to still wonder if they're doing things right. Anything you do is what you do and this is so important that you make this course your own following the guidelines that we've given you but discovering how the cards work for you is crucial. You must experience that.

Colette: So, worrying about, "Is this right?" that's an intellectual exercise and this is not this kind of course. This is an experiential course not a theoretical course. There's some theory that we give you reasons to do certain things, but ultimately it's your experience. The more you mess with questions like going down rabbit holes, you ruin your experience because if you're constantly asking and asking and asking and asking and asking and then it's like you just don't get the feeling. You're in some weird kind of a dance and I've seen that happen to a few people which is also normal. I did that too so it's all good. It's all good. It's all good.

Colette: Sherry, you can watch the video. Nice to see you tonight. Yeah, Carol Burn says, "I had to put my engineering brain to sleep." Yeah, everything makes



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sense when they make sense just don't overthink it. I'd like to go the main hall. Doug, if we could I'd like to answer a couple of questions.

Doug: Yeah, that's great.

Colette: Luanne Wing asks this question. "Having problems with hidden influences and what I should be looking for. Can you guide me with some questions that I could use to explore this?" Instead of that, because again giving you way more questions isn't the answer. It's like learning what a hidden influence means. I picked a card. What are the hidden influence for everybody in this course right now? What could we talk about the hidden influence? Here's what it says. It's round and round in protection and I'm going to read it. This is for everybody in the course. What's the hidden influence we all in this course need to look at? What do we need to know? That's all you ever need to know is the question is what do I need to know about hidden influences? Seriously, that's as complicated as it needs to get.

Colette: Are you refusing to see your own personal responsibility for repeating lessons you don't need to relearn? You have to surrender now to the fact that you are the common denominator in all these repeat performances. Be happy. It's a wonderful spot to be in because now you can see the cycles you wish to exit. Once you figure out that you have the power to stop going round and round, you possess the key to your freedom. Be good to yourself. It's not about blame but accountability. You can have the abundant life filled with love and prosperity that spirit so wants for you.

Colette: Right? It's super great that this talks about that. Doug, again, we talked about this earlier so let's share a little bit about that.

Doug: One of the things in Colette's very first deck Wisdom of Avalon she introduced a five-card spread that had a position called hidden influences. One of the things I love about that position is people often get confused by the label when I've done readings and coaching with folks, what I've started to say is what you may be surprised to know is what this card is going to tell you.

Doug: This card gives us some information that maybe you think it's about this, but it may also be about this. This is something that is always, the hidden influence is always a new thing that I like to say and I love that round and round and protection came up because it's saying you need to look at this from a different perspective. This is an alternative perspective and round and round is when we get caught up doing the same thing and we don't realize, "Hey, wait a minute. Stop. What's the common denominator here? I need to look at this differently. I need to see this differently." That's what you may be surprised to know or what may be a new perspective or a new point of view that you could have about this situation.



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Colette: I just love working with you, Doug. I just do. I want to also shout out to Doug. I will say-

Doug: Thank you, sister.

Colette: ... Doug has put his heart and soul into the school too. We have an amazing team. I just love every time I listen to Doug. Doug and I have done stuff together for over 20 years and I just sit there going, "We're so lucky to have Doug." Anyway, so here-

Doug: Think about that from a hidden influence perspective, right? That's a way to look at that.

Colette: Yeah. I was going to say so think about that, how great I am. About how great I am.

Doug: You know I'm not going to do that, girl.

Colette: All right, so let's also take a look here at Bonnie Gilman, the next question. "Can you talk a little bit more about intention, desires and wants?" Yes.

Doug: Yeah, this is good because Colby had a question about that too around intuition and intention so both of those are good.

Colette: I'm going to read it. "In healing classes some say to work with intention while others say to never have an intention." Who the hell says that, but whatever. "But, how can one co-create with spirit if your intention isn't known?" Yes, you have to have some semblance of how you want to feel because that's really what an intention is. How do you want to feel on the other end of this? "I intend for my day to be more in alignment with spirit." That's my intention. My intention for the day is that I have this. Or, my intention for the day is that I experience the world with a more grounded attitude. That's an intention.

Colette: My intention is to, before we got this house we set our intention that we were going to find our forever home that had X amount of acres, that was a farm, that was a fixer-upper. Actually, we didn't say that but that's what we got but whatever. I'm now happy about that. But, you see what I mean, that intention? So, desire is the ignition. The desire is the fire starter. Desires and wants are different things. When you have a core desire and the perfect person that does a whole business on this is Danielle LaPorte. She has that whole thing going on where you can have the Desire Map if you're interested in learning-

Doug: Core desire feelings, right.



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Colette: But the desire is the initiator of the feeling. It's like how do I want to feel? That's really key and that's why the intention is important. If you have no intention and you're all over the place and you're experiencing the thing in hindsight or in the moment which is also okay, but we are here for the intention of discovering our unique, authentic, inspired life. That's the intention of this course. It's our mission.

Colette: So, having intentions ... go ahead, Doug.

Doug: Well, I was just going to ask a question around that, Colette, because we've got a question that's come in on the chat as well on the Q&A that's like some people setting intention feels like a test. It feels hard and they get a little panicked about it. Is there anything that you could say about taking an easeful approach to setting intentions? To just allowing this idea of really connecting. Victoria Cabral asked that in the Q&A I'm noticing.

Colette: You said a important word which is it's the allowing. Allowing yourself to have an experience. What experience can you allow yourself to have today? That's a different way of setting an intention because remember, when we're in our conditioned mindset we're not allowing for anything new. If you could even say, "Could I allow myself, can I give myself a permission slip?" Maybe that's how you have to start to say, "I'd like a permission slip to have a good day. I'd like a permission slip to ... I'd like to give myself a permission slip to be grounded today so that I don't do this."

Colette: That may be more fun. How do you get into the flow? The setting and intention for those of you who don't have a problem with that, great. For those of you who need different wording ... Yeah, so it's like let's play with that a little bit. That'd be great. What kind of wording feels better for you so it's not a test.

Doug: No, not at all. I think what's important is, again, as Colette mentioned earlier we're in this stage for a lot of us that we may feel like we have to do something right or it won't work. To have the right intention or it won't work. To shuffle the cards correctly or it won't work. Can I just say, we're not that kind of powerful. That's a different kind of powerful is what I want to say. What we want to align with is not the outward actions but the inward spirit and heartfelt intent, soul felt intent which is a much deeper, not necessarily less specific but less physical thing. Yeah, go ahead, please.

Colette: Essence before form.

Doug: Oh, beautiful. Say that again. Say that again.



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Colette: Yeah, and I wrote a whole book about this. It's called Uncharted. It's essence before form. What's the essence? It's always for the highest good, Maryann Graham. It's like an intention works best when it's in our highest good and letting go of fear. Exactly. But sometimes we still have a little fear and we set the intention that we could be saying like I ... When we have fear we're basically saying we don't believe that it's going to happen, right? But we have to love ourselves through the fear because if we don't then we're going to punish ourselves for having it. Everything counts here.

Colette: But it's ultimately the idea that we get out of our head and into our heart. We experience a sense of allowing, but it's the essence of ... and that's why we say feelings before form. Essence before form. We are taught that the world of form is reality. But the truth is that's only 4% of reality is the actual reality that we see and experience with our five sense. Honest to God.

Colette: But even still it's hard when you have a vague idea of feelings it's hard to define for you, right? You have to just go with the vague idea because if you're trying too hard to define a feeling, it's like ... But the invitation is to sit down and to take a look at that. It'll help you to sit down with your journal. It's really ... and Colby, I know the fear that lies under everything is unconscious fear and our entire society has that. That's why we mistake instinct for intuition often. That's why we say let's join the intuition revolution and recognize when instinct is mistaken for intuition when instinct is based on seeking potential threats all the time.

Colette: Now, we have this when we have really bad experiences. I have this because I was gang raped. It's like I've had all kinds of reasons to be traumatized and I was in my early 20s when I was growing up. So, we have these stories. They get triggered, but we need to know where to put them. They can't be operating constantly all the time, right? So, that's important. Right, Doug? It's like super-

Doug: Yeah. Something's kind of forming in my head, Colette, I just want to talk it out for a second because you said something earlier I think is really important and that's this idea of maybe what you need to do is give yourself a permission slip to start. I want to just acknowledge something that each of us on the call may be at different places in our ability to feel safe and empowered to set an intention in our life. It may be that for you it is a risky thing to give yourself permission because of the stories you believed about yourself or the world or your life. And by the way, tying right into what we've been talking about tonight in Module 2, your two support systems are the conscious universe and Oracle Card.

Doug: You may not have a positive perspective or a supportive perspective about the conscious universe. That maybe something you're a little confused about.



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Maybe for you you need to start by giving yourself permission. A permission slip to have something positive happen in your life. To have a miracle happen. To just have something simple, some kind of sign from spirit for you. For others of you, you're further down that path and you're ready, you're clear. You want to have as Colette, you said about you and Mark and the house, you're clear about what you want.

Doug: I think it's important and I should mention I just appreciate Nancy's comment in the chat because it reminded me that we may be at different places on this growth in different areas of our lives as well. In other words, I may be able to give an intention about my work life, but maybe I'm scared to death to do it about my relationship world. So, what we want to do is really give ourselves, start to, we're practicing these muscles. I don't want you to be afraid of setting the intention so if it's a permission slip, great. But I want you to lean into that. I want you to lean into how do we allow our intention to come and merge and marry with our intuition with the Oracle Cards in such a way that we can start to get some information, some guidance, some direction to support us in this journey.

Doug: Sorry. Did that make sense, Colette?

Colette: No, I love that.

Doug: It was just brewing and I felt like I needed to pull it all together.

Colette: It's exactly what we needed to talk about because I think this is really key. There's different times in our lives we're going to feel grounded in it. We can make an intention and then something happens. That's why I call this the transformation cha cha. Then we take a few steps back and we're like, "Oh, yeah, wait a sec, oh my god. That brought this up again. Okay. Now I got to spend a little time here. Ah, can I trust myself enough?" Because that's the other thing. Fear is the biggest culprit and fear is sold to us. If you turn on the news, they literally advertise fear. There's fear everywhere. There's some fear here, a little bit more over there.

Colette: Oh, did I get ... Am I still here?

Doug: Yeah, you're perfect. Sound great. Yeah, perfect.

Colette: Life gives us lemons then roses and life gives us lemons that don't need to be lemonade too. It's just like, "Hey, I can squeeze a lemon on something." I think that's the key piece here too especially as we enter it that we started Module 2. You've got Module 3 this week. Next week there's no new content. We catch up for a week. So, you start to ask yourself these questions. "Can I give myself permission to move past that?" That's the core reason why some people get depressed or feel a little lost in the first two weeks. That's why we tell



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everybody, "Wait two weeks. You have to stay now because you missed the deadline to quit. It's over." So it's like you don't have a choice. You have to stick this out.

Colette: So, it's like, oh, wow, who am I going to be without these ideas about myself? And fear sells. What we do here is like, "Now, you're ours now," I love what Candace said. It's like recognize that this is the human story and I love what Doug said. I love it. Anyway, let's move on to the next because we could just talk all day long.

Doug: Yeah, we're good.

Colette: Let me not talk the next one.

Doug: Should we talk about ego?

Colette: Yes, edge God out. That's a kind of a saying that I learned. I don't even remember who told it to me, when the ego which is the identified self. The self that you say me, me, I, I, that is how we define ourselves as unique individuals. We need our ego. You can't not have an ego. That's not possible and it's not ... I read a book called *The Ego Is Your Enemy* and it's not your enemy. It's just the way they describe it was like no, only when the ego is in service to the wound. Your ego is either in service to your healthy self, the healthy self or in service to your wound.

Colette: When it's operating, it operates from two positions. One, it's either going to ease God's order because it's not going to get in the way. You're going to evolve. That ego, that unique authentic inspired self, is the healthy ego we want you guys to get to. The wounded ego is everybody has one. I have one. Doug has one. Anna, we all have one. But we created this course to bring you into a position where you could identify what that looks like because they're sneaky little buggers. It's going to dress up like your good one. It's going to talk just like that one and it's going to say, "Oh, yeah, you're miserable. Why are you hanging out with those people? Oh my God."

Colette: Right? And it edges God out because it's all about me. My story. My pain. My this. That's why Anna and I were talking about that and Doug too. We were saying, wait a sec. That's why we don't put the grit in the room because that's, "Pick me. Look at me," because it's human nature. So we say do that at home. Really get, "Wow, I see how I was fucked up and I get how my feelings were in the way. Oh my God. And here is what I realized when I got this card. This is my pearl." See what I mean? Again, ease God's order. Pearl. Edge God out. Sit and talk only about the grit. Right? That's the other thing.

Colette: Next question, Doug.



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Doug: Yeah, for sure. We've had a couple of questions. These are kind of basic questions about shuffling and I think we may have talked about this already. We did talk about that, sorry. Let's keep going. One moment please. One moment please.

Colette: Kimeiko has a really good thing. She said, "Ego like the Terminator movie franchise started off as a non-stop train of destruction and in the later movies the Terminator ego was functioning as a protector." Oh, yeah. You know those movies as do I. Like our card, yeah. Now we have to add Terminator to the Harry Potter, Terminator and Star Wars.

Doug: I got more movies to watch. Let's talk about, some people ask the question, "What's the story behind the meditation empty to be filled?" I know we talked a little about the mediation earlier but is there a story behind that maybe?

Colette: Yes. The story of ... Am I cutting out?

Doug: No, you're perfect.

Colette: I'm being good. Okay, Gwen, it must be on your end. So, empty to be filled was around the concept of emptying the mind. But we want to empty and release whatever is inside us that isn't serving us. That's the whole concept behind it. Could we have a visual aid that could give us an opportunity to be empty so that we could be filled up with something better? Right? When you have the emptying piece and this is why we do it here, it will for some people feel like, "What am I missing? I feel like I'm missing something." Yeah, you're missing the part of you that's been operating non-stop on automatic pilot that enables you to not be connected to others, that prevents you from being vulnerable, that keeps you in your old stories, that keeps define you as a victim. All of that energy goes away and then you're left with a hole and you got to fill it with something.

Colette: So, sometimes it's like, "I don't know what to fill it with," but that's not your job. Your job is spirit's job is going to fill it. The cards help fill it. So, I just want to bring this up around the empty to be filled because you want to empty yourself so you could be filled with what is really in your highest good because let's just say this. Any kind of egoic storytelling that we have done has served to protect us. I have spent most of my life believing I wasn't safe. I wasn't safe. My whole life I wasn't safe.

Colette: I had to give myself permission to be safe, to believe that I could be safe because I had reasons to believe that I wasn't safe. That's the way that is. And the work that I had to do for myself was to love the part of me that didn't feel safe. And then to allow the discomfort because I didn't trust being safe. The



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next layer was okay, so telling myself I can be safe but now I don't really trust that. I'd better now. It's like I am safe but it's not safe to be safe.

Colette: So, that's a next step and that's what happens. You have to know that we are in a state of evolution here and so empty to be filled was purposely created in order to shake a little bit up. Most people love it. Love it, love it, love it, love it, love it, love it, love it. So, it's gratitude. For those of you who find that this stage of the course gets a little emotional for you, I'd really like to invite you to do more gratitude. Fill it just ... gratitude is the only thing you need to fill anything with right now. Just gratitude because you trust, even saying I trust that it will be filled, sometimes you don't trust. It may be like, "I don't really trust that."

Colette: Who cares? Let's not even go there. Let's go to gratitude. That's my go-to place when I feel afraid. I'm going to go to gratitude because my five-year-old woke up. My crazy shit was happening when I was five years old so it was like, "Okay, I'm going to be safe now. I'm going to be safe but I can't be safe because I don't believe that but I can be grateful." Oh my god, when I get into gratitude, I'm totally safe.

Colette: I'm telling you this because I want you to know that Doug, myself, Anna, we have been through life. We have experienced these things. We know this intimately. We too have felt these things but we have created something that enables all of us to get the help we need to move to the next level so that we're not constantly chasing our tails and wondering how come other people have better lives than us. Your turn, Doug.

Doug: I don't know that I have much to say on that, Colette, there's so many things there you just said. I'm just kind of soaking it all in. Listen I-

Doug: What? Oh, there you are.

Colette: No, I'm going to stop talking. I'm going to stop talking.

Doug: I love what you said about the empty to be filled. I love that that ... no, I don't have anything to add to the silence. I'm good. Let's move to the next question.

Colette: Okay. I think we've pretty much answered those ones. Do you want to go over the actual-

Doug: Some of the content?

Colette: The content stuff.

Doug: Let's do that.



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Colette: Yeah, let's do that. Let's look at, because I'd like to just go quickly an overview over this. In the Q&A I'm looking on the Q&A ... oh, repeating cards. No, we haven't finished answering questions.

Doug: Yeah, that's another one.

Colette: There we go. "Why are we emptying our positive memories and dreams?" Ah, Dolores, so you're emptying everything. You want to put everything. The positive, anything at all so that you become a vessel to be filled. So that you're not hanging on or attached to anything. That by the way, is a Zen technique for meditation where you become empty. That is why we do that. It's not so that you dump them and you never have them again. Right? Yeah, it's really just so that you become an ... So, you're not attached to either the negative or the positive. It's releasing attachment.

Colette: Tracy says, "Repeating cards. What do you think?" What do you think when something repeats? Hello? It's like going hello in there, are you listening?

Doug: Knock, knock, knock, knock, knock.

Colette: Hello? It is Oracle Card here. Yes, Swami wants to speak to you. I sound like a gypsy fortune teller now. Not that there's anything wrong with that. Listening to Bruce Lipton he said that our subconscious we learned in the first seven years. Yep, actually first six. It's like a default. Positive thinking is not exactly. Yes, that's why I call that the bypassing. Just so happy, joyous and free is full of shit. No. But I'm going to tell you something. I was speaking yesterday to a spiritual psychologist and we were sharing different techniques. I was telling her about my envision process which you guys know about a little bit. And then we were talking about the idea of spiritual bypassing because I was saying that's a very popular term now. There's all these new things that we need to learn about.

Colette: I said one of the, we have the get on your bird meditation which is really about helping you detach. She said that every psychologist knows that if a person is in the fight/flight and if a person is in that constant fear and that you're five years old, you're actually not even an adult. That you have to somehow disconnect that. The hardware needs to be cut in order to get anywhere. We actually do that for you in here. The questions you learn to ask yourself, the way you use Oracle Cards, the meditations and what they do for you. Everything has been designed so that you can somehow jump over the automatic pilot. Trick it some days, right?

Colette: To go, oh, yeah, that place with the bird for example, you're looking down on the place that used to scare you and it's like, "Wait a second. I don't even notice it now." We play around with the subconscious in ways to disconnect



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from that. So, it's so super ... and the way we learn to share is also important to that process, exactly, Jen. So, yeah. We can't move forward unless we find protocols and I designed these protocols and I've taught this to therapists about how to actually find a way to quickly disengage. Yeah, it's like the perspective is just really important. We don't bypass anything, but we are not stuck in our first seven years but we can get triggered there. Go ahead, Doug, next.

Doug: No, I think that's great. I think it's ... Yeah, nothing to add. Let's go to the key points for the Module 2 if we're clear on that.

Colette: Yes, you start that.

Doug: Yeah, I will. So, the whole idea of-

Colette: We are clear on that. Where did mine go?

Doug: You got them? I'm just in the Module 2.

Colette: Yeah.

Doug: Okay. This week is really about introducing ... what was that? Yeah, your support systems.

Colette: No, no, I just wanted to double check. Yeah, okay. Go ahead.

Doug: Perfect. This is about our two support systems, right? We talked about it already tonight, the conscious universe and Oracle Cards. The conscious universe which we'll talk a little bit more about next week, I believe, talks about these set of universal laws that invite us into co-creation. Actually not next week but the week after because we have catch-up week next week. These laws really then allow us to use the Oracle Cards to be a language or a tool or a set of symbols and metaphors that we can bring in and create these synchronicities or these conversations.

Doug: Colette, talk a little bit about let's start with the conscious universe just briefly. I know we'll talk more about it later, but let's just ... When I ask you that phrase, what does that mean to you and what is so important for everybody to get about the conscious universe? I know bit question.

Colette: I'm just reading and thinking what a great course we have here. Hand on a sec. Okay, so why do we talk about the conscious universe? Why wouldn't we talk about God, right, why not? I'll tell you where the concept came from first because this is a big topic. It has been since the beginning of time where human beings have tried to decipher the language that is obvious and evident. Doug, have you frozen or have I frozen?



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Doug: No, you're there. I'm hearing you perfectly.

Colette: Can somebody text me?

Doug: You're perfect.

Colette: Okay, you froze, all right. You froze ... Okay, good. I'm perfect and you have your finger in your nose.

Doug: No, I don't do I?

Colette: It looks like you're picking your nose on my screen.

Doug: Stop looking at that.

Colette: No, you aren't but on my screen there's a little frozen picture of you. It looks like you're picking ... But they're saying my pic keeps freezing. That's so funny.

Colette: Anyway, the idea that there is a concept that there is a consciousness in the invisible and many people call it God or spirit or the great spirit or many different names. My area of interest was on consciousness research and the idea that the universe is alive and aware. There's many books on the conscious universe and that's why we use that term in this course rather than ... We do use God, spirit, you can use any of those things. Jesus. It's like I love Jesus. It's really a matter of recognizing that there is a force greater than you that it made you. That made you. If you go back to any culture there's a creation story in every culture that somehow human beings were made in the image of the divine.

Colette: We have to assume that big daddy or big mama universe is our parent in a way. That's the most rudimentary way to experience it. And the universe needs us to experience life as human beings because it can't experience it without us. It has a human experience through us. It can paint. It can see things. It can see birds. It's like our human experience serves the evolution of the conscious universe and it serves us. It's this dance between the spiritual and the material that the higher mind is the ego mind and this relational aspect that we have to something greater than us that's so important that we need, we need to know this.

Colette: And this course brings us into this relationship and understanding it a little bit better. I think that's-

Doug: Yeah, I think that's beautiful. I have to say, one of our participants and alumni, Ayesha Ophelia wrote in the chat, she said, "The conscious," I know, I love her. We love her.



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Colette: We love Ayesha.

Doug: "The conscious universe for me is the force that beats my heart and breathes my lungs." I love that. I think that's really great.

Colette: Yes.

Doug: Something that's-

Colette: Like who breathes you? Who breathes you? Who beats my heart? Who makes my heart beat? You have to ask yourself am I doing this? No. God is breathing me or the conscious universe breathes me. The reason why I stay out of the more religious terms is because then all of a sudden it gets into the separation of belief systems and dogma. That's why we say conscious universe and the universal laws that come along with that. It makes it much more egalitarian for all of us regardless about the beliefs that we have that are unique to us.

Doug: Yeah. If we live in a conscious universe-

Colette: thank you, Ayesha, sorry.

Doug: No, great. Because we live in the conscious universe, we need to have a way to communicate with it. There are obviously in different traditions things like prayer or other rituals or other ceremonies to allow for communication and connection with the divine. But that's also what oracle cards are about. Talk about how Oracle Cards are the second support system that with us and our co-creative partnership with spirit, bring this all together.

Colette: It's useful for you guys to know ... Now, I can't speak to all oracle card decks. I can only speak to mine. When I say that my cards are inspired by ancient traditions, I do not mean that I have taken actual traditions and made them my own. I have taken ancient traditions that inspired me to create something for the modern spiritual psychology of our times. It's more of a system as opposed to the actual tool. And all divination systems have to act with a inherent language.

Colette: For those of you who are interested, each of my Oracle Card decks is based on what's called the lexicon that enables the deck to speak because its' like it's an alphabet only it's an alphabet of life experiences and there has to be X amount in order to make it work. Much like the I Ching has 64 hexagrams and it can read in so many different ways, so do this particular oracle card deck and all my Oracle Card decks have speak to specific potentials of the human experience.



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Colette: The universe goes, "Oh, they want to use this to talk to me. Okay, so, what's the closest card to that experience?" Because remember, they're not absolutes. They're like tips of icebergs. That the card, you are the iceberg, you dive in. Sometimes only one sentence out of the guidebook makes any sense. You train the universe to speak to you. The more you use the card the more it gets to know, "Oh, she's using the wisdom of the oracle. Yeah, now I know what to talk to her about or him about." It's like, oh, yeah, and that's how synchronicity works because it's the meaningful coincidence that you go, "You can't make this shit up." We say that all the time in here and I apologize to those who don't know me that well that I curse because I am the nerdy, mystical pirate that runs the show here.

Colette: But, ultimately there is this pattern recognition that happens between us and the divine or us and the conscious universe and it learns how to show us what it needs us to understand, right? Yeah.

Doug: I love what you said, Colette-

Colette: Hang on a second. ET phone home.

Doug: ... What you talk about in the videos in the content this week you talk about soul FM, right? The radio station's broadcasting whether we're listening or not. Just because it's not turned on doesn't mean music's disappearing. What oracle give us an opportunity to do is to tune into the station, to see what's there. The whole idea of having a language of metaphor and symbol and archetype that, Colette, you've created or authored in many ways or assembled in some cases.

Colette: I have.

Doug: Yeah. This language because you know how these systems work, it creates a system that works together as you just described in the way you create these programs, these courses or these decks. Sorry.

Colette: That's why I love doing them. They evolve according to what the theme, for example, of Wisdom of the Oracle some of you ask about the flags and you get really caught up in the imagery, etc. One thing you'll notice is there's a face. You could go where's Waldo? There's a face in every single card because it shows you there's a living oracle. There's an oracle. That's the way the art is. The circus theme of those circus flags that are in some cards and not in others. It's like the circus of life and you'll notice that it's very surreal. We use realistic art.

Colette: There's these ... I think when you look at Oracle Cards you have to remember that they have a limitation because they can't speak the full, they can't tell you



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the full scope of what your experience is. But the universe knows and because I know because these older systems had these things and they like, okay, they covered those things. But, I create ... I don't sit down and go, "How much like the tarot can I make it?" No, I know those by heart. I know spirit has to tell me how do I create a lexicon that's going to serve for this purpose and that it shows up for me?

Colette: Exactly, anyway. Oh, you made your face feminine and named that face Hazel, I love that.

Doug: Beautiful. One more thing I think we should just talk about briefly, Colette, is the guidebook. We mentioned it a couple of times but I think it's really important to reinforce the focus on the guidebook we want everybody to take right now especially. Yeah. Do you want to talk about that? Do you want me to talk about it?

Colette: Don't show off. Yes, go ahead. You talk about it.

Doug: No, you said it. Go for it. You were right there. I'll follow up.

Colette: You could talk about it.

Doug: Listen, what you just were about to say-

Colette: I talk about this all the time I feel like I'm-

Doug: ... is brilliant. Don't try and show off your knowledge because you're not paying attention to the guidebook. Colette and I do readings for each other all the time and just for the record, we always read the guidebook. Colette and I read the guidebook. Can you get that picture?

Colette: Yes.

Doug: That is the way we do this.

Colette: You need to read the guidebook.

Doug: The reason is is that ... I have an excuse. She doesn't. She wrote this stuff. And we still do it because what happens is, I believe, is we're putting ourselves into a relationship with the words on the page to say what's resonating for me in this moment, in this situation from the intent of this symbol that this card represents? The guidebook is absolutely the tool no matter how expert you may be.

Doug: Now, might at some point you get to a place where you don't read the guidebook? Maybe. But even myself and I do expensive, intuitive coaching



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sessions with folks. I still make sure I have the guidebook handy every time especially with new decks because I want to make sure I'm tuning in to what of the original intent of the card as Colette wrote and created it, is that I need to pull for this particular situation I'm doing. So please, please, please, let your guidebook be your friend. Don't see it as a cheat or a crutch. It is integral to the process.

Colette: No. The only time like if you were to do a psychic reading-

Doug: Excuse me, sorry.

Colette: ... You don't pick up a guidebook if you're there to get into the zone where the person is passive, you're an active reader and there's some of you in here that make a living doing that. I made my living doing that for 25 years. I never touched the guidebook. But this isn't what this is. This is completely different. This is not like, "Oh, I see this for you and this is what I see and these are the details." Then sometimes you go, "Let me look that up and see what else I can learn from that. It's just, yeah, use your guidebook. Use your guidebook. These are personal transformation cards. They're not fortune telling devices. This is so, so important. The words of the spells of the cards, abracadabra, that's right. That's right.

Colette: Okay, what else should we talk about, Doug?

Doug: I have an idea and I don't know if you're game for it but I think it might be fun. We have just a little bit of extra time tonight because we've covered most of the key topics. I'm wondering if maybe we have a couple of people come up and pull an anchor card for themselves, let them pull it.

Colette: Yeah.

Doug: And we can maybe share the guidebook or let them and then say what's resonating for them to have them get a sense of practice doing this because this week the home play is just the daily card and talking about synchronicity as well. Actually, we should talk about synchronicity journaling this week because that's the activity. In addition to your Oracle Card we want you to track synchronicities that happen, to pay attention when conscious universe kicks in for you. But what do you think about that having people come up? Is it too soon? No?

Colette: Go for it.

Doug: Okay, so, if you'd like to come up and you pull your own. We're not doing the reading for you, but we want you ... You need to have your deck handy. Raise your hand. It's really fun to get people on the call and ideally if you have your



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camera and you know your audio's working, guys, if we can't see and can't hear you it won't work as well.

Doug: We'll get maybe time for just a couple especially if-

Colette: I like that.

Doug: ... Yeah, we'll just kind of pull in a couple here. I'm going to go with Ms. Valerie. Ms. Valerie, we're going to make you a panelist so you're going to be on video here very soon, Miss Valerie. I'm just randomly picking these as we go through here, guys. See how this works.

Colette: Then I'm picking Kimeiko.

Doug: After that?

Colette: After that.

Doug: Great. So Valerie we need you to start your video. I'm going to see if I can do that. There you are. Let me unmute you. Hang on one moment. Let's see, can we hear you? Yeah, perfect.

Valerie: Yeah, I think we're going here. I've done this once before but we didn't succeed so this is exciting.

Doug: Wonderful. Yeah, why don't you go ahead and just think about since it's the end of the day maybe a card for tomorrow. Kind of pull a card and we'll do a little role play with you, a little activity to see what happens.

Valerie: Sure. I'm super nervous right now.

Doug: Perfect. Me too. I've never talked to you before. No, I'm kidding.

Valerie: This is very exciting. I've got my deck I'll give it a shuffle.

Doug: Perfect.

Colette: Since it's the evening, why don't we just ask a question rather than it be an anchor card because anchor card is usually for the morning.

Doug: Perfect.

Colette: Why don't you ask a question like, "What do I need to know about X?"

Valerie: Okay. What do I need to know about next.



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Colette: No, oh, no about X, the subject.

Valerie: Oh, what do I need to, okay, sure. Can I say the subject or just?

Doug: Yeah.

Colette: Yeah.

Valerie: Okay. I would like to know ... Sorry, I'm really nervous. I would like to know, I'm sorry, I'm having a hard time even thinking what to say here. I just need to know what my next with dealing with a personal situation that I'm dealing with.

Doug: Perfect. What do I need to know for my highest good about this personal situation I'm dealing with about? What card comes up for you?

Valerie: Chop wood actually.

Doug: Oh, girl. Upright?

Valerie: Upright. I've been dealing with the situation and this card has come up a few times as I've been checking along with the progression of this situation because things are kind of at a standstill. It keeps telling me you just got to keep doing the work. You got to keep going. You got to keep pursuing and persevering. You just got to stick with it. That's my personal when I see the card I'm like, okay, I have work to do and I need to keep working. But I'll go to the guidebook.

Doug: Yeah, let's look at the essential meanings and the oracle's message.

Colette: What pops out, exactly. Say, oh, this sentence right here.

Valerie: The essential meaning is being grounded in everyday experience and humility. I think when people are going through tough time it's very easy to be ungrounded and to get ungrounded so I'm always trying to remind myself to take a deep breath, slow down, stay connected so that's good. It says, "There are times when the big dream is meant to lie dormant in your consciousness so that you can pay attention to the simple chores in your life. Consider why pruning a tree is the forerunner of delighting in the beautiful blooms when it is in full blossom. The mundane act of pulling off dead leaves, watering the soil and then leaving it to be to let nature take its course is an important step in manifestation. Taking your attention away from your goal brings you into a state of receptivity. This is the deeper purpose for releasing attachment."



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Valerie: This is kind of, I get goose bumps because the situation I'm dealing with it's all about attachments. I have lost my home. I have lost my personal possessions. Sorry, this is really emotional.

Colette: It's okay.

Doug: We're with you.

Colette: We're with you. We're right here with you, Valerie.

Doug: Just be with it.

Colette: It's okay.

Valerie: I am learning to let go and I'm trying to move forward and I'm trying to deal with the situation to be fairly repaid for the loss that has been brought upon it.

Colette: Yeah.

Doug: Yeah.

Colette: Aw, we love you. We love you so much. Thank you for ... Yeah, you are not alone.

Doug: When I hear you talk about that and I'm not doing a reading. I want to just tell you back what I heard you say. I want you to hear what you said as you read through that. You talked about this idea of doing the everyday. When this card has come up for you in the past just to keep your focus, to keep doing the work, to keep moving forward. It sounded like a one foot in front of the other is what it felt like for you as you said. To keep moving and making progress.

Doug: But equally, you got kind of connected and triggered emotionally a little bit when you got to that sentence about the deeper purpose for releasing attachment which it's funny. I think that really, that's this whole scenario is about releasing attachment. I think when we look at the words of chop wood and we look at the description of this particular card, it's letting go of the big goal so that we can do the day-to-day stuff. What's the next right action you need to take to move forward? That might be a follow-up question to take into meditation tomorrow or even tonight. What's my next right action? What's my next right focus to do that?

Doug: But that's what I heard from you as you were saying this to us and sharing. Colette, anything you want to add to that?



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Colette: Yeah. I know you'll get through this. I know you're going to get through this. I've been in a situation where I'm just going to share with you because my family lost everything. We were complete paupers. We lost our home. Literally, everything was gone. We had to live off some furniture that my parents collected and we had to sell it piece by piece. Things that were priceless to my parents so I really identify personally with your story and I really get it. I know for me all I could do was stay in the day, in the 24 hours. That's all I could handle. That's all I could handle.

Colette: And then both my parents died very tragically and we found out after they died a year apart that literally they were paupers. Absolutely for real. My mom would have been on the street had she not died of cancer. So, your story is a story shared by many. I can tell you look at where I am now. Right? You will get through this. It's not to do with your card. I just wanted to say that to you that there is a light at this tunnel and you aren't doing this by yourself.

Valerie: Well, as serendipitous as this really all is, this is my third time in Oracle School. I really tried to connect once before but my computer wasn't working and I couldn't and then the call was done and I'm like, "Oh, that was my big chance to do this," and then Doug you picked me and I was like, "Oh, my gosh. This is really happening." I'm a little freaked out but I'm very thankful.

Colette: Here's the thing. We always think we're the only ones going through something especially these horrible things, right? I tell you, on the other end of this there is a miracle and there can be a miracle today. Just the very fact that you're with us, that you're sharing, that you're experiencing this and you're not alone.

Valerie: Thank you so much.

Doug: Thanks, Valerie. Thanks for doing this as an example for folks. Really appreciate your support. We love you.

Valerie: Thank you. Take care.

Colette: We know that it can be vulnerable when they come up so we want to acknowledge that. Wow, so ...

Doug: Maybe one more? Do you think we have time?

Colette: Yeah. I keep seeing Kimeiko's name.

Doug: Let's see if I can find it. Kimeiko, are you ... Her hand's not raised. You up for that?



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- Colette: Okay. I could be wrong. I thought her hand was raised. Maybe not. Okay.
- Doug: She may have hopped out. I think she's hopped out.
- Colette: No, there she is. Kimeiko right there it is. She's like ... there it is. "I'm here," it says right there.
- Doug: I'm trying to find her in
- Colette: She's under K-I-M-E.
- Doug: Yeah, got it. Okay. Got it. Yep, here she comes.
- Colette: Yeah. Valerie you can do it. We can all do it. Here's Kimeiko. Hey, Kimeiko.
- Kimeiko: Hi.
- Doug: Hi, we can hear you perfectly. Fabulous.
- Kimeiko: Awesome. I'm totally wearing clothes you guys I have clothes on.
- Colette: Excellent.
- Doug: That's one of those maybe not appropriate for video conference. That's hilarious.
- Kimeiko: But we were on video.
- Doug: I know. It's perfect, honey, trust me.
- Colette: You haven't seen pajama Doug yet.
- Doug: I was going to say, I have been known to do pajamas on the bottom and professional on the top for my coaching calls just for the record. It's called video ... I call it the video conference mullet, baby, that's what it is.
- Colette: We've had people naked that we call up accident, it's like ... All right, so let's pull a card for you, Kimeiko you have your cards.
- Kimeiko: I do and I have the map with me right now.
- Doug: Great. I'll get my guidebook out.
- Colette: Let's use the map.



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Kimeiko: Awesome.

Doug: Again, what situation would you like to ask about? Do you have a question since we were saying like I want to know more about blank?

Kimeiko: I just want to know what there is for me to know to stay positive and on the right track and just receiving the goodies that I'm receiving right now.

Doug: In general, perfect.

Colette: My dog likes you. Yeah, she's like who's that voice. We're going to bed like, "Are you done?" They have this clock in them. She's like minutes before everything is over she's like ... television time.

Kimeiko: She feels it coming down.

Doug: That's right. What you get?

Colette: What'd you get?

Kimeiko: All right, and thank you Miss Valerie for going first because I'm feeling raw. Okay. I got storm fields.

Doug: Whoa, upright?

Kimeiko: Yeah.

Doug: Okay.

Colette: What do you feel it means to you and then I'd like to add something and then we'll do the guidebook? Just because I want to.

Kimeiko: What this reminds me of is I remember there was a really long time in my life where I couldn't quite, I couldn't relate when people said they were grounding. I was like I don't understand how people feel when they say they're grounded. When I try to put my little root down it just goes and pulls up. Now I can actually feel that I'm in there and the shit can be rocking and I'm like, "Well, at least I'm standing here."

Kimeiko: I've been recently been going through a little bit of stuff and I just noticed that my attitude and my ability to not take things quite as deep personally. I'm doing so much better at that. Totally got triggered last though in a parking lot. Not proud of it. I feel like at least I'm not being whipped around in the hurricane and spit out the side. Things are happening and I'm not just surviving just surviving. I'm making my way through it.



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Kimeiko: I guess I kind of feel like there's an actual storm instead of there's something wrong here. This is all wrong.

Colette: Yes.

Doug: That's good. That's good.

Colette: That's it. That's it. You are not the storm.

Kimeiko: I feel it, I really feel it, yeah.

Colette: I just got goose bumps in my hair. That is awesome. Do you want to open the guidebook, Doug?

Doug: I'm just going to look. What I always like you guys to do and Kimeiko if you want to do this, just take a look at Pages 23 and 24 there. Specifically, rather than reading the whole thing, just kind of let your eyes glance over it. What sentences stand out? What just kind of pops for you as you take a look at those couple of paragraphs? Or, even the title that this too shall pass which is the subtitle? This is in the map. You may have missed it, guys, in the chat. She's using ... She didn't have WOTO nearby so we're using the Enchanted Map Oracle Cards because she had that handy and it's number nine.

Colette: It's a different deck you guys but it's still mine.

Doug: What sticks out there, Kimeiko?

Kimeiko: Two things. Pent-up energy needs release and electricity between opposing forces stirs things up and creates temporary disorder.

Doug: Let's think back to your question which you asked. "What do I need to do to keep in the flow?" Keep the juiciness flowing, the goodness happening, right? Release some pent-up energy and welcome some of these polar opposites even. Some of these opposing forces into your life. Does that resonate to you?

Kimeiko: Yeah, it does. It's like get some more exercise and do some decluttering.

Doug: Oh, good.

Colette: Could be that simple. I was going to say you got to dance. Dancing comes up for me. Dancing it out and also the word electricity because not all storms are storms that are going to create havoc. They clear the air. Storms are energy that clears the air so you can. You can play a lot more with that and then it either asks you do you take shelter or do we trust that your roots are firmly planted in the ground and you know that you can move a little.



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Colette: But there's all different forms of this. What does this form bring? It brings negative ions into the air. You know how it feels after a storm but the storm has to happen to have that happen.

Kimeiko: Yeah, I love that about clearing the air because that feels like with some of these conflicts that have come up or things I have let go of, I literally used the words like static. I'm like, "I feel like I talk to them and now there's not static and I'm proud of myself for having that conversation." Clearing the air. It's funny when you say dancing is one of the only types of exercise that I could trust myself to do more than one day. one days in a row. So clearing the air, letting it go.

Doug: Releasing that energy and welcoming those opposing forces. Welcoming the storm to clear things.

Colette: Let me say the opposing force here because you said. Everything everybody says means something. That's the other thing. As soon as you hit Oracle School, everything means something. A rock is rarely just a rock. But when you think about it, oh, what are the polarizing force? Well, when we let ourselves hang onto stuff, it fills our space with chatter. The chatter prevents us from being present.

Colette: The opposing force is getting rid of it, decluttering it and letting there be a space empty to be filled. Right? So making it empty is a polar opposite to clutter. That itself is the polarization that we have in the storm fields. It's active in the air. Because that is what happens when a storm comes. There's activity between elements. So when rain comes it's because the element of air has electricity and then it connect with the water and the water it rains then wind comes more your element. Right? Yeah, it's like-

Kimeiko: Yeah, I love that.

Colette: ... What we do in Oracle School is conscious disruption. We conscious disruption. We're disrupting our old patterns.

Kimeiko: I love that because I've been in a pattern of ... I'm just getting right not that pushing doesn't necessarily have to mean negative because that comment you made about the lemon stood out to me. Yeah, you can make lemonades but sometimes it just can be lemon. Just let it be lemon. And pushing too I feel like I just got pushed out of somewhere but ultimately it was really better for me. I can be with things that seem negative to me, I can let it happen and see these negative things in my life as almost like the reversal like the protector cards. It's okay that it's there. I don't have to be anti that it's there. I can be with it.



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Colette: It's not easy and that's not the point. The point is it doesn't have to be easy. We get an opportunity to change our perspective. That's your pearl in the storm that Julie said. Your pearl in the storm.

Doug: That's great.

Kimeiko: I love that. I just wanted to share too that I have been in a long pattern of being super hidden and hiding and never wanting to be on camera and stuff so the fact that you guys were like, "Oh, Kimeiko will go next," I was like, okay, I'm cool. I got this. I got this, it's okay. Go on camera. Do it.

Colette: You're totally you're more than okay.

Doug: You're more than okay, sister, yeah, for sure.

Colette: Thank you so much for coming on. You are a natural on camera.

Kimeiko: Thank you so much.

Colette: All right.

Doug: Thank you.

Kimeiko: I'll see you guys. Thank you, thank you, thank you.

Colette: This is awesome.

Doug: I just want to say a couple of things to wrap up that part and then synchronicity journal and then we'll wrap up the call. The first thing I want to say is when you guys do the card, remember, what I would invite Valerie and Kimeiko both to do is you guys now that you've had those conversations, maybe you post something in Facebook. Maybe that's the similar way of doing that where you say, "Here's what I'm getting." Make sure you're looking at what still is sitting with me? What's resonating with me the most right now? What's really still sitting with me? Valerie and Kimeiko think about that from that perspective is what's really there for me now?

Doug: This week our home play is very simple, you guys. We're simply adding to your daily Oracle Card journal synchronicities. Tracking things that come up during the day that are magical synchronicities. Those meaningful coincidences that happen that you go, "Oh my gosh, that's related to the card I drew this morning." Or, "Oh my gosh, that relationship I was thinking about them and they called me." Just start to track it because what we want to do is tune in to the synchronicity radio station of soul FM. We're building this as a practice just to bring that into the life. So, that's the home play for the week.



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Colette: Now, remember, guys, you have the content for Module 3 and we will go over it with you on next Tuesday. I'll be in Boulder, Colorado so you'll see me in a hotel. It won't look as nice as my nice, etc. But hopefully I'll have better internet, my god. We just ... anyway.

Doug: It's been amazing tonight, Colette, actually. You have not broken up at all.

Colette: Okay. Good because we had this guy go up on a tower and fix it all and it was supposed to be. Anyhow, we love you guys. We're going to see you on Tuesday. We'll go through Module 3. Please attempt it. You can attempt it and don't worry if you don't feel like it yet. You want to go back and look at some of the old videos. You are never behind in Oracle School. You're always on track.

Colette: Thank you everybody and thank you so much Valerie and Kimeiko for sharing.

Doug: Thank you, Anna. We love you, guys.

Colette: Thank you, Anna, take care. Bye.

Doug: Bye.

Colette: That was-