



Personal Mastery 2019 - Live Call #6

Doug: And we're broadcasting live from Oracle School.

Colette: And let's find Anna

Doug: I'll take care of that.

Colette: Let us find Anna Seder. Does she have a panelist link? Maybe not.

Doug: No. She comes in on the other one. I'll get her in. There she is.

Colette: Hey, everybody.

Doug: Anna's coming in.

Colette: I was actually trying to get Doug to wear his identical shirt to mine, but his wasn't clean.

Doug: We're serving plaid lumberjack realness.

Colette: I know, exactly. Right. Oh, you look so nice, Anna.

Anna: No one sent me the memo and I'm not wearing plaid.

Colette: Well, you look very pretty, Anna.

Doug: You look beautiful.

Anna: Thanks.

Colette: Even with the iron at your shoulder.

Anna: Oh, yes. I forgot. I'm in a hotel.

Colette: Oh, boy. Superstars to all of you guys. Yippee. I'm excited to see you all tonight, very excited. Hi, hi, hi. What a wonderful week. This is, by the way, we're moving into a really wonderful Mercury retrograde. It's not screwy. It's like with this particular full moon and the entry point into Mercury retrograde, it's actually pretty soft, so really, this is really great. As a matter of fact, for what we're doing in Oracle School, we enter. We complete the course, like today is four. We have two more calls and then integration happens.

You're actually doing the latter part of this course in Mercury retrograde which is absolutely perfect because we go over stuff. That's like it's perfect to go over things. Then you get into the integration piece just coming at the tail end of Mercury retrograde and immersing yourself in everything that you've learned. It's particularly soft one this year and very empowering. It's everybody kind of gets a little breathing space. The real dark clouds are not as present in our collective as they were, even though yes, there's all kinds



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of things going wrong in the world. We could walk philosophical and go down the big rabbit hole about time and essence and the law and does the law apply to everyone. If you don't see the tree in the forest fall, did it actually fall? We're not going to do that.

We'll wait a couple more minutes. Actually, let's pull some cards. Doug, you pull one. I'm going to pull one. Anna's going to pull one-

Doug: Can I-

Colette: ... just for tonight. Go ahead, Doug. Were you going to say something?

Doug: Well, I was going to say we had some questions on the Main Hall about Oracle School, when it ends and the logistics of that.

Colette: We'll talk about that now.

Doug: I was just thinking let's talk about that before we pull the cards since you talked about integration. Anna, I know we did it last week a little bit, but can you do a little update on that for people that may have missed that?

Anna: Yes, I can. That was on my list of things to do.

Doug: I knew you had a list and I was not paying attention. Darn it. I was distracted by these beauties in my call here.

Colette: Oh, my gosh, Dougie-Wougie.

Anna: You know I at least have a list. Okay. Integration, everybody, is it's the perfect time for everybody to settle back in. The mentors, at this point, there is no more mentoring and they will, instead, switch over to they do the reviews of each module. Each mentor will ... Not each one, but a few mentors. They usually partner up and they post a review for you and you can talk about it.

What is going to happen next is I am going to be posting the link for the integration room. We want everybody to start going over there. Don't wait for the last minute. Don't wait until I'm closing things because then I won't know who you are or why I should let you in. I need you to do it before your room that you're in now closes. Otherwise, then I have to bother Jill. Plus, what happens in there is Colette and I will be in there a couple times on a Facebook Live to talk about shared wisdom the next level. If you want to see the Facebook Lives with Colette and me, you have to be over there. Okay?

Doug: I want to see those. I may even hop in. Who knows?

Anna: Yeah, exactly. See? Okay.

Colette: And Doug, yes, and Doug and me, we teach Shared Wisdom, so we're going to be leading you in that level two class. Then Anna also teaches in that class, too, where she does all



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the hands-on practice calls with you guys. Really, this level two, it is spectacular, obviously, if I may say so.

Doug: It is.

Anna: If I may say, it's hands on, but not in the creepy way.

Colette: No.

Doug: Shh. So important to be clear. So important to be clear.

Colette: Important to be clear. That's right. No creepiness, yeah, but let's go over some of the other things that we've talked about

Anna: Yeah, so I'll just wrap that up. I will be posting that. You guys will go over there. What happens in integration is you're going to go over things with the mentors. When you get there, nothing will be happening. It will be just I'm just getting you over there. Nothing starts happening until your rooms over here close, which they close the week after the last call. Okay?

Anna: I'm going to explain all of that in a post. You can refer back to it anytime if you're confused. All of that will be explained. As you know, we give you information as we feel you need it so that you don't get your head full of everything else and have no room for all the learning stuff. Okay?

Colette: Mm-hmm (affirmative).

Anna: Now, everybody's been asking, well, a few of you go-getters have been asking about partnering because module five came out. In module five, we talk about getting partners. As you know, we're a week behind, so the partnering thread will go up next week because we really do have some very clear boundaries and things that we go over with you before you go and partner with somebody else. There are certain guidelines that we want you to follow and so please do not try to partner with each other until we go over that. Then I will put in each room a partnering thread so you could look for friends to work with. Okay?

Now, that's all for most of the housekeeping, but something that it keeps coming up and Colette, you and I have talked about, is we were talking about when a question seems like a negative question. For instance, because I was reading in the Main Hall and one of the questions that is what are my limiting beliefs that are blocking me? When you get that, what should you read on the card?

Colette: Okay. Okay. This is a you need to use your own internal compass. This is where the work comes in. It is very easy for us to have just told you to flip it over and read the protection message because that's really, at the end of the day, where your biggest amount of information is. Why? Because we are flipping it. We're saying what is the problem here, like so when you're doing a double negative in a question, I was hoping you guys would



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figure it out, like an ooh, this is the card. This is a theme, theme thinker. It's a theme. Oh, the theme of this is ... Oh, I should look at ... Oh, now, I should read that protection message given that that theme of thinker is challenging me right now. We're looking for the challenge.

I'll make it easy for everybody. The last few years, the last few sessions, I've been waiting for everybody to go, "Aha," but here we go, "There it is," so we're not going to make you guess. Just flip the card over. Whether or not you've got it upright or it's just really, I want you to start integrating the cards by their theme. Yeah, so for those of you, it's good that we talked about this early because I know that it was a tricky way of how I wrote it and it was kind of meant to. I was trying to really push you over the edge to look at it and come to your own conclusion, but I'm just going to cut to the chase. The easiest way to determine the card is to read not just the essence, is to flip it over and look at the protection message because you're really looking at a theme.

Now, I'm going to give you an example. If Happy Happy was the card, you would think how is that a problem? Why is that an issue? Then if you look at the upside down and it says to you is to be goofy, basically, it's like lighten up. Oh, your conclusion is oh, I'm taking myself way too seriously here. You need to still do some work, even though I've told you to do it this way. I just figured you know what? It's just going to be a lot more simpler if I just tell you what I want you to find, which is what everybody determines at the end and chaos and conflict, exactly, is to determine ... What's this going? What's this talking about Zoom? Oh, okay. You're just going to have to wait and understand here, you guys. If you've come late, you'll have to watch the replay.

The concept of if you get a double negative question and then you're wondering like how the hell do I answer this, like if you're asking me ... What was the question, Anna, because I wrote it.

Anna: It was what this particular one that I'm using is what are my limiting beliefs that are blocking me?

Colette: Right. Your limiting beliefs means there's a challenge inherent in the word limit, so the protection message will always tell you how to get out the limit. With that said, the entire card is a theme, so if you look at it like oh, it's a theme, like if Thinker came up, oh, the theme is the way I think. Hmm. My limiting beliefs, do I ruminate over them? What does it say upside down? You're overanalyzing this. Wait a sec. Yeah, my need to know all the time.

This lead us to just chat about this other thing that everybody is doing right now before we pick our cards for tonight and that is the catastrophizing that happens when you get one of these cards and you misread them. Most likely to be misread, I'm to Go, All That Glitters, and Not for You.

Doug: Yeah, Not for Me, yeah.



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Colette: Not for You and To Be Fair and also Orphaned. I think those cards, right? Those three card that people get bananas over, but particularly Not for You, so I want to bring up an opportunity that when Not for You comes up in the protection position, I'm just going to bring this to everybody's attention. It could mean and very likely means that you are obsessing over this. That is the card that predicts oracle abuse is when Not for You is in protection. It means that you're not trusting that the Universe is providing for you.

For example, if you ask a question, like I really know this is going to be fine, whatever, but it says not for you, so there's in protection, so it says stop obsessing over this. Maybe you're asking too many times. The other thing that it could possibly say to you is be discerning, like when Not for You shows up, the theme of that card is discernment and what is for me will not go past me. Then am I chasing after something? I know Anna's going, "Yeah, baby." Oh, you like my dark nail polish? Thank you. It's wintertime. I love the tarot. That's all she's getting out of this conversation. She has dark nail. I'm kidding.

Anna: No. I'm glad you're talking about that because that Not for You is one of the cards that seems to make everybody's head spin and Not for You is actually like I really love that card. People say it's a negative card. First of all, there are no negative cards. It is not a negative card. It's a card about discernment. It's a card about so if you're asking like what do I need to be aware of today or know today and the card is Not for You, it's to be aware of things that aren't for you, not oh, gosh, this is not for me.

Colette: This is not for me.

Anna: I should stay in bed.

Colette: Now, sometimes it can be.

Anna: Yes, but the thing is is to immediately go because what's happening with quite a few of these cards is people are immediately going to the crazy place. They're going to this is negative. This is bad. I'm upset. This card is telling me that everything's wrong and it's no good. They're catastrophizing and they're awfulizing. The mentors and I have been having a conversation about this. One of our mentors used a really good phrase that Colette and I happen to love. She said, "Don't borrow sorrow from tomorrow."

Colette: Yeah, in her accent.

Anna: Exactly. Exactly. She got it from her southern grandma, so she challenged us to say it because I say it sounds better with a southern accent, so you borrow sorrow from tomorrow, y'all. They challenge...

Doug: As the only southern boy on this call right now ...

Anna: Okay. Doug is the ringer. I just wanted to get it out first.

Doug: I love it. I love it.



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Anna: Doug can tell us how you really say it.

Colette: Don't borrow sorrow from tomorrow.

Doug: Yes.

Colette: I can't do that either.

Doug: No.

Anna: Okay, Doug.

Colette: Don't y'all borrow the sorrow.

Doug: Here's the thing I want to say about that. I'm not going to say it. Don't borrow the sorrow from tomorrow, y'all. No. Here's what I would say, though. The thing that is important about this and this is really connected a lot to what I keep talking about in a couple of our calls this time and that is this idea that when these things come up, we are moving out of reactive mind into responsive or neutral observer mind. When we get a card like this and that reaction kicks in, we're not a neutral observer. We're not an oh, curious. I wonder what this means for me?

This way of living, this way of being that creates a different space for a different outcomes that lets us do that, that's really, in my mind, what this is all about. Yes, sometimes readings, sometimes cards come and there's a tough message, absolutely, but what's happening, I think, Anna, I'm hearing you say it's been happening in some of the rooms, is that people are letting those be ... We're defaulting to it so fast that we're not being curious and sitting with and letting spirit guide us to what's really the message here. What's the discernment of this message? I think that is not just a way of working with oracle cards. That's a way of living our lives.

Anna: That's so good.

Colette: Okay. This is taped. This is recording. This is going to be Doug, his little clip from Doug. The head wizard of Oracle School says, so I think what's crucial to recognize is that we need to give ourselves a hall pass. We are actually predisposed to fear first, curious later. This isn't to say that anybody is bad or wrong or that they've done anything wrong. What we need to say oh, that's interesting. I reacted to that because it implies to me I'm not going to get what I want, therefore, and it also implies a lack of certainty because I was certain I was going to get and now I'm not and da, da, da. Then sometimes it feels too certain, like Not for You and like All That Glitters. It's all bad.

This is something that remember, you guys are not learning about oracle cards in this course. I mean, you kind of are, but you're really not. oracle cards are a method for you to do a deep psychospiritual dive into the way you co-create your reality. Now, that's



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kind of hard for us to tell y'all that in the beginning. I said y'all, just throw my bit of southern in there.

Doug: I'm so proud.

Colette: Oh, you're so proud, y'all. Okay. That's something that you are learning as we go. We're really learning this. We're peeling away the brainwashing. We're peeling away the conditioning so that this whole entire course is about your unique, authentic, inspired life. It's yours. We're helping you strip it away and the cards are your source of wisdom and your navigation system. That's why this is not a card course. You come out the other end, especially if you do two modules, where you know a hell of a lot about oracle cards and working with others, but it's all about this as the content. We kind of tell you that at the beginning. It's not a card course. I'm like nah. It's like well, okay, but we use cards. Go ahead, Anna.

Anna: Just in that same vein, I do want to remind you all, especially those of you that this is your first time in Oracle School and you're not that familiar with working with oracle cards, particularly Colette's, to please, please allow yourself grace. Some of you are really trying to answer really big questions.

Colette: Oh, no, no, no, no, no.

Anna: You're still learning them. You're trying to run before you even learn to walk or crawl. You have to take it a little at a time. You can't use the cards ... Yes, you can use the cards the way that you're trying to use them, but you're not there yet. Follow along with the course. Don't jump ahead to try to answer life's questions.

Colette: This is also the jumping ahead piece. Now, you're noticing there's people in here who've taken this course three or four times, so we come back. Once the basics are understood, these are people who've gone on to do both even Shared Wisdom they come back again, take Personal Mastery again. Well, why do they do that? It's not that they're coming here to learn about the cards. They're coming here to get deeper with themselves. Even the people who've done this before will tell you there's no graduation. We don't graduate from life. There's always more to peel away. Those of you who are new, take it piecemeal and take it how we present it to you.

I do want to mention something, too. There are certain things that we are not equipped to deal with here in Oracle School. We're not therapy. This is not therapy, although it is a soulful personal development course. We're not marriage counselors. Certainly we're not sex therapists. We're not political activists. We're none of those things. The only way that we maintain a connection and an equality amongst all people is that we avoid certain hot button issues and we try to level the playing field by everybody so that everyone can be here together with as little triggering with each other as possible. Hence, we don't tell you all who the Republicans and the Democrats and, believe it or not, we have both. Or your sexual orientation or what's going on or health. You can do general wellness questions, but you are not meant to use the cards to find out whether your medication is right or whether the doctor is the right person.



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This is what's really, really key is that there is, yeah, no opinions on outside issues. Thank you, Diane. Look, for those of you who know I'm ... Listen, I got my foundation and you'll see it in all my teachings came from 12-step programs. There are certain principles that I learned there that we apply in here because they work. They work with groups and they work to get everybody feeling safe. We're here for the things that we share in common, so that's what we have here is something that you have in common, which is that we are all looking to expand our idea of a unique, authentic, inspired life so that we can find our own and help others do the same. That's the only reason we're here. We have no other reason for being in here. Outside issues just muddy the waters for us, so that was the other thing.

We love all of you. We know that some of you are like, "But this is what's happening." That cool and that's why we have Anna on her dragon and her broom when they come in here, suck out the stuff, and then explain to you why. By the way, this is exactly when all this stuff comes up. It is like clockwork.

Doug: Every time.

Colette: Now, I want to just say one more thing that's very important and it's about because module four deals with the concept of time, we also deal with universal law. This is typically when you guys forget that what we are doing is prescriptive, not predictive, readings, that we are only looking at potentiality for outcomes. We are not looking at defined ... These are mutable. Everything is mutable. That means changeable. There's no such thing as immutable outcomes, where you know that there's certainty there.

This is what we also find when people start thinking that they're predicting something when that's not ... We're looking at a flow and an evolution of the story, so it's really, really important that you know this, that when you start saying, "But it said it was going to be this," you're immediately behind enemy lines. "But the card said it was going to be this." No, no, no. You've now given your power away to the oracle. Ah, ah, ah, ah. The same thing is it's like oh, I said it's going to be what these cards reflect what is already in motion and what is going to be is not what we look at here. That's going to come in another course. This is so not what we're doing in here because you give away your power, you lose your power the minute you say what is it going to be. Now Doug, do you want to add anything to this?

Doug: Yeah. I just think, excuse me, frog in my throat, I think that there is-

Colette: Ooh, don't predict, produce.

Doug: There's something brewing because it's been in my head as you've been talking. What we're doing is when we consult with the oracle cards is we are tapping into another source of information. It is not the only source of information. When we talk about things like health or job or other things, like if you're looking for a new job, you don't just ask the cards. You look at the websites. You look at the newspaper ads, right? You wouldn't do that. You can't.



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Colette: You pick up the phone.

Doug: What's my job? Where should I work? Oh, deep knowing and protection. What does that mean? I jokingly say this, but think of this as being one source of information. What I think is so helpful is the question what do I most need to know in helping me in this situation? When we talk about the law of thought and we're going to talk a little bit more about the home play tonight, but there are a lot of people saying how is my thought limiting this situation in my life. That's a tough question. I think we probably could word it a little better, too. I noticed that in the document. I thought what I'm asking is what is it about my thinking that's getting in the way of how I approach the situation? That may be one part of what I look at.

I just really think it's kind of like if we're going to go outside, we might check the weather. We might check a couple of websites. We might check a few different things. The oracle cards give us a unique perspective that is in addition to all the other things we might tap into, including our intellect, our wisdom, our heart, our emotions, and experts we may have in our lives. I just want to bring it all back in that whole perspective, if that makes sense.

Colette: Mm-hmm (affirmative). I love that. I do love that. I think that it's so key for us to know that this is how we encompass this work and that we stay in that moment. Let's do the meditation at the end.

Doug: Yeah, I like that idea.

Colette: Yeah, let's just keep going because this feels like we're on a roll right now. I think yeah, we're going to do the meditation towards the end because this is really-

Doug: We do have a lot of questions in the Q&A and we've addressed most of the questions in the chat or the Main Hall. There's one thing I want to talk about, which is I'll bring up when we get to it.

Anna: Okay. I'm going to go now because that's all

Colette: Okay. You go disappear.

Anna: Love you all. I'll be on-

Doug: We love you.

Anna: I'll be on the Q&A.

Colette: We love you.

Doug: Got it. All right.



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Colette: Oh, can we do Paula? She's in the Q&A.

Doug: Sure, whatever you'd like.

Colette: Yeah. Paula said she couldn't post her question. She says, "In working with the card spirits making me go deep and heal wounds that have been around for a long time I didn't understand, which is all good. The explanation of the universal laws are very helpful to keep in mind, but I'm not sure what to magnetize. My question is in regards to how to move forward to find the form, as Colette calls it, where I will serve and flourish." Okay. I'm going to stop you right there. The form finds you. The essence is what you want to ... It's the concept of how do you want to feel?

The best way for everybody to answer this piece about the law of magnetism is is a feeling state. If any of you know Dr. Joe Dispenza's work, he talks a lot about the emotional body or the emotions as having the greatest impact on epigenetics so that in a sustained, elevated emotion will bring you into a different frequency, which is the law of frequency, in which case you then resonate at that frequency for a period of time and if you're consistent enough with it, the outer world is going to show you a form that matches that and it is delivered through the law of magnetism. I'm so happy this is recording because that was genius, just so you know.

Yeah, you don't need to be decisive. You don't need to be decisive at all and you don't need to be committal. I did not derive the laws. By the way, Paula, this is stuff that I have learned, so this is stuff that I studied. I've studied with many different teachers and this is common. We're now just applying. There are many more laws than that, but these are the ones that I felt were the most obviously for us to learn if we are looking at changing our lives and transforming our lives from one state or form, state of mind to another when our emotions and our thoughts are key in determining the frequency that we put out so that we magnetize something back.

That's what this is about. It's actually a complex ball that one doesn't operate without the others. We're really scratching the surface a hundred percent. I put, by the way, a list of books that you might be interested in reading. One of them is a very old book written, I think, 50 years ago called Working With the Law by Raymond Holliwell. It was out of print for like 20 years. I believe it's in reprint again. That's a really good one for you guys to read because it comes directly from the original New Thought movement in the 1930s or '40s. It's a very, very good book and I highly suggest you guys read it if you're interested.

What I'm teaching you here is enough of this, enough for you to understand it enough to use it. I'm just giving you the basics so that you can see how it works.

Doug: Colette, can I add to what you said about the essence for a second?

Colette: Yeah.



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Doug: I think I love this concept that you talk about where you say don't be attached to the form, but think about the essence. I think from a coaching perspective, when people are in a transition, whether that's you're looking for a new relationship, looking for a new job, looking to make some change, rather than get attached to what it looks like or what they look like or what the job looks like, really tap into how do you want to feel. This is, I think, what you're describing with the essence, a part of that, at least, that if I think about I want a job where I feel that I am contributing and I leave at the end of the day feeling fulfilled and not exhausted. Whatever that is for you, that creates then a dynamic. There are all kinds of coaching tools and support resources that can help you with that, whether it's dream boards or other things that can help you get in touch with the feelings of that so that then as the form shows up, you're not so attached to a form that you miss what is yours, so to speak, right?

Colette: Yeah. You're describing an experience because one of the things that, I think, people get in trouble with with the law of attraction, which, by the way, the law of attraction and the law of magnetism are similar. It's language. Please, you guys, you're asking a lot of questions about this book list. It's in the question, the Q&A at the post for this. Just scroll down it. There's a few books. There's not a lot of them. That one book that I just mentioned now is there. If you don't mind, actually, I'm just going to close the chat for myself so that I don't get distracted here.

Here's what's really key. If you can describe an experience that you want to have and if I could coach you, Doug, it would be-

Doug: Yeah, for sure.

Colette: ... a little better than saying I don't want to feel exhausted.

Doug: Yeah, no, absolutely. Yes. Thank you. Great, great catch, seriously.

Colette: Okay. Because the Universe hears exhausted. It doesn't hear not.

Doug: Oh, my gosh, so good, of course. I know better, but yes.

Colette: No, no, no, it doesn't matter because we both know both of us eat this for breakfast. Both of us have made missteps with this. It's like this is why we all do this together. We don't do this in a vacuum, right? The law of magnetism and the law of frequency works directly with the law of magnetism, so if you realize that oh, I want to feel valued and I want to feel that I'm bringing something of value, how would that feel? I feel proud of myself, so I know that-

Doug: Yeah, energized.

Colette: Then where does that come? Energized and calm, so we can also break down what does not exhausted look like and what would make us exhausted. We would be able to spin that a little longer in your journal where you'd say like ooh, I know that when I'm frenetic



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and I say yes to too many things, I get exhausted. I know that if I don't take a timeout and go for a walk, I get exhausted. Then you learn you take from that list oh, and say I am choosing, I am affirming, I am in a situation where I feel valued. I take breaks that are healthy for me. I feel calm and clearheaded. Then you meditate on that, like you meditate on that as an elevated emotion. That is science. I'm telling you that's the whole reticular activating system of the brain that you guys saw in the videos this week because I've given you some brain science, which we in level two we talk about that because you guys in the early bird anyway, you get the envision process, which is a whole training that we give you that normally costs ... Yeah, anyway, blah, blah, blah. You'll hear about that later.

The idea that the experience is not important the form at all. Somebody also mentioned that well, what about Colette's story about having had to let go of music and then found that this career was better because I was successful. Many, many people in music business cannot say that they got a worldwide record deal with EMI, now Universal Music.

Doug: That's right.

Colette: I was one of those people, so that is successful. What I was looking for, what I believed it was going to give me was an experience where I felt that my voice would be used to heal others the way I felt healed by music. Instead, my voice was used to heal others through this and so I actually manifested the experience that I always wanted, including an experience that I thought I wanted that I realized didn't have the form. I chased a form. I got the form because after while, you will get ... Trust me. If you want to fixate on form, you will get that form. It may not give you the experience you desire and that's what we're teaching. That's what my teaching tool for sharing that with you is that's the teaching tool is like oh, right, you got the form, but the form didn't give you the experience. You were getting the experience over here and continue to do so.

You know when they say what is it that you would feel like you want to get up in the morning for and I get up in the morning for this, so the unique, authentic, inspired life finds you. You don't need to define it in this course. Also remember, you are only here so far for six weeks. You've only been here for six weeks. It's like you have high expectations, which is great, but that's why everybody keeps coming back because there's more and more to do and to learn.

I want you to have grace, all of you. You don't need to define this, but what I'd like to invite you to do is to define a feeling. That's all, just pick a feeling, the feeling state, the feeling state. Yeah, what's the thing you would die for. I actually have a mastermind where that's something that we look at is what would you die for? That's right. What would you just like? Anyhow, let's carry on now, Doug, a little bit more with you pick whatever we're doing next.

Doug: Well, one of the things I know we wanted to talk about and I'm going to ... We are still getting these questions both in the Q&A and the other is how is law of attraction-



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Colette: Can we cut off the chat, please?

Doug: Sure.

Colette: You guys, we're just going to stop the chat. If you have an actual question, put it in the Q&A because tonight is more of a teaching night and so I want you to focus on what we're talking about. Then just so you know, you only have the Q&A to put your question in rather than-

Doug: Got it.

Colette: Yeah. Okay. Good. Thank you.

Doug: Okay. We've had a bunch of people because obviously, the law of attraction is not one of the laws we cover in our model and in our course. There's some reasons for that because it's had a lot of stuff attached to it in the world of publishing, in the world of writing, about this and teaching and so what we felt ... I know when you first created this course, you really felt like going back to really these three laws of thought, magnetism, frequency and magnetism and how they're kind of connected to that, as being a more nuanced-

Colette: Fleshed out, yeah, nuanced, yeah.

Doug: ... and fleshed out way of looking at law of attraction. Can you just highlight a little bit about that because I think everybody still their mind always goes to law of attraction?

Colette: You just did. You just did.

Doug: Anything you want to add to that?

Colette: Okay. Here's one of the reasons why the law of attraction has become too simplified in people's minds and so the law of attraction, basically, if you looked at the movie *The Secret*, which was very exciting, or was it *What the Bleep?* I can't remember which one it was where you saw the bicycle and you wanted it or one of her books says if you look at a fat person, you could get fat, so don't look, like that kind of insanity, like if you want this, you just think of it and it's going to come to your door. It's so simple and then if you don't get it, you did something wrong and then you could blame yourself.

That is the basically boiled down version of the law of attraction that I am absolutely it's a bypass-y, just wrong. It's just not right because here's the reason why we have to look at it as nuanced, especially now, is that we do not live ... We are right now any kind of personal growth program needs to also take into account the environment it takes place in. You are not a person in a vacuum, so although everybody is equal in here, not everyone has equal opportunities in their life. It might be easier for some person, might be harder for somebody else.



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The laws work the same, but the laws also don't take into account the fact that there is collective laws that people in a collective way agreed unconsciously to go ... Like for example, racism is one. Sexism is another. We have a system that favors some and does not favor others and that we are creating our lives within that, so now, we don't teach that in here, but I think it's important to speak on that a little bit, too, because if you simplify it and say it's law of attraction, anybody at all can just decide and get something, boof. No, it's not the same for everybody.

What it is, though, it is the same if you work the law and you decide I am going to bypass this. I will bypass. I will choose to bypass. Not bypass because I'm spiritually bypassing something and ignoring it, but I refuse to be ... Here's the thing. You get out of a system when you work with this nuanced version of the law. That's what I'm trying to say. With the law of attraction, you were like what? How does this work? It doesn't work for everybody. No, it doesn't. It's bullshit, but this works for everyone with taking into account the fact that all of us are living in a world with there's social changes that are going on right now that we can't ignore. I think that's just really important that I say this now so that you all feel like-

Doug: Thank you.

Colette: Right. Okay. I don't want to go on about it, but I think it's important.

Doug: No. As I've told you, every time we teach this class, one of my favorite phrases I ever heard you say years and years and years ago is yes, we attract things into our lives and shit happens. I just believe that I think it's so important to come to the subtle nuance of what we've talked about here in these three laws, thought, magnetism, and frequency, and equally to allow ourselves, to remind ourselves of this idea of we said a couple weeks ago living life on life's terms as it presents itself and so very much connected to that, as well.

One of the things I'd like to do is to just do a quick review of the four laws and maybe even pull a card for each one as we talk because the home play activity talks about that, so let's remind each other because this is heavy content, you guys. We know that this is the week where your brains explode a little bit and we want to make sure that so when we think about the law of thought, let's do a quick review of what it is and then what's the question we would ask if we're trying to figure out how is the law of thought affecting a particular situation in our lives. I'll do the law of thought. Maybe you do mag frequency and magnetism. We'll kind of alternate.

Colette: Sure.

Doug: Law of thought, at the simplest, is how what we're thinking is affecting what we're manifesting in the world. It's the things that we think and how and knowing and really asking ourselves is there something that's going on inside of my head checked or unchecked. Maybe I know about it, maybe I don't, but that is limiting the outcome of this particular situation.



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An example might be if I'm trying to look for, if I'm dealing with a relationship, I might say ... In fact, I'll just say I'll do a card for myself. What is it about is my thinking or how, the question I would ask is how is my thinking about my relationship affecting my relationship? What is it about that? That's a good question for me to ask, so I'm going to pull a real card for myself. Beautiful.

The card is Unfinished Symphony in protection, which sounds very perfect. I need to just pull up the guidebook, as I always do, and so when I look at that in protection, it says is there any unfinished business that's cast a shadow of your life, a reminder that procrastination is a form of self-sabotage. Not in your best interest to stall. In fact, stumbling forward is even better.

You know what? What's so great about this is my partner and I are talking about doing things that we've been putting off, things like living together and other things to allow us to move forward in our relationship. I've been holding back because I want to do it perfectly. The story that's going on in my head, the thinking I'm having is I'm wanting to do it perfectly and want to make sure it's right. The reality is the message is yeah, that's actually not helpful. It's more helpful for me to just stumble forward and move forward on this. That's how the law of thought might be a way to think about that. Anything you would add to that, Colette?

Colette:

Yes. These are complex ideas and to oversimplify them is where we get into trouble. That's really important. I know some of you are saying like, "Can you please explain it better?" No, no, because it is complicated. This is a complicated module with complicated ideas. They have been given to you as simple as we can, so the best way is for you to sit with it and play with it a little bit.

Thinking, the law of thought means that whatever you think about, whatever you think about will have an impact and the thoughts that are constant, the things that you haven't finished or completed, and thought is also belief, right, so I'll move into that because it goes naturally into the law of frequency and magnetism, which go together.

The thinking that we have, let's say I'll pick a card, so what do I need to ... I'm thinking about this, this is so funny, about how to keep introducing a subject and I'm like here and now. No, you're not there yet. Stay here and now. I'm thinking that my thinking is that this has to be a subject that whatever that is. It's not important that you guys know or not know, but needs to be introduced over time, blah, blah, blah. The card says you're not in the future. Yeah, you're doing this now, right here. This is where you have to stay is right here. My thoughts, which are to look at a whole plan, say, for example, say I have a plan and basically, it's saying no, forget your plan. Stay where you are and stay where you are in the story. That's what that is, so it's how I think.

If you were to ... When you do a reading, let's say you do a reading and you see a potential outcome, let's say the observer is in protection so that a potential outcome is like oh, that means I'm moving too close to myself. The observer is saying oh. Then you say to myself well, how am I thinking that this would do this? Well, it's because you're



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thinking about yourself all the time because the observer in protection is like the narcissist in a way. Your life is suction cupped on the end of your face.

Thoughts are things and if you think about them, that's what ... Thoughts become things. Sorry about that. It's like that just all the way, where if you keep thinking the same thoughts over and over again, you are eventually going to see that out pictured in your world around you. Now, that leads us, so the law of thought is primary.

What I didn't put in there was the law of emotion because emotion comes from thought, so you think about something then emotion happens and emotions set up frequency, so frequency is resonance. Frequency, it's electric. Your thought is random until it starts to basically coalesce and many of them start, so then all of a sudden, you have a thought becomes a belief and a belief becomes a frequency. This is an idea that you have, a belief that you have, or just something you keep thinking about over and over again.

Then what happens is it sends out a signal like we're radios, so like the radio sends out a signal. If it goes long enough, it creates something and because the Universe cannot exist in a vacuum, something has to match it because we are in a material Universe. If we ruminate too much about the same thing, that's why I tell everybody be careful. It's so seductive, the news cycle. Nobody ever puts anything out there that's good. It doesn't sell.

Here's the thing. Anna just sent me a text, actually, so she says that we have to remind you Doug and I and Anna have been studying this for years. You should not expect to just learn this in a week. This is just something to consider. This is stuff Doug and I specifically, I mean, Anna hasn't been doing it as long, but Doug and I have literally been at this for 25 years or more, myself 30. This has been our world, so we are giving it to you in the size that you can bite and chew that we know you're going to see evidence for. This is evidential.

When we get to the law of magnetism, that's when people get mixed up with the law of attraction because you have attracted it by the law of thought and the law of frequency. Those two things exist. Now, the premise is that everything that is possible exists at all times everywhere. What prevents it is the system set in place by humans, so that's the construct of culture, society, civilization gives us the limitations through which we have to overcome.

Now, with these laws, you can actually skip over a whole bunch of shit that's in front of you that shouldn't be, like how can I manifest this? These are what I was told I wasn't allowed to have, but instead because you're like no, I'm going to manifest this in spite of that and that is what we're inviting you. That's why we say in Oracle School we're all equal. This is an equal opportunity equal opportunity to see how you work with these laws based on what you allow yourself to feel. It's easier for some people than it is for others just even according to how you were raised, whether your parents basically told you you could do anything. If you have critical parents, you also come in with like ooh, I have a thought that I can't do this. I'm not worthy. Those are the thoughts that set up a frequency that then matches.



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Now, it's not as simple as we say because we have a million thoughts and there's more than one thing going on at one time, so you will see very complex self concepts that are going on and changing all the time. You see that here in Oracle School. You're not the same person that you came in if you've been doing the work. You should see that you're like wow, I'm thinking very differently about things right now, so you would not make the same choices, so your frequency changes as a result of changing your thoughts. That's where intention comes in. Okay, okay, what's the matter with you? Sorry, I'm not talking to you guys. I'm talking to the dog. This is where intention steps in, too, which is what we want you guys to be intentional, but first, we want you to play with this and explore it, but don't think you have to ace this. Go ahead, Doug.

Doug: I think it's also important to note then the way we're talking about these laws and personal mastery is that we're talking about how are we ... We're looking backwards in some ways. What I mean by that is we're not saying what do you think so you get, which is a different approach. We're saying where are things happening in my thoughts, my frequency, my magnetism that are getting in the way of what I want? How can I master my personal life, so to speak, if I just use our language, to bring that together?

By asking those questions of where are my thought, we're trying to bring to consciousness to let spirit help us see with the Oracle Cards what are the things that are-

Colette: Sorry.

Doug: ... getting in the way. No, no, sorry. What are the things that are getting in the way of me having my best unique, authentic, inspired life around this particular situation. It's not about how do I get a certain thing or a certain form. It's about how do I look at my life to make sure that I'm as clear a channel as I can be for what I want spirit to bring into my life and so it's a little bit of a different perspective than what you might be thinking on some of these things.

Colette: Yeah. I mean, this and that is true, so we don't create our lives in a vacuum. Remember I said that earlier. We have families. We have cultural conditioning. We have expectations and limitations imposed upon us by either society, our families, our own ideas about life, etc. What we're doing is yes, it's not about getting. It's about experiencing. It's like can I experience this? Then you start to address oh, what kind of thinking do I have that really could affect this? What supports it? What denies it? We really are looking for some of the obstacles on purpose because we want you guys to be able to smooth sail around them once you know what they are.

Doug: Yeah, when we do that question, so when we do law of frequency and magnetism, the one card spread that we would want each of you to do about a situation, again, let's say that you're choosing work as opposed to a relationship this time. What signals am I unknowingly sending out by my thoughts, feelings, belief, or actions that are automatic and repetitive and are magnetizing messages or experiences to me that I don't want?



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Again, I'll just do a random card for my sample. I'll pull a card to give us an example to play with because this is what we want you to do. Go ahead, Colette.

Colette: Yeah. I'd like to actually talk about this, too, I had a situation. It's not important that you know what it is. It's just important that it was a very challenging situation about a year ago. It really challenged me. I was like how did I manifest this? It was very interesting because I was like first I thought I'm a victim of this. Then I pulled a card and I did this exact thing, Unfinished Business. I realized this had to do with me upleveling and still haven't done some work around my family dynamics, which this situation with this person mirrored. That was the other thing, to recognize that there is gifts in all the things that come up that are even uncomfortable. That was the greatest gift that I figured out that I needed to work on. That's the other thing. There is no bad anything. There's always a gift and there's always treasure in the trash. Let's do the cards.

Doug: Well, you're going to laugh. I mean, the card I pulled for that, again randomly, which is what we've been talking about earlier, is Orphaned. This is one of those cards that when we get, sometimes people get a little wiggled out about. Again, think of the question that I asked as our example. What are the signals I'm sending out unknowingly by my thoughts, feelings, beliefs, or actions that are getting in the way or magnetizing messages or experiences that I don't want about work?

If we look at this, we're talking about things like a sense of loss, identity crisis, recognizing that you don't fit in, the need to belong. How many of us and I'll just say for me, I know one of the challenges I've had in different jobs I've had is I'll sometimes feel like I don't fit. I don't belong.

Colette: Except this one.

Doug: Of course, except this one. If we think about that, guys, what is that sending out? What does that magnetize do? Well, it's creating more experiences of where I don't fit in and where I don't belong. I need to stop that. I need to say I do belong here. I have something to contribute and I have to shift that inside of myself so that I can begin to say wow, I don't want to feel orphaned in this job. I love this work. I want to be able to totally own it. I can shift that message in a way inside of myself to really begin to change the thoughts that I'm sending out at that point and really have a different point of view around my work relationships.

Colette: Yeah, so interesting, too, because I know your ... Yeah, anyway, that's very interesting. You're rebooting your podcast. You've got a book coming out, too. We're very lucky to have Doug on our faculty. He will remain here even though he's going to go off and be famous.

Doug: I'm already famous.

Colette: Actually, let's open the chat again because I don't mind. It's just that I wanted it to be quiet while we were talking about that. Okay. Listen, you little.



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Doug: We should talk about the law of forgiveness and the law of unlimited potential-

Colette: Yeah, let's talk about that.

Doug: ... as well, but I have opened up chat, so we've got that.

Colette: Okay. Good. Just in case, please guys, just again, no questions in here more about your-

Doug: Put those in the Q&A pod.

Colette: Yeah, just the Q&A pod. If you were to look at the law of forgiveness, so the law of forgiveness then, basically, the law of forgiveness is all about releasing yourself from whatever is challenging or limiting. The law of forgiveness states that if you forgive and if you release, then you are free. That's kind of it in a nutshell, so you have freedom. That allows you access to greater potential. Think about this.

I bumped into recently somebody that I had a big resentment against. I love to think I haven't got any, but I was nursing that in the back of my head and then when I saw their picture I was like ooh, I don't even care now. That's amazing because I had done all this forgiveness work, but I had not felt that click until I saw their face. I'm like oh, this is okay. This is okay. At the time, it wasn't. It was crazy making. Then it was like oh, wait a sec. This is all good. I don't have that burden.

That's not filling up space inside me anymore and that's what you guys need to know. What fills space? If we are resentful in any way, shape, or form, we are bleeding. We are bleed ... Stop it, Tinkerbell. We are bleeding our energy out into the world and we can no longer act 100% in different areas because that's sucking the energy. It's like our own miniature energy, no, our energy vampire inside us. Oh, my god, you are bossy. Do you want to come up? Oh, Jesus. Sorry about this. Okay. Fine. Back up you go, just don't bark at yourself in the mirror. Oh. Sorry. I've literally been taken hostage by small Pomeranians.

I think what's really key, this is a little more intellectual than we're used to and we're not going to pull up people to do cards tonight because it's much more valuable for this particular module that you understand the mechanism that we're trying to show you now as to how you have your unique, authentic, inspired life because the how part, you just need to know well, this is how it works, but I don't need to know how to do it. I need to know what. I need to know what I want to feel. I need to know what would my unique, authentic, inspired life look like and not look like in terms of its form, but who would I become in that. That's what we're really, at this stage of the course, kind of raising your vibe a little bit.

Doug: Yeah, so I think when we think about again and people are asking in the Q&A where are these questions coming from. Guys, I'm pulling these right from the home play for module four, so this is the document PDF that you can download. I'm not creating these off the fly. They're right off of that PDF document.



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Colette: No regrets. That's right, Doug.

Doug: What I would really want to encourage you for forgiveness is that, again, what blame, resentments, judgment, or situations or persons do I need to release to open myself up more fully? Again, I think it's helpful to pick a card as random because I think it helps us to teach it. The card I pulled here is Yang and upright. I'm looking at the upright and so when I think about Yang and upright in this question, where do I need to forgive, release? Are there actions that I've taken? Are there things I've done? Are there things that I need to forgive myself for specifically where I took some kind of action in a situation that has got me stuck? That would be the kind of conversation I want to have. Maybe it was an action in a relationship or a particular project or maybe I got too ... One of the things I love about the Yang card is that it can sometimes be a little action happy, doing happy, so am I not-

Doug: Yeah, so is there something I need to release in myself to say you know what? I need to forgive myself for trying to do it all the time and instead, I need to just be right now and just open up and free myself a little bit. That's a way we could use that question with a card to bring that to life. Law of unlimited potential.

Colette: If you look at the law of unlimited potential as a fact, so it's just a fact that everything that is possible exists, if you can think it, you can create it. If you can imagine it, it's possible, so that it's the premise that in the conscious universe, every thought that's ever had, every dream that's ever been dreamt, every idea that's ever been had, including all the ones that are waiting to be discovered, are sitting there. In a little bit, it's kind of like being able to get into the Akashic records and pull out a book that hasn't been written yet and like oh, that's available. It's the sense that all is available.

The only thing that prevents the availability of it is our own sense of limitation. Some people have to work a little harder in terms of social limitations. Other people have to work a little bit harder in terms of family. It's like all of us have our own blocks and because it's like being born in the Garden of Eden. As soon as we saw lack and that the idea of lack or the idea of separation, then all of a sudden, it's like all bad. It's like wait a second. There's not enough because we can't ... What you can't see doesn't mean it isn't there, so there's some level, too, of recognizing it in the most base form like oxygen. Just because you don't see oxygen doesn't mean it isn't there. The law of unlimited potential is that you literally have access to anything. If you align yourself up energetically with anything, you can have that thing.

I have worked with some of the most extraordinary people. Before I retired, I worked with some really high level, very interesting, and they're mostly men were my intuitive strategy clients. Actually, my two, well, one of my favorite clients actually was born in Philadelphia in the projects and is now one the most powerful men in the music business and uses all these laws and just like I'm not going to stay here. I'm going to believe and off he went. It's like there are many stories of people who have refused the limitations of their environment and said, "I'm going to feel this. This is how I want to feel and I'm going to keep doing that."



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Then the opportunities open. The doors open. The law of potential states that what you desire and what you focus on and what you put your attention to, whatever you put your attention to can possibly or the possibility of it is there. It's potential. It's unlimited potential within the limitations of our world, so it's unlimited potential defined by our limitations.

Doug: Right. Again-

Colette: Stop it. You are driving me crazy.

Doug: Hey, Colette, I think your baby knows that you're going on a little trip maybe. The unlimited potential question in the home play, guys, is that what are my limiting beliefs that may be preventing this from acting fully in my life? Again, I'm going to go back to just relationship is another alternative type of topic, so as a topic I'm going to say what is something that might be doing that? This is, again, an example and so interestingly enough, the card I pulled is Loyal Hearts, which is a card Colette and I pulled even before we started.

Colette: Because we love each other.

Doug: We love each other. Let me just pull the card and again, what I'm doing now because I want to be really practical, guys. I know this is new for all of us, but what I do is I look at the guidebook. In this case, it's upright, so I focus on all of the book, the essential meaning, the oracle's message, and because I'm talking relationship, I'm going to look at relationship. What I'm looking for is how are my limiting beliefs preventing the law of unlimited potential from acting?

The question here, it says, I'm just going to read it, "Your partnerships, friendships, romantic relationships all have many qualities in common right now. Honest devotion, faithfulness, and a loyal heart are being shown to you. Are you as loyal in return? Now is the time for heartfelt commitments and trusting in divine protection." When I listen to that, I listen to what could be a limiting belief that's getting in the way. The question I say is is there a place in me somewhere in this relationship where I'm not ready for a heartfelt commitment? Is there a place where I may not be as loyal in return to others or maybe even being loyal to myself, too, or that I don't deserve it. Just see what comes up. You're going to have to kind of play with it a little bit and let it talk to you in that regard.

I think when I look at this as when I just read through it, the things that stand out are is there a place where I'm holding myself back because that's what this is about, when my limiting beliefs are maybe that I don't deserve it or that I don't feel like I can make a heartfelt commitment. That might be another way of thinking about that. Anything you would add to that? Oh, there she goes.

What I'd love to do, guys, is I'd love to maybe see if we could see if you have any questions. I don't see anything in the Q&A or in the Main Hall. Is this helpful for you guys? I want to just check in. Give us some feedback here while Colette's taking a look at



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the pups. We wanted to go over the home play because it is a little tricky in the way the languaging is. We wanted to turn down the volume a little bit and be really practical and really specific so that you guys would have an opportunity to experience this for sure. We're going to finish with a meditation, so we've still got a little bit of time.

Colette: Sorry about that. I had to get rid of the dog that I manifested.

Doug: No worries. Good. Okay. Thank you for that you guys. What else, Colette, do you want to talk about before ... I think we've covered all the questions and we've got everything else.

Colette: I think that-

Doug: What would be good?

Colette: Yeah, I think getting a few people up-

Doug: That's what I thought.

Colette: ... would be a great idea for the next let's say 10 minutes or so, 10, 15 minutes.

Doug: Great. If you want to do one of the law of thought question or law of attraction or universal laws questions, tongue tied here, we'll pick one of them about a specific situation. We'll have you pull the card or we'll pull a card for you since we've got them here already, but want to have you get a sense of how this is going to play. Go ahead and raise your hand, guys, as we always do, if you're willing to be called on, have video, and your audio works and ideally if you haven't been called on in a previous call. We like to get new voices and new faces. We're only going to get a couple of them up tonight.

Colette: And thing I want you to be reminded of, too, that remember if there's like a negative thing, always take a look at the protection message. We mentioned that earlier, so if you're looking at limitations, that's the side of the card that's going to give you most information about the limitation, so read the whole thing, but really focus in on that. Thank you.

Doug: All right. Great.

Colette: All right. Let's pull someone up.

Doug: Yeah. Hands are going up. All right. I'm going to pull Khadija up. Khadija, you're going to come on to screen here.

Colette: I love that name.

Doug: It's a beautiful name.

Colette: One of my friends in high school was named Khadija.



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Doug: Khadija, I'm going to unmute you and I'm going to ask you to start your video, so let's look for that. We should be able to hear you.

Khadija: Hello.

Doug: Hello.

Colette: Hi, Khadija.

Khadija: Hi.

Doug: How are you?

Colette: How are you?

Khadija: So excited.

Doug: Good.

Colette: Hearing your. I love it.

Doug: Let's-

Khadija: Yeah, I was like well, I'm going to sit here and listen for a little bit longer and then we went into this, so yay.

Colette: Awesome and Kendra's giving you a shout out.

Doug: Yeah.

Khadija: I love ... Kendra is the reason I'm here in Oracle School.

Doug: Fabulous.

Colette: Wow, we love that.

Doug: What area of your life would you like to see a shift in? Is there an area specifically that you want to ask about first of all?

Khadija: I've really been working on my financial life very diligently and my mindset and my thoughts and my feelings and my emotions all around it because I had a lot of very embedded old stories and beliefs around money that I've been digging up and un-rooting. Yes, I was actually just I love the law of frequency and so I was wondering about that law concerning financial life.



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Doug: Let's just put that into context for everybody on the call. What we're asking for Khadija for you is what signals are you unknowingly sending out by your thoughts, feelings, beliefs, or actions that are automatic and repetitive and are magnetizing messages or experiences to you that you don't want as it relates to your relationship with money and finances and your life?

Khadija: Absolutely.

Doug: Is that good?

Khadija: Yeah.

Doug: All right. Do you want to pull a card, Colette?

Colette: Yes. I got a protection card, so it's Regeneration. Is it okay if I do a bit of a reading for you on this, too, as opposed to just talking about the card?

Khadija: Absolutely.

Colette: Okay. Because typically when this card, Regeneration, is about the refusal to let something die. A lot of times, we get our limitations from what we learn from family and so the idea not just our culture, but our family really, really can affect us in a big way. We actually have to betray our family story in order for us to be different. The reason why many of us are still kind of hold onto that, that limitation, it's a friend because who would be if we're somebody different? What would that mean? We would be so different we would now be proving that they're wrong to them, so there's a break. There's consequences to that, so if I could just because you're not going to get that by reading the guidebook right away. Just that's why I thought I would share that. Also because I think it's meaningful for everybody.

I would suggest in this case that you would work on the willingness to betray your family story and use the word betray to yourself. Say, "You know what?" Because that's what we're most afraid of because that's what they're going to think about us. You have betrayed us. Right?

Khadija: I feel that, yes. I feel that very strongly. I just spent time with my sister this past weekend who has a very, very huge poverty mindset. I really saw it hanging out with her and so yes, it actually brought to light the family stuff about wow, there's a lot of my family that really believes in this and I do not. I remember growing up with them and them talking about people who have money and how they're snooty and they're stuck up and so all of those stories stick in my head and so that really hits deep. Yes, I see that.

Colette: Yeah, and then to be willing also to be this without making them wrong because there's stages to this. That's why the whole financial mindset and I think a lot of people are really identifying with you tonight on this call because all of us have similar stories or we've had to overcome similar stories. I think, too, the fact that you're saying, "I don't believe that,"



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it was like look, even your eyes were like nah. It's like what happens with many people, it's like crabs in a bucket is the other thing. It's like you want to get out of the bucket and all the little crabs are trying to pull you back, so that happens inside our heads, too. The very fact that you're even talking about this is huge. It means that you are bringing it forward to be healed.

Khadija: I'm tired of being tired, I'll tell you.

Doug: Yeah, and I think-

Colette: I'm tired of being tired of being sick and tired.

Khadija: Absolutely.

Doug: Khadija, again, the teacher in me is just kind of bringing us to make sure everybody sees how we would do this in a practical, so thinking when I look at this the guidebook because Colette's giving you a little bit of a reading plus there with that, I think about things like what are the things I need to stop holding onto. When it says what signals am I unknowingly sending out, I would really say listen, I got to be willing to let go of it all. I got to be willing to let go of the story. I've got to be willing to let it all die. I'm not afraid to release it and so there's a sense of taking those words in the protection message of the card and really just saying okay, if I'm sending out signals that are not that, where in my life and what could I do? If I was coaching you, I'd say what are some things you could do on a daily basis, affirmations, journal writing that would, say, help you to begin to think about your willingness to create a new story. Colette pulled a new card for you and it's Flexible. Perfect.

Khadija: Okay.

Colette: Actually, I'd like to because Kendra just mentioned something, too, about you see it more easily in others and it triggers me. It reminds me I'm healing. Yes, we feel that. To be triggered means it's to be awoken to something, like a switch turns on where we're like aha, I get this. We see this in each other and then we go oh, yeah, I get it. The fact that there's a feeling state also because it's a progress. It doesn't happen overnight. It's like and then the more you can start to recognize it, the more ... Once you name it and you claim it, you can release it. Whatever is on its way up is on its way out.

Khadija: Yeah. I like that. I like that a lot.

Colette: Yeah.

Doug: Any questions for us, Khadija? That was really good. There's a lot of stuff there.

Khadija: No. That was so good, so good. Thank you so much.

Colette: Thank you.



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Doug: Yeah, thank you. That's a brave question.

Khadija: I'm very honored.

Doug: Love it. Thank you so much. We'll see you next time.

Khadija: Okay. Bye.

Colette: That was so cool. I could do this.

Doug: All right. I think we've got time for-

Colette: I could make a whole school around this, Doug.

Doug: I think we should do that. I think we've got time for another one here. Yeah, let's go for it. Let's see. What do we got here? Do you have one you want to pick or you want me to pick?

Colette: I can't see their hands because I... Remember?

Doug: Okay. I'm going to pick Lisa K., so Lisa, you're coming on. My dogs have decided to get a little active. That's going to be fun.

Colette: Oh, Tinkerbell has been expelled.

Doug: Oh, I know.

Colette: She's been expelled to the upstairs.

Doug: Hi, Lisa.

Colette: Hello, Lisa.

Lisa: Hey.

Doug: Perfect.

Lisa: I'm so excited. It's so funny. I'm here because of Kendra, too, and Khadija is one of my friends.

Colette: Oh, wow, well, there you go. Kendra is just like this wonderful magnet of joy and light and wonderfulness. Okay. What would you like to work on?

Lisa: Potential outcome, I think, is my thing that I'm trying to understand more and what I'm holding myself back on most.



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Colette: Okay.

Doug: What do you mean, so unlimited potential you mean, the law of unlimited potential?

Lisa: Yeah. Yeah.

Doug: In what area of your life? Is there an area of your life specifically, like health, romance, family, job, work?

Lisa: Health.

Doug: Health.

Lisa: Health.

Doug: Okay.

Colette: Okay, so with health, we want to call it wellness. Are we talking about weight?

Lisa: Yeah.

Colette: Okay. I'm an intuitive. I felt it. If I could just before I pull a card-

Doug: This is a good one to talk about.

Colette: Yeah, this is about your empathy overload, so you will imagine yourself ... Okay. Here's how it works. Okay. I'm just going to spit it out. You're an empath, so empaths go up and down like accordions and that's you, correct?

Lisa: Yeah.

Colette: Okay. We were looking at your overall health because I don't want to go beyond what we're doing in the course, so to just say it, that's what I tuned into right away. I'm going oh, my god, she's an empath. It must be her weight. I can't tell because you only see her face, but I'm like oh, she's a sponge for the world.

Lisa: I am.

Colette: What happens, I don't feel like you have an eating disorder. I have one, so I'll just share with me. I used to be anorexic. I was also bulimic. I have an issue with body dysmorphia. I have no clue what I look like. I've been like that since I was 14. I was 220 pounds. I was like 120 pounds. There's this inability that it took me a long time to just be present in the present and recognize that I'm an empath. I'm going to go up and down and that's just the way it is.



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If I look at the symptom of the overwhelm as the problem, which is the weight, then I equate it to a form. Then I imagine my mind, my thoughts go into like something's going on in the world. I'm fat. I'm just sharing that with you. Is this making any sense what I'm saying?

Lisa: Oh, yeah, absolutely.

Colette: Okay. I'm sharing with you that you're not alone in this. Doug and I, we both have this, so like I can't be in a room alone with cookies.

Doug: This is my story, too, my story, too.

Colette: Yes, because literally, when I'm under stress, it's like putting a big pound of cocaine on my table. If you put brownies-

Lisa: Right.

Colette: ... there I will snort them and I will hide them and I will tell my husband I didn't-

Lisa: Didn't eat them.

Colette: I didn't eat them. I will say I never did.

Lisa: Yeah, absolutely.

Colette: I have lied over cake and cookies. Here is the imagination, so then the minute we start because what we're doing is we're trying to ground. Then we punish ourselves and we say we're fat. Then the more we think we're fat, the fatter we're going to be. I will tell you this, that the concept of thinking and imagining oneself thin, like I went out recently in Houston with some friends and we had tres leches cake and some ice cream. I kept saying, "Well, if I imagine this did not have any calories, it won't." Of course, that's bullshit. If I stuff it in my mouth, it's going to come out my ass. It's just the way it is.

Lisa: Absolutely.

Colette: No such thing as magic no calories.

Lisa: Right.

Colette: I know that, so here's the thing. It's like when it comes to wellness and weight, for empaths, what we think is crucial. If we allow the symptom of overwhelm to equal something bad or wrong, then we will gain weight. We'll actually gain more weight. I wrote a whole book about it called *Weight Loss for People Who Feel Too Much*, which is all about just trusting that the body's going to do what it will. It's not our business. Again, I'm a sugar addict. I don't know what possesses me. I can sit there looking at it and I'm going to snort it. I'll go through phases. I'm admitting it out loud to all of you. I have to be



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so careful. In front of some of our mentors, I just snorted up a bunch of dessert. Well, I'll say, "Yeah, I'm an addict."

Lisa: I'm with you.

Colette: Okay. The weight is not the problem. The weight is a symptom and it changes according to how we think and how we think about ourselves. I got to tell you something. At 220 pounds, or 229 pounds was the last time I'd stepped on a scale. I hit bottom and I said to myself, "I'm going to have to love myself as I am because nothing is working." That is how I lost the weight. Now I go up, eh, 10 pounds, down 10, whatever.

Lisa: Yeah.

Colette: Yeah.

Lisa: I just did this with the weight and one of the biggest messages I've gotten, even a while back early on, was basically love myself where I'm at right now.

Colette: Yes. Yes, that is the answer. Your imagine is use your imagination rightly. Don't imagine yourself different. Imagine yourself beautiful now, beautiful now. I tell you something, when you do this, you become so magnetic. I had more action at 229 pounds than I did my whole life while I was in my self-love phase. I was like I was awesome inside and like it just happened.

Lisa: That's right.

Colette: You know what I mean? You're beautiful now. That's how you have to do this. All the different things like thyroid issues is so common for those of us who are empaths because it affects our endocrine system, so the cortisol that happens, it's like a whole ball of wax. If you can get to an integrative medicine specialist, which is nothing to do with oracle cards, but I just figured there's so many of us here that are listening tonight, I think you all would like it. Yeah. Yeah, and by the way, FYI, you can go into a workshop and your ankles will swell.

Lisa: What do you mean?

Colette: Well, you can go into a workshop. You can sit in it with a group of people. You wouldn't have eaten anything and all of a sudden, you're bigger.

Lisa: Oh, yeah. Yes.

Colette: Right?

Lisa: Yeah.



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Colette: The Imagine card is how you manage that is through radical acceptance and just surrender. It's like oh, isn't this interesting. Oh, I'm such a great empath. I'm going to have to get in a salt bath now, right?

Lisa: Uh-huh (affirmative).

Colette: As opposed to like oh, my god, I'm so fat. I can't believe it, which I have done, I will tell you. I know how to make my pants too tight.

Lisa: Yeah.

Doug: I think again what I want us to come back to here is-

Colette: Yeah, get back to the point.

Doug: It's okay. No, it's the law of unlimited potential. We're talking about, Lisa, what are your limiting beliefs. Your limiting beliefs may be that you have to be something different than you are. The limiting beliefs may be any number of things. That's not to say that there may not be a focus on health. There might be focus on wellbeing, but I really, I so support what Colette's saying about ... I mean, listen, at my highest, I've been 330 pounds. I've lost a hundred pounds three different times in my life and gained it all back, so this is my story, as well. What I will tell you is that when you begin to ... The reading for you, the cards for you tonight is about how can you let your imagination support you in that journey. By the way, I also think potentially, how has it maybe been getting in the way where you might have been over imagining things you don't need to be imagining, if that makes sense, right?

Lisa: Exactly. Yes. That-

Doug: Like you've been-

Lisa: ... card is not for you and I was like oh, I'm obsessing.

Doug: Yeah. Perfect.

Colette: Yeah, but here's the thing, if you don't mind. That is you have to love yourself in spite of that. It's like oh, wow. That's why I can make a joke about the fact I snorted a piece of cake and I was like oh, my god, look at my pants. Oh, my god. Then I realize okay, there I am because this is the way it is. It doesn't go away forever. It's like one day at a time, loving yourself the best we can, giving ourselves the grace of recognizing that we will fall down. We will fall asleep at the wheel. If we can spend more time ... Remember, we're going for 80% wizard, 20% muggle, so it's really about radical acceptance right now and then the other health things that go along with being an empath, like being tired and all those symptoms. They go away once you put what's important in front of you first.

Lisa: Yes.



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Doug: Love that. Thank you, Lisa.

Lisa: Thank you. You guys are the best.

Colette: No, you are. We're always

Lisa: Thanks.

Doug: Absolutely.

Lisa: Thanks for calling me up.

Doug: You bet.

Colette: Actually, my card today was I'm supposed to receive.

Doug: Kendra's posse. We pulled up some of Kendra's posse today.

Colette: Kendra's posse. Who else

Doug: I think we're good.

Colette: Let's do a little mediation. Exactly. Okay. I feel all excited now. I love this. I love you guys. Thank you so much.

Let's close our eyes and really tune into that connection that we all share. Again, we're at the top of our crystal mountain, the Oracle School crystal mountain personal mastery. Only we can be here. We are exactly where we're supposed to be, each and every one of us equal to the other, glowing balls of love and light and energy and shadow. We have shadow and all that, too, this and that. We are perfectly imperfect. We are flawsome, beautiful beings, everyone. Just imagine that you are in this spiral and you could see everybody and their lights are shining and we're like in that movie Avatar where all those little things are falling on us and loving us, like the little god shots. They come going, "Yum, yum."

We're just blessed. Every one of us is blessed exactly as we are, where we are, no matter where we are, no matter what's happening on the outer world, no matter where we come from, no matter whatever limitations we brought ourselves with. We are all exactly where we need to be and all those laws operate for all of us in spite of the conditions in our outer lives that may have been set in motion by others before us that just happen to be there in front of us now. We don't have to take that as our reality. We can say no thank you.

Just think also, just imagine something called compassionate prosperity. Imagine that if you are living your unique, authentic, inspired life, loving yourself exactly as you are, being that person that you were meant to be here, just imagine how much is going to



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benefit others. Just imagine how every one of us has these little sparklers and our being here affects multitudes, even the person that we might stand beside in a Starbucks line because the law of frequency says that if you're in Oracle School and you're in Personal Mastery, you are magic. That's what you are.

Let's hold our hearts and imagine that every single person in this circle lights up with hope and optimism and we are here witnessing and supporting that for each other. Keep it simple, everybody. We love you all. Good night.

Doug: We love you guys.

Colette: Anna.

Doug: Thank you, Colette. Thanks, Anna and everybody else.

Colette: Love you. Bye.

Doug: Bye.

Colette: This was awesome. Gets better and better, Doug. I don't know how we can

Doug: All the time.

Colette: Every time we do it, it's better than the last.