



COLETTE BARON-REID'S  
PERSONAL MASTERY



# The Sacred Yes - Part 1

For this exercise you will need:

- Two envelopes (you may decorate any way you wish)
- Paper
- Scissors
- Your journal

Before you begin, understand these principles:

1. **No one outside of you determines your worth. *Ever.***
2. Sometimes it is 1000% appropriate to respond to life's challenges with challenging emotions and self protective actions.
3. It is important that you stay out of negative self judgment and, instead, practice compassion and discernment while you journey and evolve.
4. It's ok to change your mind as you learn. Learning is fluid, never rigid.
5. Resilience, courage, and compassion are what we're learning to explore.
6. Perfectionism is counter to exploration and curiosity.

We may have some patterns, which stem from our difficult choices and reactions in the past, that still become active. These have actually been the right choices at the time you needed to make them, but perhaps have become counter to expanding into your Unique, Authentic, and Inspired life.

There is a tendency to beat ourselves up as having made a poor choice, and this is something we must avoid in order to maintain a compassionate attitude toward ourselves and others.

We do this now as you celebrate all the positive changes you're making. You're understanding that life is nuanced, complicated, beautiful, challenging, painful, and rich - sometimes all at once. And you're capable of holding space for all of it - "both/and," "this and that."



It's good to know which of the old patterns that served you initially are hindering your progress as you move forward. Naming them and writing them down is a commitment to yourself and your new life.

### **In your journal:**

- Think about some of these old patterns that are still showing up. For example:
  - If a child is punished for speaking up, they learn to be silent to avoid punishment. Then, as an adult, there could be a tendency to fear reprisal when wanting to have a voice. If you've been taught to limit self-protective expression in any way, it can be difficult to freely express yourself. If you've ever been told you're "too much," "not enough," "too wild or crazy," "too loud," or "too anything," it may lead to feeling that you might not belong, or that you need to compromise yourself to fit in. So in your journal you might write:  
"Up until now I have compromised myself to fit in," or "Up until now, I've believed I need to control my environment to feel safe."
- Next you are going to reframe that statement:
  - "Even though, up until now, I have struggled with compromise to fit in, I now express myself freely with joy."
- That statement would now be a "Sacred YES"
- Write out your new Sacred Yes on a piece of paper, cut it out, and add it to your envelope.
- Do this as often as you like
- Seal the envelope

How you manage conflict today, can often reflect what you accepted in the past as "the way things are." Courage, resilience, and a hearty sense of humor are needed as you begin to make shifts here. Can you choose to make your UAI life sacred without needing to make "them" wrong?

Give yourself a lot of space around this homeplay. It's important NOT to recreate or analyze what happened and why. More specifically, your focus should be about naming the limiting belief that took root in your subconscious mind and transmuting



it. You may have already done a lot of work around this and know what your “go to” places are. So, you can just choose a “label” for it, write it down in your journal, then write down your reframing affirmations.

As you grow you learn to move quickly out of the old patterns as you establish new ones that work better.

Pay attention to when you make yourself small. When have you done this to protect yourself automatically when you really wanted to express yourself?

Ask yourself, “If it’s true that I am worthy of my UAI life, can I be willing to set myself free from the expectations of society, culture, family, and others? What might that look like?”

Can you imagine yourself choosing new ways of being in the world that are more self affirming and in harmony with your true nature? Meditate on this state of being, and add these affirmations:

- It is so easy and loving to choose myself.
- When I am being authentic it is for the highest good of everyone.
- I love how easy this is!
- I can do this!