



COLETTE BARON-REID'S
SHARED WISDOM



Module 4

Homeplay 2 - Your Body Is An Instrument - Self-Care Tips

Your body is an instrument of intuition. In fact, your intuition shows up for you in various areas of your body and speaks to you in a way that is specific and unique to you. Not every one of us feels the same way about certain things, but we all feel fear, shame, joy, danger, safety, etc. We can feel a truth and we can feel a lie. The first feeling that you have is always going to come from the body.

You can also understand the stories in motion of other people by how you identify with them. You might be really relaxed around someone or you can have anxiety around somebody. You want to be mindful of how you engage with the energy of others, as well as that of the outer world and how that energy affects you. Whether or not you are using cards, you need to know where you end and other people begin.

We want you to get real clear on how you feel around other people. It's not always easy to get into the observer right away. Over the next few weeks, try to be really mindful of it. Paying attention to your body when you are engaging with someone. Later you can explore that in your journal, by asking:

"How do I feel around this person?"

"What comes up for me when I think about this dynamic?"

Really pay attention to the big feelings and strong reactions, whether they are positive or negative. And that's when you'll want to do a reading for yourself. Choose 3 cards from 3 different decks:

- **What do I need to know about my dynamic with this person?**

Important: *This is **not** the exercise for your partner work. This is for you to do by yourself and journal about.*



Your intuition is your first sense and it speaks to you through your body. Paying attention to your body's language will help you to strengthen your intuition.

If you have a strong reaction to someone, they are probably someone you don't want to share future readings with. At least not as long as that trigger is active.

H.A.L.T.

You ***never*** want to engage in a reading when you are: **Hungry, Angry, Lonely, or Tired.**

Hungry - It is hard to focus when you're hungry. Being hungry can also affect your mood. Some people (not me) even get a little angry when they're hungry - *they call that 'hanger' and it's a real thing!*

Before you engage with another, check in with yourself:

- Are you hungry? Thirsty? Make sure you're watered and fed. Avoid sugar - no one wants a reading from someone experiencing a sugar rush.

Angry - You know this from Personal Mastery when we talked about dominant energy. There is no way you will get an accurate reading when you are angry.

Before you approach the cards, check yourself:

- Are you experiencing anger? Can you acknowledge that anger and let it move through you? You might also try getting on your bird, physical exercise, or a salt bath.

Lonely - This is a tricky one because if you're lonely, connecting with someone for a reading should be a good thing, right? Wrong! When you feel lonely, you have a tendency to latch onto the other poor unsuspecting soul to meet your need, rather than meeting on equal footing. This also affects the reading because your dominant energy is loneliness.

Check in with yourself:

- Are you feeling lonely? Perhaps you can make a positive connection with someone you feel safe with? This way you come to a shared reading with the right intention and energy.



Tired - Being tired affects you physically and mentally. It can also affect your mood, making you overly sensitive or angry (again, not me).

Check in with yourself:

- Are you tired? Have you been in front of the computer too long? Time to take a nap, go for a walk, stretch, or get off the computer.

By really paying attention to your body's language, you will learn to recognize your personal signals and to honor them as well.

Self-care tips:

- **Time Management** - Creating space for yourself can be an adjustment. Make yourself a priority
 - Schedule time for your Oracle School work
 - Set a timer when you sit in front of the computer, so you don't spend too much time glued to the screen.
 - Schedule a time each morning or evening to work with your cards and journal.
- **Salt Bath** - Adding sea salt to a bath helps you to relax, detoxes your body, and cleanses your energy. If you feel like you need to take a mini-break, just drop some sea salt in warm water and slip in for a soak.
- **Salt Blocks** - Placing your feet on Himalayan salt blocks while sitting is another great way to detox.
- **Walk** - Walking, or running, if you prefer, is therapeutic. It grounds you and clears up your brain.
- **Go out into nature** - Go sit outside and just breathe, hug a tree, walk barefoot in the grass, walk along the beach. Mother Nature is a healer, and there is nothing as uplifting as losing yourself outdoors.
- **Meditate** - In Personal Mastery, we gave lots of meditations to choose!