



MODULE 6 REVIEW

How do you make your Unique Authentic Inspired Life a Practice? - Darryl Smith-Ickes

At the end of the first video of Module 6 (How Do You Make Your Unique Authentic Inspired Life a Practice) Colette stated “You got a lot to chew on”. This statement brought to mind a holiday favorite of mine; fruit cake. Fruit cake is a tradition passed down from my Great Grandmother, to my Grandmother, to my mother, to my sister, and to me. I remember being in the kitchen with my Great Grandma as a child as she cooked. That woman was larger than life to me and holds a very special place in my heart. She taught us that a can of peas in just about any savory dish makes it much better. Great Grandma crossed over when I was 6 years old, but has had a significant lasting impression on me. It’s one of the reasons I love to be in the kitchen.

I remember being a little older and my Grandma making fruit cake in a huge bowl that Great Grandma taught her to make. That bowl seemed humongous as she poured all the batter out into her greased pans. Grandma would let me run my fingers across the bottom of the bowl to taste the delicious batter, even though her batter contained a cup of bourbon. Every holiday season without fail my Grandma and my mother made fruit cakes.

After Grandma crossed over in 1999, my mother, my sister and I picked up with the tradition. Every year we would travel to the mountains of Virginia to an Amish general store to purchase our fruit cake supplies. It became our ritual. Then, we’d convene at my mother’s log cabin in the woods and we’d make our cakes. My mother never measured anything and knew from the glistening look of the batter when it was just right to be baked. Our cakes tasted divine because of the skill my mother had in baking.

My mother crossed over in 2016. My sister, Tyler, and I took over the tradition, but without our mother’s recipe. Tyler was a beekeeper. She loved everything to do with

honey bees. So, we began the tradition of replacing the strong molasses flavor in our cakes with honey. The honey gives the cakes a light suggestion of a floral undercurrent. Tyler and I were able to make our

fruit cakes together for two years. Then, my sister crossed over in 2018. This left me to continue the tradition.

My husband and I travel an hour and a half to the same Amish general store in the mountains each year to purchase all of the supplies for my fruit cakes. I've been making them without my mother's recipe until this year. I asked my mother for the recipe. This past summer, while looking through a large storage container of keepsakes and family pictures that belong to my mother, there was the treasure, the fruit cake recipe. I used the recipe as a guide this year. As I was making the batter, I called in Great Grandma, Grandma, my mother, and Tyler for their ancestral wisdom to help and made the best fruit cakes, with honey, that I've ever made. My friends and family are enjoying the fruit cake this year throughout the holiday season.

What does my ancestral experience with fruit cake have to do with the first video of Module 6? Yes, fruit cake is a lot to chew on, but it's more than just that. I knew I had it in me, with the help of my ancestors, to bake the best fruit cake ever. Practicing and rehearsing over the years, even having a recipe, and knowing, because my mother showed me, that the batter is ready when it glistens, is key to the best fruit cake ever.

Here's what we know about how to make your unique, authentic, inspired life a practice:

1. Have an intention. An intention implies it exists in the now and that you already have it.
2. Practicing and rehearsing daily is essential.
3. Rehearsing the feeling state of already having the experience is all-important. This brings it to you because you are claiming it.
4. Present moment awareness is an important factor.
5. Through practicing and rehearsing you will be consciously focused on the reality that you want.
6. Getting your body ready, your mind ready, using the laws we've learned in Personal Mastery, and igniting them all in a feeling state, elevated emotional state, and claiming it as 1,000 percent real.
7. Your practice should be unique to you and what resonates with you and what you enjoy. If it resonates with you and you enjoy it, you are more likely to practice it often, if not daily.

The Power of Inventory and Cleaning - Judith Robuliak

We arrived in **Video 2** with Colette introducing us to the German fairy tale Rumpelstiltskin. What might he be doing in our story- in- motion? Rumpelstiltskin becomes our reference point in the importance of naming. In Personal Mastery the SMALL opinionated voice that attempts to guide us, we learn to name *Goblin*, the voice that limits our possibilities with tales of limitations.

Lighting up and focusing our handy flashlight on our Goblin teaches:

- the power of naming reduces its power over us
- naming solidifies and assists in assigning meaning to a recognized pattern
- naming issues and sorting them by meaning helps us recognize what we want to keep or to discard
- Name it. Box it. Store it. This active solution keeps the limitations away and opens up our field.
- It is empowering, releasing the needle from the LP (long play) vinyl record that became stuck on one track sending us travelling round and round collecting barnacles.
- *We've named the tune.* Now let's create and play new tunes of our choosing.

Now we are in our boat merrily surfing the waves and what the heck, we find ourselves circling back into a repeat story, same theme, different characters. Oh! and why not throw in the odd recognizable character for something familiar. Be kind to yourself. It can and does happen as we continue on our journey. Those darn barnacles, looking for a ride, are adept at latching onto something in motion. In our case it can be our rudder, the operational piece that helps us change direction. Those pesky marine crustaceans are not readily seen until you take your boat out of the water and assess how invasive they have become.

Remedy - pressure washing or scraping them off.

With your boat out of the water and gazing at the accumulated barnacles, you have the opportunity to pull out your magic wand and transmute the travellers into treasures. How??? by identifying what you do not want in your field.

- **What ARE the patterns that got me here?**
- **What STILL comes up for me?**
- **What do I want this to MEAN for me?**
- **TIP - Clean regularly - Colette advises regular contemplation and inventory at least once a week**

Partner Readings and Respectful Witnessing - Judith Robuliak

Video 3 is asking us to turn to what might feel uncomfortable. The magic has been building since the beginning of Personal Mastery. You are emerging from your cocoon and may not be quite sure of your wing power just yet. Yet you feel it. The time is here to shine your light and dry your wings for flight.

You will find a *downloadable PDF* in this video that offers a series of steps to respectfully witnessing someone without offering your opinion. Grant yourself the grace to remain in beginner-mind and perhaps be perceived as being wrong. BTW, Colette supports us with the “no one is ever wrong.”

It is important to...

- download and read the PDF
- be playful and curious
- ensure your dominant energy is clean
- respectful includes the reminder that you are always equal to the other person
- try to choose someone for a reading that you do not know
- read from the guidebook for the meaning of the card
- only use information that can be verified from their past
- be consciously present to the experience of an active/active interaction which differs from the dynamic of active / passive
- visit the thread in Oracle School to find a partner

As mentors we have the gift of repeatedly witnessing students progress through Personal Mastery and on into Shared Wisdom. There truly is no other feeling and especially in these times, when someone sees and hears you or when you are the one in the position of witnessing. It is a potent and sacred encounter.

If you have been partnering since the thread went up a month ago, you now know that feeling. If you have been hesitant, may this be a prompt to get your magic on and experience witnessing someone else's magic. Be brave. Offer someone your magic.

PDF Downloads Include

Partner Readings

Homeplay - Review Questions

The Sacred YES

Part 1 - No one outside of you determines your worth. Ever. Journaling prompts and reframing will become your Sacred YES.

Part 2 - A sealed letter to your Child Self - a sacred covenant of YES between you, the Conscious Universe, and your child-self.

Part 3 - Sacred YES Altar - creates space for your Sacred Yes

Meditation: We began and are completing our meditations with **Sound of the Sun**

Wrapping Up Personal Mastery - Elijah Garcia

Like the protagonists in many of our favorite mythologies and fairy tales, we have taken a journey. One that has challenged us and stripped us bare to a (sometimes frightening) vulnerability. And like the Goddess who has been depicted in many forms throughout the centuries, we have descended into the Underworld and faced trials, tribulations and met with the parts of our stories we have disowned and neglected. We have experienced deaths, rebirths and began the process all over again. All in all, we have learned and accumulated wisdom throughout this whole experience. We have brought pearls back from our journeys and have reached a point where it is now time to look back with a sacred reverence.

I often think of the Goddess Hecate, who is seen by some as the Goddess of Liminality. She meets us at the crossroads where we're given the chance to take inventory and awareness of where it is we have been. There's an oracular type quality to this Goddess, as she's often depicted with three forms. One facing each direction. Think of her as a living Archetype, a personification of our own wise witch and Oracle within. She sees our present circumstances and all that has brought us to this point in time. She shows us the hurts we've endured, the challenges we have overcome and the wisdom we've accumulated as a result. I believe that's where each of us may be finding ourselves right now, in this moment, taking inventory of what it is where it is we have journeyed through these last few months. What have we learned? What Lotuses of wisdom have blossomed as a result of challenging our limiting beliefs, stories and narratives? What have we made our experiences so far mean for us? What can we consciously make it mean? What else?

I want you to imagine something for me. All of us, connected, hand in hand and unbound by the laws of time and space. We then venture into a sacred journey together, beginning in the environment of a forest endowed with the mysteries of the unknown. As we snuggle up around a beautiful campfire, enriched by the beauty of this enchanted forest, we're greeted by Hecate who holds a torch that pierces through the darkness of the forest. She reminds us that in the unknown, it's the spark that lies within which illuminates the way forward. She reminds us that like the sparks from a flame, we are not separate from our original Source. Spirit. The Conscious Universe. Whichever language resonates for you. Though we take on different forms and are illusioned to be separate, the substance and pureness of that spark remains the exact same as where it came from. I want you to let that truth percolate for a moment.

Furthermore, we know that in order to get to the life we desire, in order to step into our highest self and become the embodiment of that sacred Self, we have to look back to the past. With the intention of learning and integrating.

As we sit around this fire, perhaps drinking our favorite cuppa (some hot chocolate or arroz con leche anyone?!) watching the flames in front of us dance and shift, we see our experiences mirrored within them.

Together we have traveled through six gates (modules) of personal transformation, with each one unlocking a deeper understanding of ourselves and our story in motion. We began our initiation to this deeper wisdom within:

MODULE ONE: Landing in Personal Mastery. Within this space, we allowed our curiosity to blossom and engage our story in motion from a place of awareness and empowerment. We observed our limiting beliefs, old stories but most importantly- we embraced the truth that like that spark that arises from the flame, we have taken on a unique form. With a dance authentic to its individual expression and like the canary; a song to sing that stirs up from the soft depths of our Soul just waiting to be sung. My favorite part of this module personally, was the reminder that we do not see ourselves as broken or needing to be “fixed” here; you have simply been unconsciously rehearsing stories that no longer serve you. And that’s okay, it doesn’t mean there is anything wrong with you! In fact, they serve us up until a certain point. We then took ourselves down memory lane and remembered that the magic of synchronicity and love of Spirit has never been absent from our lives, we just weren’t always paying attention. (Hello, spiritual narcolepsy!) As Colette said so beautifully, “Treasure is sometimes hidden in the darkest corners, waiting to be illuminated.”

MODULE TWO: We stepped into the magic of **A New Beginning**. We opened to possibility and explored the **Becoming Spread** where we gave ourselves permission to see beyond the limitations of our conditioning. This is where you began to dream about who you could become!

MODULE THREE: Leaving the Comfort Zone. “If you do what you did, you’re going to get what you got.” We learned the importance of making conscious choices to do differently if we’re to experience a different, more authentic reality.

MODULE FOUR: The **Universal Laws** introduced us to **Forgiveness, Thought and Emotion, Frequency and Magnetism, and Abundance and Growth** were specifically chosen for Personal Mastery due to their influence while weaving our personal transformation into our stories in motion. This was a rich dense module that is worthy of endless revisits.

MODULE FIVE: In exploring **Emotional Intelligence & Sobriety** we reframed our thoughts bringing us into **Harmony and Coherence**. The introduction of an evening card was the elixir to the **Power of Gratitude and Focus**.

MODULE SIX: Bringing Your Magic to the World by making our **UAI Life a Practice** we begin gathering all the threads we have been weaving through the Personal Mastery Experience. Naming and releasing patterns are claimed in **The Power of Inventory and Cleaning**. With all we have learned we are ready to share our magic in the respectful witnessing of **Partner Readings**.

We leave you with Colette as she answers **“What is Personal Mastery all about?”**

“It is how you learn to love yourself including the challenging parts. It is all about radical acceptance and self compassion coupled with a willingness to make internal changes AND this...is the greatest source of magic.”

Congratulations!!!

You have completed the 2021 Personal Mastery Experience.

FEEL your changes.

You are **MAGIC**.

CELEBRATE You!!!

If so called, leave us a word or phrase that you feel describes you before Personal Mastery 2021 and a word or phrase upon completing Personal Mastery 2021.

We will see you in the thread below.

Deepest Gratitude for weaving your magic with us,
Darryl, Judith and Elijah

