



COLETTE BARON-REID'S
SHARED WISDOM



Module 7

Homeplay 2 - Your Future Self And Your Ally

In module 1 of Shared Wisdom, you talked to the voice of your challenger or goblin. This is the voice of the wounded self. As you come to the end of your Oracle School journey, it's likely that the voice of your challenger or goblin is starting to get a little loud again.

That goblin may start challenging the vision you have for your life and the dreams you are calling into form. It will share all the reasons why that vision isn't possible and why it's safer to stay the same. When this happens, you will want to repeat the exercise from module 1 and speak to that wounded self. It's all about gaining an understanding of that part of yourself so that it can feel safe. You want to love it because it is a part of you and we need to love all parts of ourselves.

The same way that you have challengers, you also have allies that can assist you.

These allies are born from inspiration. In other words, if you want to be an artist, a writer, a doctor, a teacher, whatever the inspiration may be, ***there is a part of you that is already that self.***

Having a desire means that you are inspired, and that inspired ally lives within you. The same way you can talk to a goblin, you can talk to your ally.

Speaking to the inspired ally cultivates that relationship. By acknowledging it, you activate it, and then the Universe will begin dialoguing with that part of you.

For this exercise, you will need:

- Journal
- Pen
- Oracle cards- the deck or decks of your choice



Go back to Module 3 of Personal Mastery and review your journal entry for the Remembering The Future Homeplay. Pay attention to where you saw your future self and all the details of that life you envisioned.

Next, you are going to listen to the meditation/vision journey, **Meeting Your Ally**, which is included in this module. *It's okay if you are not visual and don't 'see', just allow. If you are not sure what this means, please refer back to **Thoughts On Meditation**, in the welcome section of Personal Mastery.*

Be sure to have your journal and 3 decks within easy reach.

After the meditation:

For your journal:

- Who is that ally?
- What are their attributes?
- What or who do they look like?
- What superpowers does your ally possess?

Your ally gave you 3 cards representing what you need to know about getting from where you are now to where you saw your future self. What 3 cards did your ally give you, and what do they mean to you?

Embodying The Ally

The ally you met represents everything you need in order to rise into that vision that you have for your future. What if you were embodied with the essence of your ally? In other words, what if their traits were your traits?

- If you were embodied with this ally's essence, how would you feel differently?
- In what areas would you see yourself differently?
- How would this change you if this ally is actually inside you?



Close your eyes and imagine that you invite the ally to be a part of you? See it happening.

- How do you feel?
- How are you different?
- What's different about your body language?
- Are you sitting taller?
- How has your perception, and perspective changed with this ally being in you and not across the table?
- If these traits were your own, what would you do differently?
- How would you see the world?
- How would you meet a challenge?
- Does your internal dialog change?