

THE *Spirit* OF YOUR
BUSINESS
MASTERCLASS

METAPHYSICS OF
MINDSET

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Part 1: Metaphysics of Mindset

Welcome to The Spirit of Your Business Masterclass!

During our first Fireside Chat, we explored the powerful influence of the metaphysics of mindset on our perceptions and beliefs, and how this can impact our businesses.

The purpose of this worksheet is to help you reflect on the key insights and takeaways from our call. This worksheet includes a summary of the topic, key points from our call, reflection questions, an Oracle Card spread, recommended books, and additional resources to deepen your understanding of the metaphysics of mindset.

By engaging with the information in this worksheet (at your own pace), you'll be able to apply the principles of metaphysics to your own life and business, and transform your mindset to one that is more positive, abundant, and empowering.

I am excited to be on this journey with you!

Love,

Colette

*"Your mind is a powerful magnet that will attract to you
the things you identify with most strongly."*

- Catherine Ponder

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What Is Metaphysics?

Before we dive into the recap of our first Fireside Chat, it's important to define metaphysics and why we're approaching our businesses through a metaphysical lens.

Metaphysics is a branch of philosophy that explores the nature of reality, existence, causality, and the Universe. It may sound esoteric or "woo-woo," but it's actually a rigorous discipline that asks big, abstract questions like: What is the meaning of life? Is there a God or Higher Power? What is my purpose?

By examining these fundamental questions, we gain insight into the underlying principles and structures that govern the Universe. And by applying these principles to our businesses, we can create a more aligned, purpose-driven, and successful enterprise.

So, in essence, our exploration of metaphysics is about understanding the bigger picture of our lives and businesses, and aligning ourselves with the universal spiritual principles that govern success and fulfillment.

The Metaphysics of Mindset Call Summary

The metaphysics of mindset is about understanding the power of a spiritual perspective and how it can transform our lives and businesses. It's not just about positive thinking or willpower, but about getting into energetic alignment with our higher purpose and the Universe.

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Everyone's experiences and stories are unique and we need to develop a conscious connection to a Higher Power to shift our mindset from "I have to do it all" to "I have a partner." By acknowledging the layers of stories that we inherit from our ancestors and society, we can move beyond conditioned reality without bypassing anything or forcing change.

Techniques such as Radical Acceptance and focusing on the Spirit of Your Business can help us rise above limiting beliefs and bring in miracles.

Use this short summary of The Metaphysics of Mindset Fireside Chat to help you absorb and digest all of the information and wisdom from our first call. You can refer to this later as a refresher, or use it as a guide while you fill out the reflection questions.

- Spiritual Mindset is about: what we think, what we accept, where our attention is, how our emotions are engaged, and the energy we match ourselves with
- We can all develop a conscious contact to a Higher Power, which shifts our mindset from "I have to do it all" to "I have a partner"
- Each and every one of the "detours" on your path are preparing you to be the person who has the business you say you want to have
- There is always a dance between effort and surrender, and because Spirit is your partner, you can meet your challenges with grace
- Remember the concept of Radical Acceptance -- we can move beyond conditioned reality without bypassing or forcing change
- When limiting beliefs slip in, find practices that help you rise above them (for example, the Serenity Prayer)
- When you get aligned with the Spirit of Your Business, you can begin to bring in
MIRACLES

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The Serenity Prayer

"God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference."

The Metaphysics of Mindset Exercise + Reflection

The "Get on Your Bird" exercise is a guided meditation that aims to help individuals overcome limiting beliefs and connect with their inner wisdom.

During our call, I led you through a visualization where you imagined yourself riding on the back of a bird, soaring above your problems and fears. By detaching from your negative thoughts and emotions, you were able to gain a new perspective and access your inner guidance.

If you'd like to revisit this exercise, I've uploaded a pre-recorded "Get on Your Bird" meditation for you to listen to whenever you need to rise above your limitations or move out of fight/flight mode.

[CLICK HERE TO ACCESS THE MEDITATION](#)

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After completing this exercise, I invite you to take a few minutes to reflect on your experience.

What did you experience during the exercise? How did it feel to "get on your bird" and rise above your current situation?

What did you learn about surrendering to the flow of the Universe and trusting in the guidance of a Higher Power?

How can you apply the concept of "getting on your bird" to your daily life and business practices? How can you rise above limiting beliefs and fears to make decisions from a place of alignment and purpose?

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How does the exercise help you shift from a state of stress and fear to a state of openness and receptivity to the subtle cues of the Universe? How can this help you make better decisions in your business and personal life?



Metaphysics of Mindset Oracle Card Spread

I wanted to share with you an Oracle card spread that can help you connect more deeply with the metaphysics of mindset. If you don't have an Oracle deck of your own, I've included a link below to use one of my virtual decks for free. This spread consists of three cards and can offer valuable insights into your thought patterns and emotional responses.

If you're feeling stuck or unsure about how to bring more Spirit into your thinking, how to release fear and hear the voice of the Divine, and what you're making certain situations mean, this spread can help.

By exploring each card's message and reflecting on how it applies to your current situation, you can gain a greater understanding of your mindset and how to shift it to align with your spiritual path.

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How to prepare for your Oracle reading:

1. Choose a place and time when you can be undisturbed. Sit in a comfortable position with both feet on the floor (you may even want to take off your shoes and go barefoot to get really grounded!).
2. Take a few deep breaths, counting in for four and out for five. The goal is to reset and ground your energy.
3. Close your eyes, place your hand on your heart, and ask the questions below.
4. Open your eyes, and use your deck to choose three cards.
5. Now, starting with the first card you pulled, look at the images on the card you've selected. Read the description from the guidebook.
6. Continue to sit quietly, letting your mind wander where it will. What sensations come over you? What do you feel? You may hear a voice, see something in your mind's eye, or have a distinct impression of simply knowing.
7. Write down the cards you received, the key messages, and what came up for you through those message.
8. Whatever you received, thank Spirit for loving and supporting you in this process.
9. It's also important for you to know that my decks are prescriptive, not predictive. This keeps you from giving your power away to a future that doesn't exist for you yet. Instead, you are focusing on your now and using the cards to make the best choices. It's really so much more empowering to approach the cards this way!

[CLICK HERE TO USE MY FREE DIGITAL ORACLE CARD APP](#)

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Spiritual Mindset Shift 3-Card Spread



Card 1: How can I bring Spirit into my thinking?

Card 2: How can I release my fear so that I can better hear the voice of the Divine?

Card 3: What am I making this mean?

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Oracle Card Reflection

Write down the card names, numbers, and key messages in the space below.

CARD 1:

CARD 2:

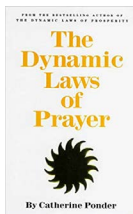
CARD 3:

Next, write down whatever comes up for you around the messages you received from your cards. Don't try to edit your writing or be critical of what comes up, just record whatever comes to you. It could be paragraphs, words, doodles, or drawings. There's no right or wrong way to reflect on these messages.

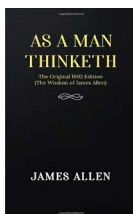
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The Metaphysics of Mindset Recommended Reading

I wanted to share some recommended reading materials for those interested in delving deeper into the metaphysics of mindset. These books offer a diverse range of perspectives and insights, from exploring the power of prayer and surrender to understanding the nature of consciousness and personal growth. Whether you're seeking practical guidance or philosophical musings, these books are sure to inspire and enlighten.



[The Dynamic Laws of Prayer by Catherine Ponder](#) – This book explores the mysteries of many different kinds of prayers. Through examples and stories, Ponder points out that prayer connects you to the larger powers of the Universe.

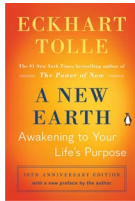


[As a man Thinketh by James Allen](#) – This is a literary essay by James Allen, first published in 1902. In more than a century it has become an inspirational classic.

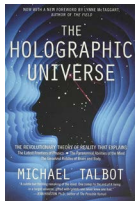


[The Magic of Surrender by Kute Blackson](#) – This book teaches us how we can harness the power of relinquishing control and discover more purpose and meaning in our lives.

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A New Earth by Eckhart Tolle – This book expands on the ideas in “The Power of Now” and explores how our mindset can shape our personal growth and spiritual development



The Holographic Universe by Michael Talbot – This book explores the idea that the Universe is a hologram, and how this theory could explain the nature of consciousness and the mind.

Metaphysics of Mindset Reflection Questions

Use the spaces below each question to write out answers and take your reflection and learning one step deeper.

What limiting beliefs do you currently hold about yourself or your business?

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How do these beliefs impact your mindset and energy on a daily basis?

How might your perspective change if you viewed challenges as opportunities to become the person who can align with the manifestation of your goals?

In what ways do you currently connect with a Higher Power or partner in your work and life?

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How can you incorporate the concept of Both/And into your approach to challenges and decision-making?

What actions can you take to move beyond conditioned reality without bypassing anything or forcing change?

What techniques or practices have you found helpful in rising above limiting beliefs and staying aligned with your purpose?

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How can you cultivate radical acceptance in your life and business?

What steps can you take to stay open and expansive, even when faced with difficult circumstances?

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Affirmations for Mindset

As we explore the metaphysics of mindset, it's essential to recognize the power of our thoughts and beliefs in shaping our reality. These affirmations can help you tap into the limitless potential of the Universe and co-create a thriving business that reflects your highest aspirations and values.

Repeat these affirmations often and let them sink deep into your subconscious mind. Allow them to uplift and inspire you on your entrepreneurial journey and remind you of your innate power and worthiness. Trust that everything is unfolding perfectly for you and that you have the tools and resources to create the business and life of your dreams.

- I am a powerful co-creator with the Universe, and I trust that everything is unfolding perfectly for me.
- My mindset is aligned with abundance and prosperity, and I am open to receiving all the blessings the Universe has in store for me.
- I am worthy and deserving of success, and I trust that my hard work and dedication will pay off in the end.
- I am grateful for all the challenges and obstacles that have come my way, as they have helped me grow and become a stronger entrepreneur.
- I trust in my intuition and inner guidance, and I know that they will always lead me in the right direction, even if the results are not exactly what I had in mind. Every experience is a stepping stone to the next.
- I acknowledge that curiosity is my superpower and I am now willing to be pleasantly surprised by the Universe.
- I am now surrounded by positive, supportive people who uplift and inspire me on my entrepreneurial journey and I welcome new connections sent by Spirit.
- The door to my success swings open without effort. Thank you, Spirit!

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Final Reflections on the Metaphysics of Mindset

I hope this worksheet has been a valuable tool for exploring the metaphysics of mindset and how it relates to your business. Remember that this is just the beginning of your journey, and there is always more to learn and discover. Keep an open mind and continue to explore different resources and practices that resonate with you. The more you deepen your understanding of the metaphysics of mindset, the more you can align your thoughts and emotions with your business goals and vision.

Remember, you are a powerful co-creator and anything is possible when you open your connection to the Universe. Keep believing in yourself and your dreams, and know that I am here to cheer you on throughout your journey!

Before all else, Spirit is your primary partner. In order to live a fulfilling life and be a successful entrepreneur, you need to remember this on a daily basis. Do your part, and trust that Spirit will do their part!