



COLETTE BARON-REID'S
SHARED WISDOM



Module 7

Meeting Your Ally - A Meditation Journey

Take a deep deep breath and relax your body.
Pay attention to how you are sitting in your chair.
Make yourself comfortable and make sure you know where your cards are for you will need them at the end of the meditation.

Place your hands over your heart and imagine a portal opening to the Love of the Divine.
Feel the Love pouring into your heart enabling you to release that love back into your life in the form of kindness, compassion, and deep abiding gratitude.

Now, imagine every cell of your body begins to be activated with a warm glowing light.
As the Light illuminates you, and with each breath you become lighter - you are not dense in the material sense, and you slowly begin to expand beyond your body.

You begin to float into the sky, which changes from bright blue to black velvet.
You are surrounded by millions of stars sparkling like tiny diamonds.
Everything you are is spirit.
You are stardust.
Pure awareness in the night sky high above the earth.

From here, become aware of how everything is connected by strands of light originating from deep in the center of the Universe in the Heart of Infinite intelligence, some call God or many other names.

Nothing is separate, that is an illusion.
Everything you see has within it the seed of pure potential and unlimited possibility.
Can you imagine this from here?

One of the strands connects to your inner seed.
Let it pull you gently back to the earth as there is a gift waiting for you at the other end.
Everything you need comes to you, is connected to you, for your unique destiny to unfold.

Allow the strand of Light to bring you to a beautiful temple at the top of a crystal mountain.
You land gently on the ground in front of it.
An angel waits to bring you inside to meet someone very special.
Someone who has already devoted themselves to your wellbeing and success.



You walk down a sparkling crystal hallway and enter a room with a table and 2 comfortable chairs in front of a fireplace.

You snuggle in one of them, you even have a blanket.

The angel gives you a tablet with a list of attributes you have already claimed so you can become the person who lives the meaningful life you have chosen for your future.

You are here to meet your Ally - a being of Light who has come to show you everything you need to know about accessing these states within you.

They have the superpowers you seek and they will show you how to emulate them.

This is your Ally of Becoming.

Pay attention to how they look, how they stand, how they sit and how you feel knowing they are devoted to you and only you.

They will sit across from you now and you can ask them questions and they will answer.

They will hold a deck of oracle cards to help you communicate with them.

They love you so much. Isn't that amazing?

You ask:

How will you help me?

What do I need to focus on to be more like you?

How can I be a good partner to you?

Open your eyes.. And choose your cards.