



COLETTE BARON-REID'S
SHARED WISDOM



Module 8

Savoring The Sacred

I'd like to share some thoughts as we come to the end of Shared Wisdom and your Oracle School Experience. This entire experience is partially modeled after the hero's journey.

In the hero's journey, we are first called to adventure. We leave our mundane world, sometimes reluctantly, and we still step into that adventure.

We have magical helpers and guides along the way. We conquer things we had no idea we needed to conquer. We learn to love things we never thought could be loved. We surrender to something new, something deeper, something wider, something more.

And then we come back to our world, but we don't come back the same as we were. We return changed. We have new wisdom; we are up-leveled. We bring a gift back that always ends up helping others.

You have completed your Oracle Experience journey and you are now in a place of Integration. Integration is the space where we make it our own. We claim the wisdom, the learning, and the experience we had and integrate it into all our daily lives. Integration is about embodiment, which is letting the knowledge move from our brains into our whole being.

How do you embody the teaching? You act on what you've learned. You practice what you have learned. You pull back and reflect on what you've learned and you find the space where it is alive within you. Integration is a sacred balance.

As we come to the end of this journey together, I ask again, how have you changed?



I hope that you have lost interest in settling for less, because you no longer have to settle for less. You no longer have to accept what was once your old story. You get to make choices for yourself; you are the one who sets your boundaries. You are the one who must be clear about your worth. The only way we can create a new life for ourselves and become the person we want to become is not by judging ANY part of ourselves. It's by embracing all of ourselves.

Your life is sacred. Your journey is sacred. As you move forward, can you savor the sacred in all areas of your life?

Life happens. Things happen around us, and when we're being inundated with fear, shame, etc, we don't have to shrink away from the shadows. We can look. We can find meaning and discover that nothing is ever wasted. Not one moment, not one breath, everything is valuable to us.

We may pick up on someone's energy or the energy of the collective. We may get caught up in a swirl. We are human, and this is a normal part of our human experience. Even so, you must recognize that even your most difficult emotions are sacred. Your anger, grief, fear, rage, all of it, even your tears are sacred. We can choose to discover the sacred in all things, all experiences, even if it's difficult or traumatic.

Can you see that everyone else has their own sacred journey even if they don't agree with us or aren't the same as us? Can you recognize that, while we are on our own personal journeys, we are also as a collective, on a journey together, and that we must find equitable solutions for the highest good of all? The entire world is in transition right now. The old ways, the old life is gone. It's up to us to create what the new one is going to look like.

That's what Oracle school is for. We walk together through this transitory period. We walk through the land between to discover our treasure and the magic that lives within us.



As you move forward, I invite you to make your life sacred. Every last bit of it. Practice savoring the magic, the moments when meaning is understood, when love is witnessed. Savor laughter, joy, silence, creativity. Savor humanity! Savor the sacred of your life, each sacred moment and breath. See it. Acknowledge it. Savor it. Signals to the Universe that you want more of this and more will come.

Be the best version of yourself and remember, you are not alone; you were never alone, you will never be alone. You are magic and you have permission to be magical and imperfect. Embrace the humanity of who you are as well as the divinity of who you are. See the light within yourself reflected in the world.

As a collective, we will spread our sparkle of love and hope into the world. The world needs it. We need it. We are the true heroes of our own stories.

To paraphrase my dear friend Doug Upchurch:

We are here for a purpose.

We were called here to ignite the fire within.

We are vulnerable but we can also be brave

We carry hope and we model that hope.

We recognize our humanity and we carry the fire of hope.

In the Oracle School Experience, we learn to be Brave, Real, Loving and Magical Humans

On behalf of the entire Oracle School Team, I thank you for being exactly who you are and for choosing to journey with us.