



COLETTE BARON-REID'S
PERSONAL MASTERY



Telling A New Story

We define ourselves by the stories we tell *about* ourselves both consciously and unconsciously. Often, when we're in transition, we get trapped by our own negative bias. We focus more on what's "wrong" or "broken" instead of what's supportive and happening *for* us. We don't realize that our experiences have created elements of a strong foundation.

Personal transformation requires us to view ourselves as stories in motion, as change is essential to becoming a new self. Think of the caterpillar before it becomes a butterfly.

The caterpillar is perfect as it is prior to metamorphosis. You never scold a caterpillar for being a caterpillar or think it's broken because it's not a butterfly. Even the stages of metamorphosis have specific qualities pertaining to making the shift from one form to another. All are sacred.

This is where we begin, now, in Oracle School.

We honor and celebrate who you were and who you are. Even the conditioning that no longer serves you had purpose at one time. We judge it as neither good nor bad. This is crucial to see yourself as whole and worthy at all times (even if you don't feel like it). Your human story may have some wounding, some challenging narratives, and powerful influences, but you are first and foremost an immortal being here to experience life through your unique personal human self. Your inherent connection to the Divine, to the Conscious Universe, Source, or any other name you choose to call the Great Consciousness, is always something to consider as fundamental.

So, the concept of "both, and" or "this and that is true" is key to exploring your story to date, as well as telling a new story for your future. Who do you want to become? What kind of **U**nique **A**uthentic **I**nspired life do you want to be experiencing? This is what you'll be exploring in this course.



It's important to note that this course is asking you to see things in a transpersonal way, hovering over and above your story to mine the nuggets of treasure you may have overlooked in seeking the gold outside of yourself. Rather than make your story your identity, you step back. You might look at yourself as if you were compassionately observing a stranger and ask:

"Who is this person I'm observing? How have they led their life so far? How have they been conditioned? How have they been wounded? How have they defined themselves? How have they been creative and inspired? If their self perceived limitations could be removed, could they be liberated from their past and who could they be if they shifted their perspective from passive to empowered?"

Sometimes the process of self inventory and evaluation is uncomfortable, and a part of you will want to resist it. The reason it's so uncomfortable is that once you shed light on areas that no longer serve you, you automatically challenge the part of yourself that is stuck in an old way of thinking to release its hold on the reins of your life.

You discover how you may project your old, outdated yet unresolved story on to a current situation. Because you're not yet solid in the new healthier version of yourself, in defence, the familiar qualities of yourself will go into resistance. This is a natural part of the process. We all have emotional and psychological protective mechanisms that warn us when our internal status quo is being challenged.

Just like what happens to the little caterpillar when the imaginal cells that dream of the butterfly become active. The caterpillar's immune system kicks into high gear. A new self, no matter how much improved and needed, will need time to settle in. It's not automatic. Even with the amazing epiphanies you'll have along the way, integration is a process. It also requires trust.

Consider another metaphor of an onion. We are first removing the dried layers of the skin to discard and then peeling the onion. This is a process of breaking down ideas we have about ourselves that prevent us from seeing our own potential. And when you peel an onion, tears can happen, which is normal!

Before you do the Synchronicity Timeline exercise, it's important to note that your life is miraculous already. You have not come here to shed a harsh light on all the things



that are “wrong, unhealthy, wounded, broken etc.” You’re here to discover your magic, your extraordinary relationship to your Higher Power, the beauty, the strength, and the capacity for more. Yes, you will see what needs to go, what doesn’t serve you anymore, but we focus on the solution here, not in telling the old story.