



COLETTE BARON-REID'S
PERSONAL MASTERY



Partner Readings

For this exercise, you are going to partner with a fellow student to share readings. You will be doing a “past reading” because this can easily be confirmed with your partner. Think of it as pulling out a thread of their past, something that has impacted them. ***You’re not resolving it, you’re just looking at it.***

For this exercise you have to let yourself off the hook and give yourself permission to be wrong. Be sure to allow for curiosity rather than certainty and allow for some hilarity.

The best way to do this is to partner with someone you don’t know. This will really allow you to see the magic!

Whether you are a professional reader, someone who has taken the course before, or a brand new student, please read and follow the directions.

There is a specific way you are going to do this. We want everyone to follow the same format, so it will be consistent throughout the school, no matter how many different partners you share with.

1. Once you have agreed to partner with someone, use private messaging to work out the details.
 - a. Choose a day and time.
 - b. Decide on how you will share. Example: via video chat, phone, or private message (you will not begin on the phone or on video chat! The session begins via text or chat.)
2. At the appointed time, connect via text and check in to make sure you are both ready to begin.
3. ***On your own***, prepare by getting grounded, meditating, or whatever your ritual may be.
4. When you are ready, ask the oracle:



- a. "What do you want to tell me about this person up until now?
or
 - b. "Can you show me something that has impacted this person up until now?"
5. Pull a card
6. Read the guidebook's message
7. Write out what stood out for you in the guidebook, and what you feel that might mean. Things to consider:
 - Is this card referring to something this person has had to let go of?
 - Does this card refer to a pattern this person has experienced?
 - Does this card represent a defining experience this person has had?
 - Does it represent something they have had to overcome?
 - Is this something this person may have had to work through, implement, or release?
8. Don't overthink this, just be curious.
9. Once you are done, you can check in to see if your partner is ready. When you're both ready, connect in the way you agreed- video chat, phone, text, etc.

It's okay to be nervous. Just remember you are both students, being curious, having fun, and learning together. If you are a professional, please be clear that you are hanging that hat at the door. ***If you lead with being a professional, you will upset the balance of sharing which must be perceived as being equal.***

Begin by sharing the card you chose and what stood out for you from the guidebook.

Then ask, "May I have permission to give you my take on this?" And share the thoughts and impressions you wrote down, "Up until now, you've experienced this, is that correct?" "This could be totally off base, but does this make sense to you?"

Your job is strictly to tell them what you see, so the other person can say, "yes, that happened". If they say no, be willing to explore what else this could mean.



You must give yourself permission to play around with the other person to figure out the story.

For Your Journal

Keep a running note in your journal to track your own emotional experience with the content.

- How did it make you feel?
- Where did it come up for you in your body?
- What did you notice?
- Was there anything that popped into your head that you decided was weird or odd so you didn't say anything?

Ethics & Personal Responsibility

It's important to get someone's permission to act as translator of the oracle.

Keep your boundaries in check by asking yourself questions:

- Are my motives clean?
- Am I sharing or telling?
- Am I offering advice or trying to fix?

If someone is acting as the oracle for your story and you are uncomfortable or if you just feel off, it's ok to say you want to stop. The other person may have triggered an old story, and it's important you work it through on your own in your journal. This keeps the dynamic out of the "therapy" realm. You say "that's interesting" I'm feeling off.. going to go work it out.

You are not here to show off what you know. This is about SHARING, and both parties MUST stay out of the telling/rescuing/people pleasing/let me fix it position.

Always acknowledge you may be seeing through the filter of your own life experience and personality. Doing that opens the door for you to learn how you translate and



why you see things as you do, while allowing a more organic approach and the release of expectations of “getting it right”.

Once permission is granted for feedback or to do an oracle reading, both parties are responsible for their experience. If the other person crosses a boundary, tries to offer advice, or take over the power dynamic, it’s important for you to say, “No”. You are allowed to call a halt if you need to.

Being the one that tracks the story in motion for another also holds you to an ethical responsibility to be mindful of how you deliver the information. Compassion, humility, and being the Observer are important.

Giving your opinion is not as meaningful as being the translator and engaging the person to help you both decipher the message. Your opinion will be coming from the small self usually, anyway. Just know which part of you is being engaged. It’s a nuanced skill that takes a while to get the hang of so give it time and **have fun!!**