



COLETTE BARON-REID'S
PERSONAL MASTERY



Sharing and Boundaries

In Personal Mastery, you will be learning what personal boundaries look like and feel like. Understanding and maintaining boundaries will allow you to experience your own flow and your growth, at your own pace.

You are here to go on a personal journey of discovery, growth and transformation. Although this journey is your own, you are sharing space with a large community within our classroom. It's so exciting to be a part of a community sharing an experience and you may want to jump right in, start making friends and bonding. But how are you bonding?

We often don't realize it, but most of us have been conditioned to bond over our pain and wounds as a way to create empathy and connection. When you're catching up with friends, how many of those conversations are sharing all that's "going wrong" in your lives? How often do you share the same story? Has that story become part of who you believe you are? What kind of story is it? Is it filled with drama?

People typically get attached to stories where there is pain and drama. BUT that can work against you and keep you disempowered. When you tell and retell a story, that story becomes suction-cupped to your face. You can't see past it, you can't see any other option.

At Oracle School, we are encouraging you to commit to finding a new story to tell, one that is not steeped in the pain or drama. You don't want to process your story in the room, your journal is where you process the story, the emotions, the pain.

You use your Journal as a sacred tool to work through your process, then you share the pearl, the aha, the lesson in the classroom. This creates a different experience because your goal is not to elicit help, but rather, to be the self-empowered hero of your new story. You offer your pearl or a-ha as a gift and begin to bond with your fellow students over the good things in life.



It's equally important to respect the boundaries of others. Everyone needs to feel that they are in a safe space where they can simply share their experience without someone running in to offer unsolicited "help." Each person is here to do their own work, to clean out the clutter of their lives.

You don't want to step into someone else's space with muddy feet and track your thoughts all over their story. No one will thank you for that.

Before commenting on someone else's post ask:

- What is my motivation?
- Am I trying to be helpful and/or rescue?
- Am I trying to be seen?
- Am I trying to distract myself from my own work?

This doesn't mean you have to ignore everyone. Part of building a community is knowing that it is safe for everyone to share and to know they are being witnessed on their journey. So, when we share, it's according to the card we're on. It's all about the card and your experience.

And when someone shares, feel free to give them a thumbs up or a heart. You may thank them, or comment on how their share resonated with you. This serves everyone and will help you to develop your own boundaries and respect the boundaries of others. This type of sharing will start to seep into other areas of your life. Before long, communicating any other way will feel unnatural.