

Personal Mastery Integration

Module 3 Review

Leaving your Comfort Zone

In this Module we learn about Processing Change, how and why to leave our Comfort Zone and things to be aware of. We learn about what Oracle Abuse is and why it is NOT in our Highest Good to engage in it. We explore what “Dominant Energy” is, what “Hidden Influences” are and why we need to know about them. We explore the idea of getting Neutral and what that actually means in Oracle School.

❖ *Processing Change*

- Change isn't comfortable, it is normal to feel triggered and feel some resistance.
- Resistance is growth and a sign we are in metamorphosis.
- We are letting go of old stories.
- We believe that our old stories are our truth and so we are resistant to change **even though we say we WANT change.**
- **We cannot stay a caterpillar and be a butterfly.**
- Remember it is natural and normal to have resistance to leaving what is familiar.
- Our stories have defined us up to now and they are comfortable.
- When we feel “triggered” it is due to a memory in the body that brings up a feeling state from another time/place. We are “**reacting**” to a memory of an experience from the past NOT “**responding**” to what is actually happening in the moment.
- When we feel triggered we need to respond with curiosity. “**That's interesting**”.
- It is important not to judge our triggers, they are what shows us what needs to be released so that we can become the butterfly.
- When we identify a trigger it is perfect to take it to our journal. We do NOT analyze the trigger, we allow ourselves to explore without judgement and move through the grit.
- The result of this process is that we find the “pearl”. The Pearl is the lesson we have learned and allows us to create a “new” story.

❖ Oracle Abuse

Oracle abuse is when we ask a question and put the card back because we don't like it. This generally happens we feel insecure and want to know that we'll get what we want.

Signs of Oracle Abuse are:

- When we ask the same question over and over until we get the card we want.
- When we have attachment to the answer.
- When we are not willing to let the cards "percolate".

**This seems to happen most often when asking questions around relationships/romance

*** **It is NOT Oracle Abuse** to ask the question "What do I need to know today?" each day when pulling our daily card. This is a question that is posed from a place of genuine "curiosity" asking for Guidance from Spirit without attachment to the answer.

❖ Dominant Energy

The cards will almost always reflect our "Dominant Energy" which is why it is SO important to ensure that we are neutral **before** we approach them.

- Dominant Energy is the energy you bring OR the energy that influences you or your environment.
- We need to approach the cards from a neutral state of mind.
- It is important NOT to bring challenging emotions such as fear, anger or attachment.

For example: If you are angry when you pull a card chances are the cards will **reflect your state of mind rather than answer the question you asked.**

Before you approach the cards always ask yourself:

- Am I coming with Fear?
- Am I coming with attachment to an answer?
- Am I coming with Anger?

- Am I neutral?
- What energy am I bringing to the table right now?

❖ *Hidden Influences*

Hidden influences are the things that we cannot see. The deeper layers. They are not obvious. They are the unconscious, conditioned stories, under the surface.

We always come to the table with the stories we already know about ourselves but there are also unconscious stories we aren't aware of YET.

We are peeling away unconscious stories that have created a fog over the lens due to conditioning that is not a part of our actual present moment awareness.

The reticular activating system is a part of our brain that is constantly **showing us confirmation of what we already know OR what we expect to see.**

If we want to create a new story, we need to “retrain” ourselves by **focusing on our new story** so that the reticular activating system will look for evidence in the outer world to show us that the new story is true.

❖ *Getting Neutral*

The word “Neutrality” can be triggering to those who interpret it as “bypassing” but this is not what we mean in OS.

It is actually about restoring inner balance. This is so that we can “respond” rather than “react” to life on life's terms.

It is about stepping into the “Observer” so that you can “see” from a place of clarity rather than reactivity.

It is about taking into account the views/feelings of another person without making them “wrong” and us “right”.

Stepping into the “Observer” allows us to dial down chaotic emotions we may experience in our daily life and brings us to a neutral space. It is from this space of neutrality where nothing is “personal” that we are capable of making a conscious choice from a healthy and positive place.

****The “Get on Your Bird” Meditation** is an excellent way to achieve a neutral state. With practice it will become easier until you can achieve this state on your own.

❖ *Leaving Your Comfort Zone*

We all need to face the discomfort of leaving our “safe place” or “The Comfort Zone”. This can be difficult due to fear of the unknown.

The WHY of leaving the comfort zone:

It takes courage to leave our comfort zone but we must, in order to move away from the familiar because it is part of our old story.

Sometimes our comfort zone can be home to things that are harmful to us. We don't WANT to be harmed or self-sabotage but we don't know any other way of being and so we stay because it is “familiar”.

The WHAT of leaving the comfort zone:

Our “what” is what we want to feel.

- Focus on how you want to feel, not the form.

Don't worry about “How”, Spirit will show you the “How”.

Homeplay

Remembering The Future / Removing Blocks Meditation

Get on your Bird Meditation.

*This meditation can assist you in seeing things as they actually are in the moment by teaching you how to achieve a state of neutrality.

The “Remembering The Future” exercise is important.

Suggestion but NOT in any way mandatory, just out of curiosity....

Ask yourself these questions again THEN review your previous answers, have any of them changed?

Remember, “That's interesting.”

- 1) Do you feel worthy of this vision?
- 2) Where do you notice resistance?
- 3) What would you have needed to change to get there?
- 4) What would you have to release to get there?
- 5) What would you no longer tolerate?

We truly hope you enjoy this review.

Remember that every journey is Sacred and you are exactly where you are supposed to be in yours.

Cheers to your sacred journey and your miraculous transformation!

Sending you all so much Love! Crystal & Fatima

