



COLETTE BARON-REID'S
PERSONAL MASTERY



About That Grit

In Oracle School, we often say, “Leave the grit in your journal and share the pearl.” But what do we mean by grit?

Think of the grit as the stories behind the wounds. Often they are masked as current stories, ways in which we react to the events of our lives, but in fact they are unresolved wounds from long ago that keep showing up. When you keep telling the story of the wounding, you are essentially rubbing the grit into the original wound. You keep the wound fresh and raw. You prevent it from healing. Eventually the wound will become infected and infections spread, so the story of your wound will color everything in your life and in your environment.

The point is not to sweep the grit away and pretend it was never there. The grit serves a sacred purpose because you cannot have a pearl without the grit.

How do you get to the pearl from this grit? You have to allow it. You have to look at the stories of your wounds with the intention of understanding them or the lessons they hold. You allow yourself to see the beauty of who you are and accept that all of your experiences, no matter how you judged them, brought you to who you are, in this moment. Grit is just grit until it gets into the shell and becomes a pearl.

The pearl takes time, and getting there can indeed be irritating, but it's all about loving what is, what was, and allowing for what else could be.

When you put your grit into your journal, you do so with the intention of hovering above and around the story, seeing it from different vantage points. You look at what you may have learned from this wounding or how this changed you. You open yourself to healing the wound, knowing that it will leave a scar, as wounds do. But that scar is sacred because it brought you closer to your true self and who you want to become.

You then allow your sharing to take on the sacred quality of storytelling:

- This is who I was



- This is what happened (from an empowered heart centered place, without the victim - poor me - quality)
- This is my epiphany (pearl)
- This is who I am now, as a result (showing your evolution)

You are not here to erase your story, and most definitely not to judge it harshly. You are here to learn from your story, to understand it, to see the sacred within it and within yourself, so you can begin to see what else is possible.