

COLETTE BARON-REID'S *FREE* VIDEO SERIES

ORACLE-FLIX

How to Thrive in Challenging Times with Oracle Cards

Video 1

Synchronicity: You Are Never Alone

For this first exercise, you're going to think of one time in your life where you experienced a moment of synchronicity or a meaningful coincidence.

Write down what happened and include the feelings you had when it occurred.

Write about what happened next, and if anything else came from the experience, such as: meeting someone new or learning something, maybe even finding a job.

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How to Thrive in Challenging Times with Oracle Cards

Next, think about a time in your past when something challenging happened. Maybe a time when you were denied something or when you experienced pain, trauma, or grief.

Write about it, but really think about it.

- What happened after?
- Where did it lead you?
- What did you learn?
- Did something new begin?

So, for each of the experiences you wrote about, you're also going to choose an Oracle card asking, **“What else am I meant to see or learn about this experience?”**

**You will be asking this question twice and pulling a card each time.*

After you choose a card, be sure to read the guidebook's message. As you read, what lines stand out to you? Write them down and include anything that comes to your mind. If the card is upside down (in protection) only read the protection message.