

COLETTE BARON-REID'S *FREE* VIDEO SERIES

ORACLE-FLIX

How to Thrive in Challenging Times with Oracle Cards

Video 3

Your Body As An Instrument

This exercise will help you tune in to your body.

You'll need your journal or notebook, a quiet place where you can be undisturbed, and a deck of my Oracle cards or you can use the virtual deck.

Begin by closing your eyes and getting still. Take a few deep breaths and relax.

You're going to speak a lie out loud.

Notice how your body feels. Where do you feel the lie showing up? Do you feel contracted? Is your heart rate speeding up? What do you notice?

Write it down.

Next, you will do the same thing, but this time speak a truth. Really pay attention to the difference in the way your body feels.

COLETTE BARON-REID'S *FREE* VIDEO SERIES

ORACLE-FLIX

How to Thrive in Challenging Times with Oracle Cards

Do you feel tense or more relaxed? Is there a place in your body where you feel that truth? What else do you notice?

Write it all down.

Choose a card asking, **“What can I focus on so that I can better listen to my body and trust the information it is giving me?”**

When reading the guidebook be sure to notice what phrases stand out to you and how you can apply it to the question you asked.

If the card is upside down (in protection) only read the protection message.

Use your journal or notebook to write down your reflections.