

# Emeralds of Oz

## Worksheet

As you travel through the various gems of insight in *Emeralds of Oz: Life Lessons From Over the Rainbow*, you come across nine larger jewels. Like Dorothy in *The Wizard of Oz*, you can use these Emeralds of Wisdom to address any obstacle, large or small, that you're facing in your own life. You simply consider each of the nine Emeralds in the same order that Dorothy did. When I apply the Emeralds to my own issues, the effect is magical. Feelings of helplessness give way to awareness of personal power; fear is replaced by equanimity; and the illusion of not being enough is dispelled by the truth that we've already got everything we need.

I invite you to use this worksheet to activate the Emeralds in your own life. Just follow the process below, step by step.

**I. DESCRIBE YOUR ISSUE.** *Write a few sentences about the problem at hand. It could be something big. You're not sure whether to move or to take that new job; you and your partner can't agree on how to raise your children; your parent is seriously ill. Or it might be something smaller. You've got an important presentation to make; you're meeting with your child's teacher to discuss that poor grade in math; an argument with your spouse has left you feeling bruised.*

## II. CONSIDER THE NINE EMERALDS AS THEY APPLY TO YOUR SITUATION.

### 1. Listen to your longing. *(Think Dorothy singing "Over the Rainbow.")*

What is it that you long for in this situation? What outcome do you want to see most? Now go deeper: What do you really long for?

### 2. See the situation as if for the first time. *(Think Dorothy stepping out of the farmhouse into the Technicolor miracle of Oz.)*

If you weren't so close to this issue, so tangled up in it, what would you see? Make a considered effort to set aside your memories, associations, biases, and prejudices—everything you "know" about the issue and the people involved—and consider it afresh, with simple curiosity. What does it look like now?

**3. Celebrate yourself—and others—just for showing up. (*Think Dorothy surrounded by ecstatic Munchkins after her farmhouse lands on the Witch of the East.*)**

Congratulations! Take this moment to celebrate yourself for taking an active role in addressing this problem that's troubling you. You're doing a wonderful thing, a game-changing thing, just by showing up—and so is everyone else who's showing up with you. Woo-hoo!

**4. Choose compassion. (*Think Dorothy as she meets the Scarecrow, Tin Man, and Cowardly Lion.*)**

Consider each person in your troubling scenario. Imagine walking a mile in their shoes. What might they be struggling with, and why? How can you help? Imagine extending an act of kindness, now that you're more aware of their situation. Now direct that compassion toward yourself. How can you act in a way that is kind to you, too?

**5. Realize that you already possess what you desire most. (*Think about the Scarecrow's brains, the Tin Man's emotions, and the Cowardly Lion's courage.*)**

We can be blind to our own virtues. The truth is, if we didn't already possess what we believe we need most, we wouldn't be drawn to it; we wouldn't be able to recognize its value. Reflect on the quality you admire most in other people, and then consider how it is already central to who you are.

**6. Face what you fear. (*Think Dorothy throwing a bucket of water on the Witch of the West.*)**

What do you fear most in the situation you've chosen to address? Making a mistake? Embarrassment? Sadness? Being alone? What fear might be hiding below that? Now that you've identified your fear, look at it directly. Try meeting it with compassion. How does it look now?

**7. Pull back the curtain and see things as they really are. (Think Toto in the Wizard's palace, revealing the man behind the curtain.)**

What illusions may be at play in your situation? How do things look to you, and is it possible that they're not nearly as complex, dramatic, or insurmountable as they appear? Perhaps the truth is altogether different. When you pull back the curtain, what do you see?

**8. You've got the power, and you've had it all along. (Think Glinda's final intervention on Dorothy's behalf, just when she's giving up hope of ever returning to Kansas.)**

By this time on your Yellow Brick Road—after considering the seven Emeralds that came before this one—there's no way back. It's time to acknowledge the truth about your own power. It's real, it's yours, and now it's time to own that power. Make a note of the power you hold in this situation. It turns out it's been there all along. As Glinda says, you had to find this out for yourself.

**9. There's no place like home. (Think Dorothy clicking the heels of the Ruby Slippers three times.)**

Home. It's not just a place. It's a feeling inside you. When you return here, within yourself, you're always home. And in this home, you'll find a door. Open it and the walls evaporate. You are immersed in the limitless sea of divine energy each of us was born from into this lifetime, and to which we return when it is done. This is the home within your home. And it is always here to hold you in its embrace. It's a space in which every problem feels more manageable.

**III. REVIEW.** *Sit with the thoughts and feelings that emerge after you draw on the nine Emeralds in the very same order that Dorothy did. Do you feel more centered, more grounded, more at ease? What new perspectives and feelings do you bring now to the obstacle you're facing in your life?*

**I'd love to hear how this process worked for you! If you're inclined, send a note and/or your completed worksheet to [peter@peterguzzardi.com](mailto:peter@peterguzzardi.com). All responses will remain confidential.**

