



EP02:

The Goddess of Sacred Transformation

With Abiola Abrams

Colette:

Hi there and welcome to INSIDE THE WOONIVERSE. I'm your host, Colette Baron-Reid. Joining us today is a living, breathing real life goddess, Abiola Abrams. Now Abiola is an award-winning author and some of her books include African Goddess Initiation and The Sacred Bombshell Handbook of Self-Love. She is also an intuitive self-love coach, an Oracle creator and founder of Mawu's Goddess Mystery School and the Goddess of Manifesting Tobago Retreat. Welcome Abiola.

Abiola Abrams:

Hello, goddess Colette. I am so glad to be here. Thank you for having me INSIDE THE WOONIVERSE.

Colette:

Yes. Well, you know, it was so funny when I was naming this. Remember you and I talked about it and you were like, I would listen to INSIDE THE WOONIVERSE.

Abiola Abrams:

Absolutely.

Colette:

You are part of the reason that we called this, this. Now it is super great to be with you today. You are in South America.



Abiola Abrams:

Yes. Just to give you a heads up, you may hear the odd rooster, dogs barking, cows and horses. Who knew that rural Guyana, South America would be louder than Manhattan in New York City?

Colette:

Okay. It's so great to be with you here today and so fun if we have the odd rooster joining us on our podcast, but let's go on a journey. Especially for the listeners who are meeting you for the very first time. You began where?

Abiola Abrams:

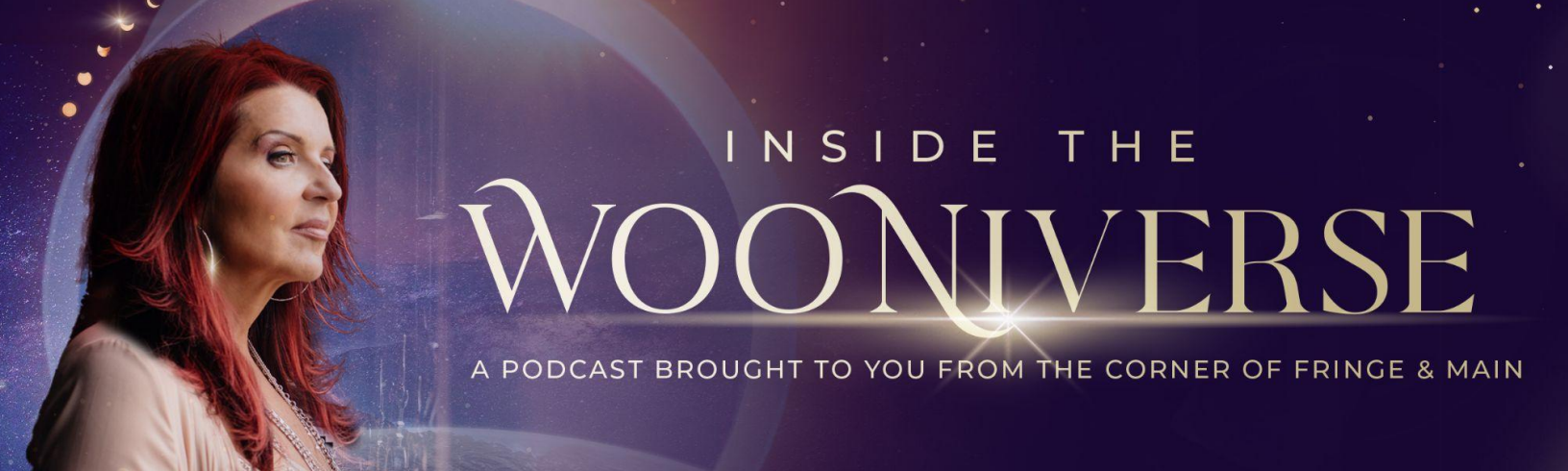
I was born and raised, goddess Colette, in New York City actually. You would think that there wasn't the odd rooster in New York City but there actually was. I'm a first generation American, first person in my family born in the United States. My parents were born in Guyana where I am. And so they did things the Guyanese way. So for a time there was a chicken in my backyard in New York City. If there's one thing kids love, it's being weird and different from everyone else though. It was a bit of a challenge not only because my family was different, but because it also became an issue in my neighborhood. My whole family was kind of bullied by a lot of other families in our neighborhood, often told to go back to our country and that sort of thing. And so it's one thing when, as a kid, you can adjust to being bullied and being different and all of those things, but my whole family was actually bullied, which was quite challenging.

Colette:

That's hard. That's really hard. How did everybody manage over time? Because you have really strong, pretty amazing parents. How did you evolve from there? And obviously you were driven towards the arts as a means of self-expression. Can we chat a little bit about that and explore that a little more?

Abiola Abrams:

Yes. As you said, my parents are amazing. Anyone who's around me for longer than five minutes knows that I extol the virtues of my parents, or as I say, the well-meaning folks who raised me. Some of the things that made us very different from other people in the neighborhood was for example, when you came into my house, there were altars present.



You had to take off your shoes. My father as a minister was exploring all these different relationships with different spiritual systems. Doing yoga for example now, which is commonplace, there's yoga in every corner, but yoga in the '80s for a Black man from Guyana, doing yoga was strange to people. One of the ways as you said that I sought to clean my voice was poetry, which naturally for me, growing up while hip hop music was growing up in New York City became for me an expression through music, through hip hop, using the power of words.

I was in a group with friends of mine named Females Beyond Control, FBC, which I see as very much a straight line from Females Beyond Control to being a hip hop artist in that group to being an author, to being an author. And so I at the time I was also journaling, I was also writing stories. My parents are both writers. My dad is a self-published author. My mom would write her stories for us, but she has not been published yet. And so the power of the word, they're also both multihyphenates and teachers. The power of the word for me, I love words and that was a key part of my creative expression. And so the beautiful thing that happens for any of us who've been outcasts or outsiders or any of that is the moment where you realize, okay, I'm not going to fit in any way so I've got to just figure, I've got to just be me.

There was this Toni Morrison quote that I'm now remembering that was in one of my little journals that I had that I clung to and I forgot it until this moment. It was something like, "She had nothing to fall back on, not maleness, not whiteness, not ladyhood. And so she very well may have invented herself." It was something to that effect. Yeah, those words. And hopefully it is great ancestor's, Toni Morrison, as I'm just remembering it now. Those words, when I read and heard those words, it was like, that's me. I get to invent myself.

Colette:

That is so profound because there is no one like you, I don't know anyone like you. I mean, you are a true, amazing, unique human being and I love this. I want to bring in the thread of divination into this conversation. I've always noticed a relationship between poetry and divination, right? I'd love to hear your thoughts on that given that the two move parallel in terms of how they help us speak to who we are, reflect on where we need to go, etc. I'd love to hear your view on that.



Abiola Abrams:

Oh my goodness, goddess Colette. Now I just have to just say something to the audience about just the question that you just asked me. The beautiful thing when you find your soulmate tribe, when you find people like the way that Colette and I magnetized toward each other and manifested each other in this big, beautiful world is that the things that you thought were just so weird and abstract about yourself like they get, and you're like, oh my goodness, someone else thinks this too. So just thank you for that, that question. I didn't know that anyone else saw that and felt that. My cards for me and any Oracle card system or tarot card system, I see it as a communication device, as a way of us being able to download messages from the divine. And poetry is literally like the way that the universe communicates with us, the language of the universe, and it's the same with the cards.

When I see cards, whether they are my own or someone else's, cards that I resonate with, I should say, I see the image on the cards with the words and the name and the number, whatever is there. It forms a poem. It is a poem. It's literally like a poem that leaps off in a clear way, a clear form of communication, a clear messaging that is a download, a transmission. It is absolutely poetry. There's poetry in everything that I do. In my last book, African Goddess Initiation, there's poetry in my books before then. My first book was a fictional book. For some people, it doesn't make sense like, why would you write fiction? Absolutely. It was a fictional self-help book because I have this love affair with words, with poetry, with communication, with the universe. And the way that sentences go together is the same way for me that cards go together. When you do a card spread, it's a full, it's a sentence. It's a paragraph, it's a poem.

Colette:

Yes. And so this is why, yeah. You didn't know that I thought this way too. Now you do. Because I also love words and I think what I have noticed in your work is your lyricism. That is what always struck me and why I loved your work so much. It made perfect sense that we ended up to be connected to each other because there is a quality of language that I think most people don't realize that we tap into. Abiola, tell me, you have the most amazing saying and because you and I both love words, and I know the people listening and are magnetized to this amazing conversation with you may love words too. What do you think words do?



Abiola Abrams:

Every single word that we speak casts a spell. So right now-

Colette:

You know, I just felt everyone energetically out through our universe get nervous like, oh my goodness, what did I just say?

Abiola Abrams:

Everything that we are speaking, words are spells in our mouth. So you're casting spells over your life with the words that you speak. Our great ancestor Louise Hay talked about this with her importance of affirmations for example. We are spell casting. That's what affirmations are. They're spell casting. You are casting a spell, so be discerning about the words that you speak over your life and over the lives of those who you love and adore. Every word you speak is casting a spell.

Colette:

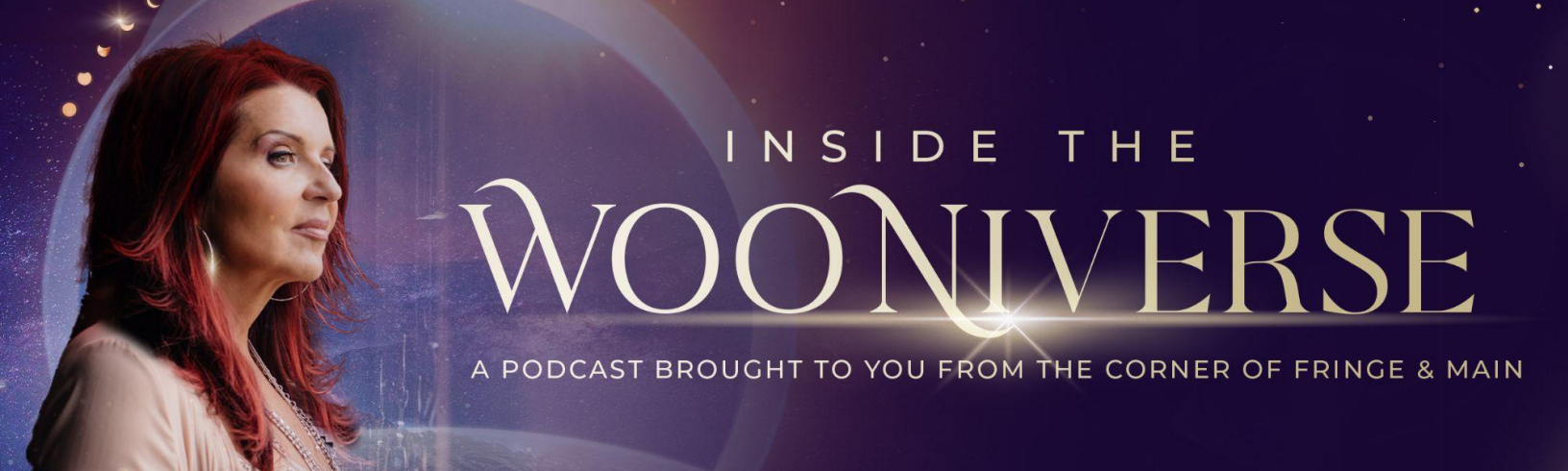
I love that. And I love how the streets got louder when you said it. That's what you just said, you're spell casting and then went [inaudible 00:10:04].

Abiola Abrams:

Yes. Yes. We are creating poetry right now with the streets of Guyana, with everything that we are hearing around us. You know? So I believe that firmly. When the rooster is chiming in and the donkey and there's a horse and buggy that comes through, and there's an ice cream. You'll hear from where I live, there's an ice cream man who comes through on a truck for most of us. There's the same music here, but he's on a bike and he's got the ice cream thing and it's the same exact Mr. Softee music and he's on a bike. We're in concert, we're in concert right now with everything, everything.

Colette:

Yeah. I love it. And you know, I think our conversation today also reminds me that a lot of people who see themselves on a spiritual path believe that everything external to us needs to be calm in order for us to be happy or peaceful, etc. That there's such a relationship between what we



think we need in the outer world. You're sitting in the most outrageous fabulous chaos and we're talking about these really important things and the world does not have to behave.

Abiola Abrams:

The world does not have to behave at all.

Colette:

Okay. Now, I would like to take that thread back a little bit. Right. When I look back on your journey through needing to "figure yourself out," and then determining that you could invent yourself. And then you had hip hop as a first expression at the same time, because I know you were introduced to divination before that. Right? The two kind of went side by side because it's a way for us when we use language, language itself is oracular. When it is used in such a way that it elicits our spirit, there's a quality of that nuance, which I think is missing in the way we communicate with each other these days. I think that, so that's why I love your cards. Your book was so profound because of that poetic quality, because poetry is an invitation to the soul. Would you agree?

Abiola Abrams:

Yes, it absolutely is. It absolutely is. When you start to see things as poetic, when you start to embrace the poetry of the world, you see it all around you. Poetry is absolutely an invitation to the soul. And as you said, I was introduced to divination before that. Actually my first divination system that I used was the runes. It's interesting because then I would make my own runes on paper until someone told me that I shouldn't or couldn't have access to runes because culturally it was out of alignment, which I totally disagree with now. But at the time I was like, oh, okay, well I don't want to do anything that's out of alignment. This person is saying this and so I shut it down.

But before we get to that goddess Colette, I want to just go even further back. I just remembered before then, before even using runes, my very, very first divination system was watching my mom who would open. I forget what they were called, but she would get these. My mom is a devout Catholic and she would get these things, these little booklets in the mail and people probably know what I'm talking about. When you open them to a teaching, that's divination. So folks who are biblical, for example, who open the Bible and just find a teaching



Colette:
Bibliomancy.

Abiola Abrams:
Yes. It's bibliomancy, yes. Yes, absolutely. And so that's divination. A lot of folks, it seems like, oh wait, it's a leap. But for many of us, you've been doing this but you just didn't know what you were doing, that you were doing divination.

Colette:
Oh, I love that. I love that and it's so true. It's so true. You are an extraordinary intuitive, I've seen you work, I've been on stage with you. You are amazing.

Abiola Abrams:
Thank you.

Colette:
Do you have any remembrance of when you had a big intuitive hit and you realize, wait. And I know you shared this that you felt weird, right? You had all this ability. Give me that moment. If you can remember one or maybe a couple moments where you were like, whoa, this is real. I have to pay attention to this. What was it like?

Abiola Abrams:
Yes. There were of course many different times. I'm from a family where it's not weird to be intuitive. At this moment, my mom may be on the phone with my aunt Bobsie and they're talking about their dreams and what you dreamt and what it meant. All of those things are very much a part of the culture that I was born into. One example that I can share is when I graduated from college and co-created a hip hop theater show called Goddess City, which again, straight line from there to here. At the time, at first I was calling it something else. I had a different name for it. I had been kind of dreaming these ancestors and dreaming these women and dreaming these goddesses who I saw as a part of the show. When one of the women who didn't even end up staying and being a part of the show but her only function was that she said the word goddess.



Which for me then illuminated the poetry that I had been dreaming and made it clear what I had been seeing and actually set me on a course for the next 20 years of my life and beyond because has awoke everything that I had been seeing and dreaming and thinking about and talking about. But again, hadn't put the language to it, and then with the word goddess, it was like, oh my goodness, that is what this is. That's what's going on. And so that was one of many times when my intuition then matched up with the exterior world and seeing, oh my goodness, this is real. But as you know, this happens on a daily basis when Colette and I were on stage together in Arizona. Our cards started communicating with each other. I can't remember, but it was something like I pulled a card that alluded to truth. She pulled a card that said true. It happens. You cannot make this stuff up, as I say 20 million times a day.

Colette:

No, and it's so true. Didn't you, just to bring it back to that show that you did, isn't it now in the history book?

Abiola Abrams:

Yes, it is. Goddess City, which I co-wrote with my friend, goddess Antoy Grant. It is in the history books. It was published by University of Michigan Press in a book by Dr. Daniel Banks about the history of hip hop expression through theater. It is documented as the very first hip hop theater play ever, ever, ever. Yes.

Colette:

Wow. What an accomplishment, what an accomplishment. I just love it. I just love it. Let's talk about your book, African Goddess Initiation. You invite the reader into sacred spaces that was really important, and into the spiritual rituals of your ancestors. It was an extraordinary experience. I mean, the book is an experience. It's not even something you read. It's something that happens. Tell me a little bit about that.

Abiola Abrams:

Yeah. As you said, it's not something that you read. It's something that you do. It's a book that you do. It's about ritual and developing a relationship with the divine. I love that you were so receptive to me sharing this work with you. You gave me the most beautiful review and shared your thoughts with me personally and privately before it was out in the world. I'm so grateful for



that. Thank you my sister. But I can't take credit. I can't take credit for being the person that said, hey, this should be out in the world and shared. The divine said to me. There was a time, I will share with you openly and honestly, there was a time where I felt like, well, no, this has to be just for these people. This has to be just for, you know, when I was very judgmental about who was allowed what?

And of course there are some practices, there are some parts of Kabbalah for example, that I don't have access to on a heritage basis. But it was spirit. It was the ancestors that said to me, no, no, no, no, no. My daughter, we choose. We choose who joins the sacred circle. You do not own deities. You do not own the divine. You cannot contain the divine. This is sacred medicine. As you know, as a generous, loving giver of your sacred medicine, goddess Colette, if you have sacred medicine, something that you believe can enhance the lives and improve the lives of others and you don't go knocking door to door shouting it from the rooftops, then you're doing the same thing like that big pharma and all of these companies do that try to contain and limit access to medicine. That's what these rituals are. They are sacred medicine.

This is me downloading me, channeling me, transmitting what my ancestors have gifted me with and gifted us all with. I know that I benefit, as I said from Jewish Kabbalism. I benefit from Feng Shui. I benefit from Hinduism. I work with Hindu goddesses. I benefit from Chinese Daoism. I benefit from so many different cultures and how magnificent... There's the rooster.

Colette:

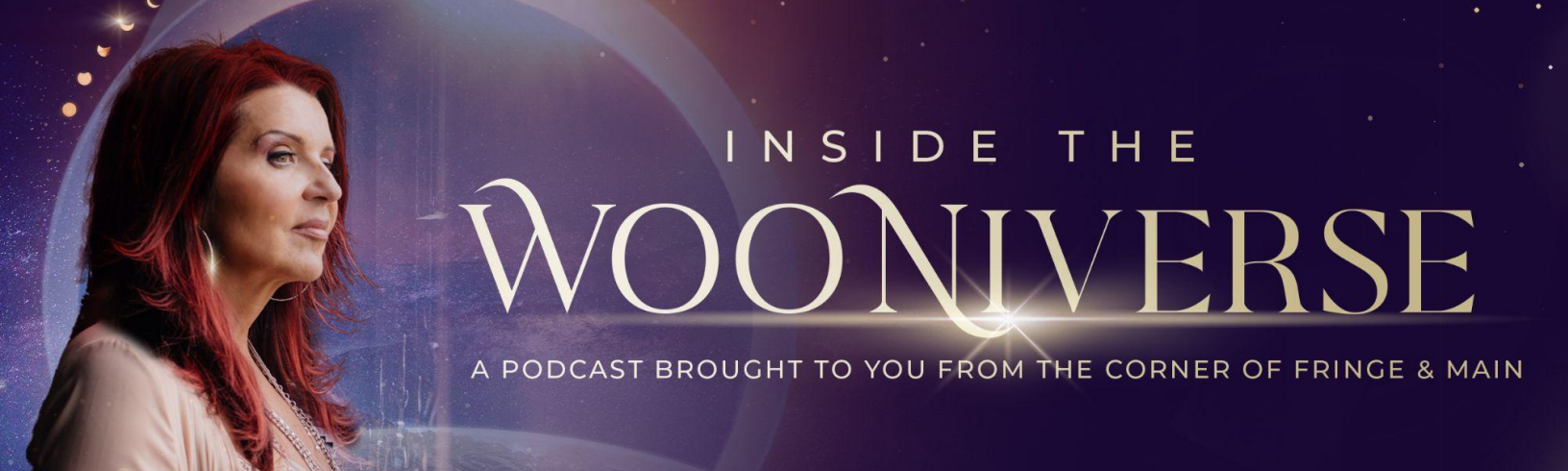
There's a rooster.

Abiola Abrams:

Rooster is agreeing. I benefit from the sacred medicine of so many different cultures. I'm honored that my ancestors, that spirit chose me to transmit this sacred medicine of theirs to say, here, world, you can benefit from this medicine as well. Yes. Rooster, tell them. Yes.

Colette:

The rooster is really enjoying this conversation. Yeah. You know, and I think also the book is an invitation to really learn more. I really want to go back to when you said that you were told you weren't allowed to do runes because you had no cultural connection to runes. And yet runes as



a divination system is available to all of us. When you have great respect for what it is and where it comes from, it's different. But you are also right when you're saying we don't have access to everything. I certainly don't have access to everything nor should I. But this is also an invitation for us to get more education about cultures we don't know much about potentially. Right? It's like a person who doesn't know this. I think you made a comment once when you said it brings this to right size. When you have like African Goddess Rising, your Oracle card deck.

Abiola Abrams:

Yes. African Goddess Rising. But you have to say it this way, Colette, you have to say African Goddess Rising.

Colette:

Okay. African Goddess Rising. Rising. It's that same sort of thing. It's like, let's all come up with it. You bring it up. There's a sense of uplifting us and giving permission for us to be in reverence to. I think that's what I most got out of both your book and your Oracle cards. This is a beautiful education. If you don't know much about these cultures, go look and go learn, right, and see the beauty of others that you may not know about. I think that was, I found the way you were so poetic about. Again, we go back to the poetry, the poetic quality of here, here, come learn, basically what it was saying. You have permission, you have permission.

Abiola Abrams:

Yes.

Colette:

That was really something.

Abiola Abrams:

Yes. I think that is a really important part of our discourse today. You know, that a lot of times we have these conversations and it feels like it's black and white and either or thing. The way that it was given to me, the way that it was gifted to me by my ancestors specifically is that this work, it is an encyclopedia as someone called it of African goddess magic and knowledge. It is also at the same time a love letter to Black womanhood, a love letter to women who look like me who



didn't feel like they fit in. It can be that and at the same time be a book that gives sacred medicine to people who are not from my culture, who don't look like me, but who are looking for say a grief ritual or a self-love ritual, or a specific relationship with a specific goddess. It can be those things simultaneously.

Colette:

Right. Yeah. Because again, this is something again so generous of you. I know that you're saying it's not you, it's your ancestors and your goddesses that came through and say, no, this has to be for everybody. But I feel again, still quite humbled by the fact that you have done that and that we have permission to read it and to learn. For me, it was learning. It was really about learning for me and understanding and having a lot more respect and reverence for what you were doing. It's phenomenal.

Abiola Abrams:

I just want to just add this really quickly that African spirituality was purposefully demonized for a very long time. We see that reflected in Hollywood. We see that reflected in various places in our society. And so I am honored and humbled that this work does some of that, the lifting of illuminating and gifting people with this knowledge.

Colette:

Yeah. It's something, it's really amazing. Okay. Now you coined the term womanifesting. Okay, womanifesting. Can you share what the concept means with our listeners?

Abiola Abrams:

Yes. There's a lot of talk about manifesting in the quantum. I say all the time, science is catching up with spirituality. You and I have talked about this, right? And so there are a lot of people now who are teaching quantum manifestation, which at first glance may look like, oh, wait, that's something different. They teach and share about shifting into the quantum, shifting, and the parallel universes that are happening and all of those things when it comes to manifesting. For me, womanifesting is all of that and having a relationship with the divine. It is very, at least from my worldview, very patriarchal to have a wham-bam, thank you ma'am relationship with the divine where it's like, yes, of course we can just manifest and you can learn how to shift and switch into being able to magnetize toward you the things that you are wanting.



Womanifesting is us having a relationship with the sacred because we are sacred. So it's not a wham-bam, thank you ma'am, here's what I want. Transactional relationship. It is a relationship where we are including altars and veneration, the dance and the poetry of our Oracle cards and the communications that we are having with the divide. It's a completely different thing, a completely different thing energetically.

Colette:

Oh yes. And I so much of an agreement with that. I love that you put that in there because it is very much about the sacred. It's not about the form, right? It's really about releasing the form and really being reverent with the essence. It's always in service. That's the other thing, relations are about service. It's not about getting. It's about becoming, right? It's different.

Abiola Abrams:

Yes. Oh my goodness. Yes. Yesterday, for example, in my mystery school, we did a service to goddess Oshun. I showed the Mawu sisters in my mystery school how to create an offering to this goddess on your altar and the energy. She's a goddess of love and beauty. The energy was just so high vibrating, so high afterward because we had shifted. We had created a quantum leap. We had shifted the very tectonic plates, which is what I believe that happens every time we say yes to ourselves, every time that we fall deeply in love with ourselves. The rooster agrees every time that we awaken to ourselves.

Colette:

Oh, I love that. I think they're saying when two or more are gathered in my name, there I am. Right? There I am.

Abiola Abrams:

There I am. Yes. One of the things that you and I have in common with the conversations that we've had is that we get that. We see that, that it's not separate. That how you do anything is how you do everything. That everything is sacred. Everything has the divine in it, even things that seemingly do not, it's all good. It's all God. It's all magic. It's all sacred. It's all quantum. It's all, you know.



Colette:

Yup.

Abiola Abrams:

Yes.

Colette:

The all is in the small, right? That the all is in the small at all ways. Your work is mostly for women. What are some sacred rituals you wish more women did for themselves? I'm correct in saying your work is mostly for women, right?

Abiola Abrams:

Absolutely. I am not for everybody. I am very clear about that. I speak specifically to women and I have added and enlightened men. For example, this past weekend, I did a goddess workshop for the college of psychic studies. There were some of the enlightened men there. But I'm speaking to women and I made it clear to the men like, okay, you are here and you can benefit, but I'm speaking to women. One of my favorite rituals is the Sweetening Jar Ritual, which most people know from African American Hoodoo, but it is also a practice that is done throughout the Caribbean in many different African diasporic spiritual practices. The way that a sweetening jar is done at its most simple is if there is something that you are wanting to sweeten in your life, say your relationship with yourself or your love life or your career or your relationship with abundance, you use this sweetening jar.

I'm going to explain how to do it in a second. I first wanted to share that a lot of people use this as a love ritual. When it comes to love rituals, it's imperative that I point out, I'm not in favor of any manipulative magic, anything that feels like you're trying to make other people do anything, that is not what this is. First, do no harm. That is not what this is at all. So I love doing this as a self-love ritual. What you begin with is what you have access to. That's what our ancestors did. You can use a Mason jar or whatever jar that you have. This ritual I did over the weekend with a group and I used an empty spaghetti sauce jar because that's what I have. So you gather things that are sweet.



The beautiful thing about a lot of this sacred magic is that it is literal. If you want to sweeten the energy, you use honey, which is the nectar of goddess Oshun. You can use brown sugar. With things like honey and sugar, I recommend using honey and sugar that are native to whatever location you are in because the honey is colonized by the local bees and it is more active. The supermarket here where I am, the honey that I got actually was honey from New York. And so I used that. That's where I'm from so it all worked. It all worked together. I also added in my sweetening jar, cinnamon. Cinnamon is a quickening agent. It increases the energy around abundance. And so you can put cinnamon in your wallet, for example, or in your bag. You can use cinnamon sticks. It quickens the energy. It accelerates the energy of abundance. You can use that. I put cookies. I put chocolate in this beautiful ritual along with pieces of paper where you can either create a petition, something that you are calling in, or just a sacred intention.

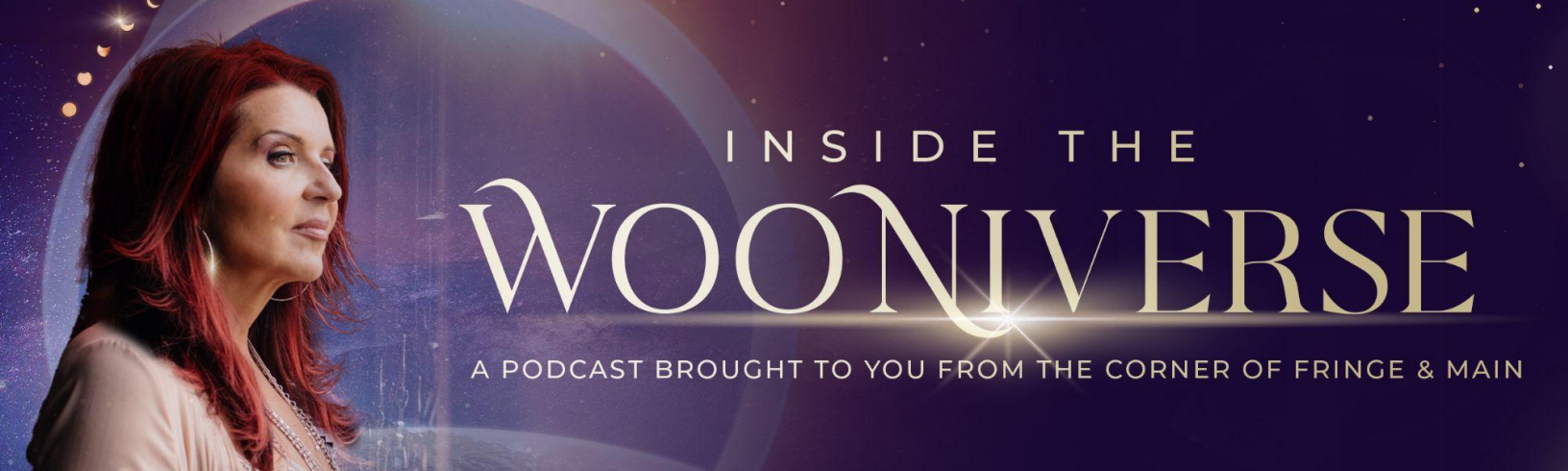
With the divine, because as quantum physicists say, time is not linear as we think it is, it's all happening simultaneously. You write out statements of gratitude. I'm so happy and so grateful that I feel good about my body. I'm so happy and so grateful that I'm in a loving relationship. I'm so happy and so grateful that my job or my business is thriving. I'm so happy and so grateful that abundance comes to me easily and effortlessly in unexpected ways. You write out these statements and you are then putting them in the sweetening jar and sweetening them with the honey, with the sugar, with the cookies, as I use, with the different elements, whatever it is that you are putting in your sweetening jar. That's the beginning of that ritual, which you can use to sweeten your own self-love or sweeten your love relationship with someone else.

Colette:

And then, so where do you put this jar? Do you just keep it on in your kitchen? You keep it with you. Where do you put it?

Abiola Abrams:

If you're an altar person and you're into altars, you can put it on your altar. You can in the new moonlight, this ritual is a wonderful one for the new moon. On the night of a new moon, you can put it out and let it be charged by that energy. You can keep it in the kitchen for a time. There is a wonderful, great ancestor, Zora Neale Hurston who I relate to so much who was an anthropologist who wrote a lot about these practices. She talked about visiting a spiritual doctor who in his kitchen at that time had a huge jar full of the petitions from everyone in the



neighborhood with the honey and it was overflowing. You can do any and all of these things with it. You're more intuitive than you think that you are. You have more answers than you think you do.

And so follow what your guidance tells you to do. This may be an eight day ritual. It may be a five day ritual depending on what you feel the prescription is. Or if you're working with a spiritual teacher, what they tell you. For example, one of the goddesses that I was working on this ritual with recently, she said, well, I've got little ones. She's got kids. I was talking about doing it for five days, because five is the number of goddess Oshun. She said, I've got kids. They're going to knock this over. They're going to do all kinds of things with it. I said, then do it as a one day thing and you just do it and then dispose of it. What I call the crossroads of your understanding.

Traditionally, ancestrally, people would go to a crossroads where the roads meet in order to dispose of things in a way that is environmentally friendly, right? You may not have access to a crossroads in Manhattan. Where I live, there's no crossroads where you can go and dispose things, right? Your crossroads could be your garbage disposal. It could be your garbage. It could be whatever it is. Just do it in a way that is environmentally friendly, supportive of your spirit and your spirit guidance and intention is everything. The universe, the divine reads intention.

Colette:

Right. This is so fascinating. When you dump out the jar, right? Say you're dumping out the jar, is there a specific thing you say with the intention of saying thank you, I am so grateful for this happening in advance? Right? Because you're praising it in advance.

Abiola Abrams:

Yes.

Colette:

Thank you for bringing in the sweetness into my life now, and then you dump it out, do you wash the jar? What do you do with the jar after?

Abiola Abrams:

You are ideally disposing of the whole thing. If you're doing this-



Colette:
The whole thing.

Abiola Abrams:
The whole ritual, yes. You can use, if you've got candles that you can put specifically on top of the jar and burn for five days in a row or however many days, then you do that. You are shaking the jar up every day and giving thanks. The shaking is life force energy. It's your ashe, your prana, chi. It is life force energy. And so then at the end, you would either dispose of the whole jar or you could open the contents, shake it up, blow on it, putting your ashe in it. Depending on specifically what is in alignment with your ritual and dispose of what is inside. You would dispose of the jar as well. The ancestors say dispose of it and don't look back. You would put it at the crossroads of your understanding, which again, depends on where you live. There are things that I have disposed of in Central Park in Manhattan, I will share.

Colette:
You didn't do that. That's hilarious. Oh my God.

Abiola Abrams:
But I would not dispose of a jar, for example, in Central Park because it's not environmentally friendly. Right.

Colette:
I get it. Yes. Oh my gosh. That sounds like a fabulous ritual. I think I want to do that too. We do have local honey in my cupboard, so yay.

Abiola Abrams:
Good.

Colette:
Now what guidance would you give any of our listeners who are finding themselves stuck with creating a life they truly enjoy?



Abiola Abrams:

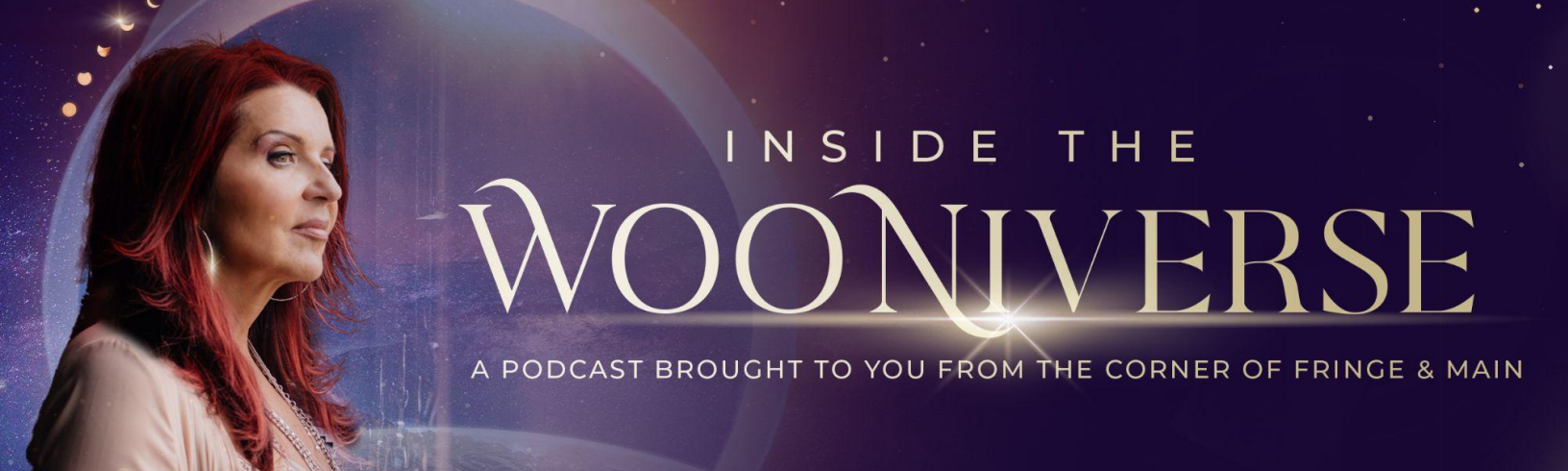
Oh my goodness. I love this question because we all deserve to have a life that we enjoy. I want to say to you, the beautiful humans who would be magnetized to this conversation, whatever it is that is in your heart, you are not too old. It is not too late. This is your moment. You're listening to this right now for a reason. For example, I talked about my mom and the way that she's a writer and you noticed that I said, she has not been published yet because that is a desire that is in her heart. If there is something for you that you feel like, okay, this is a desire that I have. Know that you don't have that desire by accident. Your desire is a creative force. I want to say, particularly, if you spell your name, woman, your desire is a creative force.

We happen to be in possession of the only body part that was created specifically solely for pleasure. That is because our desire creates. Whether or not you ever give birth to a human person, you are a creative force of nature. Your desire creates. The fact that we are able to talk internationally in this way is all based on someone's desire, different people's desire. Someone's desire created this microphone. Someone's desire created the internet. If you have a desire, it's not casual, it's not irrelevant. So you want to, you don't need to see the whole staircase. We just lost Bob Proctor who was one of my spiritual teachers. One of the things that Bob Proctor would say is that if you have a desire and a goal and you already know how to achieve it, how to go about it, then it's too small. It's not that we are dreaming too big. It's that we are dreaming too small.

So magnify whatever it is that is in your heart and begin to move toward your desire in little increments, little steps. As Dr. Martin Luther King said, you don't need to see the whole staircase, just see the step in front of you, and the next step, and the next step, and the next step. And realize that the divine is speaking to you all the time. It's not an accident that you are here listening to this podcast. It's not an accident that I'm shaking you now energetically by the shoulders and I'm saying, come on, you can do it. There's something in your heart that speaks to you that you are being called forward to do. I can't wait to find out exactly what that is for you, each and every one of you.

Colette:

Wow. That was amazing. I want to underline what you just said about if you knew how to do it, it's too small. The how. Don't you think we get so caught up in the how that we might have this



deep desire and think, who am I to have this desire? There's all these question marks about, well, maybe I don't count. Maybe I'm unworthy. I hear that a lot. It's so true what you said, that every single desire is God-given, or God has given, right? Desire is the beginning of creativity. It is the spark of creativity. It itself is not the creativity. It brings about the creation. We don't need to know the how, we just need to know. When we imagine a solution and we don't know how to get there. That's not our job. We just have to keep imagining the solution. I love that. And I love that you stand for that. This is one of the reasons I love your work so much and you're so passionate about it. It's so, so important. So important.

Colette:

Okay. We're going to take a little a break now. When we come back, we're going to switch gears and enter another dimension of the wooniverse, the tea time after party. So please stay with us. We'll be right back.

Colette:

Welcome back. I'm your host, Colette Baron-Reid. This is the tea time after party brought to you by Magic Hour Tea. I love their teas and I think you will too. For more information and for 10% off, go to itwpodcast.com/tea.

Colette:

Okay. We are switching gears and traveling to another dimension of the wooniverse. It's called the tea time after party. This is a place where we're going to kick up the fun. I don't know. We've been having so much fun so far. Abiola, I don't know how we can have even more.

Abiola Abrams:

Exactly.

Colette:

We're here with Abiola Abrams, and joining us now also is my executive producer of INSIDE THE WOONIVERSE, Connie Diletti. Welcome Connie.

Connie Diletti:

Hello. It's so amazing to be here with you, ladies.



Abiola Abrams:
Hello goddess Connie.

Connie Diletti:
Hello.

Colette:
This is so fun. Okay. Abiola, we have some questions for you. Are you ready?

Abiola Abrams:
Well, I have a saying that we say in New York, do you want to hear it?

Colette:
Yes.

Abiola Abrams:
If you stay ready, you don't have to get ready.

Colette:
Oh, I love that. That's so great. I love it. Oh my gosh. Okay. This is our first question. We've all asked for the universe to show us a sign. What is the wildest sign you have ever received from the universe?

Abiola Abrams:
Oh, wow. There have been so many, so I don't even know if this is the wildest, but this is just one of them. When I got the nudge, the shake from spirit, from my ancestors, from the divine saying, okay, here is what your next book is going to be about. We want you to share rituals of the African diaspora, our spiritual rituals, and that it needs to be, it's going to be on Hay House. I didn't know any pathway to Hay House except for one of my dear friends. As Colette can tell you, having worked in all kinds of media, as I have as well, you don't pitch your friends. We don't do that ever. You just don't. You just don't do it. I've worked in television. I've worked in film. I've worked in many different kinds of media and you just don't pitch your friends. You just don't. But I felt so strongly that this was, that okay, go talk to Jessica about this. My response was no.



Like as an excellent child, the divine telling me, goddesses telling me, the ancestors telling me, and me being no, no, I don't want to do that. But I don't want to talk to Jessica about this. Then the day when I had summoned my courage to quote William Shakespeare, "Screw your courage to the sticking place and we'll not fail." Which may be a Macbeth quote, which is probably wrong in this instance. But anyway, I got on the phone with my dear friend, goddess Jessica Ortner. She started to share with me an African spiritual ritual that was shared with her by Iyanla Vanzant. I have permission from her to be able to share this story.

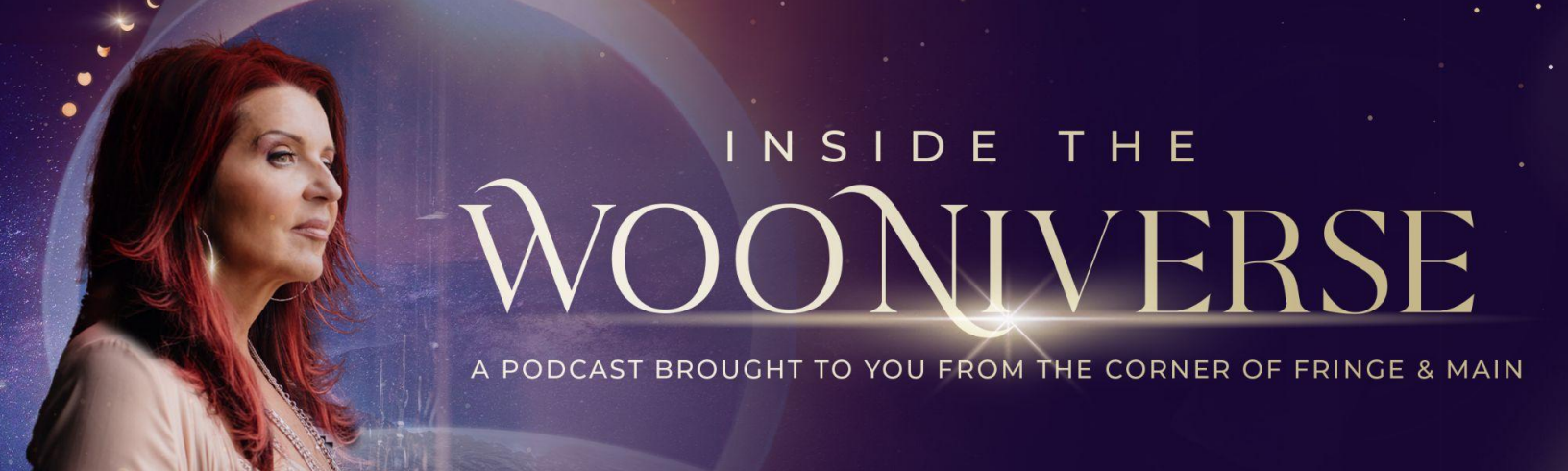
It was transformational in her life. She started to share this with me. You cannot make this up. Never in my wildest dreams would I ever think that my beautiful friend, Jessica Ortner who is not of African descent at all, would suddenly start talking to me about an African ritual that was shared with her. West African ritual that was shared with Iyanla Vanzant who is a priestess to her. It was just like, okay. All right. Trust, trust, trust. And so then I spoke to her about this work, and the rest as they say is history.

Connie Diletti:
Her story.

Abiola Abrams:
It's her story.

Colette:
Yes, Connie.

Abiola Abrams:
My editor, she said to me in our first meeting, she said, "I've been watching you for a while." She said to the other editor that we were in a meeting with, she said, "This is the person who I sent you all of her info and said, let's keep an eye on this one and let's figure it out." It was already happening. It was already happening. Again, you don't have to see the whole staircase, just the step in front of you.



Colette:

Yep. Just the step in front of you. It's amazing. It's amazing. Okay. Connie, your turn to ask a question.

Connie Diletti:

Okay. You are so magical. This question is about magic. If you could have a magic power, what would it be? What would you use it for? Maybe if I say an additional magical power.

Abiola Abrams:

Ooh, yes. I appreciate the revision. That's such a great question. I think that it would be to help others to figure out our own gorgeousness, our own magic, our own beauty, our own sacredness. Kind of what I'm doing now, but to be able to, if you could be able to put hands on someone and have them know it immediately how powerful they are, how special they are, how incredible they are, you know? And they could be able to bring forward their gifts into the world. How much better would this world be?

Connie:

That's an amazing power. I feel like you already have that. You know?

Abiola Abrams:

Yeah. You kind of do.

Colette:

You're kind of describing yourself already.

Abiola Abrams:

Thank you. Thank you. That's awesome. I'm like, no, don't say that. No. It's my Leo self. I'm like, yeah. No, no. Don't say that. Thank you.

Colette:

Okay. I'm going to ask the next one. If you could create a magic potion and give it to society, what potion would it be and what would it do?



Abiola Abrams:

That's a great one. Oh my goodness. My initial thought of course would be, I don't want anyone to suffer. A potion of non suffering, but then on the other side, then my brain is saying to me and my heart and my soul is saying to me, but what about all of the gifts that we do get from our suffering that you cannot know joy if you don't know the opposite of joy? You cannot know friendship and love if you don't know the absence of that. And so I would think that the magic potion would be us being able to drink it and not know suffering, but maybe we drink the magic potion and we're able to get to the gifts that we could get from our human experiences sooner.

Colette:

That's an awesome potion. Faster track so that we don't stay in our suffering.

Abiola Abrams:

So that we don't stay in the suffering.

Colette:

Don't you think it would help people be less polarizing?

Abiola Abrams:

Yes.

Colette:

With each other too. Right? Because I think the whole polarization thing that's going on right now is because of the suffering and people are unable to get to the other side quicker. It just kind of seeps out.

Abiola Abrams:

Yes. I change it. Oh wait. No, no. I change my potion.

Colette:

Potion 2.0. What's your second potion?



Abiola Abrams:

Potion 2.0, is that we can see the beauty in each other. You know, if we could just see the beauty in each other. See the beauty in each other, then I think that that would shift a lot.

Colette:

I love it. I love that answer. Yeah, potion number one and potion 2.0.

Connie Diletti:

Potion 2.0.

Colette:

Both of them are good. I like them both. Okay. We're going to keep both of them.

Connie:

Okay. I have a question, Abiola. Is there anything that you love doing that just allows you to lose track of time?

Abiola Abrams:

Oh yes. Oh my goodness. Absolutely. Trash TV, housewives TV. I know the correct answer. I should have said my meditations and my meditation album and all of that. Yeah, yeah, yeah. That's there so obviously meditations and mindfulness and all of that as a spiritual teacher, but then give me some trashy housewives of any county, city, state.

Colette:

Oh my God.

Connie Diletti:

I hear you. I'm also a fan. So yes. I love it.

Colette:

I watch Turkish soap operas.



Connie Diletti:
Right? Same thing.

Colette:
With subtitles. Same thing. Same thing.

Abiola Abrams:
I love that. Yes.

Colette:
Okay. Every guardian angel, special guardian angel has a name. Yours is the name of your first pet and the name of the street you grew up on.

Abiola Abrams:
Wow.

Colette:
What's the name of your first pet?

Abiola Abrams:
Okay. Is it my dogs that I grew up with or my kitty cat Annabel that I love and adore?

Connie Diletti:
Annabel.

Colette:
I think Annabel sounds good.

Abiola Abrams:
Okay. All right. So Annabel, let me see. Annabel Springfield, Annabel Springfield.

Colette:
Annabel Springfield is the name of your guardian angel.



Abiola Abrams:

Annabel Springfield. Annabel Springfield. Hello, Annabel Springfield.

Connie Diletti:

I love it. I love it.

Colette:

I know that's a goofy question, but we like it. Oh my gosh. Any more, Connie?

Connie Diletti:

One more, Abiola. One more. If you were a type of plant or tree, or flower even, what do you think you would be?

Abiola Abrams:

A plant, a tree or a flower. I would absolutely be a hibiscus flower. I would be a hibiscus. They are native to Guyana. They bloom. Some of them are edible. I would be a hibiscus. Yes. Hibiscus flowers make me happy. So I would absolutely be a hibiscus.

Connie Diletti:

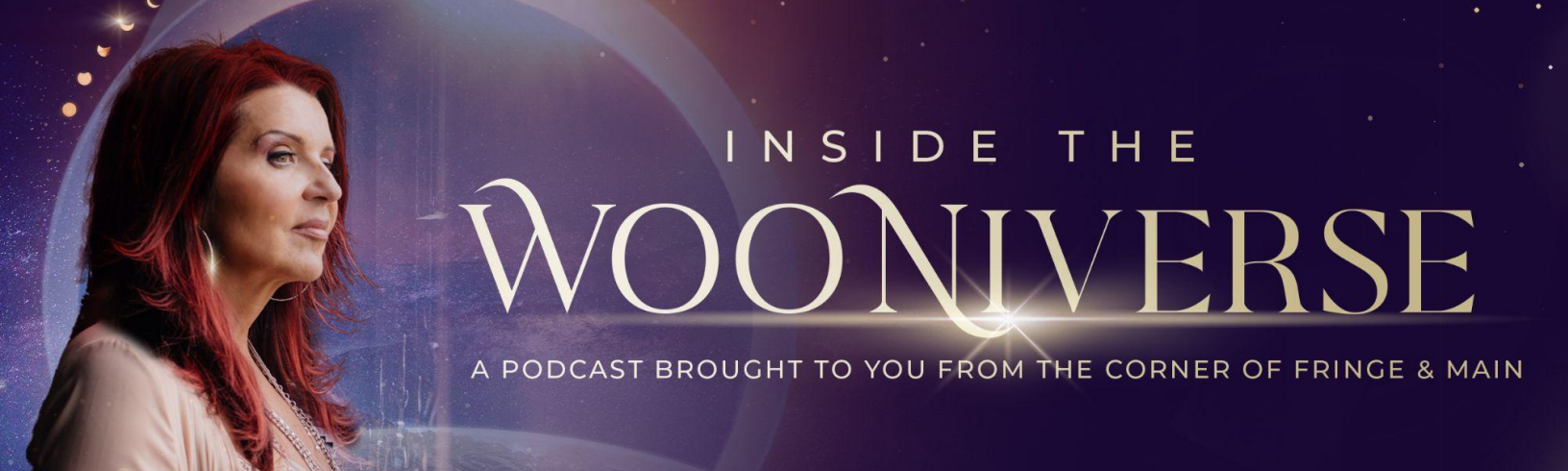
I love that. I love that.

Abiola Abrams:

There's hibiscus tea as well. It's called sorrel. Everyone who's listening. If you live near Caribbean neighborhood, go into your local Caribbean restaurant and ask for some sorrel. Sorrel, and they will give you some hibiscus, either cold hibiscus juice or some hibiscus tea, sorrel. Okay. It's delicious.

Colette:

All right. Well, we'll just go do that. I actually have one last question. My question is you meet an extraterrestrial, they want to move to earth. What would you tell them about moving here?



Abiola Abrams:

Okay. So hello, extraterrestrial. Welcome to earth. I'm so happy to meet you. The places where I live tend to be very noisy so I don't know if you want to follow me to Manhattan or to Guyana, but feel free to come on in. The water is fine. You'll fit right in.

Connie Diletti:

I love that. They could be very sensitive, hearing sensitive, right?

Abiola Abrams:

Yes. They need to know these things. They need to know these things.

Colette:

Oh, I love it. Well, this was fantastic. So now, let's each pull a card from both our decks because we know they both dance together. Let's ask what did we learn today.

Abiola Abrams:

Okay. That's beautiful. Okay.

Colette:

The rooster keeps crowing.

Abiola Abrams:

Yes. Okay. Let's see what the goddesses are saying.

Colette:

I got two stuck together. When you're ready.

Abiola Abrams:

All right. So I got one and I'm going to pull a clarifying card. Whoa. Okay. All right.

Colette:

You go first.



Abiola Abrams:

Okay. I've pulled double queens, which in my deck are third eye cards. All about our intuition and our guidance. This is Queen Nandi, Zulu, and Queen Yaa Asantewaa. The message is basically level up, which is what you are doing here with your podcast. Step more firmly into your voice. Everything that we've been talking about, owning your voice, owning who you are, raising your standards for how you show up in the world, which is what you're doing with this podcast. And stop shrinking and hiding. Use your guidance to call you forward. Use your intuition and your spiritual gifts to call you forward.

Colette:

Oh, that's beautiful. And for all of us to hear that, because that's really what you've been sharing about yourself, your own journey. This is really an embodiment of your journey as well and the invitation for us to follow in those footsteps, in your footsteps. My cards came together, they were stuck together. The first card that came out was loyal heart, about being loyal to your integrity, being loyal to who you love, be loyal to the highest good, right? That loyalty that you give is where your attention goes. Be loyal to that. That spell casting that you talked about. Every word casts a spell and be loyal to be in alignment is really what it is. And then beside it was new life.

The second card represents teachability. It's new life. It's saying don't be arrogant. You don't know everything. And that when you're being offered something, just like how you offered your beautiful book to everybody, to a diverse audience, right? You're saying, hey, everybody, come learn, come and learn. You don't know. Be humble in life, period. Be teachable, be humble, walk softly, and stay true to yourself. And you've done that. You've done that your whole life. I'm grateful that you came today to be on this podcast. I think that those two card danced well with yours.

Abiola Abrams:

They did. Thank you so much. It's so beautiful. That is so beautiful. Yes. I love when our cards get to dance together and we get to dance together energetically as well.



Colette:

I love it. I love it. Okay. Before we go, I want to mention, Abiola is currently welcoming goddesses into her Mawu's Goddess Mystery School and her upcoming Goddess of Manifesting Tobago Retreat. So exciting. To learn more about Abiola's work, you can check her out at womanifesting.com. Thank you Abiola.

Abiola Abrams:

Yay. Thank you goddess Colette. I have to say that while we are doing this, I just want to just share that our friendship means so much to me. When I came into Hay House as a new author and was nervous that this publishing company that means so much to me, I've been with other publishers but there's a relationship here that just means so much to me. I've followed Louise Hay's work from the beginning. It was you goddess Colette that came in and befriended me and said, "Hello, my sister, welcome. I'm here. If you have any questions, let me know." That just meant so much to me and still does, so thank you for that.

Connie Diletti:

Beautiful.

Colette:

We have a lot of fun together, Abiola and I. I feel very blessed. I think Louise put us together for sure.

Abiola Abrams:

Yes, absolutely.

Colette:

Thank you. Thank you. I adore you. I really love you.