



EP17 Woo²

Shifting From Lack to Abundance

with Colette Baron-Reid

Colette Baron-Reid:

Hello and welcome to INSIDE THE WOONIVERSE, Woo². That's a little bit of woo x2. In these shorter episodes, you're going to hear more of me. Like an audio journal on wooniversal topics like abundance, resilience, working with the moon, manifestation, meditation, and much, much more.

Okay. This week I want to talk about something that's come up a lot in my membership site, where I've been asked a number of times, how do I move from a vision of lack or the experience of lack, which always by the way, is invited. When you have turmoil and chaos, etc., people always run to their negative bias.

They look at what could possibly go wrong. What do we need to defend themselves against, etc. Right away you start to see the hole in the donut. You forget that there's a donut or you just look at what you could lose. You think of the limitations because you've been actually told that there are potential limitations, potential downfalls, etc., easy peasy. How do you move from that mindset into the mindset of abundance? I'm going to pull a trustee Oracle Card to speak to this. I'm going to use *Wisdom of the Oracle*. I know what I'd like to say. Here we go. The card Regeneration speaks about what has to die and then what is reborn.

If you look at the idea of abundance, it's not something you get. It's something that just exists. There are two ways of looking at this, lack is the perception of that which is not there, right? It has limitations. It has restrictions. It's narrow. It's small. It's what you look at, and that's all you see. It's perceptual and it's a perspective that you have because that's where you're looking. But abundance is always everywhere all the time. There's abundant blades of grass. There's abundant wheat fields. There's abundant people. There's abundant mountains. There's no shortage of ideas.



There's no shortage of inspiration. There's no shortage of spirit. The concept of abundance is all about letting die the idea that there is limitation, using the fear of limitation, etc., as a means to self heal as well. To recognize that we need love and compassion to the parts of ourselves that are seeing this lack of abundance or this lack, because lack is always accompanied by fear. It's its cousin, right? There's always going to be that. If you take that idea of the fearful self and bring love, compassion, and connection to it, reconnect it, regenerate the concept of a higher power with that, you have this new energy of possibility.

I remember what it was like when I actually didn't have anything. I'll tell you a story about this. I just gotten clean and sober. For those of you who don't know me that well, I'm clean and sober now 36 years, plus a few months. I was a drug addict and an alcoholic. When I was 27 years old, I got clean and sober and I got involved in 12-step programs, which saved my life. I will just say that, but I had literally nothing. My parents had lost all their money. It was quite tragic. Our family went through a big tragedy and I was struggling to make ends meet. I didn't know how I was going to pay my rent this one month.

I was attending unity church and they were talking about faith and affirmations and affirming that abundance is true, even though I was faced with lack. I had no idea how I was going to keep a roof over my head. I had no idea how I was going to feed my little dog that I had just gotten. If I were to look at the maw, the cavern of my bank account and my potential that I saw directly in front of me, lack would be pretty accurate, but they taught me how to state. All my needs are met. Thank you, God. Through the thanking of the universe. Just thank you, thank you, thank you, thank you, thank you. I just basically said, all my needs are met.

I knew what my needs were. My needs were, at that moment, I needed to know where I was going to eat. Well, I kid you not, my neighbor, who I was mad at by the way, because the night before she had had some big party and there's so much noise and my little dog wouldn't stop barking and I was really pissed off. But anyway, she came and knocked on my door and said she had so much lasagna left over from this big party she had. Would I like some? Would I like some? Literally, she came in with this giant tray and I was no longer angry. I'm like, "Yes, I would."



There was the answer of how I was going to feed myself. Then, out of the blue, this guy from the program who was also attending the same church as me said, he wanted to tithe his energy for me because me sharing in the rooms inspired him so much to keep going, because if I could do it, anybody could, basically, because I was so messed up. He said, "Could I come and paint your apartment?" Now, my apartment needed painting. I'm like, "Yes, but I can't pay you. But I actually have all this extra lasagna, if you want to eat." "I would love to be fed. You just have to feed me." Where was that coming from?

Well, if I were to look at the lack of what was exactly in front of my face or what I was told, there was no money in the bank, there was no way I could make this happen of my own accord, then, I would see the lack of. But with the faith that something beyond me could work in my favor and me surrendering to that with trust, that changed everything. What died for me in that moment, and I can remember the moment just like it was yesterday, of knowing when that door knocked and then the phone rang, and then a series of opportunities came after that that you couldn't have made up, that enabled me to meet all my needs.

It took a long time before I would meet more of my needs. But anyway, that was the regeneration moment because my old way of thinking had to die. If I just looked at the material world as a way for me to navigate the world, I would be lost, I would be lost. But if I could navigate it with a relationship to spirit, anything would be possible. Moving from lack into abundance, the key is to affirm your relationship with the invisible world first. Make that your primary relationship. Trust that abundance is real and let go of the method that you think needs to come and fix you.

Let go of the method of delivery, because you don't know how things are going to turn out for you when you are surrendered and trusting. It, for me, changed my life in that moment.