



## **EP26 Woo²**

# **It is What it is:**

# **An Invitation to Radical Acceptance**

with Colette Baron-Reid

Colette:

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. It's time for woo squared again, Connie, what is happening? What are people writing in about, what's going on today?

Connie:

Today, Colette, I would love to ask you about the saying 'it is what it is'. We've heard people say it in a variety of circumstances. You even have a card about this in your deck. What does it mean? In a very regular, casual way people are to say, "Oh, well, it is what it is. Just accept it or suck it up."

Colette:

It's not a suck it up.

Connie:

But it's not because you use it in your deck. It's like, "Wait a minute. I always thought, oh, my God, this saying is too concrete for me." No, it's not. It could be anything. What does it mean to you in a spiritual way?

Colette:

Yeah. It is what it is means it's an invitation to radical acceptance. It's when we try to change what we don't want or like, or we become in denial of it, etc., that we cause a lot of problems for ourselves. This is an invitation. The statement that says, it is what it is, you have to look at



things oftentimes at face value, what is this truly? If I can accept, and that doesn't mean condone, acceptance is, this is true. This situation here, it's like that brutality of the pandemic, you had to surrender to what is, this is what it is.

This is what's happening right now. Then, I can make a choice to use my energy to do different things as opposed to, well, that's not right. Well, that's not going to stay, or when's that going to change? Or, if I do this, would it change? That kind of bargaining that we can do when we don't want to accept what's really going on in front of us. The only way that we can change anything is to accept it as it is. For me, the statement, it is what it is, and I agree with you, sometimes people use it as a means like, "Oh, well, I'm just going to ignore that. It is what it is. I have no responsibility."

It's not a way at all to abdicate responsibility for what's in front of you. It's a way for you to be accountable for your behavior, your expectations, the manner in which you engage that, which is in front of you. It's like accepting something as it is gives you so much peace because you realize, like the serenity prayers, it is what it is. God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference.

If it is what it is, it will say, I may have no influence over this, but I can influence myself. I can take this information and engage it for the true situation that it is, and not the thing that I wish it were.

Connie:

I love that so much, because it's such a very, very common saying everywhere, just everywhere. How would you define radical? There's radical self acceptance, radical forgiveness. What does that really mean?

Colette:

Radical is at the root, so at its root, at its purest essence. Example, if somebody comes at you because they think you've taken something from them, or whatever, you'll find that ... I notice that on the internet where you have a lot of jealous people, especially when somebody's successful, they'll start saying nasty things or whatever. The radical acceptance there is that



person is in pain. Where is it generated from? That's basically it is what it is. Instead of taking it personally, you go, from the source that this comes from, this is the truth of it, as for what I see.

The other truth is, this is not okay. This is not okay. No engagement here. This is just not okay. That's the other thing, it's like, aha. I have a responsibility not to add to this. Those are things that radical acceptance can be a very useful tool so that you stay out of or you can disengage from circumstances that don't help anybody. It doesn't help for you to jump into the fray. Nobody cares about your opinion. If you want to put up your dukes and go after somebody, you know what I'm saying? It's like, there's a sense of, this is a waste of time in this case.

The other thing radical acceptance is, let's say you're a person in the Ukraine, radical acceptance is the Russians are coming. I better move. I got to get going. The other radical acceptance is I could get killed. That is huge. This is happening in modern day. What are my options? Your options go down when you are in a state of deep crisis, your options, they're narrow and they're limited. It's acknowledging as well that I have to do something. According to where you are in the world at any given moment, which is different for everyone, the root of whatever is facing you, when you look at that, you are set free.

You are liberated by not trying to pretend it's something else. Here's an example of how it doesn't work. People pleasing. Though I've had issues because of my, whatever, when I was young, you might learn a way to survive by trying to make yourself safe, by manipulating an environment so that that person doesn't hurt you. It's like you keep your enemies closer, whatever it is or that you just-

Connie:

Survival, you have survival skills.

Colette:

It's a way to survive. Certain survival things that are dysfunctional, but they worked, they worked, they kept you safe at some point. Then, when you're an adult, they show up and you realize that you're people pleasing, you're giving away your power. You're actually contributing in a way that is really unhealthy to situations. That is the opposite of radical acceptance because you are in a



false idea that you have some kind of power over something through a false concept of pleasing. There is no radical acceptance. There's complete denial.

Connie:  
Complete denial.

Colette:  
There's absolutely complete denial. That's why that's an area. You can find out, if you do some shadow work, you can recognize where this lack of radical acceptance is by your behavior and the results of that behavior. There's always, when you've got a finger pointed out as somebody else, there's always four more pointing back at you.

Connie:  
Yup, that's right. Dr. Phil also says that.

Colette:  
The other aspect of radical acceptance is about at the root, you have to be conscious of it, but there's an action attached to it, which is surrender to what is. You surrender, so you're acknowledging that whatever is, is exactly as it is meant to be, and you have no influence over it. That is a freeing thing. That's a very freeing thing. Then, you can do the work on yourself, so that when you're in your denial, you can't do the work on yourself. You're likely going to add more problems to the pot.

But when you're in a state of radical acceptance, you realize, this is not mine to own. This is not mine to work through. This is not mine. You know what is yours and you know what is not yours. Let's pull a card.

Connie:  
I'm just going to ask you, before you pull a card.

Colette:  
Before I pull a card.





Connie:

What are some of your favorite shadow work exercises that you really like to do? Because it's so fun... shadow work is so fun.

Colette:

Well, shadow work is essential as far as I'm concerned. I always get a kick out of it, that new age ideas of love and light, and they forget the shadow part. I was like, "Love, light, and shadow, kids. Love, light, and shadow. You can't have love and light by itself. No." The idea that there are parts of me that are not in alignment with who I want to be, and those parts are generally parts that were twisted up when I was a kid or somehow through my methods of surviving experiences that I've had. I've developed certain ways of dealing with the world that no longer serve me today.

Shadow work is to discover what those are. I come from a 12-step program background, and early on we're told to do a personal, a fearless personal moral inventory. That is where I always go back to, is the inventory of what part of self is this impacting, my resentments, it's always make the list of resentments. Because resentments is just like drinking poison, hoping the other person's going to get sick. You don't even realize you're like, and you're just thinking, but the other person doesn't even know. Resentments, we always say, is the number one offender.

I will always look at, what am I resenting? Why am I resenting it, and what am I playing in this? It's always bringing it back to yourself. What part of self does this impact? What can I do to change that? It's, again, behavioral. Act as if, so, if you act as if the mind eventually will follow. If you act as if you have self respect, you're going to eventually going to start respecting yourself. Just like, if you sit in a barbershop long enough, you're going to get a haircut. Like an alcoholic does not sit at a bar. You know what I'm saying? It's like, what are some of the behaviors that need to change in order for this not to keep repeating itself?

Yeah, so I would say my favorite shadow work is personal inventory. It's working with Oracle cards, asking questions, what do I need to do to heal this, but also just a real sense of a commitment to rigorous honesty, to the best of your ability. Like, what is this really? Eventually, you have to get out of the blame game. You just have to. The blame game does not help anybody.



Connie:

No winners in the blame game.

Colette:

There's no winners in the blame game. That's right. Yeah, everybody loses. You want to pull a card on it?

Connie:

Yeah, let's do it. Let's do it.

Colette:

All right. We're going to pull a card from the *Wisdom of Oracle*, and that is my teaching deck that I work with. That's actually my best selling deck globally. The card that I got is time for a nap, and it's upside down. It's an interesting card. When the card is upside down, I call it the protection message. It's as if the card is saying, "Hey, don't go over there. There's a hole, you want to walk around it." It's basically giving you some information about what not to do. We asked, what do we need to do to be in alignment? It's to stop overproducing.

It's going too fast all the time. In order for us to get into radical acceptance, we have to stop. We actually have to slow down. This reminds us that if we refuse to slow down, we're not going to be able to see the truth of what's in front of us. If we're going to keep going and keep pushing, go, go, go, push, push, push, do, do, do. This is where human beings, not human doings. That's the other thing, it's like stepping back. Also, asking for help. Sometimes when I can't accept something, I know I can't, I'm refusing to accept something as it is, "No, I don't want to."

Cranky pants. Then, I will ask my higher power to help me. I'm like, "Help me surrender to this." Sometimes I have to say, "Help me be willing to be willing to radically accept what it is." I have to be willing to be willing because sometimes I'm not even willing. That's the idea, is that we have to trust in our humanity, in our little ego selves. Don't forget too, there's parts of us that have survived for a long time in a way that may be harmful for us now, but it worked for a long time. When we haven't replaced it with something new, it's really hard to let go of something that we're used to.



Even if the comfort zone is a place that's not good for us anymore. I think that's the other thing, is to slow down long enough for us to really get that there is an opportunity for change.

Connie:

Bringing it back to the, it is what it is card, the concept, slowing down long enough to see what actually is it.

Colette:

What is, what is, what actually is it? Because we can give ourselves all kinds of stories about what we think something is. When we look at it squarely in the face, it's something else. I think the other thing is, if we were to go, to talk about what's happened to everybody over the past couple of years, and also now, with these, there's looming threats. We're seeing things. If you turn on the news, there's this, what is it? The climate change, things like, basically you have five minutes to unscrew yourself or we're all doomed.

There's that. Then, the other doom is like, there's this spiritual dissonance, there's huge suicide rates everywhere. The issue around trans people, that we have all of this, the racism conversations. Now, we have a war that could be World War III. We have all these things. There's no place that you can turn without seeing something.

Connie:

Abortion conversations. Yeah.

Colette:

Yeah, all of these things. Us against them, etc. When you see those things, there is a tendency to want to fix it or to pretend. If I get my way, that's all going to go away. There's this fight and there's the fight, flight, freeze of, "Oh, my God." That sense of, I better move fast to survive or ... you know what I mean? It's like that sense that we better just keep going really fast, but we can't. It's like feeling like we're the butterflies pinned, the pins in the butterfly wings. We really can't go too far, that we have to radically accept everything that's happening in this world right now. Not pretend that this is not happening, but it doesn't mean that we also have to fix everything ourselves individually, we can't.



But we can do what we can do. Part of that is to stop struggling against what's true. This is really happening, and really finding out what is true, that's the other thing. Not defining everything that you know about the world through media, because it's distorted. Everything is, I think, they think about, if it bleeds, it leads. That's the other thing. It's like, all we see is the turmoil and the chaos, etc., if we get our information about the world from media. That's the other thing, is like, you have to start making your own decisions and thinking for yourself. I know we've talked about this in another one of these segments, that hope and relationship to a higher power is our way out.

It's acting as if we trust and have faith that we are capable. Remember, we are looking to be inspired. The ideas can come through us. It's not going to come from our ego selves. It's going to be gifted to us through this divine relationship. If we learn to self regulate our emotions, if we learn to heal the traumas, if we learn not to engage in ways that just keep adding more bullshit to the world, if we can be accountable and responsible and not center everything on ourselves either, and remember that we're part of a we, hope is very real.

Connie:  
Absolutely.

Colette:  
The world doesn't have to be the way the media only, like the big, scary, bad wolf that's out the door. There's lots of things beyond the door. There's the wolf, yes, but there's also meadows and there's-

Connie:  
And kittens.

Colette:  
And kittens, and puppies-

Connie:  
And dragons.





Colette:

... and baby dragons and unicorns. It's really keeping hope at the center, keeping joy at the center, wherever you can find it, really, really, really remembering that there is the doom and gloom. If that's all the energy, if that's all you're going to see, that's all you're going to get. Don't look for that everywhere. Start looking for what's beautiful and bring some beauty to the world. I personally have a lot of hope for humanity and I have a lot of ... Yes, it's scary to read and see all these things. Of course, it is, I am too, but I'm not going to focus on that. I will not focus on the chaos, and it's not bypassing it.

I know exactly what's there. It's knowing that my job is to be a better human being. My job is to do what I'm here to do, help others the same, shed a little bit of light, my whatever tiny illumination I'm supposed to be doing this, my itty bitty lighthouse that I have, that I was given. You're supposed to do that, Colette, that's what I'm going to do. Focus on the hope and the joy and the abundance and the helping others and the compassion and the kindness and all those things that we need, and the love. We need more of those things. We don't need more of all of the other shit. We just don't.

Connie:

Yeah, and hopefully our listeners feel a little uplifted and reorient themselves with the light and the guidance and the beauty of life.

Colette:

Part of doing shadow work is about discovering light. That is it. If you start to shed light on the parts of you that are wounded, you'll start to be healed. That's a whole point. We're here for such a brief period of time. Laughter, that's the other thing, humor, laughter we need more of that. I know that parts of this conversation have been heavy, but it's not trying to shy ... We don't shy away from all of this. We acknowledge it. We radically accept that's there. Now, what do we do? Let's go over here and find ways in which that we can bring some beauty into the world. If we have the privilege to do so, that's what we should be doing.

Connie:

Yes. Yeah. Amen.



Colette:  
Amen.

Connie:  
That's awesome.

Colette:  
That was the sermon for today.

Connie:  
Yeah, that was, that will be. I think that-

Colette:  
That was a good one.

Connie:  
... that's a good sign that we're probably wrapped for today.

Colette:  
We're wrapped.