



**EP30 Woo<sup>2</sup>**

# Creating a Vision For Your Life Greater Than Your Fears

with Colette Baron-Reid

Colette:

Welcome to INSIDE THE WOONIVERSE. Woo<sup>2</sup>. 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 tropics, like abundance, resilience, working with the moon, manifestation, meditation, and much, much more.

Hey, everybody. Welcome to a new episode of Woo<sup>2</sup>. I'm here in the studio with my two fantastic producers, Connie Diletti and Julie Fink and Connie, what are we talking about today?

Connie:

Julie and I were talking about how amazing, you always get to this nugget, which is about how you can create a vision for your life that's greater than your fears. So can we please talk about that today? And maybe can we start with you, Colette, and just how did you start creating a vision for your life?

Colette:

Greater than my fears? Well, I can tell you this, it sure didn't happen without a conscious contact to a higher power. That's a very crucial, crucial piece and trusting in that. Okay, so first of all, this is something that's really important to me in terms of even teaching about this because we contract and push away the things that we desire that we feel called to do, etc, when we're contracted in fear. Then we go from being intuitive and being creative, to being reactive and closed. Because when we make decisions from fear, when we're looking at the outer world to tell us whether we're safe or not, we're not going to get the right clues. Because right now, everywhere we look there's chaos, there's challenges, there's division. And again, we're



bombarded by information, too much, by the way, we're not equipped to handle all the amount of information that's thrown at us all the time.

And then we have the news that's very specific or skewed to one viewpoint or another. So the media that impacts us that tells us, "Oh, by the way, you should be afraid. Oh, be really afraid because guess what's coming?" That sometimes comes, or doesn't come, FYI, but we're getting this kind of a soup of, "Oh my God." We have climate change. We have wars, we have-

Connie:  
Disease.

Colette:  
... politics, right? You just name it. So, there's literally, we're being taught to be afraid. But what happens to all of those things that we feel called to do? That we feel compelled to explore because our soul is saying, "Hey, you really feel this call to impact other people and help them." Or you're called to write a book or to create something that will leave the world a better place, for example, at the end. And you can't do that when you're scared all the time, because what you're doing then is you're starting to think about how do you keep yourself safe?

And then you look at the outer world and go, "Okay, well, there's nothing safe there. So I'm going to have to make decisions now that aren't creative, that are more about self-protection, instinct for survival based things." And FYI, we are created that way. There's no, that is not a problem. What the problem is, is when that becomes our only sense of direction in life. That, "Oh my God, I better watch this. I better watch that. I better conserve here. I got to do." Then we don't live. So creating or choosing a life beyond our greatest fears starts with trusting in a power greater than ourselves. Absolutely, I don't look to the outer world to tell me whether I'm okay or not. You cannot tell me. I refuse to be conditioned by or impacted by or influenced by a load of information that may or may not be true. That may have the kernel of truth here and there, but I will not let that dictate my choices for my future.

And I learned that early on when, very early on, and this was the biggest nugget that I ever learned about creating life or to choosing a different life was when I bottomed out as a drug addict and an alcoholic. Now that's 36 and a half years ago, or maybe even more than that now



almost 37 years ago. But I remember what that felt like. I literally had nothing in my life that was good. I destroyed it. I destroyed relationships. I destroyed everything. I was ashamed. I couldn't stop using. There's nothing, I wanted more than anything a different life and I couldn't have it because I was addicted to drugs and addicted to alcohol and addicted to the life and the drama and the pain and all of that, that went along with it.

I could not define myself by anything else until I surrendered. And so for me, that initial sense of I've bottomed, I literally can't go anywhere now else but up or dead, basically. And for me, I knew I couldn't go on anymore. And so I had nothing else except me and God, that was it. And I went into a treatment center for women and I started going to a 12 step program. This was, my life was church basements, having a spiritual program that could show me how to live a different life. And the ability to choose was restored as long as I could remember that faith was the driving force of it. That no matter what crap I had done, that I had to make amends for, that I had to change, I had to rebuild my life from scratch, but I was afraid. I was afraid of everything, but I kept choosing that life in spite of my fears.

In spite of those fears, I kept picking a spiritual path. I kept picking an abundant life. I kept picking, believing in the life that I wanted to lead and the person that I could become and rehearsing that, even though it wasn't true, yet. Until it became me. Until it became the life that I lead today, literally, that is the core of, I think, everybody needs to know that now is you got to restore your trust and faith in something greater than you. And believe that inside you, if you have a dream than you have the success for it too, it's built into you. If you are inspired by something, you already have the cosmic blueprint living inside you for the success of that.

It's just that if you're constantly looking at what's going wrong and your focus is there and you have no solution, then all your energy goes into more of the same. And the universe is going to go, "Oh, they want more chaos. Okay, here. There you go." And then that's all we see. But the world is abundant. The world has millions of amazing things. The world is filled with miracles. It's filled with love. It's filled with extraordinary opportunities and creativity. And then yes, it's not perfect, but one micro-step at a time to make it better is our job. But also to remind ourselves that, fear is fear, don't try to deny it. I don't repress it, but I know that I must choose something different than that.



Connie:

There's so much to unpack there. Julie, is there anything that you want to add at this moment or?

Julie:

Yeah. I love your story. And I have a similar, letting the castle fall thing where you literally have nowhere to turn because you just got emptied. And those are the hardest times. And for me personally, it happened over the last, I'd say three or four years and I was steeped in fear. It was so big that you can only turn to something that is more intelligent than you. This was the greatest time that it was for me to master the lean back energy. Because surrender is a great word, but for me personally, it's hard for me to wrap my brain around the how of that. And I can read a whole book on surrendering and I have, I've read, that's the time where you read all the books. And so-

Colette:

I like the lean back, the lean back image. That's beautiful. Because that is surrender, I'm leaning back. Yeah. That's it. Good description.

Julie:

When I began to master the lean back energy, I was like, "Huh, I'm surrendering. This is what it is." And it is, you take yourself out of it and you allow the infinite intelligence to come in and heal and help and guide you on this medicine path. Go here. Do this, go here. So I, as a visual person and as a, I need to be able to get up and do these things, is that lean back energy and that kind of pulling back and that catapulting.

Colette:

Uh-huh. That's a great description.

Julie:

Because I still have the fears and I still had them and it's exactly like you said, Colette, that in spite of those fears, I still was on it.



Colette:

I just want to say something here too, that you said that you don't stop feeling the fear. That the fear is there. You don't wait until the fear goes away. The bravery comes when you say, "I can't. I cannot do this by myself. I can't. So I'm just going to let you." And that's that whole lean back. I'm going to let you, because left to my own devices, my best thinking got me screwed up, my best thinking. And so the fear goes, it does subside a lot when you're not looking. When you keep making the decisions to move towards the life that is greater than your fears, that becomes the greater focus. And you can't remember what you're afraid of after a while too.

Connie:

So there's that tale as old as time acronym for fear, false evidence appearing real. And anytime that I have found myself stuck in fear, and if I don't address it, it can easily slip into overwhelm. And then it's like, "Oh my gosh." Then it's feeling of doom and gloom. And when I start feeling the fear, I started this new practice, which was when a fear would come up, to manage it before it became overwhelm. The one thing first is like, "Okay, I need to definitely identify it. There it is. What's real about it? Is it actually real? Is this? And what?" And then exploring if this is real, what's the worst thing that can happen? It's can I identify the absolute fricking worst? Usually it would be, then death, right? It's always-

Colette:

Then rebirth.

Connie:

And then rebirth, right? Or it's like, it's the end of something, but only to be the beginning of something else. But the leaning back to me was always like, okay in this moment when I'm still feeling this fear, but I still want to create, I still have this desire to create something, to lean in to love. So leaning back from the fear, but leaning into love. What's a loving choice for myself, for someone else. How can I release and allow, this is another form of surrendering, but active surrendering. There's reading through a text and how do you actually move that into the physical. Leaning into love, making loving choices and allowing yourself to truly surrender that and insert something else so that the universe recognizes, "Hey, I actually would love more of this please."



Colette:

Yeah. Yeah. It's really interesting. So there really is a technology. It's something that I teach actually at Oracle school and Oracle [inaudible 00:11:36] I'm doing, talking about how do we choose a life greater than our fears? And the steps that we take is really a tech, it's a technology. You do this, you do that, you do this, you take your focus off of that. You put it over here and all of a sudden your mind is different. It's really interesting what can actually happen when we say, "You know what? I am not going to fixate on this trauma, this fear, this, whatever. I know, it's there. I'm going to be compassionate. I'm going to be loving, but I'm going to do something different and I'm going to trust in my higher power. I'm going to lean back and I'm going to see what happens." Because it really is, I'm going to see what happens.