



EP31 Woo²

For the Love of Money

with Colette Baron-Reid

Colette:

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.

Connie:

So today, we have a special guest here today with us.

Colette:

I'm so excited. Julie Fink is in the house.

Connie:

Yay. Julie.

Colette:

Our other producer.

Connie:

Welcome.

Colette:

And Julie is the reason why you hear seamless, seamless conversations and the best blooper reels on the planet, is because of Julie.



Julie:

Yes. I am a story editor for INSIDE THE WOONIVERSE, and I'm very lucky to be here and quite excited. So let's get this party started. What are we talking about today?

Colette:

Yeah. Connie, what do we talk about today?

Connie:

Well, we have been getting a lot of chat about this on Facebook, so I thought I would bring it into the Woo² verse. How to love money.

Colette:

Oh, God.

Connie:

Was a question. How can we love money? How can we get into the flow of love? Especially, this is a little caveat, especially when you feel like you're stuck in fear and withholding?

Colette:

Oh, oh, I have so much to say about this.

Connie:

Take us away.

Colette:

Yes. Because especially in spiritual work, certainly I had this experience with myself. People are saying, oh, all spiritual work should be free. You shouldn't be charging money for it, but it's like, listen, are you going to pay all my bills? Are you going to? Because in the olden days, back when we look at the Oracle at Delphi, they would get all their food. All the people came with jewelry and food, and they literally got everything given to them and they were taken care of. So all of the spiritual from way back, like hundreds and thousands of years have been taken care of by their tribe, their community, etc. And then they served, right. Now that's not where we live right now. And also what they're saying, the root of all evil or money is the root of all evil. But then



they said, love of money is root of all evil. So it's like, how do you love money when you're also being told somewhere you've been conditioned that that's evil, that's the root of evil.

So I think I'd like to change that. Rather, how do we not be afraid of it? How do we see it with more neutrality? Because I think money has become for many of us, and it means something different for everybody, but certainly in my family, it was assumed that it was going to make me safe. So money, having money, equaled safety, right? That would be money and status with safety so instead of a means. Money is just energy. Money is currency. Currency is electric. It does not have any reflection on what a good person you are or even how truly prosperous you are. It means that you have access to things. There's a certain level where we have to get to a place where we love the exchange of it. But I don't know that how do we love money? It's more about how do we be fearless around money? I don't know, Julie, this is a funny topic. So maybe I'll get some good ideas when you give me your idea.

Julie:

Yeah, absolutely. I think this is a very pertinent topic for right now. And even though currently, we're in this very odd time where you go to the grocery store and you're seeing prices double, or you go to the gas station, and I'm filling up my Altima, and it's like \$80 and I can't believe it. But that's the circumstance we're in right now. It could be another thing a year from now. It could be another thing two years from now. It's our circumstances. And I feel like more than ever people are being, we feel this little bit of a squeeze when we're going to hand over our credit cards or we're going to do these things. So what...

Colette:

Releasing fear, I think is it, right?

Julie:

Yeah. What is it that we can do to release this squeeze and actually love spending money right now? Or even maybe not love, but what is that sense of safety, Colette, that we can instill in our every day?



Colette:

So now I'm understanding this a little bit better because I kind of got caught in the how do we love money? I went, "Well, I don't know that's a good idea because then we'll hoard it." So I will go back to when I first started going to Unity Church, and I learned something called tithing. And honestly, I remember being the poorest I had ever been with no money at all. And what their idea was, even if you have basically a dollar, give away 10% of that dollar even if you think you don't have enough. And you'd see it, and you would see miracles happen. It wasn't like you were buying your miracles, but it was really the concept of continuing the flow. And what I learned from that was that I needed to trust that the minute I started grasping, which is the fear of money.

So it's really about yeah, how do I love the fact that we have an exchange as opposed to holding on too tightly, because that's really the problem is the hoarding, the holding on, and also the identification with having means we're better somehow. Having more means we're better than, and that is kind of the society that we've built. And we know we're in the changing process of this right now, but I think to everybody listening, you're right. It's the squeeze, and what the squeeze is if you can imagine squeezing your hands, no, I don't want to put my credit card in there. I just want the gas. Like, oh my God, there's not going to be enough. And the challenge that immediately, then we clamp down and we get very scared. So I had a lot of money fears that I had to overcome when I first got sober, because my parents had lost all their money.

So I was terrified. I was afraid of banks. I actually put my money, I swear to God, in envelopes, in a bag. And then I still went to the bank, but I put it in a safety deposit box instead of the bank account because I was too scared that somebody... Because it was the bank that took our house, the bank did. So I immediately went to like, banks are good to like, oh my God, a bank took away my parents' home and to see how impersonal it was. So all those kind of things that we're raised with, we look at how our parents were with money. My parents were immigrants. They believed in hard work. You worked really hard for your money. Money doesn't grow on trees. How many times did I hear that? It doesn't grow on a tree. But the point is that there was the stories that we have around money need to be healed.

And I think to your point, right now that squeeze, letting it go, and being generous. So I will often, if I start getting squirrely around, there's not enough and the scarcity thing, I will actually spend



money or give to charity. When I think there's not enough, I go use it. I go and we use the money. And you don't lose the money when you use the money because you've done something good for someone else. And then all of a sudden the flow starts again. So I know by experience that money is a representation of currency and movement, and you have to keep it moving. It's harder though, for people who can't feed themselves. So there's variations we're looking at which I mean, I've only experienced that once in my life, and I never had the experience my parents had when my mom was arrested in Germany for stealing a potato because she was starving.

This is in World War II. So my mom came from a place of having literally experienced nothing. And then when we lost everything, that brought back all that stuff. So I think money in itself is such a charged subject. But I do think that we can share, even if it's something tiny. And if you don't have the money, like that's the time when the feeling state is so contracted, what could you do to help another person, even if isn't about money? Then all of a sudden you start to get less contracted. And that squeeze that you're talking about gets looser. And then all of a sudden you have more capacity to receive and to move it. It needs flow. It needs to keep moving. Julie, what do you have to say about that?

Julie:

So first of all, my grandfather used to put his money in a toaster. And we could never turn on the toaster because if we plugged it in and put it down, we'd fry the money. So he used to hide all, hoard his money in this toaster, and he had multiple toasters. But it's like, it really is the reason why it's that...

Colette:

I understand this. You don't understand. I totally understand.

Julie:

I know.

Colette:

Being afraid and put your money in a toaster, and don't turn it on.



Julie:

Yeah, he hated banks. And that is the depression era, the greatest generation. They went through the depression era in World War II, and it gets passed down to us through our mother's umbilical cord. And here I am like, it's hard for me to have a loving relationship with money. And especially after the pandemic where, and I know I'm not the only one, but livelihoods were lost. A lot of livelihoods were affected, and people lost their jobs. And it's like this spiritual resilience around money is a really important thing to talk about because I want to spend my money. I am on the up swing. I want to spend money. And so this squeeze is so important to talk about. And so like you always say, looking at everything as an invitation, so the pandemic and inflation that is going on right now, how is it an invitation to heal our ancestral money wounds? And so this is so awesome, Colette and Connie, go ahead.

Connie:

I just had this little tip because I've also had to work on my money story. And the tip I have, and I believe this tip is possibly from Mind Valley, so I do want to credit them, where it's like when you spend, so literally, when I'm using debit, credit, cash, whatever, I'll say in my mind, may this money go to help somebody and may it return back to my family.

Colette:

Tenfold, yes. That came from Unity Church.

Connie:

And when I...

Colette:

That came from Unity.

Connie:

Yeah. Yeah. Okay. But the beauty of that is just even saying that, it brings me into this conscious space of like, wow, this money is going to help somebody. I'm standing in front of someone who is in their job, and we're doing this exchange. And I'm in a retail space, and look at all the things I'm helping to contribute. I am actually helping in some way. And I thank you God for this opportunity to help people. And thank you for returning it back. And puts me in a state of



receiving saying, and may it come back and thank you for the opportunity even gaging the situation.

Colette:

Oh, that's so great because I love that you brought that up. And also that Julie brought up the loving...

Connie:

I love the toaster.

Colette:

I love the toaster story too.

Connie:

That's an incredible story. Yeah.

Colette:

The loving relationship with money, and that's really it because it was like, is it love for money? No, it's the loving relationship with money. And also the compassionate relationship with money. I talk about compassionate prosperity a lot in my work about the quality of sharing, which I really did again, I'm going to attribute it to what I learned in Unity Church because I was very resistant. I was like, I wanted to not give it away because I was so scared. And I didn't have any anyway at that point. And I also had to redefine my identity. So there was also that whole sense of the social shame around not having it, having had it and not having it. So I had to go through that experience as well too.

And then to redefine my relationship with money because again, for me, it is a little bit more neutral, but exactly like what Connie said, I learned how to say thank you. So anytime I was scared around paying a bill, I would actually write a little prayer in the back of the check. That was back in the day where we never paid online. There was no indirect. So I would write and people would be like, thank you for that prayer like ridiculous things like the check.



Connie:

Did you send in your Bible, Colette? Because on one half is prayer, the other side is...

Colette:

On one half was a prayer. But I would. I would just say like prayer of gratitude for you. Thank you so much for allowing me to be in this home. So I would say that was in the back of my rent check. And then when I would sign a check to the CRA, which is like IRS in the states, right? I would say thank you so much for allowing me to pay this tax. I actually would write that because I would often feel scared. And I'm like, no, I would say this. And then afterwards, I blessed the check, and I blessed the people. And honestly, and then I started feeling less afraid. So for me, my relationship with money had to come. And even to this day though, Mark will say to me, "You have the weirdest relationship with money."

Because every once in a while I'll forget everything that I just talked about right now and go like, "Oh my God, how are we going to help all these people?" And then I'll kind of lose my crap for like two hours and then I'll come back and whatever. And he just kind of watches me and looks at me and rolls his eyes, is like, okay. Because I know I do have that. It's a flashback from my parents, and I just am more compassionate with myself around it. But really, as soon as we feel the squeeze, make it flow and love it as it flows, exactly. I love that you added that, Connie.

Connie:

I mean, any tip, I can share. Yeah, I'm so happy to do it. Yeah.

Colette:

And I'll say something else too that I think it's an opportunity for all of us to have a little more compassion for each other too because we do live in a social system, when you look at it, that's quite cruel. Right. And people losing their jobs, etc. throughout the pandemic and then other people are doing really well. So it's an opportunity for us when that happens to find out, okay, so who can we be more generous with? Who can we? So to say more empathy, less competition, more collaboration, less competition, more examples that we can share this. And like you said, Connie, when, oh I'm contributing. So that's what compassion and prosperity is. Every time you spend a dollar, who does it help? Right? So where does this go? Because they had to pay. The people that you're paying, pay their salaries of their employees.



And they have families that get fed. And if you allow your imagination to actually play it out, like where does the currency, the electricity, the flow of this go, I think it can really change, but we have to commit to that because I think it's hard when you're scared. Like, oh yeah, it's easy for you. You're doing well. Right. That's kind of like the playback. But I think that for me, I had to learn that when I had nothing. I had to learn that when I was most afraid. And I had to learn all of this when I was like, okay, well I don't even know if I could feed my dog this one week. And to realize, oh, look at all this here.

And it's a lifetime thing because we don't live in a society that gives us the right environment. We still we favor the success, the wealth, the whole thing, right, so there's whatever. I think we have to, no matter who we are, no matter how little we have, for me, that actually really saved me to trust. And then I did see the miracles come. They were small. They were always really small, but they were just enough. They were just enough to keep me trusting that, Ooh, this works.

Connie:
And that's magic.

Colette:
Yeah, it is. It's magic. It changes everything.